

## **Mark Pollock Trust (<https://www.activelink.ie/node/12181>)**

For over a decade Mark Pollock was known as an inspiration, an adventure athlete competing in the world's harshest environments despite becoming completely blind at the age of 22. On the night of the 2nd of July 2010 everything changed again. He fell from a second story window fracturing his skull, some ribs and breaking his back in a number of places leaving him paralysed from the waist down.

The Mark Pollock Trust hopes to raise significant funds to assist with the capital and ongoing costs specifically associated with his spinal injury - including a team of rehabilitation specialists, physiotherapy equipment, visits to specialised spinal injury activity-based recovery centres and mobility solutions. You can help Mark to break through the barriers that paralysis and blindness have placed around him. A spinal cord injured pioneer, he is exploring the frontiers of recovery. Our main fundraiser is Run in the Dark - <https://www.runinthedark.org/> (<https://www.runinthedark.org/>).

### **Contact Info**

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