

# JENNY'S 60<sup>TH</sup> BIRTHDAY CHARITY CYCLE



My 16-day charity cycle starts in Galway on August 20th and takes me 600 miles across Ireland, Wales and England, to arrive at Chichester Harbour in Sussex on Sunday September 4th.

An unusual way of marking a 60th birthday, and certainly a big personal challenge!

The cycle ride connects two wonderful landscapes - my childhood home on Chichester Harbour and my current home in Connemara - and is in aid of environmental charities doing important work in each place:

**Chichester Harbour Trust**

Conserving the natural beauty and wildlife of Chichester Harbour  
[www.chichesterharbourtrust.co.uk](http://www.chichesterharbourtrust.co.uk) British charity no. 1096308



Inspiring people about nature and heritage in the West of Ireland  
[www.brigitsgarden.ie](http://www.brigitsgarden.ie) Irish charity CHY 15513

My journey also celebrates a little-known historical connection between the two places. I am following in the steps of Irish monks who founded a small monastery in the village of Bosham on Chichester Harbour in the 7th century. Coincidentally, the monks came from the Galway area, and taught the early Sussex saint, St Cuthman, who was supposed to have been born on my family farm at Cobnor near Bosham.

St Cuthman is famous for taking his ailing mother in a wheelbarrow and walking over the Downs to found the first church at Steyning. The last day of the cycle on September 4th will be St Cuthman's route in reverse, from Steyning to Bosham.

Please sponsor me and support the Chichester Harbour Trust by donating online at

[www.justgiving.com/jennys-charity-cycle](http://www.justgiving.com/jennys-charity-cycle)

You are also invited to join me on September 4th for the last day's cycle from Steyning to Bosham, or meet at East Lavant at 3pm to cycle the last few miles to the welcoming party on Bosham Quay at 4pm.

For more on my charity cycle ride see <http://jennyscharitycycle.wordpress.com>

**Thank you for your support! Jenny Beale**

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