

“This is your Everest boys” as rugby clarion call finds new meaning on Saturday at Trinity Academy

Students of the 1997 British and Irish Lions successful rugby tour of South Africa will be familiar with a battle-cry sounded by the Scottish coach, Jim Telfer, before the decisive Test match.

“This is your Everest, boys” declared Telfer in putting the task ahead against reigning world champion Springboks into perspective.

Move on over 25 years and the “Everest” challenge takes on a different meaning for rugby players at Edinburgh’s Trinity Academy this Saturday (9 November).

In what is part of the now traditional “Movember” charity campaign the players will carry weights distances equivalent to the height of Mount Everest.

To explain...

Creating awareness of mental health difficulties is at the heart of the project astutely related back to rugby.

It’s estimated that one in seven – or 14 per cent – of 10–19-year-olds experience mental health conditions. That means in a

rugby starting line-up, at least two players could be struggling with their mental health.

In light of this, Trinity's rugby squads have decided to take on a symbolic challenge to raise awareness and show support. They're not just raising money rather physically carrying the weight of mental health struggles in a way that's powerful and meaningful.

So, the Trinity Rugby squads will attempt to carry 240kg – the combined weight of four teammates battling mental health challenges – across 89 lengths of a rugby pitch.

Why 89 lengths? Because it's the equivalent height of Mount Everest, which is 8,849 metres.

Starting 9am at Bangholm Sports Centre, off Ferry Road, players will keep going until their target is reached.

The event can be traced back to a presentation made by Cameron Gray, PE teacher and rugby coach.



Cameron said: “It all began when I shared my experience of losing a close friend. To be honest, I didn’t expect the response to be as overwhelming as it was. When I gave the presentation about Movember and the importance of raising awareness for men’s mental health, I thought I’d be able to stay composed. But, as I spoke, the emotions took over, and I found myself breaking down.

“Initially, the boys seemed unsure of how to react, and who could blame them? It’s not every day they see their coach—someone they look up to—vulnerable and in tears. But what happened next blew me away.

“The maturity and support they showed me was truly humbling. The handshakes, the thank yous and the genuine care they expressed meant more to me than words can convey.

“But this story isn’t really about me. What truly stands out is the incredible spirit of support and unity that the boys

have shown, not just towards me, but towards each other. They've fully embraced the culture of Movember and are now setting out to take on a massive challenge of their own.

"Our school initially set a fundraising target of £1,000 for Movember.

"The response, however, has been nothing short of incredible. We smashed our target in just two days! As a result, we've raised our goal and are aiming to do something truly special that we believe no other school in Scotland will attempt.

"In addition to our rugby challenge, we have several exciting events lined up for the rest of the month, including a whole-school 7s tournament, moustache day, and a staff vs pupils sports event.

"In promoting the challenges ahead I want to express my profound gratitude and pride in the boys who have shown incredible maturity and heart throughout this journey. They've taken the spirit of Movember to heart and are leading the charge with strength and compassion.

"Movember is something deeply personal to me, but this year, it has become even more meaningful, especially within our school community. The under-16 and under-18 rugby squads, in particular, have fully embraced the cause, and I couldn't be more proud of their involvement."

TRINITY RUGBY V/S EVEREST

Globally, it is estimated that one in seven (14%) of 10-19-year-olds experience mental health conditions.

That means that in a starting XV, 2 or more of us could be suffering from mental health conditions.

We will show our support by carrying the weight of our 2 players suffering from mental health issues up the hardest challenge in the world... EVEREST

THE CHALLENGE:

Everest/Rugby Pitch = 89 Lengths
8,849m/100m = 89 Lengths

With 240 kg (4 Team Mates Across Two Squads)

Come along, show
your support and
donate here:



NOVEMBER 9TH 2024
9:00AM START

EVEREST PEAK
8,849 M

CAMP 3
8,138 M

CAMP 2
7,544 M

ABC
6,492 M

BASE CAMP
5,182 M

TRINITY ACADEMY



MOVEMBER

Please Donate Here:

