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Press Release

SPORTS LECTURERS TAKE ON THE CHALLENGE OF THE GREAT NORTH RUN FOR CHARITY

Two Cambridge Regional College sports lecturers are hoping to raise £1,500 by tackling this weekend's Great North Run – one of the world's greatest half marathons.

Rob Metcalfe and Tom Hall have promised to complete the race regardless of injuries or weather, despite being novices at long distance running. Their aim is to raise money and awareness of the charity Crohn's and Colitis UK, which helps people affected by inflammatory bowel disease.

The pair have already raised half their target and are hoping the rest will flood in when the race – which attracts 54,000 runners and is shown live on television – is completed.



Tom Hall and Rob Metcalfe, who are running in aid of Crohn's and Colitis UK

“The Great North Run is a fantastic event and we thought it would be a great way of helping a charity which not many people have heard about,” said Rob, Sector Leader for Sports Studies at CRC.

“Tom’s girlfriend suffers from Crohn’s, as do 240,000 people in the UK, and the impact of the condition can be devastating on education, work, social and family life.

“We haven’t done any distance running before but we are determined to finish the race – hopefully in under two hours – and raise as much money as we can for the charity.”

The Bupa Great North Run, which takes place on Sunday, will be launched by the Red Arrows and recently crowned world 5000m champion Mo Farah. The Red Arrows will also be performing their traditional display at the finish area in South Shields as thousands of people cross the finishing line.

To sponsor Rob and Tom’s run in aid of Crohn’s and Colitis UK, visit their Just Giving page at <http://www.justgiving.com/TommoAndRob>

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MEDIA ENQUIRIES

For more information, please contact Lynn O’Shea, Communications & PR Manager, on 01223 418773 or email loshea@camre.ac.uk

NOTES TO EDITORS

Cambridge Regional College is one of the largest providers of full-time further education for 16 to 19 year-olds in the eastern region. The College has more than 4,000 full-time and 6,000 part-time students. Students come in from a 40-mile radius, covering Cambridge and its surrounding villages, eastern Bedfordshire, northern Essex and western Suffolk. Over 80 per cent of full-time students are aged 16 to 18 years old and come to the College after secondary school; the rest are mature students, studying on a range of Access to Higher Education and vocational programmes.