Neal takes on (ultra)marathon challenge for tinnitus

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51-year-old Neal Muggleton from Stevenage will be completing his first ever marathon as he takes on the virtual London Marathon on 3 Oct 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 125,000 adults in Hertfordshire, and 1 in 8 people nationally.

“Throughout my professional career, I have been incredibly fortunate to have worked with noise cancellation technologies, active and passive. Improving passenger comfort in aircraft, safety-critical military communications, reducing the risk of occupational Noise-Induced Hearing Loss (and hearing issues such as tinnitus) for Industrial workers and more recently, helping musicians and music-lovers enjoy their passion (while staying safe). It is through my work with Minuendo that I first discovered the BTA.”

Neal understands the affect tinnitus can have on a person’s life. “It is often thought of as ‘ringing in your ears’ but it can sound quite different for those that suffer. Ringing, hissing, humming, whooshing and buzzing in one or both ears; somewhere in your head. For some it is intermittent, others it is continuous - with no escape. Sometimes, it sounds so loud it interferes with your ability to concentrate and hear things around you. It gets worse and more noticeable the quieter the environment, especially at bedtime. It is estimated that 1 in 8 adults in the UK have permanent tinnitus, not just us older folks, more and more younger people are experiencing tinnitus. This is going to dramatical increase over the coming years – listening habits with headphones or earbud connected to audio devices is a big driver.”

The British Tinnitus Association’s vision is “A world where no one suffers from tinnitus” which Neal fully supports. He shared “The BTA is the only national charity specialising in tinnitus support. They fund research into finding a cure and they help people; know what it is, how to prevent it and how to manage it. They support individuals through a confidential helpline, a network of UK support groups, they provide educational tools and online forums. A small team that gets a lot done! So rather than running just for me, I am doing it to raise awareness of this horrible condition and the outstanding work of the BTA.”

The virtual London Marathon will be Neal’s first full marathon, but he’s not stopping there! As part of his training, he’ll be completing an ultramarathon on Saturday 24 July which he didn’t see coming. “I never expected that I could be a runner. However, I accidentally became one about four years ago and it quickly became a passion.”

The BTA’s Fundraising Officer Jess Pollard commented “We’re thrilled that Neal has joined our virtual marathon team – he understands how important our services are for the tinnitus community and is dedicated to raising vital funds and awareness through his training and fundraising. Thank you, Neal!”

Please help Neal raise as much as possible by donating at https://uk.virginmoneygiving.com/NealM/2, or email fundraising@tinnitus.org.uk take part in your own challenge.

- Ends -

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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

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

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