Sub distancematrix()

For Each cell In Range("J3:AP35")

Range("G2").Value = Cells(cell.Row, 9).Value 'it is pasting the location name in G2 which is source cell'

Range("G3").Value = Cells(2, cell.Column).Value 'it is pasting the location name in G2 which is source cell'

cell.Value = Range("G8").Value

Next cell

End Sub