



There's Always Another Hill: How not to cycle from John o' Groats to Land's End

Fred Johnson

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Fancy cycling John o' Groats to Land's End? Fred did it once to raise money for cancer research after his wife died of cancer, he enjoyed it that much he vowed never to get on his bike again at the finish. With a new wife Chris and a new job, despite his best efforts he is railroaded into doing it again with work colleague Bill. Have a taste of it; join them, the months of training, the journey to Scotland. Enjoy the ride down with none of the pain, through the struggles, hardship and laughter, through rain and sun. Toiling up hills and mountains and sailing down the other side, through some of Britain's most beautiful scenery. Following a calamity in Inverness it becomes a race against time to get to Land's End before Chris has to leave for home. Enjoy it, the good, the bad, the highs, the lows, nice meals and wine; G&Ts by the score, the cigar stops along the way but you know that today or tomorrow, as throughout life, There's Always Another Hill. Born in Radcliffe, Manchester in 1948, Fred left school at 15 with no qualifications and served as an apprentice joiner, did his City & Guilds Advanced Craft then his HNC and went to work as a surveyor for an international building contractor. Fred spent the next 40 years working in the construction industry, apart from a 12 month period when he managed a hotel on the Norfolk Broads. A frustrated sportsman he participated in a few, played football, ran marathons and fell races, attained a brown belt at Karate and, of course, cycled. In his words the only thing he managed to excel in was his ability to be average or worse at everything he tried. Fred loves the outdoors and has spent most of his holidays camping, caravanning and walking, mainly in the Lake District, Scotland and Cornwall although he has travelled extensively, especially in Europe. His first wife, Gwen died of malignant melanoma aged 47 having been married for 28 years; they had two children, a boy and a girl. He has been happily married to Christine for 10 years and they have between them nine grandchildren.

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