

Inspirational runner to visit Jersey

Inspirational Runner Colin Watts is to Visit Jersey this weekend to launch the training for the Standard Chartered Jersey Marathon which takes place later in the year.

A brain injury survivor, Colin is visiting Jersey to encourage people to register and start training for the event, which is to raise funds for brain injury association - Headway.

Colin, of Melksham near Bath, had been a rock climber for ten years when he was involved in a rock climbing accident in Wales four years ago. He sustained severe brain injuries whilst ice climbing. In total he fell 200ft, sliding down the ice, bouncing down ice ledges and over rocky steps. The fall left him with severe brain injuries, broken bones and cuts.

He was rushed to hospital where he underwent emergency treatment before being admitted to intensive care where he stayed in a coma for several days with terrible injuries. He survived and was discharged from hospital after several weeks.

Colin said: "I have viewed my recovery as a journey, and looking at the whole was too big, but by breaking it down to smaller steps is how I got where I am now - leaving hospital, trying to ride a bike, walking to a gym to exercise, starting back to work half a day a week and from there four days a week - where I am now." He continued "I will be running in the marathon in Jersey later in the year and was delighted when Headway Jersey invited me to help encourage people to start their training for this great event in the autumn and hopefully to start raising sponsorship money for Headway Jersey."

In Jersey, he'll be running a short taster session of training at the FB Fields on Saturday (21st April). The session starts at 10.30am - anyone interested is invited to turn up on the morning or call Sara Durnford-Lloyd on 768866.



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