



# PHILL'S 24-HOUR CRICKET NET-ATHON

## GREETINGS INTERESTED-IN-SUPPORTING-THIS-AMAZING-CAUSE PERSON!

For those of you who have received this without knowing me, I'm Phill, and I'm fundraising to support the ever-escalating medical costs of my friend, business partner and Gary McAllister stunt double, Paul Smith!

## THE BACKSTORY

Back in April 2021, we were devastated to receive the news that Paul had been diagnosed with Motor Neurone Disease (MND). MND is a progressive, life-shortening neurological disease that attacks motor neurones (the neurones that allow your muscles to work). Ultimately, this causes muscles to weaken, stiffen and waste, affecting how those suffering are able to walk, talk, eat, drink and breathe.

Consequently, as the disease progresses, there is a parallel increase in the medical and living costs of those affected. Regarding Paul, he has embarked on a course of exploratory treatment (only available in the US), which has seen some encouraging results in other people suffering from the disease. Additionally, Paul follows a home medical protocol, which again comes at a heavy price. Paul also faces ongoing costs pertaining to transportation and accommodation-related needs, as well as having to follow a strict diet meaning further significant weekly costs are incurred. Unfortunately, Paul's ability to continue in these programmes is constrained by his ability to meet these financial constraints, and as such, I hope to raise as much money as possible to support him.

Paul, being Paul, however, is not just focussing on his own personal needs. He is determined to support others in similar positions, and as such, he has developed a research programme partnership with the

Atlantic Technological University to fund postgraduate research studies related to MND and specific lifestyle characteristics that can play a significant part in disease progression. Through this partnership, Paul hopes to better characterise the lifestyle factors associated with MND and, ultimately, provide evidence to help fellow sufferers make changes to their day-to-day life that will positively impact their fight against this disease.

## THE CHALLENGE

Beginning on the afternoon of December 28th 2022 at South Northumberland Cricket Club indoor centre, I'll be attempting to **complete a cricket batting practice session (known as a "net session" for you strange people who don't follow cricket) for 24 hours.....**now given the potential lack of understanding about the gravity of this challenge, this is the cricket equivalent to an ultramarathon....or perhaps 2 of them back to back! The cricketers amongst you will understand from experience, 20 mins in the net is generally tiring enough!

To put this into further context, the longest-ever test-match cricket innings was 16 hours and 10 mins (Hanif Mohammad, Pakistan v West Indies, 1958), however this was completed over 3 days, with lunch breaks, tea breaks, times when he wasn't the batsman facing the bowler, and also overnight sleeps! In my challenge I aim to eclipse this by 8 hours, without such luxuries and reach that 24 hour mark!

**I know this is going to be an incredibly tough challenge, but there is no one more deserving of such an effort than Paul!**

**If you or your organisation are able to support the event, fundraising or in any other way, I'd be delighted to hear from you! Please contact me using the below:**

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