

Lifton Self Preservation Society compete in the Great River Race 2017

By Emma Bungay

On Saturday 9th September 2017, Lifton Self Preservation Society took part in the Great River Race, rowing a Cornish Pilot Gig 21.6 miles up the Thames in aid of Motor Neurone Disease.

Cornish pilot gig builder Brian Nobbs built the *Iron Maid* in 2006 and lent it to Lifton Self Preservation Society for their latest fundraising quest, the Great River Race. A group of ten prepared for the race, carrying out training sessions every week for 6 months under the tutelage of Jeremy Lawrence. On 9th September, seven members of the group actively rowed the gig, with a strong support team in tow. They endeavoured to cover the 21.6 mile course in under 3.5 hours and were pleasantly surprised to see that they completed it in just 2 hours 48 minutes, rowing an amazing 11 miles in the first hour.

Last year, the Lifton Bikers (of which some of the fundraisers from this event were members) cycled from John O'Groats to Land's End in just two weeks. They raised an astounding £34,000 from this and further fundraising events throughout the year. The bikers knew that they would continue to fundraise in different and increasingly difficult ways, which is what informed their decision to create the group we know today, the Lifton Self Preservation Society.

Their passion for raising money for, and awareness of, Motor Neurone Disease is as a result of seeing their friend, Jeremy Durrant, live with the disease. Sadly, Jeremy lost his fight to MND in November of last year, just two months after congratulating the Lifton Bikers on their fantastic fundraising efforts at Land's End.

The total amount raised from the Great River Race is yet to be announced however, over £1,600 has been raised on the Lifton Self Preservation Society Virgin Money giving site (which can be found here - <http://ow.ly/YdoH30f6OJ6>). A further £3,000 has been raised offline, which includes money raised at a quiz at the Arundell Arms and at a concert at Strawberry Fields where the band *Feedback* performed in celebration of their 10-year anniversary. The money from this gig was split and awarded in equal measure for Pancreatic Cancer and Motor Neurone Disease. Some of the rowing crew attended the cheque presentation to thank the band for their generous donation.

Lifton men set sights on Great River Race to raise funds for MNDA

Tuesday, 1 August 2017 By [The Post in Local People](#)

A GROUP of Lifton men are setting their sights on tackling the Great River Race in London, having already raised tens of thousands of pounds for the Motor Neurone Disease Association (MNDA) with a charity cycle last year.

The Lifton Bikers last year raised £34,000 cycling from John O' Groats to Lands End, in support of their friend Jeremy Durrant, who suffered from Motor Neurone Disease before sadly passing away last year.

Now a group of Lifton men, calling themselves the 'Lifton Self Preservation Society' are busy training to row a pilot gig 21.6-miles from London Docklands to Ham in Richmond on September 9.



From left: Ryan Christophers, Paddy James, Richard Enriquez, Brian Westlake, Brian Hopcraft, Adam Pengelly, Jon Kappes, Paul Davies, Jeremy Lawrence (coach and cox), Brian Nobbs (gig-builder).



To read the full article in the Cornish and Devon Post, click here –

<http://ow.ly/vKsN30f6PcG>

To see their journey in pictures, visit their Instagram page - @Isps2017