



Andrew Wakelin prepares for his walk to Cardiff

# Walking over Wales

**ANDREW** Wakelin loves walking - but walking can be tough for him.

The 61-year-old from Builth Wells suffers from muscle disease McArdles,

but he's planning to walk to Cardiff, setting off from Llandudno today.

He said: "Slow, steady walking keeps my muscles from wasting."

Another sufferer taking part is harpist Sioned Williams, with Dr Ros Quinlivan, head of the UK's only McArdle clinic at Oswestry.