You Too Can Make a Difference!

My name is Ian Mercer and I work in the Physics Department at Lancaster University. I am married to Angela who works in the Mathematics & Statistics Department at the University, and I have two children, Alexandra and Samuel. I have always been energetic and enjoy a wide variety of sporting activities. I regularly run or cycle to work from my home in Halton to keep myself ultra-fit and encourage my family and friends to join me in training sessions at weekends. My aim is to channel my energy and enthusiasm into fundraising for people who are not as fortunate as me, and the Coronary Care Unit at the Royal Lancaster Infirmary is the focus of this effort. I have recently lost both my mother and mother-in-law due to coronary problems, and I want something positive to come out of this loss.

It would not be possible for me to devote so much time and energy to fundraising without the support of my wife Angela who deals with all the admin, is a key member of my support team, and keeps me focussed when I come up with ideas for my next extreme challenge. Also my children, close family members and friends who give me encouragement and commitment, and as a result it has created a mutual respect and trust between us. Angela and I have made a point of involving our children as much as possible and hope they will carry on the fundraising ethic when they are older.

Apart from the fundraising aspect, I also gain from the experience of taking part in extreme challenges – the sense of achievement and adrenaline buzz is incredible and it just encourages me to do more. I think this enthusiasm and buzz has also rubbed off onto my family, support team and fellow participants, as this year I have been overwhelmed by the number of people wanting to join me on the Coast to Coast challenge on 4/5 July cycling along the Reivers Route.

As a result of the determination and dedication of everyone involved in my fundraising, I have raised just short of £20,000 for charities. I would encourage everyone to set themselves a goal to get fit and take part in challenges – extreme or otherwise. It's a win-win situation: you will gain a great sense of achievement and others less fortunate will benefit from the money you raise. This year, I have also set myself the challenge of climbing the 3 peaks (Ben Nevis, Snowdon and Scafell) in 48 hours and cycling in between – not for the fainthearted!

If you would like to support these next two challenges I would urge you to contact me. People are needed on the support team, local and national companies can donate appropriate goods and services, medically trained people can offer their expertise, and of course financial contributions are always gratefully received.
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Forthcoming Events in 2009: Record Breaking 3 Peaks Extreme Challenge Attempt in 48 hours;
4th & 5th July, Coast to Coast Event on the Historic Reivers Route in 2 days.