



Colin Javens, winner of Local Hero of the Year, receiving his award from Katherine Walker, editor-in-chief, *Reader's Digest Magazine*.

Colin named a Local Hero by readers

A HEREFORD man has won the *Reader's Digest* magazine's Local Hero of the Year award.

Colin Javens, 27, won the award after he drove across Africa last April to raise money for spinal-injury research.

Colin was paralysed from the shoulders down in a diving accident on the isle of Wight in 2000 but this did not deter his lifetime ambition to drive across the continent, having spent his childhood in Kenya.

The *Reader's Digest* Local Heroes is a monthly feature that celebrates ordinary people who have done extraordinary things for others.

After Colin's story first featured in the magazine in November 2006, received more than half the votes – his award is mentioned in the April edition.

He has now dedicated his time to raising money for spinal-injury research having already raised nearly £500,000.

"Winning the *Reader's Digest* Local Hero of the Year award will boost awareness and help us towards a time when people enter hospital paralysed by an accident one week and walk out the next", Colin said.