



Survivor story



Mark Moore, 28, Gloucester



When Mark Moore collapsed with sudden cardiac arrest without warning in the middle of a football match his teammates thought the worst.

There are eerie parallels with Mark's story and that of fellow cardiac arrest survivor, Fabrice Muamba. Both young men in their 20s who had no previous heart problems, both collapsed playing football within months of each other, both even wore the squad number 6.

But perhaps the most important parallel of all is the fact they were saved thanks to prompt treatment with CPR and a defibrillator.

Here Mark and his close friend and club chairman, Chris Bishop, recall that day in August 2012.

"I was the fittest member of the squad," recalls Mark.

"I was the last person anyone would ever have expected anything to happen to. I'd never had any heart problems before that day."

While playing in a football match for his club, Longlevens AFC, Mark collapsed without warning with sudden cardiac arrest.

As luck would have it a team of paramedics were playing on an adjacent pitch and rushed to his aid immediately.

“It was fate,” says Mark.

“There were so many things that happened that day that meant I made it.

“I don’t really remember anything. I just went down and then the paramedics came over and started CPR. It just so happened they had their equipment with them, including an AED and they started working on me.”

Chris Bishop, Longlevens chairman and good friend of Mark’s recalls receiving the news Mark had collapsed.

“It was horrendous,” Chris says.

“We just couldn’t believe it. Mark was absolutely the last person you would think something like this would happen to. He was the fittest out of all of the lads.

“I remember rushing to hospital and seeing Mark and it didn’t look good at all. I just remember walking in to a room full of concerned looks and Mark was hooked up to all these machines.

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“All of the guys were distraught and I think at that point a lot of us were preparing for the worst.”

But Mark began to make a remarkable recovery and within days had regained consciousness.

“It was amazing to see him wake up and really quite strange. It had suddenly gone from looking very grave to him being back, up and awake and asking us what had happened.”

Like many sudden cardiac arrest victims, Mark doesn’t remember much of what happened prior to his collapse.

“It’s strange to think that while my family and all of the guys were going through this I was blissfully unaware and out of it,” Mark says. “Your family and friends are the ones who go through it.”

Shortly after regaining consciousness, Mark had an ICD fitted and incredibly was back home within weeks.

“I was so lucky to make such a rapid recovery,” continues Mark.

“The doctors were really impressed with my recovery and I was quickly allowed back home.

“After that I was given fitness tests and I just went from strength to strength.”

Mark even managed to make a return to the football pitch for Longlevens in their last game of the season in May 2013.

He is now assessing his playing career and is taking a break from football to coach the reserve team.

‘The early CPR and the defibrillator saved my life’

Looking back on that day Mark knows he beat the odds.

“It is unbelievable when you think about it and it’s quite a strange feeling to know something like that has happened to you and that all of the guys were there to see it.

“There were so many things which could have happened which would have led to a different outcome. If the paramedics hadn’t been there that day then I probably wouldn’t be here. The early CPR and the defibrillator saved my life.”

Following his miraculous recovery Mark, Chris and everyone at Longlevens were determined to do something to protect both the club and the community.

They have already placed two lifesaving AEDs as part of Hearts & Goals after fundraising for the devices. One is placed at the club’s Longford Lane ground and another at the Saw Mills pitch where the first team plays.

Chris said: “After what happened to Mark we wanted to do something to protect everyone nearby as well as the club. It really opened all of our eyes to the issue.

“Out of something which was so awful at the time we’ve been able to do something positive.

“It’s amazing to see Mark up and about and hard to believe it ever happened now.”

Read more about how Mark and Chris placed defibrillators at Longlevens AFC through Hearts & Goals [here](#)