

THE BIG, BIG PUSH

Travers, 55, cycles length of Britain in honour of pal with MND

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A CYCLIST pedalled the length of Britain to honour a friend living with Motor Neurone Disease (MND) and raise vital funds for the cause.

Travers Bryan, 55, completed a 1,000-mile journey from Land's End to John O'Groats in support of a close friend who is living with the terminal condition.

Originally from Kilby, Travers took on the 10-day ride in early July, just three weeks after completing a 330-mile "width of Britain" challenge from Barmouth to Yarmouth.

His motivation came from pal David "Davy" Scott, a fellow member of Cosby Golf Club, who has MND and has been given 12 months to live.

"I wanted to do something that really pushed me," said Travers.

"Davy's being pushed beyond any limit he's ever going to have. So I knew I needed to do something where I'd have to dig deep."

Travers signed up for the Land's End to John O'Groats ride with Peak Tours, covering the £2,000 cost himself.

The route included 68,000ft of climbing, the equivalent of riding up Mount Everest twice – with gradients of 26 per cent in places.

"In the first three days we did 23,000ft of climbing, which is like going up Snowdon three more times than I'd done on the width of Britain ride, but at the same average speed," he said.

He faced setbacks including a wasp sting that became infected and required antibiotics and a trip to A&E.

MADE IT...SOMEHOW!
Excruciating knee pain and an admission to A&E were among the setbacks Travers Bryan overcame to complete his epic cycle trip



"I got stung by a wasp right in my stomach," said Travers.

"Normally if you get stung it's not the end of the world, but it reacted and swelled up."

Travers received antibiotics from the doctors before his infection worsened in Scotland the next day.

He was then admitted to A&E

where his dose of antibiotics was doubled.

His knees also began to hurt from day one, making the early stages particularly tough.

"After three days I didn't think I was going to be able to make it because I couldn't walk," he said.

"After forty miles my knees were

DAVID "Davy" Scott noticed a problem with his tongue in 2022.

After seeing his GP he was diagnosed with a heart problem, but while the tests on his heart came back clear, problems with his tongue persisted.

There then followed a series of stressful and fruitless phone consultations.

"In the end, because his tongue was so bad, he got accused of being drunk on the phone and the doctor wouldn't speak to him," said pal Travers Bryan.

Davy waited 20 months for a formal diagnosis, which came only after he paid £1,500 for private tests.

Since then, his condition has rapidly worsened.

"He had his last drink and meal in November last year," said Travers.

"Since then he's been syringe fed, he can't speak any more so he types on an iPad.



Davy waited 20 months for a formal diagnosis, which came only after he paid £1,500 for private tests

"He's likely to be in a wheelchair by Christmas, and he was given 12 months to live in April or May this year."

Travers is disappointed in the NHS's overall response to Davy's condition and said charities including the Matt Hampson Foundation, Loros and the MND Association have provided more practical help.

He has also launched a website and YouTube channel, 4Q Adversity, where he has posted videos from the ride and interviews with Davy.

Donations to the MND Association can be made by searching "this-one-is-for-davy" at:

gofundme.com/4qadversity.com/

NEW CHALLENGES IN STORE

TRAVERS said losing the social life at Cosby Golf Club has been one of the hardest things for Davy.

"He played golf, he had a good job in construction. He'd oversee big projects," said Travers. "He had a normal life and he was a big character."

"When we went on golf trips, he was one of the cornerstones of everything that we did."

"If there were 30 blokes in the room, you knew when Davy was there. He was a big character."

However, the golf club's WhatsApp group chat remains in full swing and Davy is a key member.

He has retained his wicked sense of humour and regularly posts messages on the chat.

Travers, pictured, is keen to spend Davy's final year making a difference for others facing MND and is already looking ahead to another challenge



next year, which will see him ride half of the Tour de France route.

"It does feel good to do good," he said. "When these things happen to friends or family, you try and help, it's human nature. I'd tell everyone to go and do any of these challenges if they're in the same position."

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