This weekend security adviser and trainer Steve Cook and his daughter Evie completed an intrepid two-day mountain marathon in Wales’ Black Mountains to raise vital funds for the Trust.

On Saturday morning the pair received a map on the start line, which they used to plan a route to their overnight camp and finish point on an area of 400km². Across the weekend, they endured all four seasons, from sunshine to a freak blizzard. Temperatures plummeted to -5°C overnight.

Aged 15, Evie was the youngest runner of the event. For the past five months she had committed at least an hour a day to training.

"Evie has been on an amazing journey, dedicating months of time and effort to training to raise money for the Rory Peck Trust," Steve said. "We still have a long way to go to reach our target, so please donate to our JustGiving page."

Over halfway towards their £2,000 goal, Steve and Evie have raised hugely significant funds that will directly support freelance journalists in crisis around the world, whether needing to relocate to safety, pay medical bills, or replace stolen equipment.

The race required similar skills to Steve’s work in media safety, such as self-reliance, route selection, quick travel over difficult terrain, kit management, endurance and teamwork. Now in its 51st year, the Original Mountain Marathon is the UK’s biggest mountain race.