

Asthmatic climber raises his sights to Africa

by Karen Allan

AN OIL worker is climbing two mountains to raise money for asthma charities.

Nick Begg, 37, of Bridge of Don, scaled the first of them, Ben Nevis, on Saturday and he is hoping to climb Kilimanjaro, in Africa, in July.

Nevis is the highest mountain in the UK and, although not considered the hardest to climb, Mr Begg and several members of his group suffer from asthma.

Mr Begg's wife, two of his

children and his mother are also affected by the condition.

Describing the ascent of Ben Nevis as "torturous", he said he relied on an inhaler which he takes everywhere he goes.

"My mum, my wife and my kids have asthma," he said. "My wife had it quite bad and was hospitalised, and my eldest daughter has been in the intensive care unit because of it, so it's something that is close to my heart."

Mr Begg, who works for Aker Kværner, said he was "completely skint" after funding the

trip to Tanzania to climb Kilimanjaro – one of the world's highest mountains.

He added: "We're taking nine days to do it and we've got Tanzanian guides and porters. The main problem will be the altitude. The air is quite thin up there."

"I've been climbing Munros every weekend and did three in one day recently."

● There were 1,381 deaths from asthma in the UK in 2004, 40 of them children aged 14 or under. On average, four people a day die from asthma.