

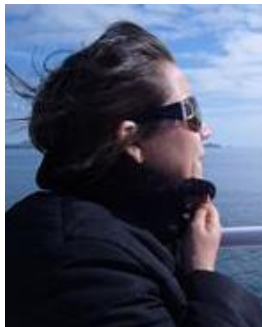
Our Runners! Before:
4th Apr 2008



Matthew Hinchliffe, one of our designers from Thinkology, is undertaking The Great West Run on 4th May in aid of Lifelites. Good Luck Matthew! For donations to Matthew and to follow his progress please visit www.justgiving.com/matthewhinchliffe



Our friend from the WCIT Gary Moore, is running in the Shakespeare Half Marathon at the end of April. Sponsor him here www.justgiving.com/simplebloke



Our very own Simone Enefer-Doy is taking part in two major bike rides this spring (the Downs Link and the London to Brighton) and would really welcome your support. Please take a moment to visit her online fundraising page and make a donation. It's really easy - you can donate by credit or debit card at the following address:
<http://www.justgiving.com/simoneeneferdoy>

One of our supporters, Dr Richard Johnson has generously offered to run the Salt Lake City Marathon in America on 19th April. A big thank you in advance!

Our Runners! After:



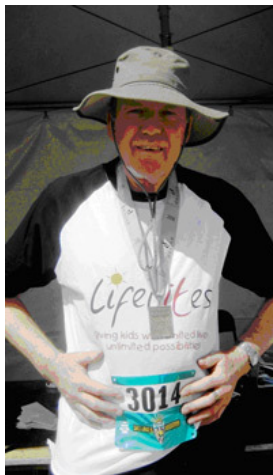
6 May 2008

Well done to our web designer Matthew Hinchliffe who finished the Great West run in 2h:03m:57s and managed to raise just under £500 for Lifelines!



30 April 2008

A big thank you to Gary Moore from the WCIT for his running efforts in the Shakespeare Half Marathon.



Also one of our Principal Sponsors, Dr Richard Johnson completed the Salt Lake City Marathon in America on 19th April.

Congratulations and thank you!

London to Brighton Bike Ride

15 June 2008



Well, I did it!

All 54 hilly miles of the London to Brighton Bike Ride and raised nearly £700 for Lifelites into the bargain. It has been a while since my last attempt, so I was a little apprehensive about the impact the advancing years would have on my ability to go the distance, but I needn't have worried. That said, I do not think I would have done it without the training; and living on "The Hill" certainly has its advantages with regards to conditioning cycling muscles to get up steep slopes.

Among the other 26,999 cyclists I joined were three fat ladies in loud bikinis and a vicar (a real one). The Devil on two wheels was a bit of a surprise, and I gently suggested to him that perhaps doing a good deed for charity was a little out of character.



As we rounded a bend at about 45 miles and "The Beacon" came into view, the collective awe and trepidation of thousands of exhausted souls could probably be heard back at the start point in Clapham. I gave it my best shot but my ambitions were dashed with a rumour of a flat tyre which turned out to be a red herring, but meant I couldn't get my balance to get going again up the precipice in amongst the crowds.

Sailing into Madeira Drive to the roar of the crowds and the finish line has to be one of the most wonderful feelings I will ever experience and raising loads of money for our charity into the bargain tops it off nicely.

Would I do it again? Watch this space...