

I'll never be able to walk unaided again but, I can ride the wheels of my recumbent trike

After a decade of battling against adversity following a motorbike accident that I should never have survived, I have been able to defy all the odds and create a new, some would say more exciting life for myself [1].

On the 5th of August 2009 I was involved in a major life-threatening motorbike accident at a place called Baden-Baden in Germany, this accident left me fighting for my life with several broken limbs and a traumatic brain injury, the accident ultimately left me disabled and for three months I was not able to speak [2].

"A police officer who attended the scene of my accident said to my parents that my accident along with the number of life-threatening injuries that I received as a result of my accident, was the worst that he had ever seen where the victim had actually survived."

I now stand tall a public speaker known as (The man that speaks); sharing a story about my life before, during and following an accident that I should never have survived, when I'm not giving a talk, I can be found riding the wheels off my recumbent trike. Some would say that my achievements since discovering my talent for cycling are outstanding given my circumstances [3].

Listed below are just some of my cycling achievements:

- Year 2020 – I cycled what turned out to be 956.04 miles, all the way from John O' Groats in the far North of Scotland to Lands-end in the far South of England in just 14 days;
- Year 2021 – I cycled the NC500 in the Scottish Highlands achieving 509 miles in just 9 days, I've never seen a Golden Eagle before, not even in captivity, but on this trip, we saw 5 of them in just one day;
- Year 2022 – I took to competitive cycling, riding in the British Cycling Para-cycling series, racing for a sponsored team called 365 Shut winning the entire series of 9 races and taking 3rd place in the National Championship; [4]
- Year 2022 – I cycled all of the D-Day Landing beaches in Normandy France, to say that it was a very eery experience is an understatement with abandoned 2nd world war military vehicles dotted around the place, along with house and garden walls

Case blog

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peppered with bullet holes and the remanence of buildings that had been destroyed by 2nd world war bombs;

- Year 2023 – I cycled The Loire Valley also in France, a very different experience to Normandy with very beautiful chateaus and stunning scenery. This trip was more about enjoying the ambience the beautiful food and wine, this we definitely achieved because cycling on a belly full of fine food and wine is hard work.
- Year 2024 – This year we had hoped to cycle the length of Spain from South to North, this would have been around 600 miles. However, due to the time of year we attempted it we couldn't get accommodation in the South so we had to start about 150 miles inland;
- Year 2024 – Ever since my accident I have always wanted to go back to the scene of the accident to put some demons behind me and, to see if I could remember anything about Baden-Baden. Of course, I couldn't remember a thing. On arriving at the scene, we found a cafe where we sat eating home baked cake and, drinking a fresh cappuccino. It's hard to imagine that more than a decade ago the scene was very different. There was I having been knocked off my motorbike and rushed to the hospital strapped to the side of a helicopter. The staff in the cafe in pigeon English said that they could vaguely remember the accident and they couldn't believe I had cycled their all these years later;

- Year 2025 – This year saw us taking on cycling 583 miles from The English Channel all the way down through France to the Mediterranean. The temperature the further South we went was unbearable so we were having to be on the road early, about 7am then stop just after lunch, take an afternoon siesta, then go back out at about 8pm to finish that day's ride. When I say it was unbearable, I'm not kidding when I say even my trike was sinking into the tarmac in the road;

Over the last few years, I've cycled many thousands of miles including 4 of the 9 recognised Coast to Coast cycling challenges, one of which being the Devon Coast to Coast from Ilfracombe to Plymouth, this I have now completed 4 times. This is a 100-mile route that we usually aim to complete in 2 days but, on one occasion I was determined to complete the route in just one day but, at 96 miles, 4 miles short of Plymouth I had a front wheel puncture it was pitch black so we decided to quite whilst we are ahead and sadly admit defeat because, with the ever decreasing visibility it was getting quite dangerous with car drivers not seeing us despite being lit up like a Christmas tree.

I usually aim to go cycling on most days with a target of cycling at least 100 miles per week.

In fact, next year I'm aiming to cycle a minimum of 10,000 kilometres which, with trips like revisiting cycling from the very bottom of Spain to the very top and, cycling from Lands-end to John O' Groats this should be achievable.

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All of these achievements are really great for my public speaking journey, where my aim is always to motivate and to inspire people to be the very best version of themselves. [5]

Having visited the accident scene, it was only right to visit the hospital that I was taken to strapped to the side of a helicopter fighting for my life, so here I am pictured on my trike having cycled from Strasbourg in Southern France.



Figure 1. Recumbent trike during a visit to the hospital in Baden-Baden, Germany, where he was treated following a life-threatening motorbike accident in 2009. The visit formed part of a personal journey reflecting on recovery, resilience, and achievements in adaptive cycling.

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