



MOTOR NEURONE DISEASE ASSOCIATION NORTHERN IRELAND BRANCH NEWLETTER

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A warm welcome to you all, sorry AGAIN it's been quite a long time since the last one and that's my fault.

The Caring Caretaker To Continue his links with MND

Davy has been very busy in the past few months and there are some pictures on the website of the activity he has been doing so far in 2009. The events he has remaining for the rest of the year are as follows:

- 24th Sep Railway Arms Quiz - 8pm Teams of 4 = £10
- 26th Sep Sponsored Walk - 9am start Coleraine / Portstewart / Portrush and back - sponsor forms avail now or pay £10 on the day
- and the big one 7th Dec to 24th Dec (ex Sundays) The Sit Out.

Committee Member Darren Cheevers Completes the London Triathlon

My wife and I arrived in London on the Friday and after an hour in a taxi we arrived at the hotel, worse for her as she's 3 months pregnant. After rebuilding the bike, plus ringing a bolt on the seat, I headed down to the EXCEL centre to see what lay ahead on the Sunday. The EXCEL for those who have not been makes the Odyssey look like a play park, simply put it's massive and they are currently doubling its size. It was empty when arrived and I was able to see them putting the finishing touches to the course. After a quick look at the swim I realised that I would basically be swimming back down to my hotel, could I maybe sneak in half way on race day? So back on Saturday morning to collect my race pack and meet up with John, another competitor racing for MND who signed up a mere 4 weeks ago.

Later that day I also met up with Tom, a guy I met on the sponsored bike ride in Sept 08 and his family and girlfriend. I had seemingly talked into him into the event after the cycle when Trudi Willis mentioned it as we partied in Reims, but I don't remember twisting his arm lol. We all had dinner and wished each other luck for the next day, I had a 8.30am swim which meant I arrived at the EXCEL at 6.30am, Tom was swimming at 7.30am, goodness only knows what time he got there at. John the guy I met on Saturday was also in my wave as was a fellow member of my Triathlon club; it was a small wave, only 525 swimmers!!!! As the safety briefing started the guy told us it was the biggest wave ever sent out at the London Triathlon, nice I thought someone please remind me why I do this.

Once in the water and waiting for the start signal I lost John in the mêlée. Finally we were off and it takes me 1 minute to get across the start line it's so packed. Finally after 47 minutes I'm out of the Thames, again I thought someone please remind me why I do this. As I race, sorry stagger to the bike I don't see John, either he's still in or he's a fish and he's long gone on the bike. Nevertheless I'm finally on the bike and out in grand old London town. It's a great city to be in pity I'm wearing a Tri suit and not able to stop and take a few snaps. I pass a few guys on the bike but I can remember seeing the pros starting off as I left the Thames it's not long before a few, sorry all of them go whizzing by. These guys have got water bottles dearer than my bike!!!!

Finally off the bike and starting off on the run and I see John. We set off together and im about a minute into the run and I realise I have forgotten to bring my MND T-shirt for the finish. If it had been any other event I would not have bothered, so I turn back. The sun is out and its hammer down on the first lap of 2. At the half way point I spot a race official and ask her to hold on to my T-shirt. Into lap 2 and the lack of training is starting to show, Toms mum and sister cheer me on I felt great to hear them cheer. A guy is handing out gels and I grab 3. 2 minutes later and the cramp is gone and the pace is up a little. As I make the half way point on lap 2 I take a quick glimpse at my watch and happy to see the time. As I near the finish line I grab my MND T-shirt and cross the line, thankfully I'm wearing glasses as I may have shed a tear or two. Over to the guy collecting the timing chips and a lady hands me a Gatorade and my medal, I'm beat but the time is 3hrs 15min. Not record pace but a Personal Best for me, beating Ballyronan by 14 minutes.

The only down point was that on finishing I was quickly found by a first aider to find that Victoria had fainted 10 minutes before I finished and was lying in first aid. When I found her they told me she wouldn't give them my race number because they wanted to pull me from the race. I laughed but all I was worried about was that she and the baby were fine. On returning home I have also found out my timing chip was faulty as I can't find my official time anywhere on line. But I can assure you I was there!!!! So back next year, yes I will be competing next year for MND and a sneaky rumour is that Tom and also Liam Hawkes will be too.....watch this space.

I can still be sponsored as well so if you haven't given yet please do so. It's easy to sponsor me online by credit or debit card - just go to my Justgiving page - www.justgiving.com/darrencheeverslondontri

Justgiving sends your donation straight to Motor Neurone Disease Association and automatically reclaims Gift Aid if you're a UK taxpayer, so your donation is worth even more. I hope you'll join me in supporting Motor Neurone Disease Association. Currently I am at £260.00 but I hope to raise over the min. I am looking forward to London as its one of the biggest events for participants in the globe so to be a part of that would be great. Next up the Derry Half Marathon and the Spar Laganaside 10k. See you there.



Fashion Show in Newry

There is to be a fashion show extravaganza, with items modeled by people with disabilities.

Date: 15th October 2009 @ 7.30pm

Venue: Canal Court Hotel, Newry

Tickets: £ 10 or 12 euro

Available from: Jacqui 07772111126 / Barbara 028 30265126/ Sandra 0035389410493

Walk to D'Feet - Newry

The Brendan Tumilty Walk starts from The Basin Walk Car Park (outside The Cue Club) at 12 noon on Sunday 13th September. Registration to begin @ 11.30am and the walk is along the Newry Canal.

Also organised are 2 bag packs:

1. Saturday 14th November @ Supervalu, Hill St., Newry

2. Saturday 19th December @ M&S, Buttercrane SC, Newry

If you can help please contact the branch.

A Grand Day at Corrie Meats

This year the NI Limousin Cattle Breeder's Club planned an Open Day on the Farm belonging to the Corrie family at Crossnamuckley, Newtownards. The Corrie family are well known farmers and butchers in Northern Ireland. Normally a charity is nominated to benefit from this event and this time the Corrie Family chose the Motor Neurone Association, as Mr. Will Corrie's cousin died from MND a few years ago and the family wanted to raise awareness of the condition. I visited the farm at an early stage in the development of the event and found a well oiled machine already in operation, with plans to make the Open Day a day to remember, numerous suppliers had been contacted and offered a display stand in return for an item to be auctioned. The farm staff were in the process of turning the farmyard into a most impressive unit.

The Event took place on the 22nd of August and the sun shone all day and a large crowd of people, not only farmers but members of the general public attended. The highlight of the day was the Grand Auction, Raymond Hill a well known auctioneer from Carryduff Auctions officiated and sold all the donated lots which ranged from a lawnmower, to animal feed to kitchen equipment, farm requisites and much more. When it was finally over and the money counted the Association was presented with a cheque for over £27400 a magnificent sum.

The committee would like to on behalf of all those with MND and their carers to thank the Corrie family, without whom this would not have happened, the Limousin Breeders Club, all the exhibitors, Raymond Hill, the members of Greyabbey Church who provided catering facilities and of course all who attended and contributed with great generosity. Pictures of the event can be seen on our website www.mndani.com

Chat Room for the Association

We have opened an online chat room on Wednesdays at 8pm. The chat room will allow Association members and those living with MND to easily contact others without leaving their home. All you need is a computer. What will we chat about? We can swap useful information, hints and tips and possibly the occasional joke! You choose a nickname when you start a chat session but that is all others know about you. To access the chat room just click on www.mndani.com/mndani.php or go to the NI website www.mndani.com, click on More Info, then chat room.

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