



FIT FOR LIFE

Our gap years

Carol Westmorland on why she has a smile like a cherubic page boy after falling off the grid

Brian Mulroney may not be a name you are familiar with, but if I say the page boy in St George's Chapel, eyes wide - mouth even wider, on Meghan and Harry's wedding day, you will know who he is.

That stand-out moment, captured for the world and was all the more captivating because dear Brian had that gap tooth smile that warms the heart.

Naturally, it did not occur to Brian that temporarily having a few missing teeth could be of concern.

Instead, he was taken, quite understandably, by the scale of that moment and we were with him.

Since I wrote last I have been told numerous times how much younger I look. I am channelling a fringe, which has given me the look of a schoolgirl, but the fact I am also being compared with a small child of possibly six is for an altogether different reason.

Years of toothy togetherness ended at the Brocklebank summit. The cattle grid to be precise that, once across, sees you hurtle - while checking for loose sheep - into beautiful Caldbeck. That judder as I raced over it - during a time trial - will cost a fortune. I am, it seems, scattering my teeth like confetti around the county - I lost the original front tooth in Newton Reigny, Penrith.

Talk has been of nothing else. My angel (orthodontic



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surgeon) Adriano is to perform a miracle (aka an implant) in time for a rather big birthday we have come October. She is a delight and is making my dentistry trips a thrill. I will have my smile again - not that it has ever gone. I, like Brian, have too much fun to hide my imperfections. I have said it before and I will say it again, and again if I need too: Perfection is over-rated. It is how we behave in adversity that matters.

Now, if only I could find that tooth for the tooth fairy. Keep a look out for me. I will be asking her to dig deep.

Carol Westmorland lives in the Eden Valley. She is a Cycling Time Trials national champion, clocking up 445 miles in 24 hours. She also teaches pilates. www.pilates-cumbria.uk



Page boys John and Brian Mulroney at the Royal wedding