Date: 28 May 2014

JCT600 financial controller completes Everest challenge for charity

Angela Weeks, Mercedes-Benz brand financial controller at JCT600 in Sheffield, has scaled new heights to raise funds for charity by completing a 14 day trek to Everest base camp, including ascending 17,600 feet above sea level!

The 37-year old from Barnsley undertook the challenge to raise funds for JCT600’s chosen charity for 2014, the Association of Young People with ME (AYME). Angela set off on her Nepalese adventure last month, flying to Kathmandu and on to Lukla before commencing her trek, walking six to seven hours a day at high altitudes.

Angela, who has worked at Mercedes-Benz Sheffield for seven years, is a keen athlete, running 25 miles a week and regularly undertaking half marathons and ‘Tough Mudder’ events. A couple of weeks ago she joined JCT600’s annual fundraising walk up the Three Peaks – doing it twice in 24 hours!

“As I’m pretty fit, I didn’t do any special training before the trek – I knew that covering the distance each day wouldn’t be a problem, but coping with the altitude would. Most people suffer from altitude sickness above 9,000 feet and I was no exception. The trip was graded as ‘strenuous’ and it certainly was tough to walk day after day in high altitudes carrying a heavy rucksack in varying temperatures, but I loved the challenge.

“I really wanted to do something special to support JCT600’s chosen charity AYME. I’ve already raised over £770 and would like to thank all of my friends, family and colleagues for their support – as well as JCT600 for letting me take three weeks off work for my trip.”
To support Angela, visit [http://www.justgiving.com/Angela-Weeks2](http://www.justgiving.com/Angela-Weeks2)

Staff at Yorkshire-based family motor retailer JCT600 chose AYME as its annual nominated charity for 2014 and throughout the year, the group’s 1,800-strong team will be taking part in a variety of fund-raising events in support of the charity. All of the company’s 47 dealerships are being given the challenge of raising at least £10 per colleague for AYME during the year with the target of raising at least £18,000 for the charity.

AYME (pronounced ‘aim’) is the Association of Young People with ME, a charity dedicated to providing support and information to the estimated 25,000 young people living with ME/CFS in the UK as well as their families, carers and professionals in health education and social care. Membership is free for children and young people with ME/CFS aged 0 to 26. Set up in 1996 as a grass roots self help group, it has become the largest ME/CFS children’s charity in the country. To find out more, about AYME, visit [www.ayme.org.uk](http://www.ayme.org.uk)

---

**Photo shows:** Angela Weeks (left) at Everest base camp

For further press information, please contact:

Susan Reid on (01423) 56 9999 or [susan@appealpr.com](mailto:susan@appealpr.com)