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Epsom Runner’s Tribute to Sister Raises Over £22,000 for Epilepsy Charity

13 March 2025



An Epsom man has completed an extraordinary fundraising challenge in memory of his sister, raising more than £22,000 for national charity Epilepsy Action.

Barry Ahearn, from Epsom, ran **27 half-marathons** over the past year to honour his sister, Abbie, who tragically passed away in September 2023 following a severe epileptic seizure. Barry’s challenge was deeply symbolic—each half-marathon representing **one minute of the 27 minutes** his sister’s brain was without oxygen while paramedics fought to save her life.

His final run took place on **Saturday, 8th March, in Battersea Park**, where he was joined by **40 fellow runners** and **150 supporters**, including family, friends, and representatives from Epilepsy Action.

A Challenge Driven by Love and Loss

Reflecting on the challenge, Barry said:

“Losing Abbie has been the hardest thing I’ve ever experienced. She was kind, compassionate, and full of life. Every day since she passed, I’ve felt emotional pain—so I decided to match it with physical pain and push myself to do something in her memory.”

Abbie was just **three months away from her 30th birthday** when she suffered a fatal seizure. Having been diagnosed with epilepsy only six weeks earlier, her death came as a devastating shock to her loved ones.

Barry’s journey has taken him across the UK, completing half-marathons in **London, Carsington Water, and even at his local park**, where he ran up and down a single path **55 times** to complete the 21km distance. Some runs were part of organised events, while others were solo challenges that tested his mental and physical endurance.

Community Spirit and Support

Throughout his challenge, Barry was supported by his **wife Naomi**, who not only cheered him on at every race but also ran parts of the final half-marathon with him.

“Seeing my best friends, family, and their children cheering me on has been so special. The solo runs were tough emotionally, but I knew I had people behind me every step of the way.”

His efforts have not only raised funds but also **heightened awareness of epilepsy**, a condition that affects **over 600,000 people in the UK**, with **three people dying from epilepsy-related causes every day**.

An Impact Beyond Fundraising

Barry’s campaign has been hailed as a remarkable achievement by **Epilepsy Action’s Director of Fundraising, Philippa Cartwright**, who praised his determination and resilience:

“Barry’s efforts are truly inspiring. The funds he and his team have raised will help support vital services, from Talk & Support groups to our helpline, ensuring people with epilepsy get the help they need.”

Barry hopes that his sister’s story will encourage more people to learn about the risks associated with epilepsy and push for better awareness and research.

“When I started this challenge, I wanted to raise awareness and funds. I can’t measure the full impact it’s had, but if this helps save even one life, it will have been worth it.”

How to Support the Cause

Barry’s fundraising page remains open for donations to **Epilepsy Action**, which continues to campaign for better services and support for those affected by epilepsy.

To contribute to Barry’s campaign, visit: **JustGiving – Barry Ahearn’s Fundraiser**

For more information on epilepsy and support services, visit **www.epilepsy.org.uk** or call the **Epilepsy Action helpline**

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