



insight Gloucestershire

Helping sight impaired people

For immediate release

Blind Runner running for the Blind

Blind runner Ines Higgins will be taking part in the Bristol 10K on Sunday 31st May to raise funds for Insight Gloucestershire. Ines took up running 2 years ago and has recently teamed up with Rich, a volunteer with Guide Running UK to help her achieve a personal best for the course.

Ines may be registered blind but this has not stopped her from living life to the full, she is currently on an internship to help give her experience so that she can increase her chances of getting into paid work.

Ines has decided to raise funds for Insight Gloucestershire because 'I believe that it is vital to support your local Association for the Blind, as they do their best to support the blind and partially sighted in the area and help them to get the most out of life. I have been helped by them greatly.'

'Ines has embraced this challenge and having joined a training run with her recently I am sure she will get a PB. Insight is grateful that Ines is willing to give up her time to raise funds for Insight. We work across the County supporting people with sight loss, but as a charity we are totally reliant on fundraising. If anyone would like our support, please ring our Helpline 01242 22 11 70' - Monica Farthing, Communications Officer, Insight Gloucestershire.

If you would like to sponsor her please donate via her Virgin Money Giving page,

<http://uk.virginmoneygiving.com/InesHiggins>

ENDs

For further information please contact - Steve Martin, General Manager Insight Gloucestershire. 01242 22 11 70 or email steve.martin@insight-glos.org.uk

Notes to editor

1. Photo attached: Ines and Rich dodging the rain during a training session.
2. Ines features in a series of youtube videos on our channel
<https://www.youtube.com/channel/UCfcL-NbiwPG6usnyXpai8jQ>
3. To find our more information about Insight please get in contact or look at our website. www.insight-glos.org.uk