**ONE MAN’S UPHILL CHALLENGE WITH TYPE 1 DIABETES**

**London to Edinburgh 7-day cycle to find a cure for auto-immune condition ‘just around the corner’**

***#Ride2RaiseLDN2EDI***

London based Scotsman Cameron Muir (29) was diagnosed with the auto-immune Type-1 form of diabetes when he was taken ill and rushed to hospital aged just ten years old. This year he is marking the 20th anniversary of his diagnosis with a 7-day charity cycle ride in memory of his late grandmother, Dr Norna Cooper, who motivated him to stay well until a cure is found, which she told him would be ‘just around the corner’.

“My grandmother was my biggest supporter. She was really interested in diabetes research and hoped for a cure, she sent me lots of newspaper cuttings indicating a cure might be just around the corner. She also donated to many charities and good causes. I have learned about the great work of the Diabetes Research and Wellness Foundation (DRWF) and hope our fundraising will go some way towards helping diabetes education and research.” Cameron explained.

“I would like to raise money to help find the cure that my grandmother was hoping for and to support more young people like me who have been diagnosed at an early age. I know £10,000 could help fund a pioneering research project or one of the DRWF Wellness Days to support people living with diabetes to understand more about their condition and how to live the lifestyle they want.”

On Friday 28th August Cameron and a group of friends will set off from Hackney in London to cycle the 600 kilometres uphill, with a climb of 6000 metres, to his parents’ home in Edinburgh. They have already raised in excess of £10,000 and hope to raise much more to support DRWF and The Black Curriculum.

Cameron added: “I was diagnosed with type 1 diabetes aged 10 when we were on a family holiday and I became very ill and had to be rushed into hospital. It was a shock to find out that I had diabetic ketoacidosis. I had to remain in hospital for a week until the doctors could stabilise my condition. This year in November will mark my 20th year of taking insulin and I have had many ups and downs with controlling my blood sugar along the way.

“My difficulties as a child growing up with diabetes and as a teenager really affected my life. At school I was a keen sportsman, and at university I became the captain of the 1st XV rugby team. It was hard for me to get my sugar levels right before and after matches. Now I am so grateful for the technology that has been developed. I wear a sensor on my leg so that I can test my blood sugar with my smartphone and it records everything for me.”

Cameron will be joined by his girlfriend Abby Cammack and close friends Tom Young, James York and Charlotte Holmes. Cameron and James dreamed up the idea of the cycle ride on a lockdown walk in London Fields, Hackney. They were looking for an idea to give something back and to fundraise for ideas close to their hearts.

In addition to raising funds for DRWF Cameron and his group will also be supporting an educational charity which aims to fight racism in schools. Cameron said: “The Black Curriculum carries out excellent work to ensure that an accurate account of black British history is incorporated into the curriculum for schools throughout the UK, something which is close to all of our hearts in doing what we can to put an end to the structural racism which sadly exists in many aspects of society today.”

The team has already surpassed their £10,000 target and are continuing to fundraise via their [VirginMoney Giving Page](https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=RideToRaiseLDN2EDI&isTeam=true) called Ride to Raise – LDN2EDI

Cameron added: “For those of you who are interested, you will be able to follow our pain, laughter and fundraising efforts along the way on social media using the Instagram hashtag **#Ride2RaiseLDN2EDI**.”

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The DRWF Podcast Living With Diabetes is available at <https://www.drwf.org.uk/content/podcasts> The interview with Cameron is in edition 8.

Photos available to download (WeTransfer [https://we.tl/t-rFsDbRozAl](https://eur06.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwe.tl%2Ft-rFsDbRozAl&data=02%7C01%7C%7C7067ecf19a114a9eb69d08d848bad605%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637339314568275426&sdata=rO9hh9Zjs7dyO%2BrVpLI7Yo3Br7b5bVVNJ6dj34HbXNA%3D&reserved=0))

Photo Caption:

Image Cameron Muir and Cycling Team

The DRWF fundraising cycling team at Ditchling Beacon, on the South Downs, near Brighton, from left to right - Abby Cammack, Tom Young, Cameron Muir, James York and Charlotte Holmes.

Photo Caption

Image Cameron Muir and James York

From left to right Cameron Muir and James York in their DRWF tee shirts.

Photo Caption

Training cycle to Cambridge in preparation for the ride.

From left to right Tom Young, Abby Cammack, James York, Cameron Muir and Charlotte Holmes.

Press Contact: Claire Levy 07813 948 373.

Route and Schedule

Day Date Lunch Location Hotel Location Address

1, 28/08/2020, , Westmill - The Sword Inn Hand,

 Westmill, Buntingford, England, SG9 9LQ,

2, 29/08/2020, Sawtry - The Bell Inn Stoke Rochford - Stoke Rochford Hall, Stoke Rochford,

 Grantham, NG33 5EJ

3, 30/08/2020, Markham Moor - Mussel & Crab Kings Croft Hotel, Wakefield Road Pontefract,

 Wentbridge Pontefract, WF84HA

4, 31/08/2020, Knaresborough - Stanley's Coffee House Hackforth - Greyhound Inn, Hackforth, Bedale, DL8

 1PB

5, 01/09/2020, West Auckland - Eden Arms , Allensford Derwent Manor, Allensford, Nr Consett, Consett, DH8

 9BB

6, 02/09/2020, Corbridge - The Black Bull , Bellingham The Cheviot Hotel, Main Street, Bellingham, NE48

 2AU

7, 03/09/2020, Jedburgh - Simply Scottish , Dryburgh Dryburgh Abby Hotel, St Boswells, Melrose, TD6 0RQ

8, 04/08/2020, Blackfields - Soutra Coffee House

For more information about DRWF visit: [www.DRWF.org.uk](http://www.DRWF.org.uk)

For more information about The Black Curriculum visit: [www.TheBlackCurriculum.com](http://www.TheBlackCurriculum.com)