

London MAMIL's done wheel good for charity

Surgeon rides to raise a record £11,000 for Deafness Research UK

Self-confessed MAMIL (Middle Aged Man in Lycra) Michael Wareing from London has done wheel good after completing a bike ride from Lands End to John o Groats raising over £11,000 for national charity Deafness Research UK – the largest amount ever collected by a single fundraiser.

A Consultant ENT Surgeon at St Bartholomew's Hospital in London, Mike only took up cycling a few years ago and came up with the idea for this fundraising event in a local pub with school friend and co-rider Justin Watts. Starting on 1 September, the pair aimed to complete the 929 mile trip in just eight days - and did so at a rate of 15.42 mph in a final time of 60 hours and 14 minutes.

“Yes I've got that middle age crisis thing and have taken up cycling so I am indeed a MAMIL,” explained Mike. “Justin's enthusiasm meant backing out was not an option, but I am delighted to have raised so much money. I chose Deafness Research UK as my charity because it's the speciality I work in and they support some very innovative and forward looking research around the country.”

The two friends completed their tour of Britain at a top speed of 80km/h; which allowed them to cover the gruelling 125 miles a day to stay on schedule - and reach their hotels on time! Mike's training included weekends spent covering 110 miles at a time; while the pair described the trip as something like the Lord of the Rings - complete with a near miss with a wild boar in Monmouth!

“Mike's achievement is amazing and the money he has raised is the largest amount we have ever received from a single fundraiser,” said Vivienne Michael, Chief Executive of Deafness Research UK. “As an ENT Surgeon, Mike knows all about the work we do and the money he has raised will be invaluable in allowing further research into treatments for hearing loss to continue. We are so grateful to Mike for his efforts and all the people who supported him so generously.”

With money still coming in, Michael has already passed his £10,000 target and is currently on over

<http://uk.virginmoneygiving.com/fundraiser->

[web/fundraiser/showFundraiserProfilePage.action?userUrl=LEJoGSMART&isTeam=true](http://uk.virginmoneygiving.com/fundraiser/showFundraiserProfilePage.action?userUrl=LEJoGSMART&isTeam=true) Mike took a moment to reflect on his adventure and a remarkable achievement:

“We have cycled a long way through some fantastic scenery and it would encourage me to holiday in Britain more, assuming you don’t need the weather,” said Mike. “I would do it again, but not in such a rush – 2 or 3 weeks would allow time to see the sights along the way – without half killing oneself! This is also the time to thank Jane and my children for supporting me. Sadly the training for long distance cycling involves – long distance cycling so I have been absent at weekends so thanks to them for putting up with it all!”

Deafness Research UK is the country’s leading medical charity for people with hearing loss, tinnitus and other hearing problems. Relying solely on the generosity of the public and fundraisers like Mike for support, the charity aims to reduce the disability and disadvantage associated with hearing impairment by funding high impact research, providing advice, information and support and working to prevent hearing loss for the future.

At the end of it all Mike had raised over £11,000 for Deafness Research UK and Justin a similar amount for Help for Heroes and they could still walk – although it was back to work first thing Monday!

ENDS

Notes to Editors

About Deafness Research UK

- Deafness Research UK is the only national charity dedicated to finding new cures, treatments and technologies for deaf, hard of hearing and other hearing impaired people.
- The charity supports high quality medical research into the prevention, diagnosis and treatment of all forms of hearing impairment including tinnitus.
- The Deafness Research UK Advisory Service provides free information and advice based on the latest scientific evidence and informed by leading experts. The service can be contacted by email at info@deafnessresearch.org.uk or telephone on Freephone 0808 808 2222.
- For a wide range of information on research into deafness, tinnitus and other hearing conditions, go to the charity’s website at www.deafnessresearch.org.uk
- One in six people in the UK – more than 10 million people – suffers hearing loss.

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- Deafness Research UK was founded in 1985 by the late Lord (Jack) and Lady (Pauline) Ashley of Stoke.
- In January 2008, Action for Tinnitus Research (ATR) was linked with Deafness Research UK under a uniting direction order under section 96(6) of the Charities Act 1993.
- Since 1985 Deafness Research UK has played a pivotal role in a number of major breakthroughs. Some, like the development of screening for newborn babies have already transformed lives. Others promise radical improvements in future treatment and care for millions of people. Most notably, thanks to Deafness Research UK, scientists have:
 - Pioneered the test now used throughout the NHS and across the world to identify deaf babies at birth
 - Developed digital technology for more effective hearing aids and cochlear implants
 - Found many of the genes causing inherited deafness
 - Moved closer to identifying medical ways of preventing and reversing deafness
 - Delivered new therapies that help millions of tinnitus sufferers cope with their condition
 - Made discoveries that could ultimately lead to effective drug treatments for tinnitus

Photograph and caption:

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