# Michael Watson walks a mile to support brain health charity i-Neuro



In a poignant demonstration of friendship and resilience, former world champion boxer Michael Watson prepared to walk a mile through London to support i-Neuro, a charity founded by neurosurgeon Peter Hamlyn. This event, which took place on Wednesday 16 April, highlights the enduring bond between Watson and Hamlyn, stemming from their deep connection forged in the aftermath of a near-fatal boxing match in September 1991.

Watson, 60, suffered a life-threatening brain injury during a bout against Chris Eubank, an incident that resulted in him requiring extensive medical care. Hamlyn, who performed seven critical operations on Watson’s brain, described the boxer as “an inspiring figure” in his life, indicating the profound impact their relationship has had on both individuals. Speaking to The Guardian, Hamlyn expressed his appreciation, stating, “Michael helped me so much. He was amazingly calm and very easy to talk to. He’d ring me most days to see how I was doing.”

The bond between the two was tested further when Hamlyn's eldest son, Dominic, died unexpectedly five years ago at the age of 25. Reflecting on this tragedy, Hamlyn recalled how Watson provided support during a trying time, with his daily check-ins offering comfort. “Michael’s Mile” not only serves as a symbol of their friendship but also aims to raise awareness and funds for brain health research through Hamlyn's charity.

The physical challenge of the mile-long walk is significant for Watson, who faces ongoing difficulties due to his injuries. “It offers a small echo of the epic feat Watson achieved when he completed the London Marathon in six days in 2003,” reported The Guardian. The event has raised considerable interest, with many participants expected to help bring in over £100,000 for i-Neuro, supported by contributions from notable figures including promoter Frank Warren.

Hamlyn, who has dedicated much of his career to improving safety measures in contact sports, emphasised the need for urgent care and proper medical conditions at boxing matches. “If a boxer is resuscitated properly, and kept oxygenated, given the right drugs, then you’ve got a good hour, maybe two, to get surgery,” he stated, citing the worrying lack of adequate medical response during Watson’s fateful fight.

Reflecting on the significant changes made in sports medicine since the 1991 incident, Hamlyn noted that as the founder and president of i-Neuro, his focus remains on advancing research and treatment options for neurological injuries. He spoke of the use of AI in diagnosing disorders and the remarkable progress in the fields of neuroscience and rehabilitation.

As Watson prepared for his public walk, he expressed gratitude towards Hamlyn, referring to him as “my hero.” His statements encapsulated the motivational spirit with which he approached his recovery and ongoing fight against adversity. “I’m the people’s champion so don’t ever quit on life. It has its downs but you can overcome them,” Watson affirmed.

This journey not only underscores the personal triumphs of both Watson and Hamlyn but also brings to light the critical issues surrounding safety in sports. Their shared experiences not only reflect a unique friendship but also a commitment to effecting positive change in the world of sports medicine and athlete safety.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.youtube.com/watch?v=ZTq886ttWqI> - This video relates to the intense boxing match and subsequent impact on Michael Watson's career after his bout with Chris Eubank in 1991.
* <https://en.wikipedia.org/wiki/Michael_Watson> - Wikipedia provides detailed information about Michael Watson's boxing career, including his near-fatal injury sustained during the fight against Chris Eubank in 1991.
* <https://morningstaronline.co.uk/article/s/eubank-watson-ii-fight-changed-boxing> - This article highlights the significance of the Chris Eubank vs Michael Watson II fight in changing boxing safety regulations after the severe injury Watson suffered.
* <https://www.theguardian.com/> - The Guardian often reports on events involving high-profile figures and charitable causes, which could include coverage of Michael Watson's walk for i-Neuro and his connection with Peter Hamlyn.
* <https://www.boxingnews24.com/category/peter-hamlyn/> - News articles often cover Peter Hamlyn's work in improving safety in contact sports, reflecting his contributions following the Watson-Eubank fight.