

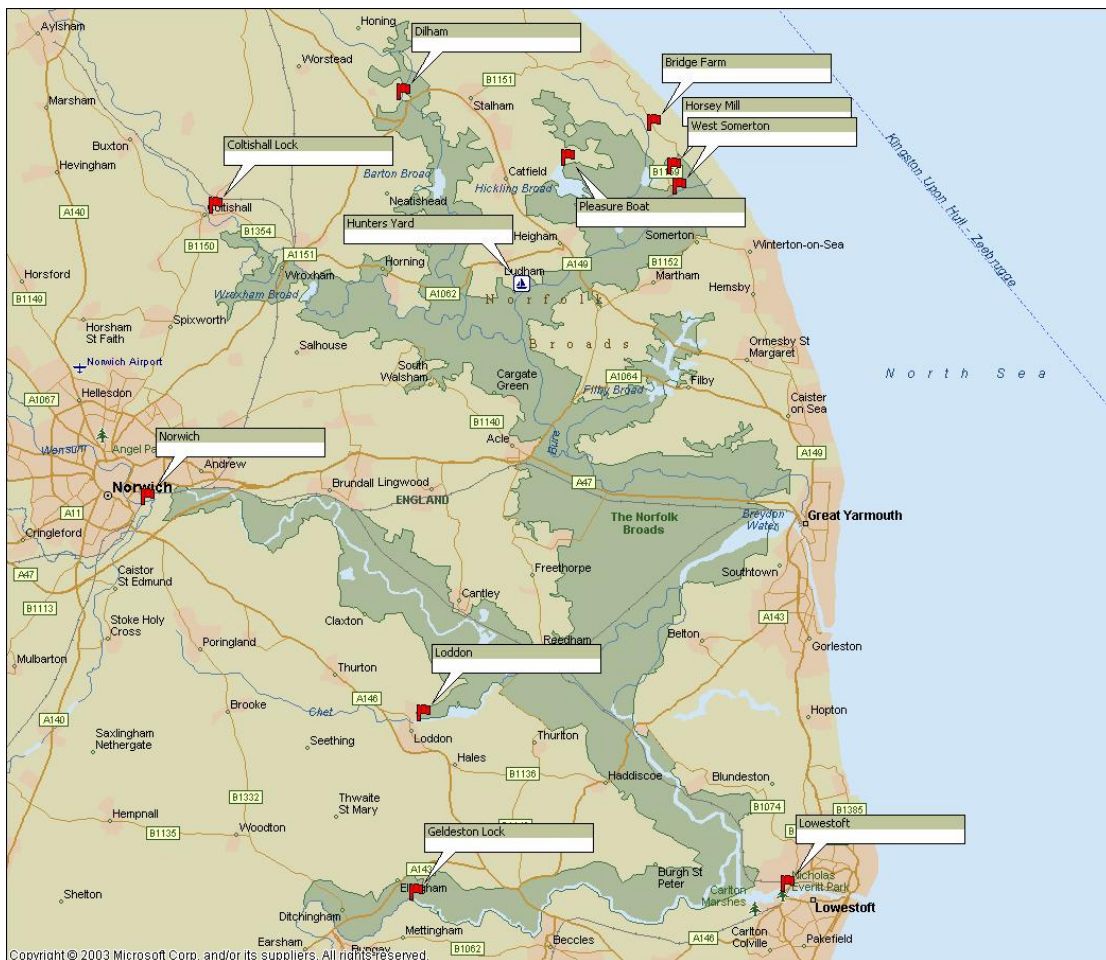
Three Men in a Boat



Three not so young men (combined age 170 years) are setting out to reach the limit of navigation on all the rivers of the Norfolk Broads.

The boat, Lullaby, is a traditional Broads sailing yacht, built in 1932 and hired from Hunters Yard at Ludham. She is unmodernised and has no engine, so progress relies on the wind and the crew's (limited) muscle power.

The objective is, between 9th and 18th June, to reach the ten limits of navigation on the rivers of the Broads. This will require a minimum of 210 miles sailing, depending on the weather and tides. If all goes well there are another two limits, accessible only by dinghy, and requiring another 35 miles in a tiny pram dinghy.



We are seeking sponsorship in aid of The Association of Young People With ME (AYME). ME, of Myalgic Encephalomyelitis is a debilitating and untreatable illness, which leaves sufferers severely restricted in their physical ability. AYME provides a range of services for young sufferers. The advice line provides information on a wide range of topics, including medical matters, benefits and education. Workshops and conferences provide opportunities for young people to meet up. AYME is actively involved in research and is a major contributor to government documentation on ME. But probably the greatest thing they do is to enable their members to communicate, to share experiences, develop friendships and also to give back by getting involved in the fundraising and in helping other members. It is very much led by the young people themselves. The magazine, CHEERS, is a lively and informative publication, produced almost entirely by the young people themselves, and delivered free to every member.

