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Former Epsom Glyn pupil not tyred of flipping in world-record bid

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A former Glyn School head boy is preparing to flip a 100kg tractor tyre continuously for 24 hours in an attempt to break a Guinness World Record and raise £20,000 for his old school.

Professional trainer and fitness instructor James Farmer will begin the challenge at midday on Sunday 25 October, finishing at midday on Monday.

He will flip the tyre around a marked course within the Epsom school's grounds, continuing throughout the night under the observation of independent witnesses.

The current Guinness World Record for the greatest distance covered by tyre flipping in 24 hours stands at 11.21km. James hopes to exceed 15km.

Money raised will contribute towards a new sports pavilion at Glyn School, which is part of the 43-school GLF Schools trust.

The proposed pavilion would provide improved facilities for physical education, competitive fixtures and after-school sport. It would also offer opportunities for use by the wider community.

James has worked in health and wellbeing for more than 20 years, training athletes and Olympians and appearing on ITV as a fitness expert. He credits Glyn with setting him on the path to his career.

He said: "I owe Glyn a debt of gratitude for providing the foundation upon which I built my entire career.

"Twenty-four hours of flipping a tyre is a hard way to say thank you. But if it puts a pavilion on those playing fields, it will have been worth every hour."

Glyn headteacher Jo Garrod said: "James left here in 1999 and he has never really left us behind, which says something about Glyn, and James as a person.

"What he is taking on is extraordinary, and the pavilion he is raising money for will be used by our pupils every week for decades. We will be out there cheering him on through the night."

The challenge comes as Glyn prepares to celebrate its centenary in 2027. James hopes the new pavilion will honour the school's history while supporting its ambitions for the future.

Spectators are welcome to attend and encourage James during the challenge. Local businesses interested in sponsoring his attempt can contact the school.

Donations can be made through the James World Record for Glyn fundraising page.

Further information about the school is available from the Glyn School website.

Image: James Farmer flipping a tyre and inset when head Glyn boy

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