Phil’s ultramarathon charity challenge – times five!

Thursday 3 March, 2022

Phil Maull (52) from Folkestone has challenged himself to complete 5 x 50km ultramarathons this year in support of the British Tinnitus Association (BTA). Phil’s mum suffers from tinnitus, and the BTA is the only national charity solely focused on helping those who experience the debilitating condition that affects 12,500 adults in the Folkstone and Hythe District alone, 169,000 across Kent and one in eight adults nationally.

Phil’s first ultramarathon is this weekend (5 March) when he takes on the Humanity Direct Amersham Ultra, before tackling Run to the Sea Brighton (14 May), the Serpent Trail 50k Ultramarathon (2 July), Run to the Sea Bournemouth (15 October), and finishing with the Hurtwood 50k Trail Running Ultramarathon in December.

Phil first started fundraising for the BTA back in 2018 when he completed his first ever marathon in Amsterdam. He shared “I want to help the tinnitus community because my mum suffers from it so badly. She doesn’t just get hissing but drumming sounds and drilling. I know she can find it debilitating but she just carries on so well which I really admire. She has always been there for me and now it’s my turn to give something back."

When asked “Why 5 x 50k ultramarathons?”, Phil replied "Well why not? I have done some marathons previously and wanted a real challenge and this certainly is! I did my first Ultra last December and loved it. I completed it in 7 hours 15 minutes."

"I now train about six days a week so if you’re doing one you might as well go in for a few more? Another motivation is the medals! I’m 52 and have discovered a love of ‘bling’! I never really got medals as a child as I wasn’t that sporty but I’m making up for lost time now! I guess it’s the medals I’m looking forward to the most and the chance to run a few of these with friends from Folkestone Running Club that have been so supportive of me."

"My mum has always been very supportive of me through life’s ups and downs. Her and my dad have been so supportive of my running that it's great to be able to give something back. My mum suffers terribly debilitating tinnitus. I'd like to help her, and others that suffer from its effects."

The British Tinnitus Association’s vision is “A world where no one suffers from tinnitus” which Phil fully supports. He is hoping that his ultramarathons will get people talking about tinnitus as well as raising funds along the way to make sure people can access the support they need now and help the BTA fund future tinnitus research to ultimately find a cure.

The British Tinnitus Association Fundraising Officer Jess Pollard commented: “Phil has shown the BTA and the tinnitus community so much support over the last four years and is always keen to take on a challenge. We’re wishing him the best of luck with all five ultramarathons and hope everyone gets behind his fundraising this year!”

Please support Phil and help him reach his £1,000 fundraising goal by donating at justgiving.com/phil-maull. Want to get involved? Visit tinnitus.org.uk/challenge-yourself to take part in your own step challenge.

- Ends –

For more information

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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 130,000 people signing a petition for more funding for tinnitus research to find cures.

Website: www.tinnitus.org.uk

Twitter: @BritishTinnitus

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

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