

# Capital ski instructor running TCS London Marathon for Disability Snowsport

**Jas Bruce, 37, from Edinburgh, is taking on the TCS London Marathon this Sunday, 21 April, for the snowsports charity, Disability Snowsport UK.**

Having initially started his teaching career on the dry slopes at Hillend, Jas has worked in the ski instructor industry for the past 20 years and today is the Head of Product and International Relations for BASI (British Association of Snowsports Instructors).

Based in the French resort of Val d'Isère during the winter, Jas says, "I've been a qualified adaptive instructor for ten years and the opportunity to raise funds for a brilliant charity like Disability Snowsport UK is a no brainer."

Aiming to raise a minimum of £2000 for the charity – by the start of race week his total stood at £1815 – Jas added: "There's so many positive mental and social benefits to skiing and snowboarding and snowsports has given me so much in my life personally.

"I know that not everyone has the day-to-day freedoms I do, but when you get people on a mountain – regardless of the disability, injury or experience – you see the barriers fall away. Snowports

provides such a great level playing field like no other.

“Everyone should be able to experience the power of skiing and snowboarding; that feeling of being out in nature and the rush of skiing down a mountain – there’s nothing quite like it.”

“Personally, I find teaching adaptive skiing much more rewarding. It can take longer to see results, but the difference when goals are achieved are huge.

“I have taught Giv from North Wales for many years. When I met her she was a teenager with Down’s syndrome. At first she couldn’t ski by herself and needed continual support on the nursery slope, but now she skis independently on green and blue runs. It’s been amazing to see her progression and I feel proud to have played a small part in her skiing journey” says Jas, who helps to run ski courses in France, Switzerland and Austria

Jas has run three marathons since lockdown – having never previously ran long distance – finishing Loch Ness, Edinburgh and Berlin all under four hours, and has set a target of achieving a personal best in London with a sub three hours 30 minutes time.

Jas says, “I just hope my running efforts can add as much to the Disability Snowsport UK pot as possible. I know the work they do in the UK and on their holiday weeks in Andorra and all monies raised will have a huge impact on the members and families they support. I’m really proud to help them to continue their great work. I’ll be thinking of Giv and all the adaptive skiers I’ve taught over the years every step of the way.”

To support Jas go to <https://2024tcslondonmarathon.enthuse.com/pf/jas-bruce>



This will be Jas' first London Marathon but his fourth overall



Jas, from Edinburgh, in his working ☺