



BUCHANAN cycled the length of Wales and back again in just 48 hours

**ANCER** survivor Buchanan has cycled his way into the record books by cycling length of Wales and back in just 48 hours

invites Cathy Owen, 41, from Hengoed, has been cycling since a parasailing accident in 1963, and subsequently had half his bowel removed before undergoing six months of chemotherapy, but his health with cancer gave him a new view on life.

"For three or four months they did not know how big it was or how far it had spread, but the medical staff were ab-

olutely superb, awesome."

"Still now I plan on living every day for that day. I think I probably try to get more out of whatever I do," he adds.

His first 24-hour race in 2005 around Bristol's Clifton hills and the Cheydeir George was a "shock", but he has never looked back.

"I am just so daunted that I managed to do this challenge and raise money for a good cause," says Dave, who is originally from Scotland.

"And I managed to lose 2st in the process. Luckily I took different sized tops with me by mistake because on the way back down, the small ones fitted me better!"

And does he have any plans for another cycle in the future?

"No way," he laughs.

"My partner Joanne wouldn't allow me to come up with another challenge."

"She is a 24-hour cyclist too, and she is better than me, but when you do something like this you have to put your whole world on hold. I think we just need to recover from this one for a bit first."

Two years ago, he challenged himself to cycle from South to North Wales and back, but he took it a step further by completing the round trip to raise money for cancer charity, Cic Seropent.

"The support I have had has been fantastic," says Dave.

"I had a lot of my cycling friends with me along the way, getting me through hell. I couldn't have done it without them."

There was a selfish part of me that wanted to do it to prove it could be done, but I also managed to raise nearly £2,500 for charity."

Dave was diagnosed with bowel cancer in 1963, and subsequently had half his bowel removed before undergoing six months of chemotherapy, but his health with cancer gave him a new view on life.

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