



Mark Carpenter

Why are you doing it?

Within Sytner we have a culture of 'giving something back' to our local communities. Having run the Half-Marathon for MacMillan, I'm delighted to be supporting them again.

What training have you been doing?

Not enough, but 40 miles at 6am on a Saturday morning is not much fun.

Have you followed any special diet to prepare?

Plenty of chips and beer to increase my fat reserves for the endurance race ahead.

What are your reservations about the ride?

John Buchan.

What was the best comment from your family or friends on hearing of your plans?

You are b****y mad. You'll never do it.



John Buchan

Why are you doing it?

I've been mountain biking for years so this was just the excuse I needed to buy a new road bike. I've also never done anything like it before, and I just can't resist a proper challenge!

What training have you been doing?

I'm riding to work when I can (80 mile round trip), along with a couple of evening rides a week. I'm lucky that I have some friends that have road bikes and we have started meeting on a Saturday morning and riding about 70-80 miles together.

Have you followed any special diet to prepare?

My Partner says it's like having a teenager in the house, not only with the trail of discarded cycling kit everywhere but every ride is followed by me eating everything and anything!!! I can recommend Mars chocolate milk shakes as an excellent recovery drink!

What are your reservations?

Probably the good old British weather...

What was the best comment from your family or friends on hearing of your plans?

My friends and family are used to me doing some pretty crazy stuff, so they've come to expect it!



Adam Jordan

Why are you doing it?

My nephew is very ill and this gave me the opportunity to come off a mountain bike and have a go on a road bike whilst raising funds for a great cause.

What training have you been doing?

I've been cycling for 5-6 years every weekend – so I'm now doing 25 miles in the week and 40 on Saturday – I don't want to peak too soon!

Have you followed any special diet to prepare?

No. I've cut out pie and mash and less alcohol...

What are your reservations?

I've cycled for a long time and thought it would be easy but now I've committed to it, I realise it's a long distance... However, I'm not going to let down my sponsors.

What was the best comment from your family or friends on hearing of your plans?

You're absolutely mad!



Ed Lees – Man in the Van

I've been interested in cycling for most of my life and Mark asked if I would like to be involved by driving the support van. He explained that he would like me on board in this role as he felt I had strong practical abilities and an ability to solve problems (flattery never fails, does it?).

I will be taking a refresher on first aid and hope to obtain a very extensive first aid kit along with a good stock of bike spares.

The principle behind the support van is to be available in the event of any issues. I anticipate that this should be no worse than a flat tyre or broken chain, but anything could happen. I will have a detailed knowledge of the route along with facilities we might be near – including local hospitals and bike repair shops.

Secondly I will keep the itinerary and locations of overnight stops and perhaps even record time keeping along with possibly filming the riders going up hills.

The van will also serve as a rolling advert for the ride as we hope to get it signed up with the Macmillan graphics together with Sytner and any of our main sponsors.

Sytner Tour of Britain

As our cyclists visit each dealership, there will be a fundraising event, so join us to raise some money and send them on their way! Some of these events will include:

- **Guess the number of balloons in a car**
- **Coffee Morning**
- **Barbecued breakfast for staff and customers**
- **School competition – Win a Bike by designing a car**
- **Wakefield Wildcats Welcome**
- **Fancy dress shopping**
- **Raffling off extra holiday**



Day 1 - Sunday 13th September

Edinburgh to Rothbury *time*
Bentley Edinburgh *Leave 10:30*

Day 2 - Monday 14th September

Rothbury to Northallerton *time*
Mercedes-Benz Newcastle *Leave 11:30*
Mercedes-Benz Teesside *Leave 15:00*

Day 3 - Tuesday 15th September

Northallerton to Sheffield *time*
Harrogate Audi *Leave 11:30*
Harrogate Volkswagen *Leave 11:30*
Land Rover Wakefield *Leave 14:00*
BMW Sheffield *16:00*

Day 4 - Wednesday 16th September

Sheffield to Leicester *time*
Land Rover Sheffield *Leave 10:00*
Derby Audi *Leave 14:00*
BMW Leicester *16:30*

Day 5 - Thursday 17th September

Leicester to Oxford *time*
Sytner Group Leicester *Leave 10:00*
BMW Coventry *Leave 12:30*
Jaguar Oxford *16:30*

Day 6 - Friday 18th September

Oxford to Portsmouth *time*
Mercedes-Benz Newbury *Leave 11:30*
Land Rover Portsmouth *15:30*