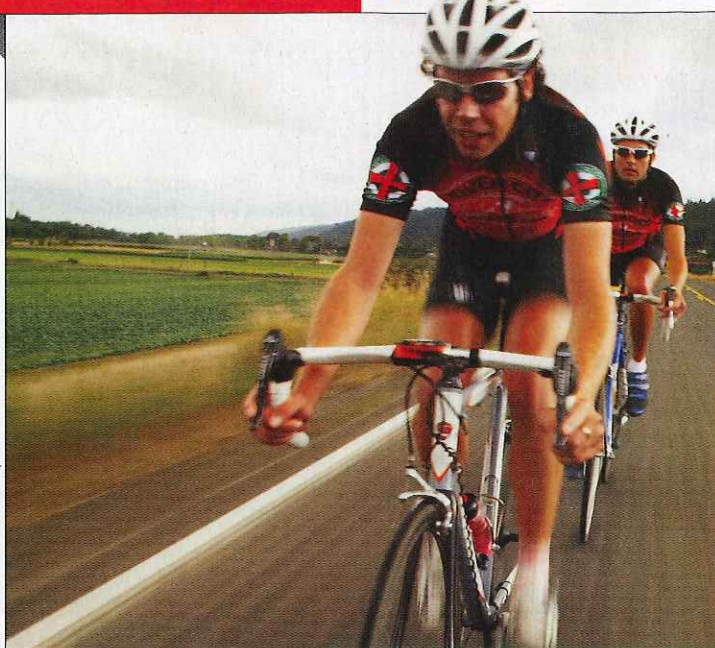


# METRO sport



2013 is the year for a big new keep-fit challenge; a good cause should spur you on PICTURES: Thinkstock



## Getting fit for the benefit of all

From endurance-tastic mini-expeditions to solo adrenaline capers, 2013 is full of opportunities for sponsored races for humankind and Mother Earth

AFTER the excitement of Summer 2012, where our athletes dazzled in Olympic arenas, many of our New Year resolutions include a serious sporting challenge.

The ballot for the biggest-name race in the calendar, the London Marathon, has closed but

by **PETER MYERS**

don't fret – you can run, or walk, the 100km trail of the **London to Brighton Challenge** ([www.london-2brightonchallenge.com](http://www.london-2brightonchallenge.com)) from 25-26 May. Some do the route in 15 hours, others 30, but it's all about the taking part.

Need more training time? The world's biggest half-marathon, the **Great North Run** in Newcastle, runs on 15 Sept. Registration for Save the Children places ([www.savethechildren.org.uk](http://www.savethechildren.org.uk)), one of many good-cause examples.

Serious kudos can be gleaned from taking part in the five-day, 500km

**London to Paris bike ride** ([www.londonparisbikeride.co.uk](http://www.londonparisbikeride.co.uk)), which whizzes through beautiful bits of rural England and France.

The wildest charity event of the year must be the **Tough Mudder** ([toughmudder.co.uk](http://toughmudder.co.uk)).

Choose from the Kettering event on 4-5 May, or 'London South' on 8-9 June. They're hardcore, 10-12 mile obstacle courses designed by the Special Forces. Racers can expect "mud, ice, fire, and electric shocks." Organisers promise a pint and a live band at the finish line.

Even more gruelling, entries are now open for the 125-mile 29 March -

1 April **Devizes to Westminster International Canoe Marathon**

([www.drace.org.uk](http://www.drace.org.uk)), one of the most demanding open-to-all endurance events on the planet.

A slightly more realistic aquatic encounter can be booked from June to Sept. With the motto "Ferries are for wimps", outdoor swimming outfit **SwimTrek** ([www.swimtrek.com](http://www.swimtrek.com)) runs a Lake District swim over two days. A three-month training programme allows you to gradually build up your distance



Skydive for free PICTURES: Thinkstock

swimming. It's worth it: glide across 12 kilometres of enchanting lakes, like Crummock Water, while bemused lakeside holiday-makers look on.

Not prepared to commit to the training? Take a 10,000 ft **skydive** ([www.doitforcharity.com](http://www.doitforcharity.com)) from 20 airfields countrywide from Cornwall to Durham... for free. It you raise more than £395, anyway.



Charity swim? Thinkstock