



Carol Cooke is the ambassador for this year's Darebin Mayoral Fundraiser Ball, from which proceeds will go to multiple sclerosis research.

Picture: ADAMELWOOD N14NL103

## Course set for London

**Charity** | Julia Irwin

WORLD-class athlete Carol Cooke doesn't dwell on what multiple sclerosis has taken from her, instead she focuses on the opportunities it has provided.

Soon after Ms Cooke was diagnosed with the incurable, progressive neurological disease 13 years ago at 36, she made a decision to stay fit and get on with her life, one day at a time.

Ms Cooke won silver medals in the 15.2km time trial and 30.7km road race at the Paracycling Road World Championships in Denmark and is now training to qualify for the 2012 London Paralympics.

"Exercise is keeping me out of a wheelchair, but there's a fine line between

learning to pace myself and pushing myself over the edge," the Northcote woman said.

In between training, Ms Cook is an MS ambassador and will promote the 2011 Darebin Mayoral Fundraising Ball hosted by fellow multiple sclerosis sufferer, Mayor Diana Asmar.

The fundraiser will support multiple sclerosis research undertaken by Monash Immunology Stem Cell Laboratories, which is working to develop treatments.

Ms Cooke urged the community to support the ball by buying tickets or donating items to be auctioned on the night.

The ball is on Saturday, October 29, at Stars International Reception Centre, 1C Bell St, Preston. Tickets \$75. Bookings: 8470 8511.