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BIKE CHALLENGE ... Richard Dean raising money for two hospices by cycling 76 miles. 102449

Richard rides on time

BEING late for work happens to us all, not least for Richard Dean who set himself a cycling charity challenge in the hope of beating the clock.

Despite getting a puncture 10 miles in, Mr Dean, of Dean's Garden Centre, stayed on track, making it from home in York to work in Seamer Road, Scarborough at 8.20am following his 5am start.

He said: "It's always a struggle to get to Scarborough, and I'm usually late so this was a personal chal-

lenge. Remarkably I found it alright. I worked all day and I got back in two hours 29 minutes, which is far better than I thought. I think the wind was behind me at stages so that helped. Altogether I did an average speed of 14.4 miles per hour and a total distance of 76 miles."

Mr Dean has raised over £1,000 for Deans' two charities of the year, St Catherine's and St Leonard's Hospice.

Further donations are being accepted at the garden centre in Seamer Road.