

High Hopes – Europe’s Highest Mountain in AID OF NEUROFIBROMATOSIS RESEARCH



Our President Martin Tully & Joe Donovan sporting Nf. T-shirts

Thirty nine year old IT analyst, Joe Donovan, who is a hill walking and running enthusiast from Navan Road, Dublin, will attempt to climb Europe’s highest mountain, the 18,481 feet high Mount Elbrus, in August to raise funds for the little known but common genetic condition, NEURO – FIBROMA - TOSIS (NF for short).

He will be a member of a 13-day expedition beginning in Moscow on 5th August and continuing to the attempted climb of Mount Elbrus, which stands in the Caucasus Mountains, which are situated between the states of Azerbaydzan, Georgia and Armenia.

Joe, a close friend of the president of the Neurofibromatosis Association of Ireland, Martin Tully of AIB Bank, expressed the hope that NF. Ireland, the information and support group for sufferers of the incurable genetic disorder,

NEUROFIBROMATOSIS, will benefit from the climb to an amount of thousands of Euro. More than 2000 people in Ireland suffer from NF which is a genetic disorder of the nervous system that primarily affect the development and growth of neural (nerve) cell tissues. These disorders cause tumors to grow on nerves and produce other abnormalities such as skin changes and bone deformities. The first indication of the condition is, café-au-lait marks (coffee coloured patches – six or more anyplace on the body). Up to 60% of NF children can experience learning difficulties.

Joe’s interest in hill walking began only three years ago as a member of a hill-walking group in his workplace at the Royal Bank of Scotland in Dublin. He has since completed Irelands “four peak challenge” Carrantoohil, Mweelrea, Slieve Donard, Lugnaquilla, and has also climbed many of the Welsh 3000’s including Mount Snowden and the infamous Crib Goch and Glyder Fach.

In 2005 and 2006 he completed Scotland’s RBS Caledonian Challenge, an outdoor endurance event involving a 54-mile non-stop walk along the West Highland Way (Fort William to Lough Lomand).



Mount Elbrus

He has run the Dublin City Marathon twice and completed the Belfast Marathon (best time yet sub 4 hours).



To date his sporting achievements has helped raise in excess of €15,000 for charity.

Joe who is a graduate of CBS Westland Row and of Trinity College said that his success in the climb will be very much dependent on the weather. Mount Elbrus is a very moody mountain with sudden changes in weather conditions, which may make the climb difficult. Nevertheless, he hopes that work colleagues and friends and members of public will pledge lots of cash towards his climb, which is to benefit Neurofibromatosis research in the hope of eventually finding a cure.

Joe training in the Wicklow Mountains

As part of his preparation, Joe runs up to 36 miles every week and participates in regular hikes along the Wicklow Way

If you wish to sponsor Joe please send your donation to:

Paddy Griffin,
Neurofibromatosis Association of
Ireland, Carmichael Centre,
North Brunswick St, Dublin 7.
Help line: 01 872633
Mobile: 087-2373269

Email: nfaireland@eircom.net
Web: www.nfaireland.ie

Call Joe at: 087 902 0609.



an expedition sets out to climb Mount Elbrus

The Neurofibromatosis Association would like to acknowledge Joe's determination and courage for taking on such a difficult challenge. I'm constantly amazed by the challenges people undertake for charity, clearly Joe's enthusiasm for adventure combined with his commitment to raise funds for Nf. Ireland is exceptional. Therefore, I suggest that we all get behind Joe and support him in his efforts to fundraise for Nf. If you have contacts with the press why not ask if they would publish this article. Alternatively consider approaching your local Supermarket, Bank or business and request a donation. The names of all sponsors will appear on our Web Site. If a company should decide to make a substantial donation we can look at the possibility of branding climbing gear press announcement etc.

*I'm confident every Euro raised will help Joe on his journey to the top of Mount Elbrus – Our best wishes for a safe return and good luck from all in the Neurofibromatosis Association
Editor*