



From left to right:
Steve Clifflen, David Tweddell, Jacinta Leach, Stewart Rawnsley, Michael Margereson and Bob Wilson

Day two – a mere 60 miles

April 19 2011

9.30am and we arrived at the Arsenal training ground, London Colney, to be greeted by Sean O'Connor who looks after the immaculate facility like it's his own.

We were joined for today by representatives of our wonderful Frogmore sponsors – Jacinta Leach, Michael Margereson and Stewart Rawnsley.

Arsene Wenger and all the team wished us well on our challenge although Robin Van Persie and Nicolas Bentner both had 'bike envy'.

Robin was keen to get a photo on his phone for his Twitter.

Jens Lehmann said he now had further proof that all goalkeepers are crazy.

Left at 10.30am and headed north through St Albans on to Watling Street. A three and a half hour ride took us 38 miles through Redbourne, Dubstable and a lunch stop at Stony Stratford. Wonderful home made food served with a smile at Muffins Coffee Shop.

Lead vehicle decided to take some 'head on' photos with our photographer Tom Bunning shooting from the open back of the Fiat Scudo. He was slightly unnerved by the other road users coming straight at him whilst waiting for the cyclists to catch up.

4pm – 50 miles completed. Now into unknown territory as training runs never been more than this. Feel good but looking forward to a bath and a massage.

4.45pm – 60 miles completed. The Three Musketeers from Frogmore were brilliant company and a huge help in spurring us on and keeping us focused. Have to admit it was very tough with continual massive undulations along the route.

Arrived at Stapleford Park De Vere, Daventry, to be greeted by our masseur for the day Paul Roberts. The neck and shoulders needed the attention more than the legs and Paul did an amazing job in taking out the pain.

Couldn't have chosen two better co riders than Steve Clifflen and David Tweddell who are just brilliant.

As for our support team, they seem to be able to read our spirits both high and low and are always there with sustenance or bike repair, which Mick Lee our technical wizard had to do for me today.

Best news of the day. Thomas Vermaelen is back in full training today, at last.

Thanks everyone for your wonderful messages, donations for Willow and your car hoots along the way.

Still short of our ambitious fundraising target. Please help if you can x

STOP PRESS: Sir Alex has just made contact and has promised to greet us at old Trafford with Sir Bobby!