

Team Xodus Blog No 3

With only a couple more days to go until the challenge begins, things are coming together - including the team! Ross and Kayleigh have travelled down south to spend a few days in the London Office for the team to get to know each other better before we drive to Wales on Thursday morning. By mutual agreement this team building will take the form of socialising in the pub, as it's agreed that resting our legs is vital at this stage of the game.

Training is now at the stage where we hope that the hours spent running and cycling over the past few months will get us through the event. Thankfully all team members are fit and injury free, with Ross making a miraculous recovery from his broken collar bone, through sheer will and determination, just in time for the event! All that is left for the team to do now is guilt free carbo-loading while we brush up on our map reading and team strategy skills.



Team Xodus – Raring to go!

The fundraising tally is currently 94% of the way to our £5000 target (including the £2500 contributed by Xodus Group). This is largely thanks to Chris Cooper spending the week in Aberdeen and doing the rounds with a donation form and a no-nonsense “give me your money” attitude!



Many thanks again to everyone who has donated so far! It's wonderful to think of how much we've managed to raise for Sparks and Care International. If you would still like to donate but haven't yet got round to it, don't worry as it is not too late! Our sponsorship page (www.bmycharity.com/xodusgroup) is still happy to receive donations and it would be great if you could help us raise the last bit of money to reach our goal.

Another development is that the BG Energy Challenge has made it to the front page of the Xodus Group website (<http://www.xodusgroup.com/>). If you follow the links you can find the Team Xodus Blog as well as photos of the team in training.

The excitement and nerves are definitely building up and we all look forward to reporting back with some great stories to tell in our final "post challenge" blog.

The final stage of the event is planned to be televised as part of the Intelligent Sport World Series, so we promise to do our best to get our faces on TV!

Chris, Greg, Jason, Kayleigh, Ross, Vanessa