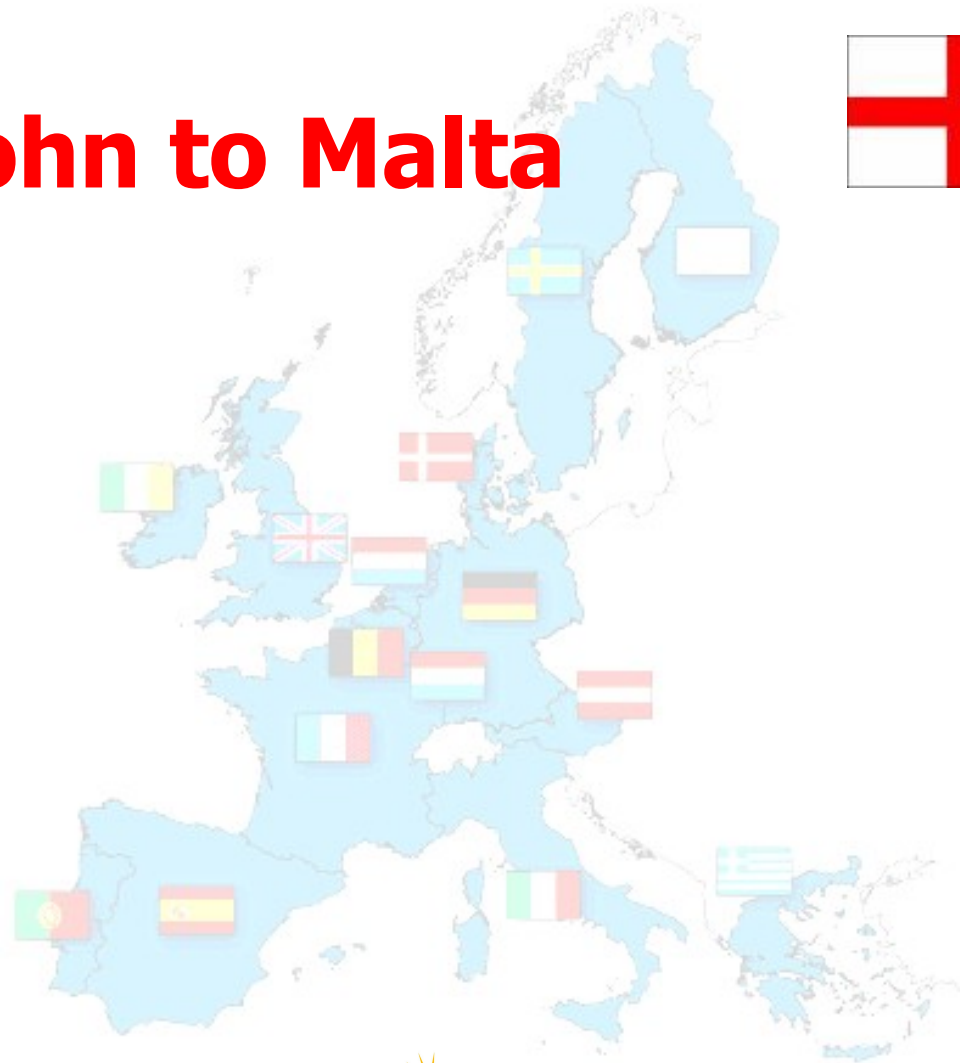
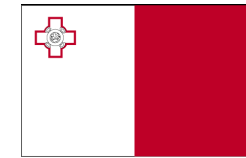


sportjohn to Malta



Sue Ryder Care
Manorlands Hospice

July – August 2010



sportjohn to Malta 2010



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The Idea

The idea is to cycle from Haworth in West Yorkshire to Malta, aiming to arrive in Valetta after a c. 2,200 mile ride for 21st August 2010, which is the date of my 50th birthday.

The Route

Basically, from Haworth eastwards through Bradford/Leeds and Castleford to Hull*. Overnight ferry to Europoort and then heading south through Holland, Belgium, Luxembourg, France, Germany, Austria, Liechtenstein, Switzerland and right down the west coast of Italy. Ferry to Sicily, down the island and then ferry to Valetta in Malta (see detailed route below). The route is entirely flat apart from the hills!

The Dates

Aiming to set off on Thursday 22nd July 2010 and arrive in Valetta on Friday 20th August 2010. Allowing for rest days on Sunday 1st August in St Moritz in the Alps, Saturday 7th August in Pisa in Italy (to lean against the tower!) and Wednesday 11th August in Rome, this averages out at approx. 70+ miles per day with the longest day being 123 miles and the shortest day 36 miles.

Bikes

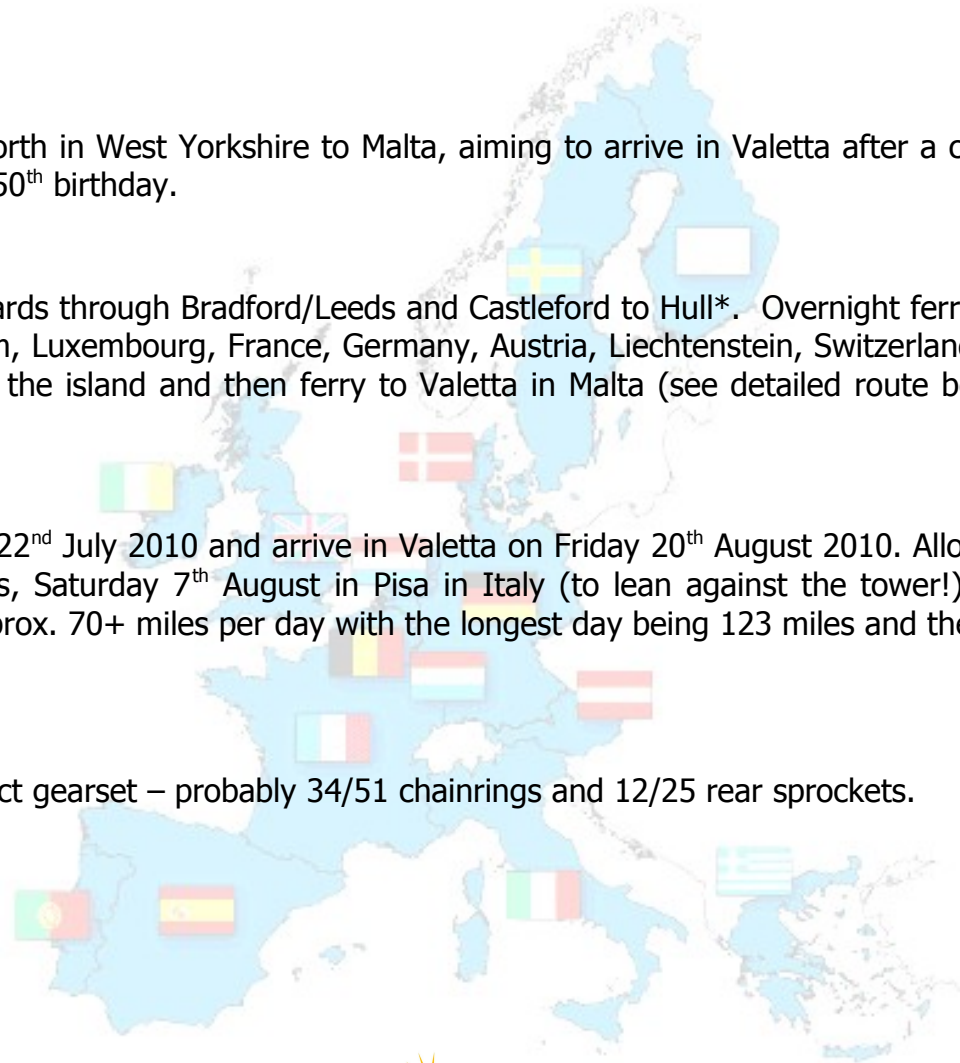
Road bikes. I'll be on a compact gearset – probably 34/51 chainrings and 12/25 rear sprockets.

Support



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I am taking my VW Transporter Van as a support vehicle which will carry bikes and spares, kit and camping gear. I still need drivers for this, although it's sorted as far as Pisa in Italy! The riding day will probably be in three sections, with the support van to stop at pre-arranged points on the daily route. The van will carry food, water, spares, equipment, gear, etc.

Accommodation

First night on the ferry to Europoort.

Then Youth Hostels or camping with occasional hotels. Rest days planned in:

St Moritz, Pisa and Rome.

For the arrival (see below) a list of potential hotel accommodation in Malta in the SE of the island and in Valletta is attached.

Eating

Although the van will have some basic cooking facilities we will be aiming to eat out in most places (spaghetti will be near the top of the list for obvious reasons!).

Drinking

It is essential that any training regime leaves participants capable of cycling 100+ miles after a few beers each evening!!

Arrival

There is a 50th Birthday/Arrival Party on the evening of Saturday 21st August that is hopefully to take place at the Al Fresco Bar/Restaurant (which is on the sea-front with a small beach) which is at St George's Bay between Marsaxlokk and Birzebbuga in the south-eastern area of Malta (about 12km from Valetta, on bus routes). All are welcome but let me know asap!!



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Charity/Sponsorship

The trip is raising money for charity and the chosen charities are **Bradford Disability Sport & Leisure** (www.bradforddisabilitysports.co.uk) and the **Sue Ryder Hospice at Manorlands** in Oxenhope (www.suerydercare.org).

Barry Thorne of Bradford Disability Sport & Leisure has kindly offered to take this aspect on board. The ride remains for BDSL and Manorlands on a 50:50 basis and there will be an element of Maltese sponsorship for local Maltese charity "Puttinu Cares" as well.

The intention is to use the BDSL "Just Giving" Website (www.justgiving.com/sportjohntomalta) for ease and then to sort out sponsorship monies after that. I'm effectively paying for the trip costs myself but if there is any support for specific items such as fuel, spares, etc that would be most welcome!

There are also plenty of opportunities for sponsorship/in-kind help if people feel so inclined, as follows:

- Van sponsorship (magnetic logos);
- Bike kit/spares
- Energy bars/drinks/powders
- Water/Waterbottles
- T-shirts/Cycle shirts (special edition at £35 per cycle shirt, orders to me at sportjohn@blueyonder.co.uk)
- Etc.

www.justgiving.com/sportjohntomalta



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Participation

There are still a number of participation options:

Riding

Select-a-stage – stay a day, a couple of days, a week or do the whole lot (you need to keep up though!) Up to you but for booking purposes all arrangements need to be made by you (speak to me first!). You need your own bike, of spares, energy, etc.

Riders so far:

Location	Approx. Dates	Riders
To Hull	21/22 nd July	Various
Belgium/Lux/France	23/26 th July	Zip Jones?
Alps	30/3 rd August	Anthony Gill/Matt Robinson?
Italy (Brescia)	4 th August	Bernard McNulty
Italy (Pisa)	8 th August	Charlie Marshall/Dave Hamer (to Rome)
Italy (Naples)	13 th August	Martin Hawkins
Sicily (Catania/Viagrande)	18 th August	Richard Tearle

Also riding regular sections along the whole route will be Patrick and George Dennis and Tizz Woffenden.

Tracy Uren, Ian Dobson and others are flying out for the party in Malta and cycling back up Italy afterwards.

Driving

Drivers are now sorted - many thanks to everyone!

Section	Dates	Drivers
Haworth to Pisa	21 st July to 7 th August	Melanie Bushell/Janet Dennis/Tizz Woffenden
Pisa to Sicily	8 th Aug to 18 th Aug	Jo Thomson & Deanne Archer
Sicily – Malta & back to UK	18 th Aug to 7 th Sept	Jan Gilbert and Richard Tearle



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Logistics

Any help leading up to the ride (route map preparation, sight-seeing itineraries, local knowledge, etc.) will be warmly welcomed.

General Support

If you fancy driving alongside in your own vehicle just to add some support and to add some social "craic" in the evenings, or even fling out en route and hiring a car or travelling between stops, that would be great. Or of course come out for the party!!



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Outline Daily Itinerary

Day	Date		Route	Length (miles)	Notes
1	22/07/10	Thu	Keighley - Hull	89.0	Ferry to Holland
2	23/07/10	Fri	Europoort - Leuven	95.9	Stella Artois Brewery, Belgium (Flanders)
3	24/07/10	Sat	Leuven – La Roche	84.1	Belgium (Wallonia)
4	25/07/10	Sun	La Roche - Luxembourg	72.3	Luxembourg
5	26/07/10	Mon	Luxembourg - Lutzelbourg	123.4	France
6	27/07/10	Tue	Lutzelbourg - Strasbourg	68.7	France. Rhine
7	28/07/10	Wed	Strasbourg - Villingen	82.9	Germany, Black Forest
8	29/07/10	Thu	Villingen - Bregenz	114.5	Austria, Bodensee
9	30/07/10	Fri	Bregenz - Davos	87.9	Liechtenstein, Switzerland, Alps, Klosters
10	31/07/10	Sat	Davos – St Moritz	36.9	Switzerland, Alps
11	01/08/10	Sun	Rest Day St Moritz	0	855.6 Miles = 86 Miles per day average
12	02/08/10	Mon	St Moritz - Edolo	65.6	Italy, Alps
13	03/08/10	Tue	Edolo - Brescia	85.7	Italy, Lombardy, Lakes
14	04/08/10	Wed	Brescia - Parma	61.7	Parma Ham!
15	05/08/10	Thu	Parma – Sarzana	81.9	Italian Coast Golfo di Genova
16	06/08/10	Fri	Sarzana - Pisa	41.5	Leaning Tower!
17	07/08/10	Sat	Rest Day Pisa	0	336.4 for leg. 1192.0 miles total = 70.1M/day
18	08/08/10	Sun	Pisa - Grosseto	103.0	Italian Coast. Isle of Elba offshore
19	09/08/10	Mon	Grosseto - Viterbo	86.6	Lago (Lake) di Bolsena
20	10/08/10	Tue	Viterbo - Rome	73.0	Coliseum, etc!
21	11/08/10	Wed	Rest Day Rome	0	262.6 for leg. 1455 miles total = 69.3M/day
22	12/08/10	Thu	Rome - Terracina	71.2	Roman roads and coast
23	13/08/10	Fri	Terracina - Naples	89.1	Bay of Naples



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24	14/08/10	Sat	Naples – Vallo della Lucania	104.7	Bay of Naples and inland.
25	15/08/10	Sun	Vallo d' Lucania - Belvedere	76.6	Golfo di Policastro (coast)
26	16/08/10	Mon	Belvedere - Vibo Valentia	90.0	Coast and towards "foot" of Italy
27	17/08/10	Tue	Vibo Valentia – Santa Teresa	80.0	Ferry to Messina (Sicily)
28	18/08/10	Wed	Santa Teresa - Viagrande	55.6	Up the slopes of Mt Etna!!
29	19/08/10	Thu	Vigrande - Vizzini	60.5	Climb in Sicilian hills!
30	20/08/10	Fri	Vizzini – Malta (Marsaxlokk)	64.0	Ferry Pozzallo to Valletta
31	21/08/10	Sat	Rest. Party!!!		691.7 for leg. 2147 miles total = 71.6M/day

NB: All distances are approximate and include gremlins on www.bikely.com. They do not account for getting lost!!



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