# Press Release | Date

## Dad saddles up for 435-mile mammoth cycle challenge to thank QEH children’s ward

A person with a helmet and a bicycle

Description automatically generatedDedicated dad Alex Pentney-Smith will be saddling up later this month to cycle 435 miles, all in aid of the children’s ward who cared for his daughter in her time of need.

Keen cyclist Alex, 37, from Fakenham, will begin his mammoth journey from The Queen Elizabeth Hospital, King’s Lynn on 29 September, then head north to take in the Norfolk and Suffolk coastline.

A map of a country

Description automatically generatedOver three days he’ll be covering a staggering 145 miles a day which will see him stop off in Norwich, then trace the coast to Ipswich before heading across country to Luton, up to Peterborough and back to the finish at King’s Lynn.

This impressive challenge is his way of giving back to QEH’s Rudham Ward, after they cared for his young daughter last year when she suffered a severe case of chickenpox. She spent her eighth birthday on the ward, but Alex says the staff made sure she had a special and happy day despite being so poorly.

Alex explained: “I was blown away by how incredible Rudham Ward was when my daughter was rushed in with a severe case of chicken pox. The support and endless hard work from all the staff were truly amazing and they were all so full of positivity.

“Nothing was too much trouble - they gave her a present and she had extra toys to play with all day. They also all made time to come in her room to wish her a happy birthday even though it was clear how busy they all were. All these little things made a stressful time for us as a family easier to bare.

“I know all things like games, toys and DVDs are funded on donations to the ward and when it was time leave, I knew wanted to raise some money to help go towards these special items to help others when they find themselves in the same situation.”

Alex is no stranger to cycling challenges – having taken on several extreme distances before, including cycling Great British Escapades – but nothing that compare to the magnitude of his lap of Anglia.

Christine Easthall, Rudham Ward Manager, said: "We are delighted to hear that Alex is undertaking a massive cycle ride for us. Kind fundraising like this enables us to provide extra things to improve the stay for our children, young people and their families. A huge thank you to Alex and lots of luck for your journey."

Rudham Ward ensures young patients have toys and games to be kept entertained during their treatment. You can support Alex on his challenge via his JustGiving page [here](https://www.justgiving.com/page/alex-pentney-smith-1693944863606).

For further information on how you can support The QEH Charity please email [charity@qehkl.nhs.uk](mailto:charity@qehkl.nhs.uk)

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For further information, please contact Communications Team, [media.enquiries@qehkl.nhs.uk](mailto:media.enquiries@qehkl.nhs.uk) or 01553 613216.