

# Orla's Ultra Project



June 2019



	120km
	5.800m
	30 hrs



Jan 2020



	462km
	16.230m
	7 days



Aug 2020



	170km
	10.000m
	46.5 hrs



May 2021



	315km
	15.500m
	5 days

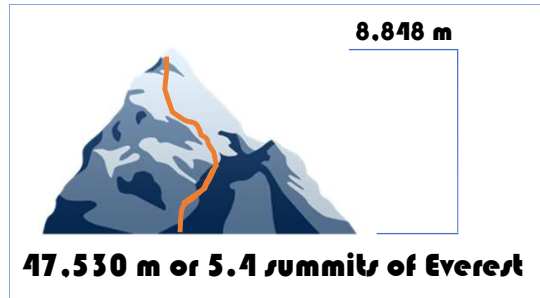
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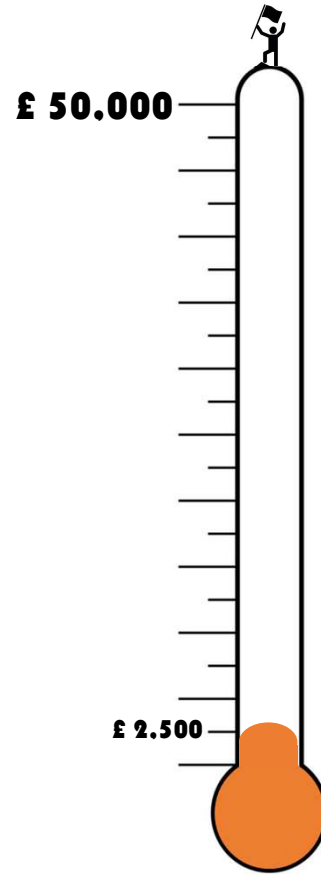
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Accumulatively



Congenital CMV effects 1000 babies a year; the plan is to run (roughly) 1 challenging km for every case.

Please help to raise awareness by donating to CMV Action through my just giving page.



[www.cmvaction.co.uk](http://www.cmvaction.co.uk)  
[www.orlaup.co.uk](http://www.orlaup.co.uk)  
[www.justgiving.com](http://www.justgiving.com)



These events are over subscribed or very hard to access. Alternative and equally challenging races maybe substituted.