

Tribute to James

TWO Dumfriesshire teenagers cycled from Land's End to John O'Groats in just seven days and seven hours.

Cameron Burnett and Charlie Steel triumphed in their challenge to complete the 900-mile route in a target time of eight days.

The ambitious timescale meant they had to cycle more than 100 miles a day and sometimes as many as 130 miles.

They were on their bikes by 6.30am each day and sometimes didn't finish, exhausted, until after 8.30pm.

The plucky pair battled though the pain barrier to reach their destination on Saturday.

Cameron was in such pain with his knees last Tuesday night that he had to go to casualty in Penrith, Cumbria, and was dosed with painkillers.

But he was up again the next day to resume the trip at 7am.

They received a wonderful welcome from friends and relations in Dalton, near Lockerbie, on Wednesday and a well-earned cooked breakfast.

They set off from East Kilbride on Thursday and were aiming for Fort William, which took them through Glasgow and the daunting road around the edge of Loch Lomond.

Cameron kept himself going with the help of Lance Armstrong's mantra: "Pain is temporary, failure is forever."



FINISH LINE: Charity cyclists Cameron Burnett and Charlie Steel celebrate their arrival at John O'Groats on Saturday afternoon.

Charlie was equally struggling with pain in his back and wrists and was also repeatedly telling himself to push on with the mission.

On the last night, Friday, they stayed near Dornock and then – pumped up with adrenalin – put every last ounce of energy into reaching their destination at John O'Groats.

They arrived at 2.30pm on Saturday – utterly euphoric but also utterly exhausted.

The mammoth effort was made in

tribute to Charlie's cousin, James Wentworth-Stanley, who tragically committed suicide in 2006, aged just 21. The James Wentworth-Stanley Memorial Fund was set up to raise awareness of the shocking fact that suicide is the second biggest killer of young men.

If anyone would like to acknowledge the boys' extraordinary effort and achievement by donating to their chosen charity please go to: www.just-giving.com/Cameron-Charlie-LEJOG.

New health unit name plea