

press release

Cornish Teenager Fights Back From Illness & Cycles End to End with His Dad

A very special young man Joe Williams and his dad Jerry Williams (both members of One and All Cycling), are making the gruelling cycle from John O Groats to Lands End this week. Although an incredible challenge, many folk are undertaking this journey these days to raise money for Charity. This story is a little different though as from age 9 to 11, Joe had to have three hip operations and spent much of two years on crutches and in a wheel chair with a condition called slipped epiphysis. Up until a year ago Joe was not allowed to take part in any contact sports in case he damaged himself again and risked spending the rest of his life on crutches or in a wheel chair.

Joe, a student at Penryn Collage and his father Jerry set off from John O Groats last Wednesday and are expected back in Cornwall on Sunday 8th August. They will arrive at Bissoe Bike Hire Cafe on Sunday morning when some of the members of the club will join them for the last leg of their journey to Lands End. What is even more impressive, is that they are undertaking this challenge together totally unaided. Many people do this trip with support vehicles but they are going it alone carrying their own spares etc. Both have identical bikes, which means that any spares they carry can be interchangeable. As the ride is unassisted, they will carry all their own equipment and will stay in B&B accommodation and the occasional hotel along the way.

Training started in January for both Jerry 48 and Joe 15 from Stithians. Since Joe, who has always loved cycling has been riding more seriously, he has also recently started racing.

As well as a significant achievement for a young man like Joe who has fought back bravely from his illness, he and his Dad are riding to raise funds for two Charities the **Royal British Legion** and the **Little Hearts Matter**. As an ex-serviceman Jerry has a personal interest in the work and values which the Legion represents. The Legion is now busier than ever as the charity provides help and welfare to the serving and ex-service community and their families. The demand for the support from the **Royal British Legion** continues at a fast pace.

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The charity **Little Hearts Matter** is one which the family had not heard of until very recently. The child of a friend of the family Charlie, who is 7 years old and lives in the same village was born with a heart defect known as Hypoplastic Left Heart Syndrome (HLHS). There are approximately 600 children diagnosed with this condition each year. **Little Hearts Matter** is a national charity offering support and information to anyone affected by the devastating diagnosis of a single ventricle heart condition - children born with half a working heart. It works to raise awareness of the needs of these children and their families.

The family would like to give special thanks to Darren Fern and his team at Treliske Hospital who worked with Joe who has managed to go on to make a great recovery. They would also like to thank Liz and Ricci Pascoe of Bike Chain Ricci who supplied the energy drinks, bars and all spare inner tubes for the ride.

You can follow their blog of the journey at <http://jibikeride.blogspot.com>

Ends

For further information or electronic/hard copies of photographs, please contact Sharon Smallworth on 01209 821628, 07564 118363 or email media@oneandallcycling.co.uk.