

# ANDREW TOWNSEND PRESS KIT







[Bio](#)  
[Blog](#)  
[Book](#)  
[Speaking](#)  
[Press](#)  
[Photos](#)  
[Contact](#)



## ANDREW'S BIO

Andrew is a multi-day endurance runner, writer and wellness advocate from Reading, UK. He has run countless marathons, mostly self-supported and “off-road”, as well as ultras all over Europe.

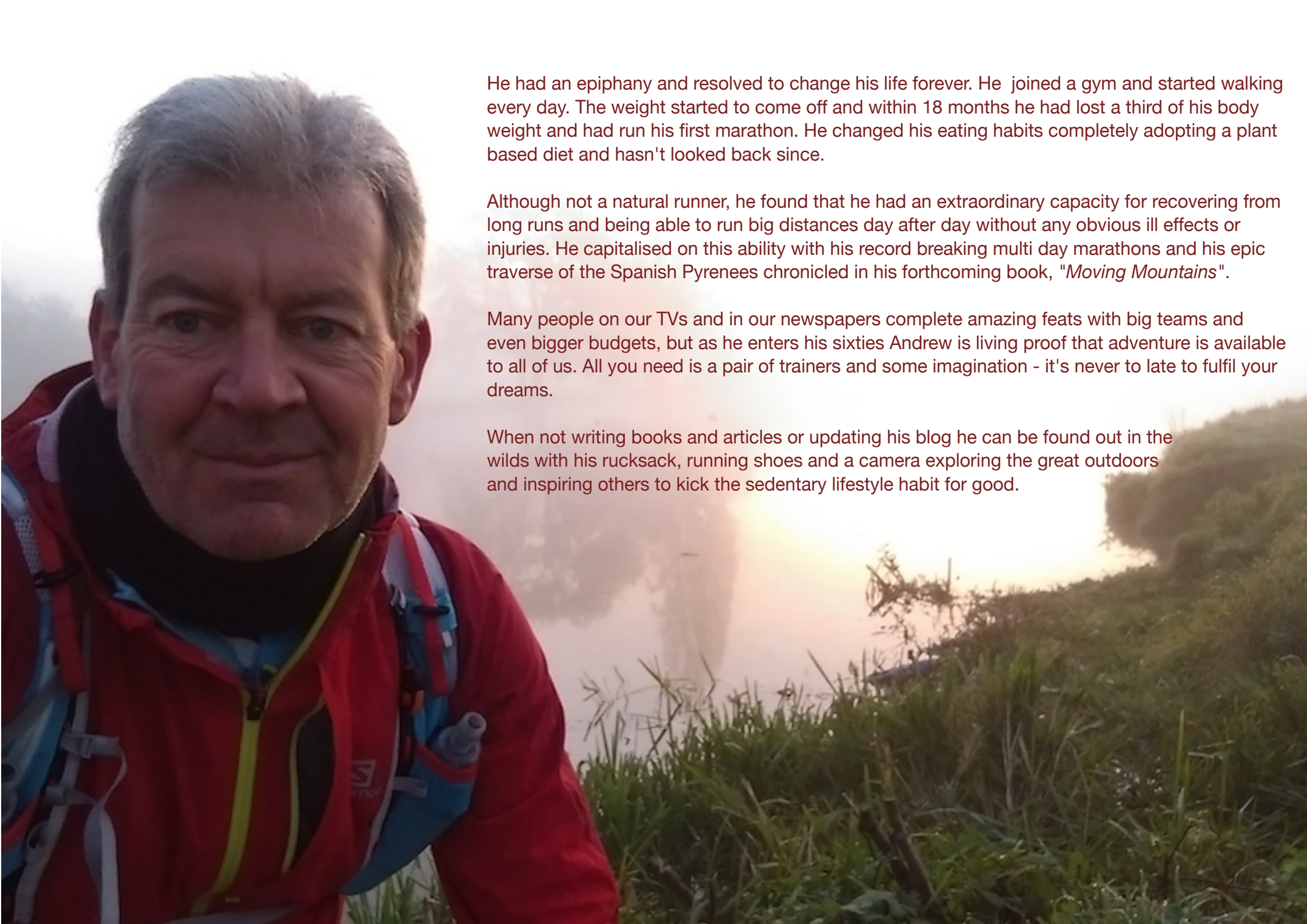
In 2014 he ran a marathon a month for a year in 12 European Countries. In 2015 he ran 8 marathons in 8 countries in 8 days driving himself between each country - a world first.

In 2016 he completed a self-supported traverse of the Spanish Pyrenees running from the Atlantic to the Mediterranean – a distance of 525 miles with a total elevation of more than 100,000 feet and he completed this in just 27 days.

But what makes Andrew’s story even more remarkable is that it wasn’t always like this. After an idyllic childhood exploring the wilds of Masailand, East Africa he returned to England and for him the unhappy life of boarding schools. During his office bound life, the long hours and sedentary lifestyle took its toll and he found himself fat, fifty and arthritic.







He had an epiphany and resolved to change his life forever. He joined a gym and started walking every day. The weight started to come off and within 18 months he had lost a third of his body weight and had run his first marathon. He changed his eating habits completely adopting a plant based diet and hasn't looked back since.

Although not a natural runner, he found that he had an extraordinary capacity for recovering from long runs and being able to run big distances day after day without any obvious ill effects or injuries. He capitalised on this ability with his record breaking multi day marathons and his epic traverse of the Spanish Pyrenees chronicled in his forthcoming book, "*Moving Mountains*".

Many people on our TVs and in our newspapers complete amazing feats with big teams and even bigger budgets, but as he enters his sixties Andrew is living proof that adventure is available to all of us. All you need is a pair of trainers and some imagination - it's never too late to fulfil your dreams.

When not writing books and articles or updating his blog he can be found out in the wilds with his rucksack, running shoes and a camera exploring the great outdoors and inspiring others to kick the sedentary lifestyle habit for good.



# BLOG

An inspiring blog chronicling Andrew's running adventures from around Europe accompanied by some stunning photographs.

Experience the thrill of midnight dashes across country borders, running around the shores of Lake Como, sprinting through the Christmas Markets of Vienna and staggering up Mont Ventoux, the world's windiest place.

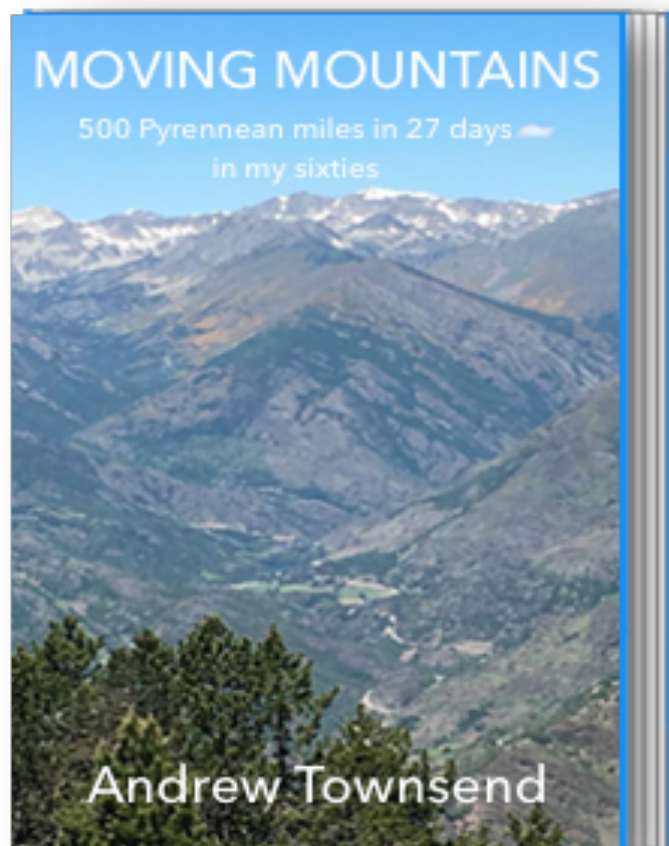
There's practical advice too about how Andrew started this incredible journey, about how he completely changed his diet and his lifestyle and how ultimately he found the "warrior path" that is available to us all.





# MOVING MOUNTAINS

*"A life changing journey of epic proportions across the Spanish Pyrenees"*



In the summer of 2016, just after his sixtieth birthday and inspired by one of his heroes, legendary ultra runner Kilian Jornet, Andrew embarked on an odyssey to the Spanish Pyrenees. His plan was to run from Cap Higuer on the Atlantic coast to Cap de Creus on the Mediterranean. The run would cover more than 500 miles and a combined ascent of more than 100,000 ft and what's more he planned to complete the journey in just 21 days.

He knew that this was going to be an unforgettable experience, and with that in mind he packed a notebook and pen. The result of this adventure is "Moving Mountains". The clue is in the title - what on the face of it, was a hard physical challenge, turned into a life changing adventure of epic proportions. He had to face his fears and confront his inner demons and where he experienced huge highs, huge lows, loneliness and friendship in equal proportions. But where ultimately he learnt to live in the moment and celebrate life fully.

The book is due out in the summer of 2017.



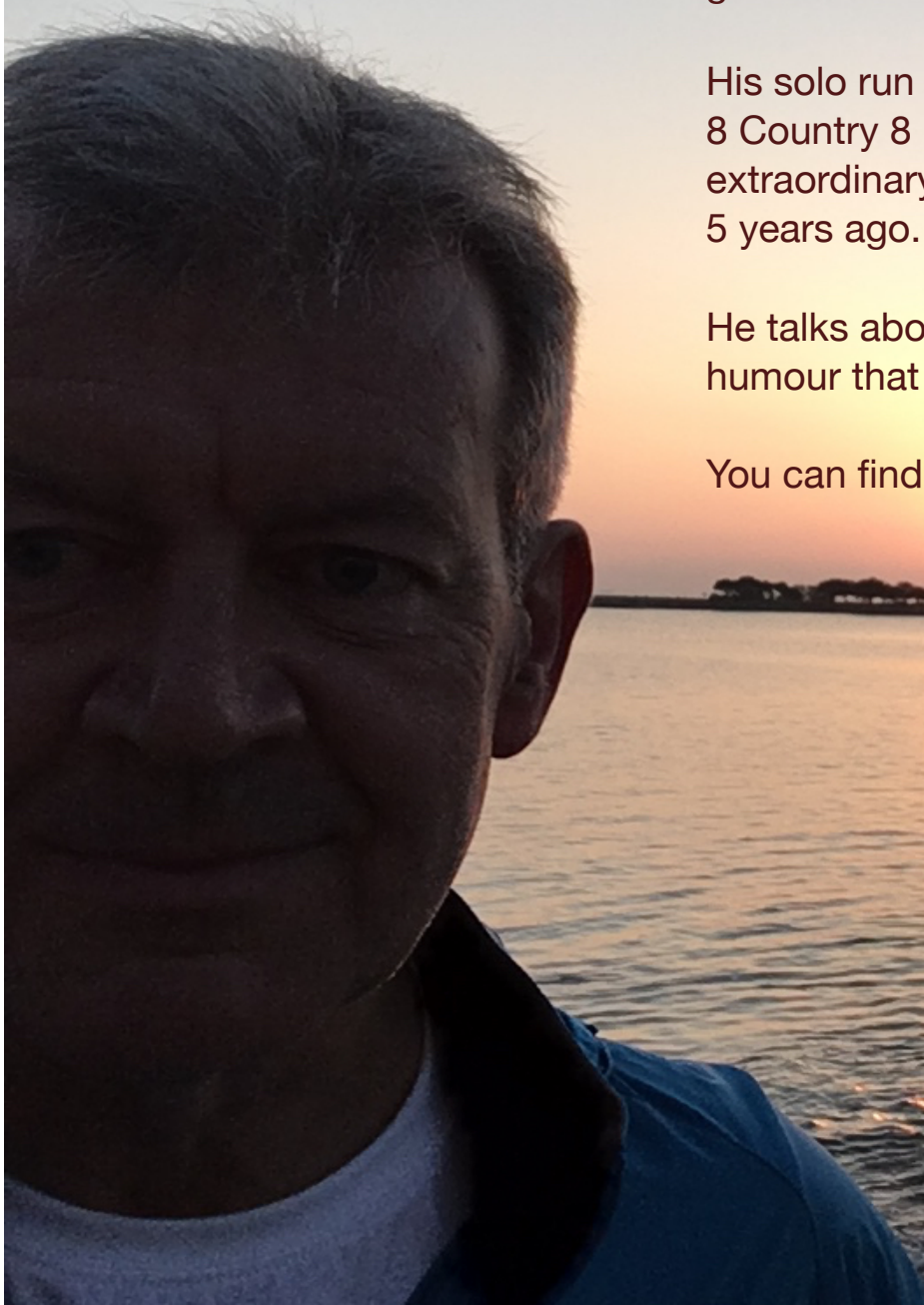
# TALK WITH ANDREW

Andrew is an engaging and inspirational public speaker and has appeared as a guest on Radio 4 Saturday Live, The Bill Buckley Show and Radio 5 Live.

His solo run across the Spanish Pyrenees and his record breaking 8 Marathon 8 Country 8 Day adventure are great stories in themselves, but what is even more extraordinary is that Andrew is in his sixties and didn't even take up running until 5 years ago.

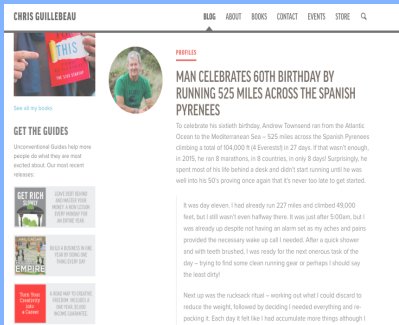
He talks about his weight issues and arthritis with candour and a self effacing humour that guarantees to wake the adventurer in all of us.

You can find out more by emailing Andrew - details on the contact page.





# PRESS & RADIO



Profiled on [chrisguillebeau.com](http://chrisguillebeau.com)  
190,000 page views per month



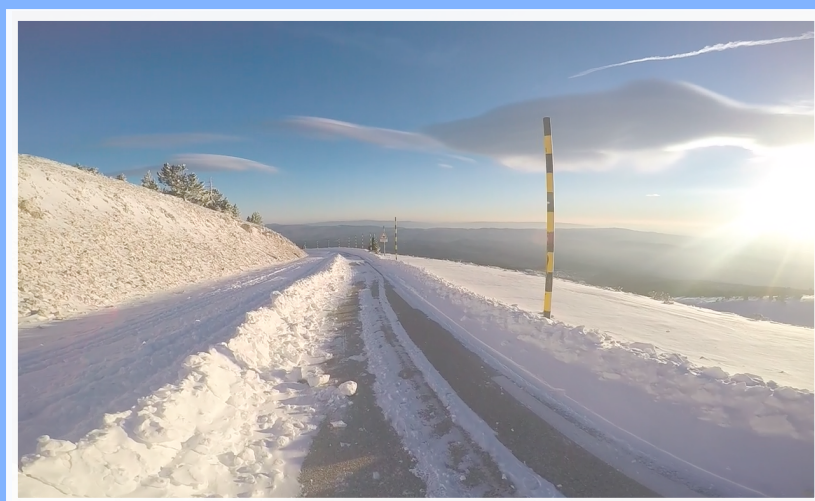
Guest on BBC Radio 4 Saturday Live  
2 million listeners worldwide



Guest on BBC Radio Berkshire Bill Buckley Show  
195,000 listeners



# PHOTOS & VIDEOS



Over 1,200 photos and videos from running around Europe including Lake Como, Berlin, Vienna, Bruges, Mont Ventoux and the Spanish Pyrenees.

---

Exciting new video project for 2017!



# CONTACT

---

## **Andrew Townsend**

andrewtownsend.com

andrew@andrewtownsend.com

+44 7525 262604

## **Social Media**

Instagram - @masairunning

Twitter - @masairunning

Facebook - @masairunning

