



Blood Sweat and Tyres

Blood, Sweat and Tyres is ongoing off-road mountain biking that raises money for the Haemophilia Society. This year they completed a massive bike ride from Land's End to John O'Groats - the whole length of the country!

The BST team regularly post up blog entries, podcasts, and even films. [Why not follow the link to find out what they're up to?](#)