Hugo’s taking on a marathon task for tinnitus

Thursday 15 July, 2021

24-year-old Hugo Besley, a Data Scientist from Gayton, Northamptonshire has started his training for the Virgin Money London Marathon and will be the only runner taking part in the in-person event for the British Tinnitus Association (BTA), a charity that is close to his heart that supports those living with tinnitus. The debilitating condition affects around 80,000 adults in Northamptonshire, and 1 in 8 people nationally.

“Tinnitus is an issue that sits closely to my heart. Having seen my father suffer from it on a day-to-day basis, I began to recognise the lack of awareness and support (both medical and practical) for the condition. This is shocking, given how many people are affected by tinnitus. I hope that I can use the London Marathon as a platform to fervently encourage others to donate to the BTA and put a spotlight on a condition that causes so much stress and discomfort.”

Hugo shared on his fundraising page that “Tinnitus is a condition that can drive you insane. Constant ear ringing despite no external noise. There is a 1 in 3 chance you'll experience tinnitus in your lifetime. Can you imagine trying to sleep, or concentrate, with that always present high-pitch shrill in your ear? Please support the BTA so they can continue to fund vital tinnitus research and support those who need it right now.”

The British Tinnitus Association’s vision is “A world where no one suffers from tinnitus” which Hugo fully supports. As well as raising vital funds for tinnitus research and support, Hugo will also be completing a personal challenge in trying to improve his marathon time after completing the Athens marathon in 2018, when his mother beat him to the finish line.

The BTA’s Fundraising Officer Jess Pollard commented “We’re thrilled that Hugo will be representing our charity in the in-person event and so grateful for the time, dedication and effort he has already put to the challenge! Our virtual marathon team will be with him in spirit.”

Please help Hugo raise £5,000 by donating at justgiving.com/hugobesley, or email fundraising@tinnitus.org.uk take part in your own challenge.

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Editors Notes

About the British Tinnitus Association

The British Tinnitus Association is an independent charity and the primary source of information for people with tinnitus. It helps to facilitate an improved quality of life for people with tinnitus through a range of support options including support groups, a helpline and its website, while also taking steps to bring forward the day when tinnitus is cured. The charity works to inform and educate medical professionals and the community on what tinnitus is and how to manage it. The British Tinnitus Association wants “a world where no one suffers from tinnitus”. It wants to find better ways to manage tinnitus and, ultimately, to help find a cure. In 2020, the publication of its Tinnitus Manifesto led to more than 120,000 people signing a petition for more funding for tinnitus research to find cures.

Website: www.tinnitus.org.uk

Twitter: @BritishTinnitus

Facebook and Instagram: @BritishTinnitusAssociation

LinkedIn: British Tinnitus Association

For more information

Nic Wray, Communications Manager

nic@tinnitus.org.uk

0114 250 9933

Media:



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Scan Me:

Jessica Pollard, Fundraising Officer

jessica@tinnitus.org.uk

0114 250 9933

British Tinnitus Association, Unit 5 Acorn Business Park, Woodseats Close, Sheffield S8 0TB

The British Tinnitus Association is a registered charity. Registered charity number 1011145.

Company Contact:

Tinnitus UK

T. 0114 250 9933
E. nic@tinnitus.org.uk
W. https://www.tinnitus.org.uk

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