

Scott Parker



Age: 36

Job: Baker at Sainsbury's Watchmoor Park

Bike: specialized allez sport 2013

Previous rides: rode across Dartmoor / Yorkshire dales / Scottish outer Hebrides / lake district / 3 counties 91/92/93/08/09/10/13 London to Brighton 08/09/10/13

Sporting hero: Eddie the eagle, Frank Bruno, Gazza, Gary Lineker, David Beckham, Mark Cavendish, Steven Gerrard, Messi

Hobbies: cycling, spinning, traveling, swimming

Favorite food: Mexican tapas / Spanish tapas / Italian

Favorite t.v show: Gavin and Stacy, Inbetweeners, Fresh Meat, Bad Education

Ben Munden



Age: 29

Job: Night shift manager at Sainsbury's Watchmoor Park

Bike: specialized allez sport 2009

Previous rides: 3 counties 2013

Sporting heroes: Mark Cavendish, Jamie Staff, Tony McCoy, Chris Froome, Ryan Giggs

Hobbies: Cycling, Traveling, building air fix models, collecting Jack Daniels

Favorite food: Chocolate and cake

Favorite t.v show: Only Fools and Horses, 24, House

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or

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BEN AND SCOTT RIDE



LONDON TO PARIS



FOR THE RDA SANDHURST APRIL 2014

Itinerary

Day 1: London to Calais

Our challenge begins bright and early from Crystal Palace heading south on route to the coast. Our long journey today takes us through rural Kent- the garden of England. Our path winds through traditional British countryside, along the North Downs Way before we reach the white cliffs of Dover. The ferry takes us across to Calais and our first nights resting place. **95 miles (approx)**

Day 2: Calais to Abbeville

La belle France! Stunning picturesque countryside awaits us in northern France as we travel south through some beautiful quaint villages- do not be surprised to be greeted with a Bonjour Monsieur/Madame as you cycle through! Cycle through Desvres, a market town known for its ceramics and continue with the windy roads along the valley of the Canche River. The Artois region is amazing with the Spanish influenced town of Hesdin and its tremendous architecture and close proximity to the battle of Agincourt. We spend the night in Abbeville - steeped in history from the war and despite being destroyed in just one night it has managed to retain its beautiful gothic church. **75 miles (approx)**

Day 3: Abbeville to Beauvais

Our route this morning follows the river Somme out of Abbeville. The Somme is perhaps most famous for its battles and you cannot fail to be reminded of the thousands who lost their lives in the war. But the Somme is also a Celtic word meaning tranquility... so summing up the feeling of the day as you cycle through the superb region. After lunch you can enjoy the countryside with a little less 'undulations' than previous days. We finish the day in Beauvais where the market square, Place de l'Hôtel de Ville, is a true highlight. Several of the houses close to the Cathedral date back from the twelfth to the sixteenth centuries. **70 miles (approx)**

Day 4: Beauvais to Paris

Our final day of cycling and the big push to Paris, our final destination. We are still treated to some stunning countryside including a lovely lunchtime in wooded area next to the River Oise. After lunch we near the outskirts of Paris and you will start to spot the familiar sights of the Eiffel Tower and the River Seine. We rendezvous in a park just north of Paris before joining together to cycle the last miles along some of the famous boulevards. Our finish point can be seen for miles above the Paris skyline and on arrival the celebration can begin! **60 miles (approx)**



Riding for the Disabled Association - Sandhurst

Sandhurst Group was founded in 1973 and operates from Brunei Stables at the Royal Military Academy at Sandhurst. We meet on Thursday mornings during term time to provide four sessions of therapeutic riding to children from local schools:

Through the auspices of the RMA we have the benefit of riding amidst the historic grounds of the Academy. In the winter months, we are able to use the large indoor arena adjacent to the stables. Horse riding offers an opportunity for enjoyment, challenge, friendship, laughter, achievement, independence and confidence. Not only for our riders, but for our volunteers as well!

£25.99 buys - Mulryan RDA Coloured Reins

£1299 buys - RDA Stevenage Saddle

£2000 buys - A new horse for the RDA



FIND OUT MORE ABOUT THE RDA AT

<http://www.sandhurstida.org.uk/>

OR

<https://www.facebook.com/pages/Sandhurst-RDA>