

# Elgre's Adam weighs in with charity effort

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Adam Ellis

Table tennis stalwart Adam Ellis is marking his 50<sup>th</sup> birthday with a 50lb weight-loss challenge to raise money for a trio of cancer charities.

The founder member and organiser of the Elgre club has come up with the idea to support his wife Jane, who is training for a sponsored cycle ride around the base of Kilimanjaro in Tanzania in October 2015, in aid of Women v Cancer.

Jane, who plays in the British League for Grantham-based Cliffedale Chandlers, has previously undertaken a ride in Cuba for the charity, which consists of Breast Cancer Care, Jo's Cervical Cancer Trust and Ovarian Cancer Action. She aims to raise more than £3,000.

"Jane has had a lot of people she knows who have had cancer," said Adam, "and my challenge is to support her fundraising. The target is to lose 50lb before July 23<sup>rd</sup> next year, when the sponsorship money for Kilimanjaro has to be in."

Adam weighed in at 17stone at the start of his challenge on September 23<sup>rd</sup>, and he added: "I'm a chunky chap, but not excessively fat, but the last time I weighed 13-and-a-half stone I was at comprehensive school.

"I play squash and tennis, and I've entered a few racketlon tournaments. I'm trying to do this to bring my weight down so I can enter more racketlons.

"I've got two dogs that like walking, so I'm going for six to eight miles every day, and I'm cutting out food between meals and not eating after 8pm.

"I've also got a little exercise regime, 20 minutes in the morning and 30 at night, stretches and the like, and I've lost 8lb in two weeks."

Adam, who works for Nottinghamshire Police's Crime Scenes team, is also aiming to arrange a 24-hour table tennis event in Grantham or Nottingham to raise funds.

To make a donation, please visit [www.justgiving.com/Jane-Ellis11](http://www.justgiving.com/Jane-Ellis11)

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