

RUN UK

**1 MARCH -
4 OCTOBER
2022**

5,000 MILES

WE NEED YOUR HELP!

UK Armed Forces veteran Paul Minter, founder of Head Up Charity, is running the coastline circumference of England, Scotland, Wales, Northern Ireland and the Isles of Wight and Man.

Join him and help raise funds and awareness for a much needed 7-day positive mindset retreat for the Armed Forces community, being built in 2023.

If you or anyone you know would like to join Paul along his run (Forrest Gump-style!), visit the Head Up website for the full day-to-day route.

Paul is looking for places to stay along the route - if you can offer accommodation at any stage, please contact our team at paul@head-up.org.uk.

For interviews, collaboration and large donations, please contact the Head Up team.

THANK YOU!



Paul Minter

1 MAN

13 PAIRS OF TRAINERS

28 MILES COVERED A DAY

171 RUNNING DAYS

191 MARATHONS

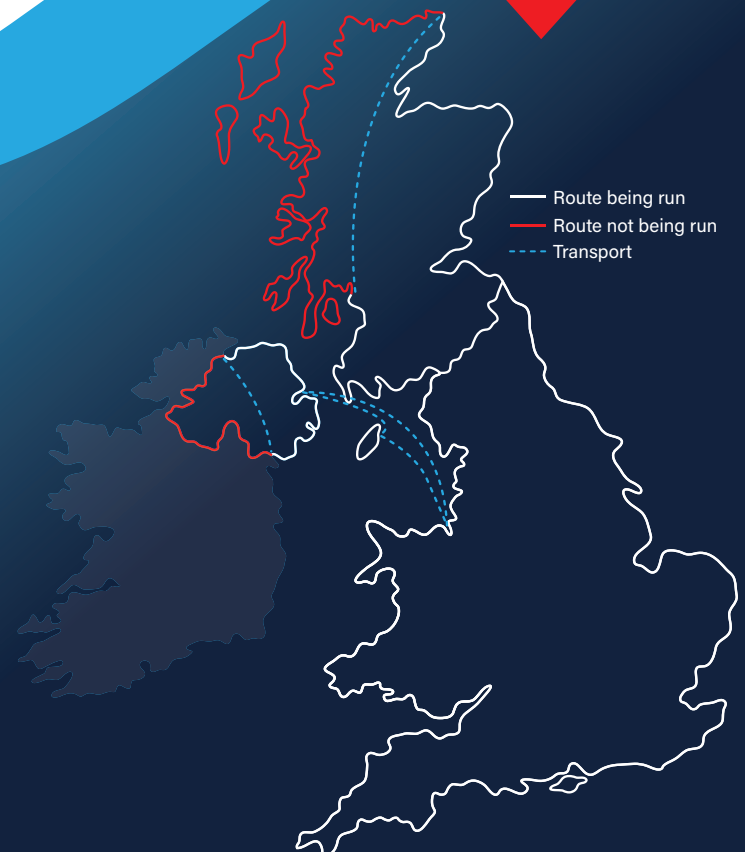
210 PAIRS OF SOCKS

5,000 MILES

195,702 FT ELEVATION

769,600 KCAL BURNED

9,176,000 STEPS TAKEN



— Route being run
— Route not being run
- - - Transport



**HEAD
UP**

The Mental Health
Charity For The Armed
Forces Community



Donate today
on JustGiving



Find out more:
head-up.org.uk

Charity no: 1195443