

## **Epic 4,000km 'Triumph for Breath' underway**



**76 year-old Jack Evans of Armidale hit the road on Sunday, beginning an epic 4000km journey of historic proportions called "Triumph for Breath". The odyssey is to raise money and awareness about Chronic Obstructive Pulmonary Disease (COPD) and the support services provided by The Australian Lung Foundation.**

He is on his way to drive from Perth to Armidale in a Triumph Super Seven, which is also 76 years old. Jack fully restored the Triumph from ground up, resourcefully making parts and accessories by hand when he was unable to source them, such as the mud guards.

"I had this car in bits and pieces in the shed for up to 35 years. A few of my mates said 'why don't you do it up?' I'd been concentrating on doing up TR2's, 3's and 3A's," Mr. Evans said. "About half way through the three-year restoration, I realised that the Triumph company appointed the Armstrong Cycle and Motor Company in Perth, as the agents for the Super Seven. Percival Armstrong got sick of people coming into his showroom and saying 'what a nice little town car'. So, in 1929, he and his mate George Manley decided to drive it from Perth to Sydney. They did it in eight and a half days, which was quite an incredible journey back then."

Mr. Evans has set out to retrace most of that route, 80 years to the day. Yet, he may take a little longer to complete his drive from west to east coasts of Australia. He is undertaking this adventure in memory of his late wife, Gillian, who passed away due to emphysema in 2006 after battling COPD for 16 years. Jack Evans will be joined by his daughter, Alison (who lives in Bermuda) and together, they aim to raise money and awareness through their long haul across Australia, stopping at many urban centres along the way.

"We've got envelopes that people can put a cheque or credit card details in and send off. We'll collect cash donations, which I'll bank as we go along. It's 4000km's, so I'm hoping for

at least \$3/km. I'm aiming for around \$12,000. Armidale has been very good so far and I've got over \$2,000 already! Good on Armidale!" Mr. Evans said.

Jack Evan's Triumph Super Seven will stand out among the road trains on the Nullarbor; it is a small, unusually shaped vehicle, painted canary-yellow and fittingly named "Bumble-Bee" by Jack's four-year-old granddaughter. According to the Triumph enthusiast the hardest part of the restoration was that he had never even seen a Super Seven in a working condition. "It has a wooden body and that was no trouble because I'm a cabinet maker by trade. It was a great little car, but it's very basic by today's standards."

The simplistic automobile has embarked on a trial-by-fire. It had only been driven less than 400 miles in total, since being put together. Now, Jack is driving it about 1,700km's to Adelaide, where they will board the Indian Pacific to Perth. The 'Triumph for Breath' journey will depart Perth on 11 October. They will cross the Nullarbor to Port Augusta, up to Broken Hill, then Tamworth and aim to return home to Armidale on 25 October.

At around 30 miles or 50km per hour, this drive dedicated to Jack Evans late wife offers ample time for reflection. "I have somewhat come to terms with the passing of my wife. I miss her like hell. Hopefully, Gill will guide the way for Alison and myself on the way back. COPD is the umbrella term given to a long-term lung condition that includes chronic bronchitis and emphysema. It causes breathlessness, which worsens over time until simple daily activities such as showering or making a cup of tea become almost impossible. As many as three out of four Australians with COPD are unaware they have the disease and are therefore not taking important steps to manage the condition. It is the seventh leading cause of death in Australia and the second leading cause of avoidable Australian hospital admissions, accounting for more than 50,000 admissions each year.

To follow Jack's journey or provide a donation visit [www.lungfoundation.com.au](http://www.lungfoundation.com.au).

The Australian Lung Foundation is able to provide advice, support and assistance to those with COPD. Patients and their carers can call the Lung Foundation's Information and Support Centre on 1800 654 301.

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