



Meet Fiona Oakes, Ultrarunner for the Animals

By Forks Over Knives
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For the Animals, a documentary short by Insightful Films, features the story of vegan runner Fiona Oakes, the fastest woman to run a marathon on every continent plus the North Pole. Fiona runs to prove that a plant-based diet is not prohibitive to performance. She also started and runs [Tower Hill Stables Animal Sanctuary](#), home to over 400 rescued animals. Watch the inspirational film below.

Read more about Fiona in [her personal story](#).