



McCardle's Disease sufferers pictured en route to the Senedd in Cardiff

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A party of walking wonders wander through Wales

A PARTY of inspirational walkers have overcome the obstacle of a rare muscle disorder to walk the length of Wales.

Led by 61-year-old McCardle's Disease sufferer Andrew Wakelin of Newbridge-on-Wye, five walkers from around the globe with the condition walked 210-miles to help fund research into the disease.

The metabolic disorder makes heavy exercise painful for sufferers, and can cause muscles to seize up and break down, even leading to kidney failure.

On Monday, August 2 the group walked into the Senedd in Cardiff Bay to cap a remarkable end to a 30-day story of triumph over adversity.

It is the first time McCardle's Disease sufferers have joined together to walk to highlight the disorder.

Completing their journey in the Welsh capital, Andrew Wakelin said: "It was very emotional. It has been an amazing

experience really, and it's not just been life changing for the five walkers.

"There's also been a huge following around the world through the blog and the photos that have been uploaded. There are hundreds of people around the world with McCardle's who have followed the walk and we've had wonderful feedback.

"People feel inspired and realise the condition is not as bad as they thought. Now they know they can do so much more."

The five walkers plan to meet again next year to run a training week for McCardle sufferers at Mount Snowdon.

Andrew added: "The team that did this year will come back next year to pass on the things they have learnt. It's fantastic that we've done the walk, but it's also the start of a new way of helping McCardle patients around the world."

For further information on the Walk over Wales, or to donate, visit www.agsd.org.uk