

## Falklands Veterans take up Vietnam Cycle Challenge

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Falkland veterans [Mark McGrane](#) and [Paul Stewart](#) are facing the challenge of a lifetime as they gear up for a charity cycle ride through the rugged but mesmerising terrain of North Vietnam in October 2007.

Mark 45 and Paul 52 are usually seen driving computerised desks with the Port & Maritime Division of the Defence Logistic & Supply School at Marchwood, Southampton. But between **October 27<sup>th</sup> and November the 8<sup>th</sup>**, they have elected to **cycle some 655 km through North Vietnam in support of the Jubilee Sailing Trust (JST)**

25 years after the Falklands campaign Paul & Mark have decided to do their bit to enable others perhaps not as lucky as themselves to benefit from the fantastic facilities of the Jubilee Sailing Trust. With Tall Ships such as the LORD NELSON and TENACIOUS, able bodied and disabled people are afforded the opportunity to sail side by side on these splendid Tall Ship's.

The hard work will all be worthwhile for Paul & Mark if they succeed in raising a minimum of £5,000 for the Jubilee Sailing Trust Charity. Both Paul & Mark are former members of 17 Port & Maritime Regiment RLC, which has now formed an affiliation with the Jubilee Sailing Trust. 17 P & M Regiment played a key role in the Falklands campaign and soldiers of all trades within the Regiment can now benefit by both crewing and supporting Jubilee Sailing Trust ships and craft.

As a result of the affiliation between 17 Port & Maritime Regiment and the Jubilee Sailing Trust Paul & Mark were made aware of the charity cycle ride through Vietnam and as both cycle to work on a regular basis, they took the plunge to extend themselves just a little! A comprehensive cycle training programme has already got them up to 30+ km, but they will be required to cover between 62 km and 113 km per day for 8 days whilst in Vietnam. The mileage is one thing, but they will also have to contend with temperatures up to 26° C, humidity up to 85% and hills up to 1 in 10.

Paul has had to change his diet so as to thin down a bit for the impending challenge, whereas Mark is having to keep his intake up so as not to disappear before the event. As "little and large" we are both taking the training and fundraising seriously, the latter being the focus of most of our efforts.

The LORD NELSON and TENACIOUS will be berthing at Marchwood Sea Mounting Centre (SMC) throughout the year, so we will be able to see first hand, what sort of things this hard earned money will be used for. In order for people to find out more about the JST please visit their web site at [www.jst.org.uk](http://www.jst.org.uk)

In his spare time Paul teaches Power-boating & Motor Cruising throughout the Solent area, so is in touch with the local marine community and it is through this community as

## **Jubilee Sailing Trust Registered charity No 277810**

well as family, friends and work colleagues that we will be looking for support for this worthy cause.

Mark draws upon his many years experience as a Interior / Exterior Painting and Decorating Manager and has already secured sponsorship from a number of local companies for which we are both extremely grateful.

You can sponsor Paul & or Mark by visiting their online fundraising page at [www.justgiving.com/PandM](http://www.justgiving.com/PandM) where you can pay by credit or debit card, and the money will go directly to The Jubilee Sailing Trust. If you are a UK taxpayer, the charity will automatically receive a further 28% extra in Gift Aid, which makes "Justgiving" the most efficient way of sponsoring Paul & Mark.



Paul & Mark

Sponsorship presentations can be seen on line at  
[www.communigate.co.uk/hants/cycleforsail](http://www.communigate.co.uk/hants/cycleforsail)