

## NEWS RELEASE

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### Scenic Cycle from North to South for Charity

Three NHS Development Managers have raised over £400 each for charities close to their hearts by cycling 145 miles from North to South Wales in just three days.

Mark Thomas and Chris Hancock who work for the National Leadership and Innovation Agency for Healthcare (NLIAH) and Mike Fealey who works for the NHS Wales Delivery Support Unit, started out at noon on Friday (9 Oct) from the NLIAH offices in Wrexham and arrived in Llanharan at 4pm on Sunday (11 Oct) - 2 hours ahead of schedule!

Mark, Chief Organiser and Senior Development Manager, said:

“We are each fundraising for charities that are important to us. Myself for Prostate Cancer Research Centre, Chris for the Alzheimer’s Society and Mike for Hafal (Mental Health).”

On completing the ride Chris, a Critical Care Content Specialist said:

“Now that we have finished the ride the physical effort seems the least of it. What has struck us is the generosity of the people who have given their time to support us from Jacky and Nick, our support drivers to our colleagues who showed up to welcome us home and Angharad who has provided us with superb publicity. Of course our greatest thanks go to the hundreds of people who have promised and donated cash and in so doing have made this ‘improvement cycle’ worthwhile for the beneficiaries of our nominated charities. We might wait a while though before the next one.”

Sian Bolton, Acting Director of Service Improvement at NLIAH said:

“We are extremely proud of the boys for completing their bike ride and raising over £1,000 for such worth while charities. We’ll let them have a few weeks off before they start practising for their next ride - from John O’Groats to Lands End?!”

If you would like to sponsor the cyclists you can do so at the following website addresses. For Mark visit [www.justgiving.co.uk/MarkThomasCycle](http://www.justgiving.co.uk/MarkThomasCycle), for Mike [www.justgiving.co.uk/mickeyflea](http://www.justgiving.co.uk/mickeyflea) and for Chris [www.justgiving.co.uk/Chris-Hancock](http://www.justgiving.co.uk/Chris-Hancock).

ENDS.

Angharad Price  
Communications and Marketing Co-ordinator  
National Leadership & Innovation Agency for Healthcare (NLIAH)  
Innovation House  
Bridgend Road  
Llanharan  
CF72 9RP

Direct Line: 01443 233355  
Fax: 01443 233331

Email: [angharad.price@nliah.wales.nhs.uk](mailto:angharad.price@nliah.wales.nhs.uk)  
Website: [www.nliah.wales.nhs.uk](http://www.nliah.wales.nhs.uk)