



Mission EmployAble

Fulfilled lives for people with learning disabilities

BRENT MULLANE IS UNDERTAKING FOUR 100-MILE ULTRA MARATHONS IN 4 MONTHS FOR MISSION EMPLOYABLE

8th August - 7th November 2020

I have been asked, what makes me want to run four 100-mile races in 4 months to raise money for Mission EmployAble?

There's nothing special about it - I'm just a guy who likes to run a lot. But what is more amazing is all the time and dedication that all the volunteers from Mission EmployAble are giving towards creating a truly fantastic future for so many young people with learning difficulties - bricks and mortar that will last for generations to come to ensure that everyone, no matter what their abilities, will have a chance to get trained and find employment. The entire community will also benefit from a fantastic new cricket pavilion and a place to meet on the Common for a coffee and some food.

Running 400 miles is easier to imagine if you break it up into manageable bite size chunks in your head. Each of the races are 100 miles, which must be completed before the cut off time of between 27 to 30 hours. Each race has around 13 feed stations. This means that I just have to think about 7 and a bit miles to the next checkpoint. So when the chaff under my arms is so painful that I have to run with one arm in the air for relief, or my feet are so wet and blistered that it feels as though the soles of my feet are sliding off, or my quadriceps are so ruined that I have to walk up the hills backwards, I just think about getting through the next 7 miles to the feed station, take a drink and some fruit, reset and carry on.

Brent Mullane

Running for Mission EmployAble

INCENTIVES FOR DONATING TO MISSION EMPLOYABLE:

- The person who donates the highest amount will get to choose my outfit to run in next January's Country to Capital race that runs through Chorleywood. This is the middle of winter and it is 43 miles, so a mankini is not that practical!
- The 4 people who donate the most, will get a finishers t-shirt for one of the races.
- For every £2000 raised, I will run a marathon on consecutive days to a maximum of 14 days (As I do have a job and a family). So if I raise £28,000 I will run 14 marathons in 14 days.
- To follow the progress you can either follow me on Strava under the name of Burt Bang or at Centurionrunning.com for live updates of all the races.

DONATE NOW



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virginmoneygiving.com/brentmullane