

## Walkers defy illness to reach mid-point

[1 Comment](#) | [Daily Post; Liverpool \(UK\), Jul 19, 2010](#) | by [Anonymous](#)  
WALKERS suffering from a rare muscle disorder reached the 100- mile point on their 30-day, 210-mile walk at the weekend.

The Walk Over Wales, from Llandudno to Cardiff Bay, has seen the team conquer both Snowdon and Cader Idris.

The initial three walkers, Andrew Wakelin, 61, from Wales, Stacey Reason, 40, from Toronto, and Dan Chambers, 18, from San Diego in California, were joined at Dolgellau by Andy Williams, 48, from Singapore, for the multi-national walk, aimed at raising awareness of McArdle disease.

McArdle is a rare metabolic disorder that means heavy exercise is painful and can cause muscles to seize up and break down - even leading to kidney failure.

Many sufferers think long-distance hiking must be impossible for them. But the team wants to raise awareness of the condition, which often goes undiagnosed, and raise money for the research charity, the Association for Glycogen Storage Disease.

The 'WoW' walkers have learned lessons about the condition on the way, especially when Stacey had to be taken into Ysbyty Gwynedd in Bangor.

She has since recovered well. And along the way they were able to discuss the condition with world-leading McArdle's expert Dr Ros Quinlivan of Robert Jones and Agnes Hunt hospital in Oswestry, who joined them for a day walking in Snowdonia.

Andrew Wakelin said: "Kids and young people with undiagnosed McArdle disease are often at risk of bullying by peers and PE teachers when they say they can't do things.

"If we help more kids to get diagnosed by drawing attention to the disease we'll be really happy. And we'll have done it while walking across one of the most beautiful countries in the world.". Follow the walkers' progress at [www.agsd.org.uk](http://www.agsd.org.uk).