

# NEWS RELEASE

For Immediate Release

## Colin Watts

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Colin training at Castle Coombe race circuit

## 3 Peaks, 2 Legs and a Bike

**A climber, who suffered severe head injuries while ice climbing, is to support the charity Headway by running the three highest peaks in Britain and cycling the 500 miles between them.**

Colin Watts, from Melksham near Bath, is raising vital funds for Headway by cycling between the highest peaks in each country in mainland Britain, Snowdon, Scafell and Ben Nevis and running over them. He plans to do this over six days in June to raise money for Headway, the UK's leading brain injury charity.

Colin fell 200 ft in 2003 while ice climbing in North Wales suffering severe head injuries and multiple fractures. As part of his recovery, the 42 year old has taken part in a number of gruelling long-distance runs for Headway, already raising £6,500 in support of others who have brain injuries.

He plans to start at the foot of Snowdon at the Snowdon Ranger car park and run over Snowdon to the Pen-y-Pass car park where he will get on his bike and cycle about 50 miles into England. The next day he'll cycle most of the way to Scafell, around 150 miles. Day 3 will be a relatively short cycle of 50 miles to Wasdale Head at the base of Scafell to leave the bike to be transported around to Borrowdale, and then will run over Scafell and into Borrowdale. Days 4 and 5 will be cycling the 250 miles to Fort William. On Day 6 he will complete the run over Ben Nevis and finish at the Glen Nevis car park. He will be supported (in a car) by his partner Janet, who be transporting the bike while Colin runs over the

hills, and hopes to be joined for some of the legs by family and friends.

"I have done several long runs before so did not see the three peaks to be much more difficult. Then, as part of my training, I ran over Scafell on New Years day followed by a bike ride the day after and my legs were aching for the next 5 days. I think it was running down from the summit that did it, as it uses different muscles. I view these runs as steps in my 'journey of recovery' and an opportunity to help others who have suffered brain injuries more severe than my own," says Colin.

Colin will have to get accustomed to cycling 100-mile-days with legs tired from the hill running, but his training, which has already started, will help prepare him.

In May 2006 Colin successfully completed in six days the very hilly, 186 mile Pembrokeshire Coast Path.

Peter McCabe, chief executive of Headway UK said: "There are already 420,000 people of working age living in the UK with the long-term effects of brain injury which can occur through a variety of different reasons including road traffic accidents, assaults, work or sports related injuries.

"Brain injury can often have a totally devastating effect on the lives of brain injury survivors and their families, we know, because we hear about them daily. We are extremely grateful to Colin for raising money which will go towards supporting those with brain injury."

Visit [www.colinwatts.co.uk](http://www.colinwatts.co.uk) for information on his accident, recovery and fundraising. Donations to Headway can be made online [www.justgiving.com/3Peaks2Legs1Bike](http://www.justgiving.com/3Peaks2Legs1Bike).

## **NOTES FOR EDITORS:**

**Headway - the UK's leading brain injury charity - provides support, services and information to brain injury survivors, their families and carers as well as professionals (health, legal etc).**

**Every year around two-hundred thousand people sustain a brain injury of some sort. The effects of the injuries are usually for life, therefore the number of people living with brain injury will rise year on year.**

**Men are three times more likely to have a brain injury than women and men aged between 15-29 are FIVE times more likely to suffer brain injury.**

**The effects of brain injury are often devastating and can include physical disability, memory loss, speech problems and rapid mood changes but has no impact on life expectancy. For many, it is parents and relatives who will become the main carers**

**For more information please call Maria Dryden, communications officer, He  
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the brain injury association