



Reader's
Digest

LOCAL
HEROES

Our Local Heroes risk their own lives to help people in trouble. They know that doing right by others is more rewarding than a big pay cheque and they do it without expectation of even a thank you. That's part of what makes them so inspiring. Which of our stories from the past year touched you the most? See page 21 to cast your vote.

Driving Ambition

WHEN KEEN MOUNTAINEER Colin Javens was left paralysed from the shoulders down after a diving accident, he couldn't accept his days of adventure were over. One of his childhood dreams

had been to drive from Britain to Cape Town. "If I'm not going to let disability rule my life," he told himself, "now's the time to make the dream come true."

Colin, 26, from Hereford, completed his college studies and last winter he and his support team set out on the 164-day trek.

Behind the wheel of his modified Land Rover, which he drove using the tiny movement in his forearms, Colin, braved severe burns to his legs—caused, of all things, by a spilt cup of tea—debilitating heat and a hair-raising nine-hour crawl through Sudanese bandit country after breaking his steering control.

He raised more than £600,000 for spinal-injury research and became the first person with such disabilities

