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Press Release

SPORTS LECTURERS RAISE MORE THAN £1,000 IN GREAT NORTH RUN

Two Cambridge Regional College sports lecturers are on their way to raising £1,500 for charity after tackling Sunday's Great North Run – the world's biggest half-marathon.

Rob Metcalfe and Tom Hall, both novices at long distance running, donned their sports kit to raise awareness of Crohn's and Colitis UK, which helps people affected by inflammatory bowel disease.



Rob Metcalfe and Tom Hall at the start of the Bupa Great North Run

They both finished the race in well under two and a half hours – Rob in 2 hours 18 minutes and Tom in 1 hour 46 minutes.

“It was an amazing day and we both really enjoyed it. The atmosphere was brilliant,” said Tom. “We have raised over £1,000 and there are still sponsors coming in.”

Rob, Sector Leader for Sports Studies at CRC, said they were both determined to finish the race, despite their lack of experience.

“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,” he said.

“We hadn’t done any distance running before but we were determined to finish the race and raise as much money as we could for the charity.”

The Bupa Great North Run, launched by the Red Arrows and recently crowned world 5000m champion Mo Farah, attracted well over 50,000 runners.

To sponsor Rob and Tom’s run in aid of Crohn’s and Colitis UK, visit <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.