

PRESS RELEASE! PRESS RELEASE! PRESS RELEASE!

CAMBRIDGE REGIONAL COLLEGE STUDENTS IN MARATHON SPORTS RELIEF CHALLENGE

16 December 2009

Sports studies students at Cambridge Regional College tested their fitness to the limit in a day of marathon challenges for Sport Relief.

More than 100 teenagers took part in NINE Olympic-style marathons in a day which saw them run, row, cycle, ski, box, play badminton and hockey, throw the javelin and jump hurdles.

The marathon of marathons involved students running 26 miles on the treadmill, cycling 26 miles on exercise bikes, rowing 26 miles on ergo machines, skiing 26 miles on cross-trainers, throwing 5,980 boxing punches, hitting a badminton shuttlecock 3,122 times, playing 460 short corners in hockey, throwing the javelin 425 times, and jumping 3,800 hurdles.

Eight groups of students, around 136 teenagers in total, took part in the day-long challenge on 15 December, and all have already started collecting sponsorship to raise funds for the Sport Relief charity.

The students, aged 16 to 18, were spurred on by a group of 20 qualified young sports leaders who completed the marathons the week before to set down the records to beat.

Kate Da Costa, the College's programme area manager for Sports, Leisure and Science, said the students were really rising to the occasion.

"This is an enormous challenge for the students and they have been training very hard for the event. We wanted to raise money for Sport Relief and thought why not do something really amazing – and doing nine marathons is definitely amazing!"

Sponsors for the marathon event included Humanities, Maths & Science, Fitness Qualifications, James Turney Ltd, Shipshape Fishing Tackle and IKON reprographics.

ENDS

MEDIA ENQUIRIES:

For more information, please contact Lynn O'Shea, PR & Events Co-ordinator, on 01223 418773 or email loshea@camre.ac.uk

THE DETAILS OF THE CHALLENGE...

Running Marathon – running on the treadmill; each group between them completes 26 miles

Rowing Marathon – rowing on the ergos; each group between them completes 26 miles

Skiing Marathon – skiing on the x-trainer; each group between them completes 26 miles

Cycling Marathon – cycling on the exercise bikes; each group between them completes 26 miles

Boxing Marathon – 230 punches = 1 mile, so the group must complete their 5,980 punches between them

Badminton Marathon – a badminton court is 13.4m long, which means you can fit 3122 badminton courts in a marathon; for the groups that's 3122 hits of the shuttlecock over the net

Hockey Marathon – a hockey pitch is 91.4m long, which means you can fit 460 hockey pitches in a marathon; for the group that's 460 short corners resulting in a goal.

Javelin Marathon – the current world record for javelin is 98.48metres. That means you can fit 425 world record throws in a marathon – for the group that's 425 (not quite world record breaking) throws

Hurdles Marathon – there are 10 hurdles in the 110m hurdles race. There are 41842metres, 380 races, and 3,800 hurdles. So, that's 3,800 hurdles to jump