



# 2016 Prudential RideLondon The Riders' Stories

1. Tim Stevens
2. Kevin Moden
3. Catherine Farrow
4. Anthony Dixey
5. Colin McNeill
6. Clare Skidmore
7. Jane Frondigoun
8. Louise Walker
9. Team RCOG
10. Bryan Hughes

Scroll down for full biographies

# Tim Stevens

38, Godalming

Surrey-based Tim Stevens will be riding the 2016 Prudential RideLondon-Surrey 100 for the second time to raise money for the charity Evelina London Children's Hospital, which has supported and cared for his daughter Emilia since birth.

Emilia, now three, was born with congenital nephrotic syndrome, a rare genetic kidney disorder that means the kidneys never fully develop. Tim says: "It's heart-breaking to be told that your newborn is sick, that it's life-threatening and that she will eventually need a transplant."

For the first three months of her life Emilia and her parents, Tim and Mary, lived in the Evelina London Children's Hospital where she had her first kidney removed at six weeks old, relying thereafter on regular protein infusions and 30 separate doses of medicine each day to help her grow and thrive.

Tim says: "At two years old, Emilia's remaining kidney began to fail and her renal consultants recommended removing it and placing her on dialysis. There is a huge amount of responsibility and stress as parents. Fortunately my wife Mary is incredibly focused and managed to stay on top of it, and I helped wherever I could to share the load."

Among the many challenges facing the family were learning how to operate dialysis equipment, administer multiple medicines and learn how to feed Emilia using a gastric tube.

After 11 months, in March 2016, Emilia was ready for a transplant; Tim a ready and willing donor. He says: "It has been an extremely long and sometimes very stressful journey, but it was all worth it. The transplant went extremely well and Emilia is thriving thanks to the expertise and ongoing care of the surgeons, renal team and nursing staff at the Evelina."

Many children with kidney disease suffer from a loss of appetite due to the constant feeling of nauseous, and one of the happiest moments for Tim and his family after Emilia's transplant was her sudden interest in food.

"Two days after the transplant she woke up asking for food, Rice Krispies, and hasn't looked back since. We still have a few food issues to work through but the change is amazing and we hope that next year she will no longer need her feeding tube."

Emilia continues to be cared for by the Evelina, and will be until adulthood, but the progress she has already made has, says Tim, "brought tears to our eyes and makes us so proud of her and all she has come through in her short life."

Having ridden the event in 2015, Tim is hoping to raise even more money for the charity as a way of saying thank you.

"Last year, thanks to the support of friends and family, I was able to raise an amazing amount of money for this great cause. I'm hoping to do the same again this year, and give more back to the hospital than just my gratitude. I always ride with Emilia in mind, pushing myself as much as I can." For more information or to donate please visit <http://uk.virginmoneygiving.com/TimStevens2016>



50, Horsham

# Kevin MODEN

Kevin Moden will be riding his first sportive for charity when he takes on the 2016 Prudential RideLondon-Surrey 100 to raise money for The Royal Marsden Charity.

Kevin, from Horsham in Sussex, was diagnosed with stage three melanoma, a form of skin cancer, in 2015 and has been undergoing regular treatment at The Royal Marsden ever since. As part of his treatment he has agreed to take part in a medical trial examining the effects of immunotherapy, a type of cancer treatment designed to boost the body's natural defences to fight cancer.

He says: "All the doctors and nurses have been trying so hard to help me get better, I thought I better do my bit and get fit." And Kevin has done just that by getting on his bike and signing up to the 2016 Prudential RideLondon-Surrey 100.

"I've really got the bug for cycling," he says. "I wanted to show my appreciation to all the wonderful staff at the Royal Marsden who I believe not only saved my life but helped me to improve my life more than I could have ever expected."

The dad of two considers himself lucky to have received the care he has and hopes that his fundraising will help others in the future.

He says: "My cancer experience has been, and continues to be, positive. This is not just down to the treatment, it is down to the fantastic people at the Royal Marsden, particularly the West Wing medical trial team and my trial nurse Carla."

Supporting him on Ride Day will be wife Suzy and daughters Beth and Lily. "They have got used to me wearing all the lycra!" he jokes.

But when he lines up for the start of the 100-mile sportive at the end of July, Kevin will be thankful for the opportunities he has been given as a result of the great work done by his medical team over the last year.

"I am very proud to be able to ride in the Prudential RideLondon-Surrey 100 as a year ago I wasn't sure where I would be."

For more information or to make a donation please visit [www.justgiving.com/fundraising/Kevin-Moden](http://www.justgiving.com/fundraising/Kevin-Moden)



46, Redhill

# Catherine FARROW

Catherine Farrow will take on the Prudential RideLondon-Surrey 100 for the MS Society after being diagnosed with multiple sclerosis three years ago.

The neurological condition affects more than 100,000 people in the UK, and is particularly prevalent in women. It cannot be cured but there are treatments and specialists that can help to manage the condition and its symptoms.

Shortly after her diagnosis Catherine, from Surrey, took up cycling and has successfully completed various challenges each summer, and this year is no exception. She says: "This ride, the Prudential RideLondon-Surrey 100, is my challenge for 2016 and it's my biggest yet!"

After watching her husband Jason complete the sportive last year, Catherine was determined to give it a go herself.

She says: "I took up road cycling after my diagnosis to get fit and this year is my first sportive. Jason is helping me train and will be riding with me on the day. It was such a great atmosphere in London last year when I went to watch and support Jason that I really wanted to take part this year."

Catherine's overall health and fitness have improved since she began cycling and she wants to keep using the sport as a positive influence on her life.

"I am truly riding to beat MS in every sense. We are delighted to be able to help raise funds for the MS Society and together we can beat MS."

For more information or to donate please visit [www.justgiving.com/fundraising/Catherine-Farrow3](http://www.justgiving.com/fundraising/Catherine-Farrow3)

**MS** Multiple  
Sclerosis  
Society

60, Leicester

# Anthony DIXEY

Anthony Dixey will celebrate his sixtieth birthday when he rides the 2016 Prudential RideLondon-Surrey 100 on Sunday 31 July for the charity Kidney Research UK.

Anthony's grandson Noah suffers from the genetic disorder Alagille syndrome which affects the liver, heart and kidneys. One of the major features of the syndrome is liver damage caused by abnormalities in the bile ducts.

Since being diagnosed aged three months, Noah has battled with liver disease, kidney failure and other related complications.

Anthony says: "Noah needs many medications every day as his organs do not do what they should. He has fought every day of his life and the outlook is not bright, but the family get on with their life." After watching his son Scott take part in the 2015 Welsh Ironman, Anthony decided to take on a challenge himself to raise awareness of little known diseases such as Alagille syndrome and help fund vital research.

"My son and his beautiful family are amazing," he says. "They make me very proud and I am doing this to make a difference. All the monies raised will go straight to Kidney Research UK, helping to fund research."

Having recently lost a kidney, three-year old Noah's strength and "beautiful smile" are all the inspiration Anthony will need to get round the 100-mile sportive on his milestone birthday.

"All who meet Noah fall in love with him, with his curly hair and his beautiful smile. My heart breaks for Noah's problems, but I feel I am doing something special for him in his name."

For more information or to donate please visit [www.justgiving.com/fundraising/Anthony-Dixey](http://www.justgiving.com/fundraising/Anthony-Dixey)



# Colin McNEILL

Colin McNeill, from Huddersfield, will be riding the 2016 Prudential RideLondon-Surrey 100 to raise money for WellChild, the 2016 Official Charity of the Year, which has supported him and his wife Jill since their son Noah was born seven weeks premature.

Diagnosed with a collapsed windpipe and unable to breath unaided, Noah was kept in intensive care at Alder Hey Children's Hospital for 11 months where he was cared for by staff.

Colin says: "He was very sick and had to have many life-saving operations. He now has a tracheostomy and needs oxygen when he's asleep or unwell."

Fearing they would not be able to care for Noah on their own at home, Colin and Jill sought the help of WellChild Nurse Elaine to help them prepare for their son's return. Elaine worked tirelessly to restore Colin and Jill's confidence, supporting them with professional guidance and practical advice, such as learning how to use a ventilator.

"WellChild helped Noah come out of hospital and helped us to manage the transition. The reason that Noah is the happy, caring, funny and inspirational child that he is growing up to be is that he now lives as normal a life as possible at home with his family," says Colin.

Now five, Noah is a happy child thriving at home thanks to the help and support of WellChild. He still requires round the clock care but he is now learning to walk and can eat his food unaided.

Colin says: "Without the support of WellChild Noah would have been in the hospital much longer. They help with emotional support; they can help with financial advice, and arrange the practicalities of everything from equipment to ordering medication."

An experienced cyclist, Colin has decided to take up the 100-mile challenge to say thank you to the charity and to help ensure other families receive the same support in times of need. He says: "Without WellChild we would not have had the positive experience that we did. It is my dream that there will be a WellChild nurse in every area of the country."

Colin is proud to ride as WellChild's Prudential RideLondon Team Captain.

For more information or to donate please visit <http://uk.virginmoneygiving.com/ColinMcNeill>

31, Cardiff

# Clare SKIDMORE

Thirty one year old Clare Skidmore will ride the 2016 Prudential RideLondon-Surrey 100 on 31 July in memory of her mother, Jeanne Skidmore, who died in March this year after a courageous battle with cancer.

Clare, hailing from Cardiff, will be joined on the 100-mile ride through London and Surrey by her sister Kerry and brother-in-law Jon as they aim to raise more than £3,000 for the charity Weston Hospicecare, which cared for their mother in her last days.

Clare said: "Mum passed away peacefully on 6 March 2016, Mother's Day, after spending one week in Weston Hospicecare. The care they gave my mum, and my sister and me, was amazing. They looked after all three of us and I don't know what I would have done without them."

After suffering the loss of her husband to an unexpected heart attack, her mother to motor neurone disease and both her father and brother to cancer, Jeanne was diagnosed with kidney cancer in late 2012. Despite extensive treatment, including a 10 hour operation to remove the affected kidney, the cancer returned to her remaining kidney in summer 2014.

"There was nothing that could be done," says Clare. "We didn't think she was going to make it to Christmas that year (2014), but she did, which was amazing. The strength my mum showed throughout the hard times was truly remarkable. She was and still is my hero."

Weston Hospicecare provided Jeanne with free palliative care in her final days and helped Clare and Kerry to deal with the loss of their mother.

She says: "The Hospice made Mum's last days more bearable and they helped us cope. They gave us time, space, comfort and kindness when we needed it most. The Hospice needs to exist. I want to help raise funds to keep this amazing facility continuing to support other families like ours."

A keen cyclist, Clare signed up for the Prudential RideLondon-Surrey 100 after seeing a poster for the event in the hospice whilst caring for her mum and decided to make the step up from the smaller sportives she had already ridden.

"I took part in a few sportives last year and have been building up to riding 100 miles. It seemed like fate so I signed up straight away and my sister and her husband followed suit," she says.

Whilst the training has been hard going for Kerry and Jon (both novice cyclists), Clare is raring to go and looking forward to riding in memory of her mum.

"We're all looking forward to the atmosphere on the day. Having the opportunity to ride on closed roads in London is amazing! It's going to be a day full of emotions. Prudential RideLondon has been something positive for us to look forward to and kept us focused since our mum passed away. It will be amazing for us all."

For more information or to donate please visit [www.justgiving.com/fundraising/ClareLouiseSkidmore](http://www.justgiving.com/fundraising/ClareLouiseSkidmore)

53, Crayford

# Jane FRONDIGOUN

Jane Frondigoun, from Crayford, will be riding the 2016 Prudential RideLondon-Surrey 46 to raise money for the British Heart Foundation (BHF), which has supported her son Danny since being diagnosed with a heart condition at birth.

Aged four weeks Danny was rushed to Guy's and Thomas's Hospital in London for emergency heart surgery that saved his life. Jane says: "We were told that if his condition had not been noticed he would not have lived past his first year."

The following weeks and months consisted of regular hospital check-ups and doctors' visits. Since then Danny has been transferred from the paediatric to adult heart clinic, where he has been diagnosed with high blood pressure which is being treated with medication.

"For the time being the tablets are working, although he will probably require open heart surgery at some point in the future," says Jane. "Danny is careful with his diet and makes sure he exercises regularly. He completed a triathlon last year to raise money for the British Heart Foundation and now it's my turn to raise money for the same cause."

Taking up the challenge of the brand new 46-mile sportive is Jane's way of thanking the charity for their hard work and the invaluable research they do to help people like her son Danny.

She says: "We have been very lucky. Danny is happy and healthy and his heart issues haven't stopped him from enjoying life, doing everything that he wants to do but some people aren't as fortunate and that's where the BHF helps.

"It helps with research so that heart defects can be spotted before a baby is born and they are there to offer help and support."

The BHF is the UK's number one heart charity, offering information about heart disease and how to prevent it in babies and adults, and Jane is determined to help them continue their lifesaving work. She says: "They work hard to publicise lifesaving skills and how to prevent heart disease so any donation, however big or small, will be put to good use."

For more information or to make a donation please visit [www.justgiving.com/fundraising/Jane-Frondigoun2](http://www.justgiving.com/fundraising/Jane-Frondigoun2)



# Louise WALKER

Louise Walker, from Devon, will be riding her first ever 100-mile sportive in July when she rides the 2016 Prudential RideLondon-Surrey 100 for the National Autistic Society.

Her son Dominic was diagnosed with Autistic Spectrum Disorder (ASD) aged four after various incidents at home and school indicated that he was struggling.

She says: “Dominic was diagnosed with ASD when he was four years old. Prior to that I knew there was something wrong but I did not know what. We had days where my husband had to carry him from family days out kicking and screaming.”

The family requested a Statement of Educational Need (SEN), a document which sets out a child’s educational needs to ensure they get the right support to enable them to make progress in school. “We had to get an SEN so he would be allowed to attend our village primary school,” she says. “We fought hard to get Dom into a mainstream secondary school that had a good track record of looking after children with autism.”

Their hard work and persistence paid off when, last year, Dom achieved a pass in five GCSE subjects. “If you had told me 10 years ago that he would pass five GCSEs I would have laughed in your face. He is a remarkable young man,” says proud mum Louise. “The next thing Dom would like to achieve is getting his driving licence.” He is hoping to achieve this with the help of his Auntie Donna, who is a driving instructor and has completed a specialist course in teaching people with autism how to drive. However, Dom has recently started suffering seizures and is unable to learn for the time being.

Louise says: “At Easter, while visiting family, Dom started having seizures out of the blue. We had to go to King’s College Hospital where, after 19 hours in A&E, he was diagnosed with Partial Complex Seizures, putting paid to his plans of learning to drive for now.”

Throughout the hardest times for the Walker family, the National Autistic Society has been a source of support, guidance and information, helping them to deal with the challenges they and Dom face each day living with autism. Signing up to ride the Prudential RideLondon-Surrey 100 is Louise’s way of saying thank you.

She says: “The NAS has given us so much help and support over the years, so in my slightly emotional state, I signed up for the Prudential RideLondon-Surrey 100. I might be regretting that now but I am training hard.

“There is much hard work ahead but, with the help and support of my family, I am determined to make it on the day!”

For more information or to make a donation please visit <https://nas-ridelondon-2016.everydayhero.com/uk/louise>

# Team RCOG

## Royal College of Obstetricians and Gynaecologists

For the third year running the Royal College of Obstetricians and Gynaecologists (RCOG) will field a team of 19 riders at Prudential RideLondon, taking part in the 100 and 46 mile events.

The group will be raising funds for Each Baby Counts, the RCOG's national quality improvement programme to halve the number of babies who die or are left severely disabled because something went wrong during labour. The brainchild of RCOG President Dr David Richmond, whose presidential term is due to finish in September, he was eager to jump on his bike.

He says: "The RCOG has a key role to play in reducing stillbirths, early neonatal deaths and severe brain injuries. The first annual report from the Each Baby Counts initiative reveals more than 920 babies died or suffered severe brain injury during birth. The RCOG does not accept that these are all unavoidable tragedies. This programme provides us with a huge opportunity to make a genuine difference in this area."

Runcorn mother Nicky Lyon lost her son when he was just 18 months old, and says no parent should have to experience what she went through.

She says: "What should have been one of the happiest days of my life, turned into tragedy when Harry was left brain damaged following errors in care during his full-term labour. As a result, Harry was left severely disabled, suffered seizures and was fed via a tube. Sadly, he died aged 18 months as a result of his brain damage. As a family we were left devastated. What is particularly upsetting is that Harry's death, like many others, probably could have been avoided.

"I'm so pleased that the RCOG has decided to take action on this. This project has the potential to save hundreds of babies' lives and families will not have to experience the terrible pain and heartache that we have suffered."

The RCOG team hopes to raise over £10,000 to help fund the vital research of the Each Baby Counts programme.

For more information or to donate please visit [www.mydonate.bt.com/events/teamrcogridelondon/](http://www.mydonate.bt.com/events/teamrcogridelondon/)



72, Sevenoaks

# Bryan HUGHES

Bryan Hughes will be riding the 2016 Prudential RideLondon-Surrey 100 to support Breast Cancer Now, the charity that has supported his daughter Cathy since her breast cancer diagnosis in January 2016.

The 72-year old says: "I'm taking on this challenge to stop a disease that takes the lives of nearly 12,000 women every year."

Having overcome cancer himself, Bryan was left shattered by his daughter's illness. "My wife and I were devastated. Faced with a sense of helplessness, apart from supporting Cathy's husband and two young children, I decided the only thing I could do would be to get on my bike."

A veteran of six London Marathons, Bryan decided to enter the Prudential RideLondon-Surrey 100 to help raise the money needed to continue the research into finding a cure for breast cancer, and to help encourage Cathy's positive attitude throughout her ordeal.

"I'm finding that my fundraising efforts are proving to be a tremendous boost to Cathy as she undergoes the difficult stages of her chemotherapy and faces the uncertainty of what type of surgery will follow."

Cathy, who represented Great Britain at Triathlon in two world championships in the 1990s, has lent her dad the bike she used whilst competing for her country.

"At 72 I am quite apprehensive, but I shall take inspiration from riding on the bike that Cathy used for her two world championships. I'm looking forward to letting the bike take the strain!"

For more information or to donate please visit [www.justgiving.com/fundraising/bryan-hughes2016](http://www.justgiving.com/fundraising/bryan-hughes2016)

