



HELP 4 HEROES BIG BATTLEFIELD BIKE RIDE 2014
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To all Old Framlinghamians

After 10 years at Brandeston Hall and Fram I left the College in 1971 and joined the Army. In 2008 I retired at 55 years of age after a full and varied career, emerging unscathed from many operational deployments. Others have not been so fortunate, and, in recent times, have sustained life-changing injuries in the service of their country. Last year I took part in a Help 4 Heroes bike ride from Paris to London, personally raising over £6000 for what I believe to be a truly worthy cause. I'm doing something similar this year all the way to Paris via Brussels.

As you know 2014 marks the Centenary of the start of the First World War. It will be a particularly poignant time to be involved in a military charity event in Belgium and France. From my previous experience I know it will be full of high emotion, reaching its climax when all 300 of us return to London on Sunday 8th June 2014. It is there that we will meet up with many hundreds of others to complete "The Hero Ride" from Blackheath to Horse Guards Parade. The photos above were taken last year when 1300 of us created the H4H 'Medal on The Mall', raising over £1,000,000 in the process. Those in gold at the front, over 100 of them, were all carrying injuries, including several triple amputees on hand bikes. Seeing their determination was one of the most humbling experiences of my life.

I am asking you to support Help 4 Heroes by sponsoring me on my adventure. Please dig as deep as you can, and then perhaps a little deeper, so I can exceed my target of £5,000.

Thank you for being so generous. The link to my fundraising page is:

www.bmycharity.com/GuyBettesworth

Yours ever

Guy