

Jamie Aarons attempts record-breaking Munro Round for World Bicycle Relief

FOR IMMEDIATE RELEASE

Jamie Aarons, 43, female

26th May 2023

All 282 Munros in one continuous, self-propelled challenge

Aims; to beat the record and raise over £5000 for World Bicycle Relief

It's hard to walk in the Scottish hills without meeting someone who has climbed, or is trying to climb, all 282 "Munros" (Scottish peaks over 3000 feet). For some, this challenge is the work of a lifetime. But starting on 26th May and continuing for as long as it takes, adventurer Jamie Aarons will not only climb them all in one go, but will be kayaking, cycling, walking and running the distances between them. This so-called 'continuous, self-propelled Munro round' equates to roughly a 3000 kilometre trip, of which 11 kilometres will be in a kayak. There are approximately 14,500 metres of ascent by bike and 126,000 metres on foot, the equivalent of climbing mount Everest sixteen times.

Jamie, 43, is an adopted British citizen, having moved to Scotland from California in 2005. She immediately embraced all the trail-running and mountaineering that her 'right to roam' enabled. She won the West Highland 95-mile race in 2015 and her personal best (18.24) is still listed in the all-time female top ten. She holds the female record for the Cateran Trail Ultra and has twice won the Snowdonia 100-miler (2018 and 2019). She has won the inaugural Maxi-Madeira 100km trail-race in December 2018 and was the second-fastest female in the gruelling Tor des Geants 340km/30,000m race in Italy in September 2018.

Jamie plans to have to dig deep in order to complete this next awesome challenge, with an eye on the record for the fastest female time. She is looking for two types of sponsorship – that is, kit or cash - which will ultimately make a huge difference.

The cash sponsorship will go to World Bicycle Relief, a charity committed to helping individuals overcome the barrier of distance to education, healthcare and livelihood. Every hundred-and-twenty pounds raised for the charity buys a brand new Buffalo bicycle to mobilise a student, teacher or healthcare worker in a rural part of the world. World Bicycle Relief (<https://worldbicyclerelief.org/>) is a huge part of Jamie's 'why' and she is looking for individual or corporate sponsors to help her to reach a modest preliminary goal of £5000.

Furthermore, Jamie's chances of a record will exponentially increase by access to better kit. Several small companies are already on board, including Beta Outdoors, Ultimate Direction, Injinji, Watuko Headgear and Moonlight Mountain Gear. Perthshire-based web designer Nic Crossley has - free of charge - produced a site complete with a live blog, by which supporters will be able to track Jamie's journey. www.jamiesmunrochallenge.run

However, Jamie still has a particular 'Crucial Needs' wish-list, including a support vehicle ('it would make so much difference to have a big van for all my gear and a comfortable – if not occasional - sleep'); nutrition ('I am vegetarian and will get through so many protein shakes! The goal is to have hearty, healthy food throughout'); bike-related gear ('including spare bike-parts for road and mountain bike or even a spare bike'); shoes (she expects to get through at least five pairs of trail-shoes) and recovery kit, including compression boots.

For Jamie, the kit available could make the difference between an unsuccessful attempt and a record-breaking one, with a knock-on effect on how much sponsorship she can raise. She says, 'I've inevitably piled my own resources into this attempt. I know times are hard and I'm privileged to even be in the position I'm in at the moment, but I hope there's someone out there, reading this, who is well-placed to offer their support in order to offer the very best possible chance of beating the record and raising loads of funds for World Bicycle Relief.'

And with that, she's off again to train.

CONTACT INFORMATION:

- Jamie Aarons' email: info@jamiesmunrochallenge.run
- Jamie's website for full information: www.jamiesmunrochallenge.run
- Follow Jamie on Instagram: www.instagram.com/jamieaaruns
- Like Jamie Aarons on Facebook:
<https://www.facebook.com/profile.php?id=100090560726414>
- Jamie's JustGiving Page: <https://www.justgiving.com/page/jamiesmunrochallenge>
- Tracking information will be available from 26th May 2023