

Epsom man runs marathons in memory of sister who died from epilepsy

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Barry Ahearn, 45, is running one of the world's most famous marathons in memory of his younger sister, Abbie, who passed away just three months before her 30th birthday in 2023. Barry is a long-term supporter of Epilepsy Action and has raised almost £23,000 for the charity so far.

Abbie passed away following an epileptic seizure that was so severe, it sent her into cardiac arrest. Last year, Barry completed a total of 27 half-marathons in memory of his sister. "The reason I chose to do 27 half-marathons is because this represents the amount of time Abbie's brain was without oxygen, whilst paramedics tried to revive her.

"According to Epilepsy Action, around 1000 people die from epilepsy-related causes, which is about three people every day. I want to make sure Abbie is not just 'one of the three'."

Since his first big challenge, Barry has completed an ultra-marathon, been a finalist at the BBC Make a Difference awards, and has planned many future challenges, including the London Marathon. His efforts have been recognised by local MP Helen Maguire and the pair completed a Parkrun together last November. Helen has since been working with the charity.

Helen said: "I'm so inspired to see Barry taking on the London marathon to honour his sister Abbie and support Epilepsy Action. Having joined Barry for a recent park run in support of Epilepsy Action, I know how powerful these efforts can be in bringing people together and raising awareness. I wish him the very best of luck and commend his incredible commitment to this cause."

Barry is determined to continue spreading awareness of epilepsy, and highlighting how serious the condition can be. "Losing my sister has been the worst experience of my life. Abbie was kind compassionate, attentive and loyal. She was so much fun to be around, always making jokes and playing pranks. She brightened any room she walked into with her smile and is sorely missed by everyone who knew and loved her.

"Many people think epilepsy is just about 'seizures', when in reality there's so much more that goes along with the condition. Epilepsy takes away people's independence, stops them driving, can be very socially isolating and some of the medications have really bad side effects, including extreme fatigue and mood swings. Abbie had only been diagnosed with epilepsy six weeks before passing away, but this is the reality she could've been living with if she was still here, and I know she'd want me to do something about that.

"I want her passing to mean something, to help make a difference, not only by raising money to go towards research, but also to raise awareness of how serious this condition is."

"After the London Marathon, I'm already planning my next big challenge. I'm not quite set on what I want to do, but I think it might involve something like doubling the 27 halves...."

Philippa Cartwright, director of fundraising at Epilepsy Action, said: "We're honoured to have Barry as one of our 2026 London Marathon runners. The challenges he has taken on over these past couple of years have been incredible, and we're so grateful for his ongoing support.

"Barry has shown extraordinary resilience and determination since losing his sister, choosing to turn the hardest experience of his life, into something that will help so many others. The money he has raised will go directly towards helping Epilepsy Action to continually campaign for better care for people with epilepsy across the country, and funding the frontline services the charity provides including its helpline, support groups and one-to-one support.

"Epilepsy Action would like to say a big thank you to Barry and we are wishing him and all of our runners the best of luck - we are sure his sister Abbie would be so proud."

Epilepsy affects around one in every 100 people in the UK and around 80 are diagnosed every day. Epilepsy Action is committed to improving the lives of people with epilepsy, by campaigning for better services and raising awareness of the condition. The charity provides a national network of support groups, with expert advice available on its freephone helpline 0808 800 5050 and online at www.epilepsy.org.uk.

Epilepsy Action

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