

**PRESS RELEASE – 4<sup>th</sup> February 2011**

**Fire fighter's epic journey**



Gloucestershire Airport fire fighter Ben Howell will be swapping his 6 x 6 Crash Tender for two wheels later this year to raise money for charity.

23-year old Ben from Cheltenham will be cycling from Land's End to John O'Groats with his brother Richard, from Kent, to raise money for Demelza Hospice Care for Children. The charity provides hospice care for over 600 children with life-limiting illnesses and their families across Kent, South London and East Sussex through residential care and hospice at home care.

The pair will begin their journey on 10<sup>th</sup> April and expect to take between 10 – 14 days to complete the grueling 1000 mile journey.

Ben said: - "We hope the ride will improve our fitness, be a massive adventure, give us a huge sense of achievement and raise a lot of money for a very worthwhile cause."

You can sponsor Ben and Richard by visiting their website  
<http://www.justgiving.com/richardandbendolejog>

For more information about Demelza, visit [www.demelza.org.uk](http://www.demelza.org.uk)