

16th April 2026

Mr Rock's 100 Mile Charity Challenge

Dear Parents/Carers

Mr Rock is at it again with another incredible charity event. Two years ago he walked around the Island non-stop, last year he climbed Bonchurch Down 38 times non-stop, this year he is walking 100 miles non-stop. This will involve 100 laps of a 1 mile course here at Medina College over a two day period, without sleep, on Thursday 30th April - Friday 1st May. He will be starting at 4am on Thursday and aims to finish by 2pm on Friday.

All students will have the opportunity to join him in walking either 1 or 2 laps of the course during morning lessons of the Thursday:

- Lesson 1 - Years 7-8
- Lesson 2 - Year 11 R band (as they have PE) and 11 G volunteers who want to be involved.
- Lesson 3 - Years 9-10

Students will be allowed to wear their PE kit all day on Thursday, as long as it is the full green and black Medina PE kit. Hoodies are still not allowed.

During other time slots, both primary and secondary schools from across the island have also been invited to come along and take part in an aim to make it both a community event and to raise awareness and funds for the Huntington's Disease Association, which is the charity that supports families like Mr Rock's who are impacted with HD.

Huntington's disease affects the body's nervous system – the network of nerve tissues in the brain and spinal cord that co-ordinate the body's activities. Although there is, as yet, no cure, getting the right care and support to manage symptoms more effectively can improve quality of life. Further Information can be found [here](#).

Years 7-10 will also be going out onto the field on the afternoon of the Friday to watch Mr Rock finish. **To support the day, students are asked to come into school wearing something green or pink - to support the colouring of the Huntington's Disease Association. Parents/Carers are asked to support by paying £1 on the Arbour App for the mufti.**

The aim of this is so the students can be part of what he is doing and can hopefully be inspired to show resilience when needed in their everyday life. I am sure you will agree that Mr Rock is living

our school values of ambition and courage. We are looking for our school community to support him with confidence and kindness.

Thank you in advance for your support with this exciting event.

If you would like more information about Mr Rock's Challenge or if you would like to sponsor him the link to his Just Giving site is below:



J Paul
K Sandiford *A Mursell*

Mrs J Paul, Mrs K Sandiford, Mrs A Mursell