

Join clay pigeon shoot for spinal injury charity



• Colin Javens, who is organising a charity clay pigeon shoot, with Peter Hewitt at Holme Lacy College.

LOCAL businesses are invited to make up teams for a charity clay pigeon shoot organised by a former student at Holme Lacy College, tetraplegic Colin Javens. Colin, who was paralysed in July 2000, aged 20, is organising the shoot to help raise funds for a newly formed Herefordshire charity, Spinal Research West Midlands Branch.

Teams of four can enter the competition; the day is open to businesses and individuals in the West Midlands, whether they've shot a gun before or not. The concept is to introduce some competitive spirit into the work place whilst taking the opportunity to involve friends, employees, customers or clients in a day out, shooting clay pigeons for charity, at Holme Lacy College.

Colin told the *Ross Gazette*: "The competition is a team bonding, fun, motivational day designed to enhance working relationships through competitive shooting and charity fund raising."

Peter Hewitt the Farm Enterprise Coordinator at Holme Lacy College said: "Colin is an ex-pupil of Holme Lacy College and his spinal injury highlighted how vulnerable we all are to a devastating accident, especially in activity based industries like the ones we teach here at the college. We instantly empathised with his cause of raising money to help fund a cure for paralysis, hence hosting the clay pigeon competition."

Peter is organising the logistics of the competition, making sure everything from breakfast, safety, shooting equipment and lunch is taken care of so that the competitors have a really good experience. The competition will take place on May 5th. Minimum entry will be £220 per team with a prize going to the team which raises the most. At the end of the competition the winners and best losers will be awarded with a prize.

For the competition to take place the organisers need 15 teams to enter. Peter and Colin are hoping to raise £2000. If you are interested please contact Colin on 07968 753886 or email colin@spinal-research.org.

Colin's story

SPINAL cord injury can happen to anyone! In July 2000, aged 20, it happened to Colin Javens when he dived into sea that was too shallow. He broke his neck, and is now paralysed from the shoulders down. He retains limited arm movement but unless there is a miraculous scientific breakthrough he will never walk again.

Colin, however, has refused to be beaten by paralysis. In April 2006 he completed 'Driving Home': a vehicle-driven overland African Expedition from the UK to Cape Town. The expedition was a world first for anybody with his level of disability and has raised £500,000 for spinal injury related charities.

The expedition highlighted the fact that spinal injury is a 'Global Problem'. In November 2006 Colin set up Spinal Research West Midlands Branch with the aim of raising funds to help fund a cure for paralysis.