



Press information

Wednesday 5 May 2021

Regain Sports Charity opens registrations for its summer fundraising event, called Go The Distance, to raise money for sports tetraplegics.

Regain is seeking participants to cycle, run, swim or walk to complete one of three set distances (bronze, silver or gold) over four weeks, from 23 June - 23 July.

The UK charity is looking for volunteers to 'Go The Distance' for Regain, and seek sponsorship, with all proceeds raised funding Regain's work helping tetraplegics lead a more active life. (JustGiving page [here](#))

All entrants will receive a Go The Distance medal. Final distances need to be submitted by Thursday 23 July (when the Tokyo Olympics starts.)

THE GO THE DISTANCE CHALLENGES - register [here](#) to receive your fundraising pack:

<p>CYCLING Bronze distance – 100km Silver distance – 200km Gold distance – 300km</p>	<p>RUNNING Bronze distance – 25km Silver distance – 50km Gold distance – 100km</p>
<p>SWIMMING Bronze distance – 10km Silver distance – 25km Gold distance – 50km</p>	<p>WALKING Bronze distance – 25km Silver distance – 50km Gold distance – 100km</p>

Olympic swimmer Mark Foster, who is supporting the event, commented, "There's never been a better time to shake off those lockdown cobwebs, so please join me in helping to raise money to support sports tetraplegics. I have been a patron of the charity for many years and have seen first hand how Regain provides essential support to people with spinal-cord injuries."

Paul Lawrence, CEO of Regain, added, "We rely upon the help of our community and champion supporters so please get active and sign up for a sponsored challenge with friends, family, work colleagues or sports clubs. Help us Go The Distance for sports tetraplegics, supporting them to lead independent and fulfilling lives.



Press information

Interviews and photographs available. For more information contact: Rachel Turner
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About [Regain Sports Charity](#)

The only UK charity helping people who have had a sports related spinal cord injury resulting in tetraplegia. Aims:

- To help British sports tetraplegics lead independent and fulfilling lives
- To assist in providing equipment and facilities via grants to improve mobility, communication, education and employment opportunities
- To build networks and provide support for sports tetraplegics and their families
- To increase awareness of risks, educate & reduce the number of accidents resulting in tetraplegia
- To ensure equal opportunities for tetraplegics

About [Mark Foster](#)

As a five-time Olympian, World, European and Commonwealth Champion and holder of eight world records in a career spanning 23 years, Mark Foster is one of Britain's most successful swimmers.

Sponsor

[Cavendish Brooke](#) provides personal financial services, including protection, retirement and investment planning.