

With much gratitude for all the friendship, food, enthusiastic support, great hospitality and, of course, your sponsorship, Simon Vibert and Chris Leftley completed the nearly 1000 mile trip from Lands End to John O'Groats on Sunday 18th July 2010.

We saw some stunning parts of the British Isles, help by the vista from a saddle, lovely cycle tracks and rural routing. We were humbled by the expressions of good wishes and kindness along the way.

God's creation is truly marvelous. I found myself musing: "Who does Richard Dawkins praise when he sees the beauty of the natural world?" As for me, Psalm 103 was very much in my mind as the Psalmist exalts the Lord for his many wonders. Although slogging up the A9 near Perth in torrential rain was a more humbling experience!

Our final stop-off at the home of Christian Focus was a treat, a lovely rural setting near Tain. To see first hand the entrepreneurial vision for Reformed Christian Publishing was very refreshing.

Of course, we were acutely aware that we weren't the first to make such a daring trip, particularly as we crossed into Scotland and were caught in a traffic jam of cyclists all trying to take a photo of Gretna!

Nevertheless, this was a matter of dogged discipline (20 miles to coffee; 20 miles to lunch; 20 miles to tea and then overnight stop!). We were thankful for good health, largely good weather, and very minor bike problems.

We cycled to raise funds to supplement student teaching resources at Wycliffe Hall. Out of the target of £10,000 a little over half of that has been raised so far. Donations are still trickling in.

But, finally, as I return to my desk for less physically rigorous activity, it is good to remember Paul's wise words: *For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come* (1 Timothy 4:8).