

COAST TO COAST FOR FATHER AND SONS

Andy Robins and his two teenage sons are three guys on a very personal mission. They've set themselves the challenge of walking the 633 miles of the South West Coast Path in 28 days, starting later this month.

Andy's daughter Chloe died at the age of just four and a half months as a result of cot death, in August she would have been 18 years old. So the walk is to pay tribute to her and to raise money for Sparks, the children's medical research charity currently engaged in research into the cause of cot death or SIDS (Sudden Infant Death Syndrome). It's the single biggest cause of non-delivery related infant deaths in the UK. The not knowing why and guilt parents are left with is immeasurable and therefore the research is vital.

Andy and his sons, Harry, 16 and 13-year-old Peter have been planning this particular challenge for years. In the past they've walked sections of the coast path but this time they're doing the whole lot in one go, plus carrying their kit including tents and camping equipment along the way.

They begin the big trek from Minehead in Somerset on July 19 with a target of around twenty two miles per day. They aim to reach Poole in Dorset 28 days later. The route features some of the most spectacular scenery in Britain and the lads hope that the breathtaking views will take the focus off the inevitable aches, pains and blisters.

Andy, who is managing director of Dorset & Devon based builder Snibor, has got the whole company supporting the charity. He's pledged £1 for every time someone mentions Sparks charity at Snibor's summer show stand. It'll be at the Mid Devon Show, Honiton Show, Mid Somerset Show, Gillingham and Shaftesbury Show, Melplash Show, Dorset County Show and Sturminster Cheese show. So there are plenty of opportunities to raise some much needed funds at the mention of the word 'Sparks'.

Just Giving – www.justgiving.co.uk/andy-robins
Twitter – snibora

Ends

Note to Editors

- **A timetable of the route is outlined below.**
- **Andy and his sons will be available for interview on 07903 662 536 as they reach your area**

Useful websites

- www.sparks.org.
- www.snibor.co.uk
- www.southwestcoastpath.com/

Monday 19 July	Minehead to Lynmouth	21.8 miles
Tuesday 20 July	Lynmouth to Ilfracombe	18.6 miles
Wednesday 21 July	Ilfracombe to Barnstaple	28 miles
Thursday 22 July	Barnstaple to Westward Ho	19.1 miles
Friday 23 July	Westward Ho to Hartland Quay	21.5 miles
Saturday 24 July	Hartland Quay to Bude	15.4 miles
Sunday 25 July	Bude to Boscastle	17 miles
Monday 26 July	Boscastle to Polzeath	22.5 miles
Tuesday 27 July	Polzeath to Newquay	27.6 miles
Wednesday 28 July	Newquay to Portreath	23 miles
Thursday 29 July	Portreath to St Ives	18 miles
Friday 30 July	St Ives to Cape Cornwall	17.9 miles
Saturday 31 July	Cape Cornwall to Penzance	22.9 miles
Sunday 1 August	Penzance to Mullion Cove	21.1 miles
Monday 2 August	Mullion Cove to St Anthony	26 miles
Tuesday 3 August	St Anthony to Portscatho	21.5 miles
Wednesday 4 August	Portscatho to Megagissey	22 miles
Thursday 5 August	Megagissey to Polperro	24.9 miles
Friday 6 August	Polperro to Plymouth	25.9 miles
Saturday 7 August	Plymouth to Bigbury on Sea	28.3 miles
Sunday 8 August	Bigbury on Sea to Torcross	26.6 miles
Monday 9 August	Torcross to Brixham	21 miles
Tuesday 10 August	Brixham to Exmouth	27.1 miles
Wednesday 11 August	Exmouth to Lyme Regis	30.3 miles
Thursday 12 August	Lyme Regis to Weymouth	30.3 miles
Friday 13 August	Weymouth to Durdle Door	28 miles
Saturday 14 August	Durdle Door to Sandbanks	27 miles
Sunday 15 August	Float	
Monday 16 August	Float	
Tuesday 17 August	Float	

For further information please contact Nicole Rolfe, Sparks South West regional fundraiser on 07535 975 567 or at nicole@sparks.org.uk