

January 2017

**GREENLAND BOUND EDINBURGH PUPILS
AIM TO SET UNOFFICIAL WORLD RECORD FOR TYRE HAULING!**

‘READY, STEADY, HAUL!’

Teenage school pupils from Fettes College and Broughton High in Edinburgh have set an unofficial world record for tyre-hauling.

The 8-hour long (10am-6pm) energy sapping test and fundraising event came less than a month before ten of the participating pupils will undertake a life-changing 100km, 10-day expedition to Arctic Greenland next month with the charity, The Polar Academy.

Twenty male and female pupils, all aged between 14-17 years old and from Fettes College and Broughton High School took turns over 8 hours to haul a 15kg tyre, attached to their body with a harness to simulate the load of a sled being pulled over ice. The pupils from Broughton High School are part of the FetLor Youth Club that provides services within the north of Edinburgh.

In Greenland, each pupil will haul a sled of 40kg for up to 8 hours a day.

The determined pupils that are part of The Polar Academy were joined by a further 80 pupils from Fettes College. This ensured that 8 pupils at any one time hauled tyres over the approximately 1 mile course within Fettes College. As a pupil fatigues, he or she rested while another pupil took over.

While the pupil’s mental and physical strength was tested by continuous tyre hauling, members of the public were invited to actively test their own fitness. Two of the challenges on offer included helping to ‘haul’ a 2-tonne Isuzu Yukon truck recently generously donated to The Polar Academy by the Road Haulage Association and participating in a 30-minute work-out session that’s typical of the pupils’ daily fitness regime.

Craig Mathieson is expedition leader and founder of The Polar Academy, a charity that annually needs to raise £170,000 annually to operate. Since 2013 and with the support of Tiso, the specialist outdoor retailer and Bergans of Norway, The Polar Academy has pursued its vision of inspiring youth through exploration, giving ‘invisible’ pupils lacking in self-confidence and self-esteem, the opportunity to positively transform their lives.

Mathieson commented: “Two previous expeditions by The Polar Academy have shown how ordinary pupils can achieve the extraordinary and positively transform young lives. At Fettes College, the ten-strong leadership team and additional pupils from Fettes College worked together to set an unofficial world record of 125 miles in 8 hours of continuous tyre hauling. Significantly, the twenty pupils within The Polar Academy have achieved yet another personal milestone, on a journey that is helping

a previously shy and invisible teenager transform into a fit, confident and inspirational young person and to become a role model in their community.”

“Fettes College was integral in helping to organise this fun fundraising event and world record attempt that gave everyone a taste of what the training regime for The Polar Academy involves.”

Rhys Rowlands, Head of Outdoor Pursuits, Fettes College, added: “The Polar Academy students have been training incredibly hard. The tyre hauling has been an opportunity to demonstrate how the pupils have bonded as a team, drastically increased their fitness and prepared for the challenges that will be faced in Greenland.

“The Polar Academy team took 20 individuals and over the course of 6 months they have bonded extremely well through endurance training which intentionally challenged their mental and physical resilience but also acted as a shared experience which is felt by all. There is still a lot of training and preparation to take place but the students are on course and doing really well.”

To donate to the work of The Polar Academy, please visit www.justgiving/thepolaracademy

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Media enquiries: Tiso, the specialist outdoor retailer is a founding supporter of The Polar Academy. For press enquiries, please contact: Debbie Byers (07990 570220 debbie@beelinepr.com / Colin Hutchison (0755 7794981 / Colin@beelinepr.com)