Buckinghamshire woman calls on others to join her in 100k walk for military charity

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A woman from Buckinghamshire decided to get fit for her 50th birthday and chose to tackle a 100k walk for Blind Veterans UK and is now calling on others to join her.

Annie O'Flynn, 49 and from Wendover, is training together with her dog Roo to finish the Blind Veterans UK London to Brighton challenge in 20 hours.

Annie says: "I'm fat, I'm turning fifty and I need to get fit. It sounds harsh but it's just the truth. What better way to challenge myself than take on the Blind Veterans UK 100k challenge?"

Annie has a strong connection to the military. Her husband is currently serving in the Royal Air Force and has done so for the last 32 years. In 31 years of marriage Annie has been stationed with her husband all over the world, including Gibraltar and Canada.

Annie says: "Because of my husband's service and my work I speak to many soldiers and veterans. I think it's important to support them in any way possible."

Annie met Tony Harbour, one of the veterans Blind Veterans UK supports, when he popped into her work at British Forces Broadcasting Service (BFBS).

Annie says: "I have seen the amazing work of Blind Veterans UK up close so I'm happy to help. It is one of five charities that BFBS supports as part of our own Big Salute fundraising campaign.

"It's just nice to be able to do something for veterans such as Tony Harbour by something as challenging as the 100k event."

Registration for the 100k, which will kick off in Putney on Saturday 6th June, is currently open with a registration fee of £50 per participant for the 50km or £75 for the 100km. Teams taking part in the relay have a registration fee of £120. The all-inclusive entrance fee for participants includes hot food at three rest stops, snacks and refreshments along the route and a free event t-shirt.

The event is Blind Veterans UK's biggest annual fundraiser and takes walkers from a starting point in south London, along the banks of the Thames, through countryside paths in Surrey, Sussex and the North and South Downs to the charity's centre in Ovingdean, Brighton.

Annie says: "I'd like to tell everyone to go for this challenge. It might be stubbornness that gets you through or training but you should at least give the 100k a try."

Blind Veterans UK needs 500 people to take part in the 100k, which will help the charity to continue to provide a lifetime's practical and emotional support to over 4,000 veterans, regardless of when they served and how they lost their sight.

To find out more about Blind Veterans UK's 100k challenge, and to sign up for the event, visitwww.blindveterans.org.uk/100k.

To support Annie as she tackles the Blind Veterans UK 100k London to Brighton challenge, please visit www.justgiving.com/Anne-Marie-O-Flynn.

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Notes to Editor

Blind Veterans UK

Blind Veterans UK (formerly St Dunstan's) is a national charity that believes that no-one who has served our country should have to battle blindness alone. It provides blind and vision impaired ex-Service men and women with lifelong support including welfare support, rehabilitation, training, residential and respite care.

The charity needs £100 million over 5 years to provide lifelong support to blind ex-Service men and women. Find out more at: www.blindveterans.org.uk, and follow us on Facebook at: www.facebook.com/blindveteransuk and on Twitter at: twitter.com/blindveterans.

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