ARMY CADETS ON COURSE FOR TWO GUINNESS WORLD RECORDS™ TITLES

Wednesday 16 September, 2020

Marking World Mental Health Day on Saturday 10 October, the Army Cadets are aiming to break not one, but two GUINNESS WORLD RECORDS™ titles.

Attempt one: Beneath the surface

The first will see two of our National Ambassadors, Sally Orange and Jordan Wylie, attempt to run the **Deepest underground marathon distance run (team)**, at ICL Boulby Mine, North Yorkshire. The marathon is appropriately titled “Beneath the Surface” to demonstrate how we never really know what is going on underneath the surface in someone’s mind.

Boulby Mine is the World's first and only Polyhalite Mine and it will be no mean feat, as Sally and Jordan will always be running at a minimum of 1,000 metres below ground, so the shallowest portion of the course will be at least 1,000 metres below ground.

Speaking about the marathon Sally Orange said, “It seemed a perfect opportunity to highlight a topic very close to my heart in a unique and challenging way. I have a real understanding of how difficult poor mental health can be and want to get it to a point where it is as normal to speak about as a common cold. We all struggle psychologically from time to time, it’s part and parcel of being a human being.”

The running team have chosen three beneficiary charities for this challenge; Young Minds, SSAFA – the Armed Forces charity and Frontline Children. Please visit their donation page to find out more and support: https://uk.virginmoneygiving.com/beneaththesurfacemarathon

Attempt two: Mass participation online

Army Cadets and Adult Volunteers wanted to get involved in this important day too, so our second GUINNESS WORLD RECORDS™ attempt will be to set the record title for the **most people completing an online mental health awareness course in 24 hours.**

The outcome will be that after completion, each participant will be able to recognise the signs of poor mental health and help end the stigma.

Whilst Sally and Jordan are running underground the online mental health awareness course will be open to all members of the Army Cadets. The hope is that by the evening on Saturday 10 October the Army Cadets will have set two new GUINNESS WORLD RECORDS™ titles.

Colonel Chris Young, Army Cadet Force Chief Medical Support Officer and National Mental Health Advocate, said, “Mental Health can affect anyone and this year to mark World Mental Health Day the Army Cadets will be attempting to set an official world record for **the most people completing an online mental health awareness course in 24 hours**. To help our Cadets and Adult Volunteers break down some of the stigmas associated with mental health whilst also setting a new world record is fantastic and I’m looking forward to everyone taking part on October 10.”

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NOTES TO EDITORS

1. 1. Webpage – www.armycadets.com

2. World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma.

3. The mass participation online course record attempt is only open to members of the Army Cadets.

4.The Army Cadets gives young people - from all walks of life - access to fun, friendship, action and adventure. We challenge young people to learn more, do more and try more. We inspire them to aim high and go further in life, no matter what they aim to do. With 41,000 cadets and 9,500 adults in more than 1,600 locations around the UK, the Army Cadets makes a big impact on young people, parents and

Media:











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