

Norwood launches its 2009 Sporting Challenges programme

8 December 2008

An international bike ride to Rajasthan in India is just one of the jewels in Norwood's 2009 programme of sponsored sporting challenges. This year's selection offers something for people of all ages and abilities, including bike rides, walks, running events, and a new exciting challenge, the Norwood High School Swimathon.

"Now is the time to dust off your bike, and get that tracksuit out of the back of your cupboard," said Ian Tate, Norwood's Head of Challenges.

"This year's diary is packed with a wide variety of sponsored challenges designed to help participants shed those extra pounds while raising vital funds for a fabulous cause. Norwood's 2008 programme raised an amazing £1 million, and the aim is to beat that in 2009!"

The Rajasthan Bike Ride (29 October-8 November) will give participants the opportunity to discover northern India as they pedal their way from the Taj Mahal to the 'pink city' of Jaipur. The Israel Bike Ride (17-25 October) will follow a scenic route starting in Jerusalem and cycling towards Ashkelon, finishing back in Jerusalem.

The stellar UK bike ride is the Capital to Coast Cycle Challenge (28 June), which features a choice of three scenic cycling challenges. Participants can either take part in a 60-mile London to Hove event, a 60-mile Hove to Hove event, or a 30-mile Haywards Heath to Hove event. For the younger cyclist, there is the Junior Bike Ride (21 June), which is a fun, off-road action adventure for 7-14 year olds at a new venue in Hertfordshire.



Our younger fundraisers can also take part in Norwood's first-ever High School Swimathon (19 February) where participants, aged 11 to 16 years old, can take to the water with a splash, and swim 1.5km or 2.5km while raising funds for Norwood.

The challenges programme features a local walk and an international trek. The Waterside Walk (10 May) will be held once again at Virginia Water in Windsor Great Park, where participants can explore some of England's most exotic woodland on a 10 or 20 mile energising walk. The Provence Trek (6-11 September) will feature a trek through the historical sites and rolling hills of Provence in southern France.

Norwood has a team of runners taking part in the 29th London Marathon (26 April), where participants will run 26.2 miles along with 35,000 other runners. However, there are other running events in the Challenges calendar, including the Asics Watford Half Marathon (1 February), the Community Fun Run (24 May), the Asics British 10K London Run (24 May), the Men's Olympic Open Triathlon (2 August), the Adidas Women's 5K Challenge (6 September) and the New York Marathon (1 November).

"Our Challenges programme is packed with exciting, professionally-run events designed to challenge the body and the mind," said Ian Tate. "From walks to bike rides, and from marathons to swimathons, Norwood Challenges cater to the needs of people with a wide range of abilities who want to get fit and have fun whilst raising money for a fantastic cause. There is something for everyone in 2009."

For further information about any of our challenges, or to register, call the Norwood Challenges Team on 020 8420 6834, email challenges@norwood.org.uk or log on to the [Challenges website](#).

For further information, photos and interviews, please contact Michael Siva, Public Relations Officer at Norwood, on 020 8420 6900 or email pressoffice@norwood.org.uk

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