

The 5th Paul Davies Memorial Cycling Challenge 10 October 2010

October 10th sees the 5th running of the Paul Davies Memorial in support of the Cardio Myopathy Association

This is a no frills ride of 115km based on Billericay, Essex around quiet lanes between Billericay, Willingale and Little Baddow and includes two climbs up to Danbury as well as up to Galleywood.

Although there are no luxuries like feed stops and timing the route is signed throughout and there will be refreshments at the finish. The route has been complimented as a serious end-of season challenge.

There are also 25km & 60Km routes for the less adventurous

The Event HQ is Hannakins Farm, Billericay CM12 0SY and the start is from 8:30am. Entry is £10 and all finishers will receive an award.

All proceeds for this event go to the Cardiomyopathy Association in memory of Paul Davies who died aged 28 in 2005. Paul although not a cyclist himself was the consummate sports fan and besides his passion for football and boxing could speak with knowledge about most sports. This is one of a series of events in his memory to raise money to increase our knowledge of this young persons' heart disease, a condition which weakens the heart muscles and is the commonest cause of sudden death for people under 30 in the UK.

Entries to;

Trevor Mills, 4 Trumpeter Court, Billericay, CM12 0HQ

Tel: 01277 657186 or e-mail: trevor_mills04@yahoo.co.uk

or enter on the day