

NEWS RELEASE

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For immediate release

Adam speeds into Action for Blind People at the Great North Run

Merton resident, Adam Abouzeid achieved an amazing feat last weekend, by finishing in 186th place at the Great North Run. Adam raised £400 for national charity, Action for Blind People, in the process.

Mr Abouzeid, 23, completed the half marathon in an incredible 1 hour 19 minutes, placing him among the elite athletes and in the top 0.5% of the 37,000 entrants. But as Adam trains with the Royal Marines, he was certainly up to the challenge.

Adam, who aims to be a full time Royal Marine by next September said, "I wanted to run for a charity and would definitely do it again. I enjoy the competing element!"

Patricia Tirant, Donor Development Team Leader for Action for Blind People, said, "This is a fantastic personal achievement for Adam and we're extremely grateful for his efforts and very proud to have had him on our team this year. Action provides opportunities for blind people in employment, leisure, housing and information and this money will go towards improving a visually impaired person's life."

Action for Blind People run free of charge sports clubs for blind and partially sighted children, called Actionnaires, where participants can play a range of sports in a safe and structured environment. The clubs located in London are Tooting Actionnaires and Kensington Actionnaires. If your child, their siblings and / or friends are interested in joining the Actionnaires group and are aged 8-16 please contact Nicky Holloway on 07793 527031.

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For further information please contact Victoria Moffett, PR Officer on 020 7635 4921 / 07793 267708 or email: victoria.moffett@actionforblindpeople.org.uk

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Patron HRH Princess Alexandra, the Hon. Lady Ogilvy, GCVO

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Notes to editors:

- Action for Blind People supports over 20,000 blind and partially sighted people in the UK every year. Action for Blind People's National Freephone Helpline is 0800 915 4666.
- Action works to inspire change and create opportunities to enable blind and partially sighted people to have equal voice and equal choice and to live a full and valuable life.
- Action provides visually impaired people with opportunities through employment, housing, leisure and information and support.
- If abbreviating "Action for Blind People", please use "Action" rather than AFBP or ABP.