116 mile World Record Run Set in Central Park for Perinatal Mental Health Awareness

Monday 17 March, 2025

NEW YORK (March 17, 2025) - Hamish Magoffin, who lost his wife and baby son to postpartum depression, set a new world running record completing 19 circuits around Central Park—187 kilometers (116 miles) in 17 hours and 29 minutes on March 8, which would have been his son Arthur's fourth birthday. Magoffin ran to raise money and awareness for postpartum depression ("PPD") and perinatal mental health ("PMH"), supporting the PAM Foundation ("Pranaiya & Arthur Magoffin" Foundation"), a nonprofit he created to promote awareness, care and, research. https://www.pamfoundation.org/

"The NYC community's support was extraordinary—it got me through the day. Achieving this on Arthur's fourth birthday made it even more special. I hope that by undertaking this run we can raise more awareness and resources for perinatal mental health to better understand such conditions and provide the support to those families that are in need."

Magoffin ran from 6:05 a.m. to 11:34 p.m., beginning at Tavern on the Green, the finish line for the New York Marathon. He was supported by New York Athletic Club, Central Park Track Club, Pirates of Sunrise, and many others who ran with him and tracked his route via Garmin.

Hamish, Pranaiya and Arthur

Magoffin and Pranaiya Oulapathorn met while studying together in the United Kingdom in 2010 and were married in Thailand in 2017. After giving birth to Arthur in 2021 Pranaiya started developing postpartum anxiety, which slipped into postpartum depression ("PPD"), a condition that occurs in up to 1-in-6 new mothers. PPD can affect anyone, even those without prior mental health conditions, like Pranaiya. Despite the active support from Pranaiya's loving family when she started to exhibit early signs of postpartum mental health issues, and acknowledging problems herself and wanting to seek help, Pranaiya and Arthur passed away on September 1, 2021, due to PPD.

In the wake of this tragedy, Hamish Magoffin established the Pranaiya & Arthur Magoffin Foundation, or PAM Foundation, to address perinatal mental health issues.

PAM Foundation

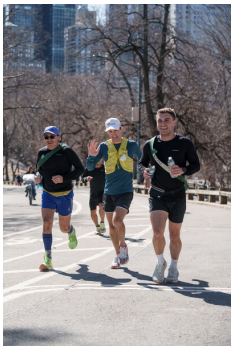
Initially founded in Thailand and the UK, PAM Foundation honors Pranaiya's legacy through three pillars: I) Awareness & Education, II) Care, and III) Research. Initiatives PAM Foundation has undertaken since inception in 2021 include a photography exhibition and panel discussions, facilitating training for mental health professionals in Thailand, sponsoring research projects at both the University of Oxford and Siriraj Hospital, Thailand's leading research hospital, and collaborating with London School of Economics and Political Science ("LSE") and a range of Thai universities.

PAM Foundation, Inc. was recently established in the US as a 501(c)(3) nonprofit organization to expand the work addressing Perinatal Mental Health. https://www.pamfoundation.org/

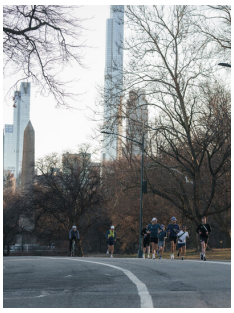
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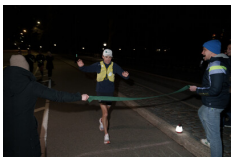
Record: https://fastestknowntime.com/fkt/hamish-magoffin-central-park-loop-challenge-ny-2025-03-08
Link to donate: https://www.pamfoundation.org/en/donate

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