# Vegan runner celebrates 60th with 1,000-mile UK endurance challenge



Bob Yates, a vegan runner from the south west of England, is marking his 60th birthday with an extraordinary athletic undertaking—running the length of the United Kingdom. As part of the RUN BRITANNIA event, organised by Rat Race Events, Yates began his journey on May 28, aiming to complete approximately 1,000 miles over the course of 37 days, finishing by July 3. This fully supported challenge spans from Land’s End in Cornwall to John o’ Groats in north-eastern Scotland, traversing some of Britain’s most iconic long-distance paths, including the South West Coast Path, Offa’s Dyke, and the West Highland Way, with an elevation gain totalling around 70,000 feet.

Yates’ commitment extends beyond personal achievement. Inspired by Veganuary, he adopted a vegan lifestyle six years ago and credits his plant-based diet with enhanced strength, stamina, energy levels, and quicker recovery times—critical factors for endurance athletes. “When I tell people I’m running 1,000 miles at 60, they’re surprised. When I add that I’m vegan, they’re puzzled and wonder how my diet will give me enough energy to fuel me from one end of the UK to the other,” Yates said. He describes his vegan diet as one of the best decisions he has made “for my health, the planet, and animals.” To maintain the necessary pace, Yates plans to run around 27 miles every day, a feat supported by months of training including numerous marathons and ultra-marathons—races exceeding 26.2 miles.

Yates is also raising funds for Humanity Direct, a Durham-based charity providing life-saving surgeries and medical care in Uganda and other parts of the world. His target is to raise £10,000, making this run both a personal milestone and a philanthropic effort. The event’s rigorous nature places significant demands on physical and mental resilience. Preparation, including personalised coaching, strength conditioning, and mental readiness, is essential for such an endurance challenge. This was underscored by The Fitness Experts, who have supported Yates since 2019, and who highlight the importance of support crews and mental toughness in navigating the sustained stress of running day after day.

RUN BRITANNIA has gathered attention for its extreme difficulty and scenic route, featuring the best trails of Britain, as participants experience both physical hardships and the beauty of the country. Other runners passing through key points in the north, such as Penrith and Carlisle, have shared their journey along the rugged paths. Reflecting on a previous participant’s experience, Allie Bailey recounted the emotional and physical rollercoaster of covering over 1,000 miles in just 35 days, noting the critical role of perseverance and crew support in overcoming doubts and fatigue.

Yates is among the growing number of athletes attributing improved endurance and recovery to a plant-based diet. For example, Austrian track star Andreas Vojta, a vegan for over seven years, recently took silver in a 42-mile run, while nonagenarian ultramarathoner Paul Youd credits veganism with significant health benefits. These examples contribute to a broader conversation about veganism in sports, challenging traditional nutritional assumptions.

Bob Yates’ endeavor is more than just an athletic feat; it is a statement on longevity, diet, and making a positive impact on both the planet and humanity. Whether inspiring others to consider plant-based diets or to challenge their own physical limits, Yates’ run encapsulates endurance, dedication, and compassion.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://plantbasednews.org/culture/sport/vegan-marathoner-to-run-length-uk/), [[2]](https://www.ratrace.com/run-britannia), [[5]](https://www.newsandstar.co.uk/sport/24402062.run-britannia-runners-pass-through-penrith-carlisle/)
* Paragraph 2 – [[1]](https://plantbasednews.org/culture/sport/vegan-marathoner-to-run-length-uk/), [[3]](https://www.bucksherald.co.uk/arts-and-culture/from-a-lifetime-of-desk-jobs-to-1000-mile-challenge-bob-yates-celebrates-his-60th-with-an-epic-run-across-britain-lands-end-to-john-ogroats-5138051)
* Paragraph 3 – [[1]](https://plantbasednews.org/culture/sport/vegan-marathoner-to-run-length-uk/), [[4]](https://www.humanitydirect.org/blogs/how-to-run-a-1000-miles-olly-jones-the-fitness-experts/)
* Paragraph 4 – [[2]](https://www.ratrace.com/run-britannia), [[5]](https://www.newsandstar.co.uk/sport/24402062.run-britannia-runners-pass-through-penrith-carlisle/), [[6]](https://www.alliebailey.co.uk/alliebruns/2022/7/14/exactly-one-year-since-i-couldnt-bear-to-even-think-about-living-another-day-i-have-run-1053-miles-in-35-days-run-britannia-lejog-just-got-epic)
* Paragraph 5 – [[1]](https://plantbasednews.org/culture/sport/vegan-marathoner-to-run-length-uk/)
* Paragraph 6 – [[1]](https://plantbasednews.org/culture/sport/vegan-marathoner-to-run-length-uk/)

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## Bibliography

1. <https://plantbasednews.org/culture/sport/vegan-marathoner-to-run-length-uk/> - Please view link - unable to able to access data
2. <https://www.ratrace.com/run-britannia> - Run Britannia is a fully supported 1,000-mile adventure organised by Rat Race Events, spanning from Land’s End in Cornwall to John o’ Groats in Scotland. The event is designed to be a major physical and logistical undertaking, featuring a bespoke route that includes major sections of Britain’s most famous long-distance paths, such as the South West Coast Path, Wye Valley Walk, Offa’s Dyke, Clyde Walkway, the West Highland Way, and the Great Glen Way. The journey is set to take place over 37 days, covering a total elevation gain of 70,000 feet.
3. <https://www.bucksherald.co.uk/arts-and-culture/from-a-lifetime-of-desk-jobs-to-1000-mile-challenge-bob-yates-celebrates-his-60th-with-an-epic-run-across-britain-lands-end-to-john-ogroats-5138051> - Bob Yates, a runner from High Wycombe, is celebrating his 60th birthday by running the entire length of Britain, from Land’s End to John o’ Groats. Starting on May 31, 2025, Yates embarked on a 1,000-mile journey, marking a significant transformation from a sedentary lifestyle to an ultra-marathon runner. His training included several marathons and ultra-marathons, and he aims to complete the run by July 4, 2025. Yates also aims to raise £10,000 for Humanity Direct, a charity that funds life-saving surgery for children in Uganda.
4. <https://www.humanitydirect.org/blogs/how-to-run-a-1000-miles-olly-jones-the-fitness-experts/> - Bob Yates is preparing for his 1,030-mile run from Land’s End to John o’ Groats to raise £10,000 for Humanity Direct. The Fitness Experts, who have supported Yates since 2019, offer tips for those considering similar challenges. These include personalised coaching, strength and conditioning, mental preparation, and the importance of having the right support. The article emphasises the significance of tailored training plans and the role of mental resilience in undertaking such an extensive run.
5. <https://www.newsandstar.co.uk/sport/24402062.run-britannia-runners-pass-through-penrith-carlisle/> - Runners participating in Run Britannia, a 1,000-mile journey from Land’s End to John o’ Groats, passed through Penrith and Carlisle on June 21 and 22, 2025. The event, organised by Rat Race, is a fully supported route spanning the entire length of the UK, covering 70,000 feet of elevation. The 37-day journey allows runners to experience some of Britain’s most beautiful trails, including major sections of the South West Coast Path, Wye Valley Walk, Offa’s Dyke, and Clyde Walkway.
6. <https://www.alliebailey.co.uk/alliebruns/2022/7/14/exactly-one-year-since-i-couldnt-bear-to-even-think-about-living-another-day-i-have-run-1053-miles-in-35-days-run-britannia-lejog-just-got-epic> - Allie Bailey reflects on her experience running 1,053 miles in 35 days as part of Run Britannia, a journey from Land’s End to John o’ Groats. She shares insights into the physical and mental challenges faced during the run, including moments of self-doubt and the importance of support from the crew. Bailey highlights the significance of perseverance and the personal growth achieved through undertaking such an epic challenge.
7. <https://www.runbkrun.com/2023/05/15/run-britannia-is-coming-faster-than-a-freight-train/> - An article discussing the upcoming Run Britannia event, highlighting the mental and physical challenges of running 1,000 miles from Land’s End to John o’ Groats. The piece draws parallels with other ultramarathon feats, such as Nedd Brockmann's 2,456-mile run across Australia, and emphasises the importance of mental toughness in undertaking such a significant challenge. The author reflects on the preparation and determination required to complete the journey.