

Captain James Wadsworth unveils Tour de Troops The Castles dates for 2019

The Captain James Wadsworth Challenge, organiser of the Tour de Troops Castles event, has announced dates for this endurance bike ride as it returns in 2019.



The gruelling 570-mile (900km) cycle challenge will be held from 05 to 08 June 2019 and will take in three of the UK's most significant castles as cyclists pedal from Edinburgh to Cardiff via Windsor.

The ride is in aid of the Felix Fund, which works to help bomb disposal and search personnel and their families. CEO Melanie Moughton said: "Events such as these make such a difference to us, not only in terms of the funds raised, but in making people more aware of what we do."

Captain James Wadsworth, founder of this and other challenges, said: "Felix Fund is such a vital, worthwhile cause, and it's

a cause close to my heart because I have first-hand knowledge of what they do.”

The Tour de Troops follows the 2018 challenge, which saw cyclists travel from Land’s End to John O’Groats in just five days.

It aims to bring out qualities of endurance, teamwork and physical and mental courage in participants. These will include members of both the military and civilian communities.

A special reception party will greet riders as they cross the finishing line, and they will be able to enjoy performances from the Welsh Male Voice Choir, plus a three-course dinner.

Travel to and from the start and finish points each side of the four day-long stages, and accommodation is included in the £150 entry fee. A support team will be also on hand and nutrition will be provided.

This event has several sponsorship opportunities available. To find out more, contact pr@redheadpr.co.uk or call 0131 357 8977.

The 2018 challenge wouldn’t have been possible without the support of the sponsors; L3 TRL technology, Anchor Vans, iDeal Displays and The Institute of Explosives Engineers (IExpe).

Capt. James Wadsworth, who joined the army in 1995, worked in the Explosive Ordnance Disposal (EOD) unit and has served in dangerous postings in Northern Ireland, Iraq and Afghanistan.

He was awarded the Conspicuous Gallantry Cross in 2008. His extensive charity fundraising through various endurance challenges has so far raised around £75,000.

To register for the ride, [click here:](#)

To make a donation [click here:](#)