

Anthony's 350-mile bike ride challenge

■ RACHEL ALLEN

A CAMBRIDGE man who has battled a rare nerve disorder is taking on 350-mile cycle challenge to raise awareness of the condition.

Anthony Brown, of Perse Way, Arbury, is embarking on the ride with Martin Willitts, from Cambridge, and Anthony's brother-in-law Steve Ramsay, from Preston, to also raise money into research of Charcot-Marie-Tooth Disease (CMT). They will set off on Tuesday.

The 39-year-old and his brother Matt Dettmar, 34, were diagnosed with the disease as teenagers and Anthony had to undergo a series of operations between the ages of 14 and 21 to reconstruct his tendons.

CMT results in poor transmission of nerve signals and muscle withering, which causes the loss of fine motor control and makes day-to-day activities like walking difficult.

Anthony said: "CMT has been with me for as long as I can remember. It started to affect me in my teens as I had 'foot drop', which meant I struggled to lift my feet.

"This gradually got worse as I got older and when I reached my 30s I started to lose the sensation in my fingers.

"I like to set myself challenges each year and decided to do the ride to raise awareness of the disease.

"It is going to be difficult but I'm looking forward to it."

Anthony hopes the ride will raise £9,000 for CMT UK – it also ties in with the charity's first awareness month.

The three cyclists will be supported by Matt Dettmar and Nic Dent, who will be driving supplies between stops.

Along the route they will take in key locations in CMT's discovery.

These include St John's College, Cambridge, where Henry Tooth described the disease in his PhD dissertation, St Bartholomew's Hospital in London, where Tooth practised later as a doctor, and The Salpêtrière Hospital in Paris, where Prof Jean Martin Charcot and his student Pierre Marie published the first description of the disease.



CHALLENGE: Anthony had to have several operations in his teens

They are planning to complete the ride on Friday, September 23, at the Eiffel Tower, where the team will be greeted by Anthony's wife Nicola Ramsay and their two sons, Richard,

7, and Martin, 4.

To sponsor them, log on to www.justgiving.com/CMTOnYourBike.

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A winning appeal to recycle old trophies

DUST off your old sports trophies so they can have a sparkling new future.

The recycling initiative was dreamed up by Forest Heath School Sports Partnership in an attempt to save money during these austere financial times.

Ian Jackson, sports development manager for the partnership, said: "I'm pretty certain that throughout the area there are vast numbers of trophies and shields tucked away in attics and garages doing no more than gathering dust and cobwebs.

"We want to give these awards a new lease of life and make them available for presenting to the winners of inter-school sports competitions in Forest Heath."

More trophies are needed this year because of the greater number of competitions for schools to get involved in.

The Government recently launched the School Games

to harness Olympic and Paralympic fever and to encourage youngsters to get involved in sport.

Mr Jackson said: "Schools in Forest Heath have generally had numerous opportunities to compete against each other, but with the advent of the School Games, we want to raise the quality of the experience for all who take part.

"A nicely reconditioned trophy or shield that can be re-engraved and awarded on an annual basis will go some way towards that."

Unwanted shields and trophies can be handed in, marked for the attention of Ian Jackson, at Newmarket Leisure Centre or The Dome Leisure Centre in Mildenhall, by Friday, October 7.

To sponsor one of 40 inter-school sport competitions taking place between now and next July, call Mr Jackson on 07525891133, or email forestheathssp@gmail.com.

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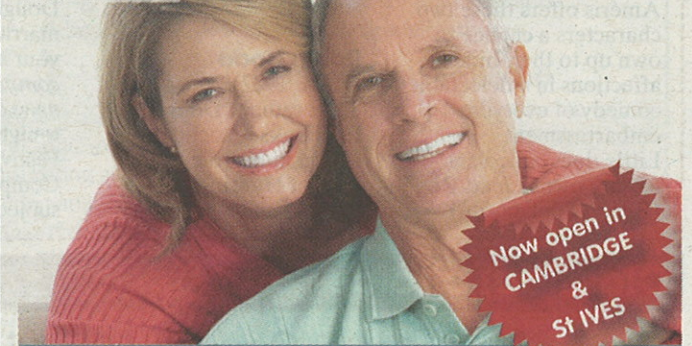
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