

Triathlete Gives His All For Norwood

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For some people, a brisk half an hour stroll in the park is more than enough exercise for one day. **Jeremy Teacher**, however, prefers a 1,500m swim followed by a 40km cycle ride and finished off with a 10km run for good measure. He was one of **8,400** dedicated athletes who took part in this year's Michelob Ultra London Triathlon on **Sunday 6 August**. He participated on behalf of Norwood – an official charity partner of the event – raising **£2,000** for Anglo-Jewry's leading children and family services organisation.

Jeremy, 28 and from Hendon, chose to tackle the longest "Olympic" version of the event, completing the challenge in **2 hours and 53 minutes**. This was his eighth triathlon, of varying lengths, that he has completed this year. He has longstanding links with Norwood – he is co-chair of Young Norwood, a committee that organises social, networking and educational fundraising events throughout the year for young people aged 18-33.

Speaking after the triathlon, he said: "I have had a brilliant day, although I'm feeling pretty tired right now. Norwood is a fantastic organisation that is

very close to my heart and I am delighted to do my bit for them."

Forthcoming Young Norwood fundraising events include 'Stand Up For Charity', a comedy night taking place in Camden on Sunday 10 September, and the final of The BIG Voice in North Finchley on Sunday 19 November, a high-quality singing competition featuring eight extremely talented finalists.

For more information please contact **David Wosner**, Public Relations Officer at Norwood on 020 8420 6900 or email: david.wosner@norwood.org.uk



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