

Mark Evans – Ironman

So what do you do after retiring from 1st XV rugby at Fylde RFC? Most people tend to relax but it would appear that for Arnold School PE teacher and ex-Fylde 1st teamer, Mr Evans, a slightly more demanding physical challenge is needed.

So what is he doing? Something simple? Relaxing? Straight forward? Well, not quite!

Next September, he will be participating in the UK Ironman Triathlon (<http://iron.ironmanuk.com>) which takes place in Sherborne, Dorset. Mr Evans says, *“This is the first time that I have entered this event. There is no doubt that this will be the most difficult physical challenge of my life with the 2.4 mile swim, 112 mile bike and then 26.2 mile run course testing not just me, but each of the 3000 people who will be there participating on the day!”*

Not happy with simply attempting this challenge, Mr Evans is also trying to raise funds for rugby's very own charity, The Wooden Spoon (<http://www.woodenspoon.com/>).

The Wooden Spoon is "rugby's" charity supporting mentally, physically and socially disadvantaged children and young people. Spoon has committed to over £13 million in spending for projects for children and young people. It has organised over 2,000 events and had over 25,000 ties worn by its loyal members and supporters. Hardworking staff and volunteers have achieved all this since the birth of the charity. They support many projects, both locally in Lancashire and far further a field across the UK, with Fylde RFC legend, Bill Beaumont OBE, the Honorary President of the Lancashire section of the charity.

Mr Evans will be competing in a number of other events in the build up to the UK Ironman. They are the Great Northwestern Half Marathon in February, The Blackpool Full Marathon in April, The St Annes Sprint Triathlon in May and the Bala Middle Distance (1.2 mile swim, 50 mile bike and 13.1 mile run) Triathlon in June. The nine months of training will probably be just as tough as the event itself!

So how can you support him? It is very easy. People who would like to make a donation by post can send it direct to Mr Evans at Arnold School, Lytham Road, Blackpool, FY4 1JG. However, in these futuristic times you are now able to sponsor him online on his very own webpage which is very aptly named:

www.justgiving.com/mrevansismad

Donating through this site is simple, fast and totally secure. It is also the most efficient way to sponsor him. Wooden Spoon will receive your money faster and, if you are a UK taxpayer, an extra 28% in tax will be added to your gift at no cost to you.

Mr Evans goes onto to say, *“If you would like to know anything more about the challenge please do speak to me at school or email me directly on mevans@arnoldschool.com. Hopefully, the challenge of swimming 2.4 miles, cycling 112 miles and then running a marathon will all be worth it and with enough generous help and support we can all make a difference for some of The Wooden Spoon's fantastic projects in the local area.”*