

MEDIA RELEASE

MR007: 28 July 2005 [for immediate release]



Sore Bums for Mouth Cancer Awareness

Two physiotherapists, Tom Wainwright (24) and Mal Godtschaik (34), from the Royal Bournemouth Hospital are getting on their bikes to cycle from John O'Groats to Lands End in just 11 days – that is an average of nearly 90 miles a day! They are risking sore bums in support of the Mouth Cancer Foundation.

Tom is supporting the Mouth Cancer Foundation in its efforts to increase public awareness of mouth cancers like the one that took away his friend, Paul Beament in December 2004. Paul was only 34.

Tom says: "I met 'Beamers' (Paul) through playing cricket at Sidmouth Cricket Club in my teens. I look back on those great times with real fondness. Beamers and all the boys there were great friends, and they gave me memories that I feel privileged to have. Beamers' friendship is one that I wish

to treasure. By doing this cycle ride I will be rekindling his memories and supporting a good cause. At the same time, the trip will be an adventure and create more great memories.

By raising awareness about mouth cancer through the bike ride, we hope more people will learn to detect the cancer in its early stages so that they may be effectively treated. Friendships are what makes life rich and enjoyable, and so hopefully by spreading this message, we can help to keep our friendships longer.”

Tom explains further: “I chose the bike ride because I was stupid enough to suggest it to Mal when we were having a few beers. He took me up on it and after we had told some friends, we realised we had to do it. Now we have warmed to the challenge and are both looking forward to doing it.

“It is a challenge. To actually organise, perform and complete the trip takes commitment. I hope it will be a brilliant way of increasing awareness across the country of mouth cancer as we meet all kinds of people on our journey and raise publicity.”

They set off from John O’Groats on 31st July and hope to reach Lands End on 10th August, although they have allowed a couple of extra days in case of delays or sore bums!

The proposed route and schedule is as follows, although subject to change:

DATE	DAY	START	FINISH	MILEAGE (approx)
31/07	1	John O'Groats	Nr Rosehall	108
01/08	2	Nr Rosehall	Fort William	108
02/08	3	Fort William	Loch Lomand YHA	82
03/08	4	Loch Lomand YHA	Thornhill	89
04/08	5	Thornhill	Kendall	102
05/08	6	Kendall	Wigan	67
06/08	7	Wigan	Clun	102
07/08	8	Clun	Bristol	99
08/08	9	Bristol	Ottery St Mary	78
09/08	10	Ottery St Mary	Wadebridge	81
10/08	11	Wadebridge	Lands End	57
11/08	12	Spare day if needed		
12/08	13	Spare day if needed		

Our two cyclists are trying to arrange some free accommodation along the route at local hotels, so that they can rest their legs overnight, in preparation for the next day's cycling. If you wish to support the guys on their challenge, please go to <http://www.mouthcancerfoundation.org> and click on Fundraising. Here, you will also be able to follow their daily progress online.

ENDS

NOTES FOR EDITORS

Tom Wainwright and **Mal Godtschaik** are cycling from John O'Groats to Land's End, starting 31st July 2005, to raise money for the **Mouth Cancer Foundation**, a charity solely dedicated to supporting people with mouth, throat and other head & neck cancer face the crisis of cancer. Any support that you may be able to give them as they undertake this challenge will be gratefully received.

Tom Wainwright can be contacted on 07779 020698 or via Paul Beament's widow, **Kezia**, who is supporting their attempt (kezia@mouthcancerfoundation.org or 07968 804265).

Paul Beament was born and raised in Devon where he was a keen sportsman from an early age and was captain of Sidmouth Cricket Club 2nd XI in the mid 90's. He moved to Bristol in 1998 to work as an IT Consultant, where he met Kezia and they married in 2002.

Mouth cancers have a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma. In the UK, there has been a 19% increase in cases from 3,673 in 1995 to 4,374 in 2000 and 13,000 people in the UK are currently living in the shadow of this debilitating disease. The mortality rate from mouth cancer is just over 50% due to late detection. Despite treatment, there were 1,703 deaths in 2002 – that's approximately one death every 5 hours. The chances of survival are much improved if the cancer is detected early and rapidly treated.

The main object of the Foundation is the relief of sickness and the promotion and protection of good health among those suffering or at risk of Mouth, Throat and other Head & Neck Cancer by the collation and dissemination of relevant information among the public generally and by the provision of support to patients, carers and health professionals.

More information about **Mouth Cancer** is available at the Mouth Cancer Foundation web site www.mouthcancerfoundation.org or by contacting info@mouthcancerfoundation.org