

Fiona Oakes

Fiona Oakes - a well-known marathon, cyclist and brigade leader of the fire brigade.



An interesting detail: the equipment of firefighters in England includes boots made of genuine leather, which contradicts the moral principles of Fiona, so she was forced to extinguish fires in rubber boots for 2 years, at the risk of burning, until she obtained a special fire shoe from ethical materials.

During her career, she set the records of the marathon tracks of Great Britain and Finland, became the winner of the Moscow Peace Marathon-2004.

Fiona Oaks is one of the ten best women marathon runners in England, was the first woman to finish in the "Great Northern Run-2010", and the first representative of the fair sex, who ran the Des Sables-2012 Marathon.

This is the most difficult marathon on the planet, during which it is necessary to overcome 245 kilometers in the Sahara desert in 6 days!

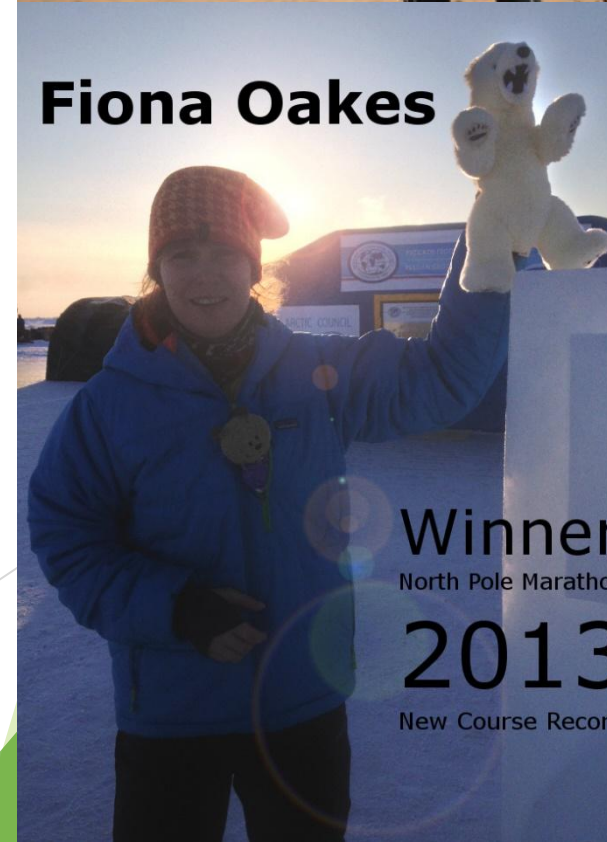


Fiona is not an ordinary person. In addition to sporting achievements, she is a desperate defender of animals and a member of the British vegan society. She organized and maintains shelter for rescued animals (horses, cows, goats, pigs, chickens, dogs, cats, etc.).

Fiona gets up at 3:30 in the morning to feed and groom 22 dogs, 53 horses, 82 pigs, 50 cats, 40 sheep, 20 goats, three cows and chickens, geese, ducks, peacocks in the shelter before training.

Security functions in the shelter were gladly taken over by dogs and piglets. The most amazing thing is that the piglet, having collected an example from dogs, reproduces a sound similar to barking, exactly like in the movie "Babe".

Fiona told me that the cunning pig had adapted herself to peach peaches from a peach tree, rubbing her back against the trunk



Fiona Oaks does not eat meat from the age of 6 years. At the age of 14 she suffered a serious knee injury, which seemed to exclude the possibility of running, especially marathon. She was implanted with a prosthetic knee joint; doctors said that almost certainly most of Fiona's life would be spent on crutches.

This prospect did not make her happy, and at the age of 16 Fiona Oaks decided that she would make herself healthy. To do this she completely changed her whole life.

First, she became a vegan, and since then she has only eaten fruits, vegetables, grains, legumes and nuts grown on her own plot.

Secondly, Fiona started running. First, at short distances, and eventually reached the marathon. Now, in order to maintain its physical form, it runs about 20 kilometers daily and about 160 kilometers per week, when preparing for a marathon.



Fiona is the champion of several marathons. Now it is on the way of establishing a world record - 7 marathons on 7 continents.

She started on April 9, running a marathon at the North Pole.

She will finish on November 22 with the Ice Marathon at the South Pole.

Today, the record between the first and last marathon is 324 days. Fiona is going to do it in 226 days, breaking the world record.



From an interview with Fiona Oaks:

- All this incredible work for the vast majority of ordinary people you do only in order to test yourself? Or do you prove something to someone?

- In my running, I put a lot of importance. I want to draw the attention of the whole world to the problem of animal protection. Running "7 continents" for me is a charitable action whose motto is "A world equally fair for people and animals!" And, besides, you are right.

I want to prove to everyone that a woman who does not eat the flesh of animals can endure everything, including running in the desert at +52 and running in the conditions of eternal winter at -30.

