

Recon to cycle across Malawi and Mozambique in support of ActionAid.



Three of the team from UK based dating site Recon.com will be taking part in Mission Malawi IV, a gruelling 500km cycle across Malawi and Mozambique to raise much needed money for ActionAid.

Alex Taylor, Antoin Strachan and Philip Hamill will be travelling to Lilongwe, Malawi in May 2010 to begin the tough challenge of cycling across the African nation. The route follows a mixture of paved and dirt roads through the Malawi and Mozambique landscape which is both remote and rural.

Malawi is one of Africa's least developed countries with one of the highest rates of HIV/AIDS in the world, with 1 in 7 of the population living with the disease. The economy is heavily based in agriculture, with a largely rural population. The Malawian government depends heavily on outside aid to meet development needs.

Philip Hamill spoke about why the guys from Recon decided to get involved in Mission Malawi. "All three of us are extremely passionate and committed to help ActionAid ease the suffering of the people of such a beautiful country. This is an extraordinary challenge for us. We are hoping to raise thousands for ActionAid and we are asking as many people as possible to help us make this a huge success by donating whatever they can."

"We are very much looking forward to taking part in Mission Malawi, but it's going to be a huge physical challenge for us. Part of the route goes through Mozambique, which is probably the toughest part of the journey as we will have to cover 150km in two days which is mostly uphill and on dirt tracks."

The group will also be visiting several ActionAid Malawi HIV/AIDS projects to gain a deeper understanding of the issues faced by children, families and communities living in Malawi, and why Mission Malawi's involvement in this project is so important.

For more information on Mission Malawi and for information on how to donate, please visit:

www.recon.com/MM4

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