

The 2022 charity bucket list for fitness fanatics

Hit the ground running this year by signing up for a charity challenge — here are six to choose from. **Words: Anna Gardiner**



IMAGE DESCRIPTION/SARAH E THORNELY

London Triathlon, 6 August

A full triathlon can seem a little intimidating to the uninitiated, so the 'sprint' version (750m swim, 19.8km bike, 5.4km run) is a great starting point. "You can pop to your local pool for a 30-minute swim twice a week, commute by bike, and jog with family on weekends. That'll be more than enough to get you around a sprint-distance triathlon," says Chippenham Tri Club Coach, Neil Perry.

Beginners' kit: roadworthy bike and helmet, triathlon suit, running shoes.

GBSUP National Series, May-October

SUP (standup paddleboarding) has seen a rise in popularity over the past couple of years. The GBSUP National Series (eight races) is a great place to start for organised events. Sarah Thornely, the 2017 UK SUP National Champion, recommends lessons from a qualified instructor accredited by the Water Skills Academy or British Canoeing. For training, she suggests three 20-25-minute paddling sessions a week.

Beginners' kit: inflatable board.

Swim Serpentine, September

Swimming requires technique, and time for muscle memory to firmly establish themselves. Jason Tait, of South West Swim, advises three swim sessions per week (focusing on technique, pacing and endurance) of 30 minutes to an hour, over eight or nine months. This would prepare you for Swim Serpentine, a one- or two-mile event. From May, at least one session should be in open water.

Beginners' kit: wetsuit, goggles, swimming costume, pull buoy.

Ride London, 28 May

An endurance event like Ride London requires time on the bike to make 100 miles comfortable. Andy Cook of andycookecycling.com recommends three sessions a week — two shorter indoor sessions but harder efforts until April and a longer (two hours plus) road bike at the weekend. He suggests using a Ride London training plan (available online) to build the distance in a structured way.

Beginners' kit: roadworthy bike and helmet, cycling clothes, clip-in shoes (optional), smart turbo trainer.

TCS London Marathon, 2 October

The famous 26.2 miles through the UK capital is very doable providing you do enough training. A walk or run approach (30 minutes to an hour) three or four times a week for the first three months is advisable, depending on your starting place. There are many online training plans available that begin four months from the start time.

Beginners' kit: running shoes.

Three Peaks Challenge, summer

Around 26 miles and 3,408 metres of climbing requires training. A gym membership or weights at home is key, with sessions lasting 30 minutes to an hour. A long walk (three hours or more) once a month in the hills, leading up to the event will help condition your legs.

Beginners' kit: visit officialthreepeakschallenge.co.uk for the complete list.

DEBRA UK London Marathon

DEBRA is the national charity that funds research and healthcare to support individuals and families affected by epidermolysis bullosa (EB)

Run for DEBRA in 2022 and help #FightEB

The charity's vision is of a world where no one suffers from the painful genetic skin blistering condition EB.

DEBRA funds specialist healthcare, lifelong support and pioneering research into vital treatments to improve quality of life and ultimately a cure for this devastating condition.

Leah's story

"I'm 41 and in October, I ran the London Marathon for the second and last time. I say last. I never say never.

"I ran for my daughter Hollie, who came into this world in March 2004. That evening our lives changed for ever — life was never normal again.

"Hollie was born with a little known genetic condition called epidermolysis bullosa; EB for short. The only way I can describe it to people is that her skin is missing the 'glue' that sticks her skin to her body. This causes her skin to blister with the slightest bit of friction and it'll literally come straight off with any harder force.

"So, she's the reason, I ran for the charity DEBRA.

"DEBRA is there for us for all our needs — it's researching into finding treatments and will hopefully one day find a cure, which is what we all hope so desperately for."



LEAH AND HOLLIE FAIRBANK



LEAH AT THE 2021 LONDON MARATHON

● Scan the QR code to sign up now and join the fight against EB, debra.org.uk

A charity registered in England and Wales (1084958) and Scotland (SC039654).



World Vision

Supporting vulnerable

What are your new year resolutions for 2022? Consider a resolution with a difference. Could you resolve to help some of the world's most vulnerable children? By supporting international development charity World Vision you could help those children not only survive but rebuild and recover. worldvision.org.uk/donate



Mercy Ships

Healthcare services

Mercy Ships uses hospital ships to deliver free, world-class healthcare services, capacity building and sustainable development to those with little access in the developing world. Founded in 1978, Mercy Ships has worked in more than 55 developing countries, providing services valued at more than £1.3bn. mercyships.org.uk



RAF Benevolent Fund

Charity cycle

Pay tribute to the brave crews who risked their lives in the Dambusters raid while raising money for charity by taking part in the RAF Benevolent Fund's Dambusters Ride. The 100- and 60-mile fundraiser will take place on 14 May 2022, starting and finishing at the Petwood Hotel in Woodhall Spa, Lincolnshire — the home of the Dambusters. rafbf.org/ride

London's Air Ambulance

Emergency care

London's Air Ambulance brings the hospital to the scene, delivering urgent medical care. Its helicopter and rapid response car teams are available throughout the year. It works alongside the NHS to provide care. londonsairambulance.org.uk



New Year
IN THE CAPITAL
RECOMMENDS

