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JCT600

Endurance challenge sees JCT600 finance director cycle and swim over 6,000 miles in a year for charity



Following the success of last summer's 'Tour de JCT600', finance director and cycling enthusiast Nigel Shaw is taking on an even bigger challenge during 2015 which will see him ride and swim more than 6,000 miles including training to raise funds for his favourite charities.

Nigel has just completed an eight event endurance challenge in aid of Alzheimer's Society, JCT600's chosen charity for 2015. He took part in the JCT600 Dales Spring Classic; the Tour de Yorkshire Sportive; The Fred Whitton Sportive; The Great Yorkshire Bike Ride; The Great North Swim in Lake Windermere; The Lincoln Grand Prix Sportive; The White Rose Classic Sportive; and The Bronte Classic - a total of over 780 miles of cycling with 75,000 feet of climbing!

Having succeeded in raising £1,000 for Alzheimer's Society from his endeavours, Nigel is now planning his next feat – to cycle from Lands End to John O'Groats in September to raise funds for the Association of Young People with ME (AYME). The mammoth ride will see Nigel cover 1,000 miles in just nine days.

"Every year colleagues at JCT600 choose a nominated charity and I was keen to support this year's charity, Alzheimer's Society, but felt I had to do something even more impressive to raise funds than the 640 mile ride around all of the JCT600 dealerships which we undertook in 2014," explains Nigel.

"It's fantastic that I've raised £1,000 for Alzheimer's Society from my endurance challenge, but AYME, which was JCT600's chosen charity last year, is also a charity that's close to my heart. My daughter has suffered from ME for nearly five years and AYME has been a fantastic support to us – it's a small charity which depends on donations, so I wanted to raise funds for them too. In fact, so far this year, in training



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and events, I've already ridden almost 4,000 miles and climbed 258,970 feet in a total of 249 hours so I'm sure that another thousand mile ride will be an appropriate challenge!

“As ever, I'd like to give a big thank you to friends, colleagues and business partners for supporting my fundraising efforts.”

To sponsor Nigel, visit <https://www.justgiving.com/NigelShaw-AYME/>

Alzheimer's Society is the leading support and research charity for people with dementia, their families and carers. In 2015 there will be 850,000 people with dementia in the UK, with numbers set to rise to one million by 2025. The Society's fight for a better world for people with all types of dementia takes a wide range of forms and we will continue our work to improve the lives of those living with dementia.

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