

630 mile challenge

"I have always loved the union between sea and land"

Colin Edwards



1st May 2011— 19th June 2011

The route has an overall ascent 4 times the height of Everest



*It's not how often
you fall down
but how often you
pick yourself up"*

Colin Edwards



630 mile challenge



Setting out on 1 May 2011, Colin expected to run 10 miles a day until the end of June to be able to complete the difficult 630 mile South West Coast Path National Trail. He was able to challenge himself to cover more distance each day and his new timetable meant that his last running day fell on the day of the Torbay half marathon on 19 June 2011. He then achieved a personal best for the half marathon of 1 hour 50 minutes, shaving 23 minutes of his previous time for a half marathon.

Not only do the donations mean a lot to me but also the appreciation and the awareness of my endeavour

zoom out

Thursday, June 16, 2011 **METRO** 41

I'm Forrest Stump

Brave jogger completes 630-mile run with one leg

By **Fred Attewill**

JOGGING 1,000km (630 miles) in six weeks is a tough enough challenge in itself – but Colin Edwards is to complete the remarkable feat with only one leg.

The 56-year-old is just four days from finishing his epic journey around the South West Coast Path.

The prolific fundraiser says running with a prosthetic limb makes it a lot harder – but like the character Forrest Gump, he just keeps on going.

Speaking from Lulworth Cove in Dorset, he said: 'I've done about 580 miles so far, so I'm pretty tired. I've been stopping for lots of pub lunches and have been admiring some of the breathtaking views on the coast.'

Mr Edwards took up running after his leg – injured in a motorcycle accident when he was 19 – was removed below the knee ten years ago.

He joined the Teign Valley Hash House Harriers, near his home in Newton Abbot, Devon, where he went from being 'very unfit' to competing in marathons. After adopting the nickname Forrest Stump, he is now raising money to help others.

The run from Salcombe is in aid of Port-er, an organisation that supports amputees. Mr Edwards is now looking forward to Sunday, when he will finish by completing the Torbay Half Marathon. 'It is nice I will finish on Father's Day and my two children [Emily, 21, and Tom, 18] will be there at the finishing line supporting me,' he said.



Courageous: Colin Edwards takes a breather during his epic jog around the south-west coast
Picture: SWNS

thank you to all my sponsors, drivers, bloggers, hashers, family, friends and supporters.

Colin Edwards

Colin was initially supported by a PORT-ER grant to enable him to take time out of his work on the land (and to cover some expenses). This allowed him to realise his ambition to run the coast path. Colin raised far more than the grant for PORT-ER and the additional money raised will be used to further the aims of the charity and will provide a source of grant funding for other people both nationally and internationally.

Colin has been truly inspirational to many people who have witnessed his grit and determination.

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