

# NEWS RELEASE

For Immediate Release



the brain injury association

## The perseverance of the long-distance runner - brain injury survivor completes a mammoth 186 mile run

**Colin Watts, of Melksham near Bath, who suffered severe head injuries whilst ice climbing, has run the entire 186 mile length of the Pembrokeshire Coast Path in six days, 27<sup>th</sup> May – 1<sup>st</sup> June, to raise money for the UK's leading brain injury charity.**

He is hoping to raise the vital funds for Headway, the charity dedicated to promoting understanding of all aspects of brain injury, and providing support and information to brain injury survivors, their families and carers.



Colin on a section of the Coast Path just past Fishguard

This run involved averaging over 30 miles a day. Colin said “I was not racing it, just aiming to get to the end, so I was taking frequent breaks when my support team would provide me with food and drink”

While enjoying the view near Little Haven, Colin tripped over a tree root and despite bruising his shin and twisting his ankle was still able to run the remaining 90 miles within the 6 days.

Peter McCabe, chief executive of Headway UK said: “Brain injury can often have a totally devastating effect on the lives of brain injury survivors and their families. We know this because we hear about the problems people have to wrestle with daily.

“Colin is undertaking a truly mammoth run and our admiration is with him all the way!”

Visit [www.colinwatts.co.uk](http://www.colinwatts.co.uk) for more details on this and other aspects of his accident.  
Visit [www.justgiving.co.uk/colinwatts](http://www.justgiving.co.uk/colinwatts) to donate online,

#### **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, Headway UK on 0115 947 1911 or email [media@headway.org.uk](mailto:media@headway.org.uk)**