

Kate takes on Paris challenge for cardiomyopathy

PEDAL POWER: Cardiac specialist Kate Sanders has so far raised £1,500 by undertaking a bike ride from London to Paris for Cardiomyopathy Association.

CP



Queen of hearts' formidable push

A HEART specialist has used her pedal power to raise an impressive £1,500 for charity.

Kate Sanders, a cardiac physiologist from Coveney, near Ely, has just completed the gruelling London to Paris cycle ride.

The 26-year-old, who works at Addenbrooke's Hospital, decided to don her cycling helmet for the event to raise money for people who suffer from the inherited muscle disease cardiomyopathy.

Once all of her donations have flowed in, Kate will hand the money over to the Cardiomyopathy Association, a charity that supports affected families, many of which are her patients.

Kate said: "I had a fantastic ride and covered 288 miles over four days.

■ JORDAN DAY

"I had trained well and was really able to enjoy it, only coming home with a slightly sore bum.

"I was with 120 very determined people from all walks of life raising money for different causes they cared about.

"Although we spread out a lot, we looked out for each other, cheered each other on up the hills, hugged and even shared a few tears at the end."

The group cycled up to 94 miles a day in temperatures reaching 38 degrees Celsius but was able to stop and enjoy traditional village cafes.

Kate added: "It took us two hours to get from the outskirts of Paris to the Eiffel Tower.

"We filled the road as we cycled together cheering and ringing our bells all the way round the Arc De Triomphe

and the Champs Elysses.

"Luckily, the French like cycling and clapped us and beeped their horns quite happily."

Kate, who started her job a year ago, said: "My new role has made me appreciate how many young people are affected by cardiomyopathy and how much support they and their families get from the Cardiomyopathy Association.

"So I was keen to raise money for them."

The condition, which is treatable, is the biggest medical cause of sudden death in the under 35s and each week around four young people in the UK die from it.

To make a last-minute donation to Kate, visit www.justgiving.com/katesanders1.

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