

Intrepid trio to perform amazing cycle for charity.

Three young men, one of whom suffers from Multiple Sclerosis (MS), will attempt to cycle 140 miles, from Whitehaven (in Cumbria) to Sunderland, all in three days.

Twenty-four-year-old team leader Jeremy Allison will be cycling the long and arduous route, along with younger brother Ralph Allison and his friend Sean Farnham.

The ride commences with the dipping of wheels into the Irish Sea on 3rd August 2007, four years after Jeremy was diagnosed with Multiple Sclerosis. It will end on the 5th of August, when the cyclists will dip their wheels into the North Sea, and claim victory!

Because of Jeremy's disability, the trio (all from Gillingham in Kent) will be attempting quite an amazing feat. The challenge of riding a bicycle will prove especially hard for Jeremy, who suffers from a balance impairment, incontinence and many other agonising problems (all of which are common symptoms in MS). So that he can cycle, Jeremy is having to train in a local gym every day and follows every session by swimming 80 lengths of the local pool.

MS is a debilitating disease of the Central Nervous System (CNS), where the patient's immune system attacks their nervous system, causing a wide range of symptoms varying from loss of feeling to total paralysis. Jeremy has only just recently recovered from being temporarily paralysed from the waist down in January 2007, but has certainly recovered well from the minor set-back and is determined to cycle regardless.

"There is no cure for MS," says Jeremy. "Although it is an unpredictable illness, we can but live in hope – I hope that tomorrow will be better than today, or that my worst nightmares won't creep up on me next week. Without hope, we wouldn't be able to stay up-beat, positive and most of all, happy."

And that is why Jeremy, Ralph and Sean are cycling the C2C (Coast to Coast) route: "Our aim is to raise £10,000 for The Multiple Sclerosis Resource Centre, a charity that gives hope," says Ralph. "I think I speak for anyone related to someone with MS, when I say that it is frightening. We worry day-in and day-out about Jeremy. We wouldn't have got through it quite so easily if it wasn't for the MSRC, they give us all hope."

"The support from the MSRC is overwhelming." Says Jeremy. "This charity, in my opinion, really does deserve our help." Jeremy, along with many thousands of other people with MS, relies on the MSRC for un-biased support, advice and information. From phone-counselling, to online message boards, along with a website packed full of information – and all free-of-charge.

The boys are raising money by taking sponsorship on their web site <www.msc2c.co.uk>. Many shops will also display sponsorship forms, collection tins and leaflets, and supporters can even donate by SMS on their mobile telephone.

ENDS

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Editors notes

Donations can be made in the following ways:

- By cheque or postal order (posted direct to us and made payable to: MSRC)
- By credit or debit card (online via www.msc2c.co.uk)
- By SMS, simply by texting: **msc2c** to: **84767** (£3/sms)

More information about the msC2C challenge (including the route, pictures and individual blogs charting the progress of the team can be found at: www.msc2c.co.uk.

Not a penny of the money raised will be spent on this event. We would like to make editors aware that this event is funded solely from our own pockets and the very little amount of sponsorship we receive.