

ANDREW TOWNSEND

Runner | Writer | Traveller | Adventurer

More about Andrew



Sixty-year-old Andrew Townsend, originally from Tanzania, East Africa is an Endurance Runner, writer and wellness advocate living in Reading, Berkshire. He has competed in Marathons, Ultras and 100 milers all over Europe but his passion is unsupported endurance trail runs.

#8marathons8countries8days

His determination and strength of spirit has led him to achieve some amazing physical feats; as a pre-cursor to his Pyrenean odyssey he ran **eight** unsupported marathons in **eight** days in **eight** countries. He is writing a book *Moving Mountains* about his Pyrenean adventures and when not hitting the trails can be found updating his blog and taking pictures.



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For media enquiries or interviews please ring 07525 262604 or email buzz@masairunning.com

Sedentary Arthritic to Ultra Endurance Runner

Running 525 miles across the Pyrenees

Runner and writer Andrew Townsend has just completed an epic 525 mile run across the Pyrenees. With an elevation of over 100,000 ft, across some of the most rugged landscape in Europe, this was a journey that would be a test for anyone. Just ask elite Ultra Runner, Kilian Jornet when he established the record in 2010. So running solo and entirely self-supported, carrying all his gear in a tiny rucksack, braving the elements in shorts, tee shirt and running shoes it was an unlikely choice for a man who had just turned 60.

What, on the face of it, was a hard physical challenge, turned into a life-changing journey of epic proportions - where he battled in 35c heat, relying on water from the mountain streams and foraging for food. Where he ran up to 27 miles a day and climbed the equivalent of four Everests but where ultimately he learnt about the power of the human mind to overcome adversity.



Nothing changes if nothing changes!

But what makes this feat even more remarkable is that just five years ago, in his mid-50s, Andrew was 70 lbs overweight, suffering from arthritis, eating and drinking too much and working long hours in a job he didn't care for - he had reached crisis point.

He had a cathartic moment, threw away his stick and in that instant decided to change every aspect of his life. He started walking every day, then running and within 18 months he had lost a third of his body weight and was on the start line of the Barcelona Marathon. He began writing which was his true passion, adopted a plant based diet and through dramatic lifestyle changes cured his Arthritis. He is now a full time runner, writer and wellness advocate inspiring others to shed their sedentary lifestyle for ever through his blog masairunning.com and you can listen to his interview on **Radio4 Saturday Live** - <http://www.bbc.co.uk/programmes/b07lj73d#play> (42 mins) . He has also been a guest on the **Bill Buckley Show 9Radio Berks** <http://www.bbc.co.uk/programmes/p043gfjt> (2:08)

