

# guide running.UK

## **PRESS RELEASE: FOR IMMEDIATE DISTRIBUTION**

### **BITE SIZE: SPITFIRE SCRAMBLE**

To further promote guiderunning.UK we have teamed up with 24 hour trail relay race; Spitfire Scramble taking place 30th - 31st August, Hornchurch, Greater London. We need a team of 8 blind or visually impaired runners to compete. We also need at least 8 guides.

Runners will need to be able to complete 2 x 6 mile laps in a 24 hour period. Guides of all experience levels are welcome. We intend this to be an awareness and experience based event, not a serious competition so please join us. Whatever your level of experience!



Continued overleaf.

### **NOTE TO EDITORS:**

Simon Wheatcroft lost his sight at 17 and began adapting technology to achieve the impossible. Through the aid of a smartphone and the feeling underfoot Simon learnt to run solo outdoors and ran his first ever race 7 months later – a 100 mile road race. Simon continues to run regularly. Believe it or not there are bigger plans in the future!

Braddan Johnson started running around 15 years ago. Inspired to undertake his first ultra marathon while living in the US he has become fascinated by remote environments and what the human body can achieve. Enthralled by covering long distance over arduous terrain he partakes in multiple mountain marathons, multi day races and ultra trail events annually.

### **CONTACT:**

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## WHY:

Its simple. We want to connect visually impaired (VI) and blind runners with guides. Specialised support networks that exist elsewhere in the world are not well established in the UK. Existing charities offer tremendous support but understandably aren't able to focus on specific activity groups.

We get that not everyone shares our passion. But if they do, we want it to be easy for them to find like-minded people.

We have started a self-governing meeting point that allows experienced and aspiring VI and blind runners to connect with experienced and aspiring running guides alike. We want to increase awareness of guiderunning.UK through nation wide events and informal training exercises. Spitfire Scramble is our first and we need team mates!

## BE THERE:

We really, honestly need YOU. The more the merrier. This is not about setting records, it is about bringing experienced and inexperienced people with common goals and passions together. You do not need to be a 'super-athlete' to do this, just have a positive attitude and a will to make a difference. Whether runner or guide you have the opportunity to make a difference - to help guiderunning.UK grow as a network and in turn to help those not yet guiding or running connect with the resources that will enable them to do so.

## Tempted?

**Find out more about the race here: [www.spitfirescramble.co.uk](http://www.spitfirescramble.co.uk)**

**Or email us for details here: [info@guiderunning.uk](mailto:info@guiderunning.uk)**

All runners compete free of charge and will have access to VIP camping - including showers - at the event. For those not keen on camping, public transport is a small dash away from the camp. Guide dogs are of course welcome. The guiderunning.UK camp will be clearly identified with a large banner.

## THE WHO:

**Braddan:** "I always enjoy training and finding new boundaries to push but it seemed the hours training could benefit others besides myself. Not all training needs to be flat-out and there seemed no reason that I couldn't share a run with someone who wanted the same experience but needed support. I quickly drew blanks at all major connections and along the way met others with similar experiences. Eventually I connected with Simon."

**Simon:** "Running is important to me. I love to train, I love to compete. But if I wish to do this outside of a controlled or familiar environment I need a guide. I typically reach out for guides through social media so when Braddan approached me for support with guiderunning.UK I saw this as a great opportunity to formalise a growing movement and offer clarity and insights to other experienced or aspiring runners and guides alike."