



## Little Village press release

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### St Albans man to cycle one million metres for baby bank

A man from St Albans is set to take on the fitness challenge of a lifetime when he cycles one million metres in a bid to [raise £10,000](#) for baby bank charity, [Little Village](#), on the 23<sup>rd</sup> July.

Fitness fanatic, Anthony Powell, 42 lives in Flamstead, near St Albans, with his wife Dr Camilla Powell and two young daughters. He also has a 13 year old daughter, Sophia, who lives with her mum in south London.

Anthony, who works as a personal trainer at the Nuffield Health gym in Hemel Hemstead,, wanted to set himself a fitness challenge, whilst raising money for charity. His daughter, Sophia, suggested he raise money for Little Village, a charity where her mum, Angela, volunteers.

Anthony will be using a fixed 'Wattbike' in the gym and anticipates that he will be cycling for 36 hours. He will cycle all day and night and will only stop to go to the toilet and grab refreshments. The distance is equivalent to cycling from London to the top of Scotland and he estimates he will burn 20,000 calories – roughly the same as running eight marathons. He believes he may be the first person to attempt such a distance on a Wattbike.

Anthony said:

"I like to set myself tough physical challenges but I'm also keen to raise money for a good cause. My daughter, Sophia, is passionate about Little Village as her mum volunteers there and she's seen the difference they make to families struggling to make ends meet, so she suggested I raise money for them.

"I've set the fundraising target at £10,000, which is high, but with the support of my fellow gym-goers and the local community, I'm confident we can reach the target. It works out at 1p per metre so if you'd like to sponsor me, I'll be extremely grateful, whatever the amount.

"My wonderful wife and colleagues from Nuffield Health will be with me throughout the night to give me lots of encouragement, so that will definitely help to keep me going. There are big TV screens in front of the bikes so I'll be watching movies to distract me and keep me awake!

"It would be wonderful to know that this challenge will help Little Village to support families who are struggling to provide the essential items they need to help their children to thrive."

CEO and founder of Little Village, Sophia Parker, said:

"What Anthony is doing is incredible, I was speechless when I heard how far he's planning to cycle and how much he's hoping to raise for Little Village.

"Little Village receives little public funding and is very much reliant on the kindness of people like Anthony to help us to keep our doors open in order that we can support growing numbers of families. This fundraiser will make a huge difference so I'm very grateful to Anthony, Sophia and everyone that is sponsoring and supporting him.

"I'd like to wish Anthony good luck from all of the volunteers, staff and families at Little Village!"

Anthony is no stranger to extreme fitness challenges – in January he used an indoor rowing machine to row 126kms, which is the equivalent to three marathons back to back, raising £2000 for the Alzheimer's Society.

Little Village is like a foodbank, but for clothes, toys and equipment for babies and children up to the age of five. Families donate items, which are passed on to families who have been referred via professionals like health visitors, children's centres and midwives. It has sites in Wandsworth, Camden and Southwark and saw an increase of 97 per cent in the demand for its service in the past year.



You can sponsor Anthony via Just Giving [here](#).

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