

BEHIND THE SCENES



MAN ON A MISSION

OLYMPIC diver Tom Daley wanted to raise money for Red Nose Day. So in February, he cycled, rowed, ran and swam an amazing 290 miles (467km), from London to his home town of Plymouth.

Day 1 – A six-mile (10km) row down the River Thames and a 60-mile (96km) cycle from London to Reading.

Tom had to row down narrow canals before he could make it to the River Thames. The wind was so strong, Tom capsized into the freezing water! Luckily, he was able to quickly get back into his boat and continue rowing.

Day 2 – A 1,600m (one-mile) swim and a 63-mile (101km) cycle from Reading to Southampton.



Brrr!

Already tired from yesterday, Tom had to swim in chilly 5.2°C water. This is the longest distance Tom



to cheer him on, but during this challenge, schools and adults came out to support him along the route, giving him a much-needed boost whenever he was struggling!



Having cycled for hours, Tom began to start feeling exhausted and, after falling off his bike, needed a well-earned rest. However, nothing can stop Tom from smiling.

has ever had to swim, indoors or outdoors. The windy weather made it even more difficult.

Day 3 – A 130-mile (209km) cycle from Southampton to Bovey Castle, Dartmoor National Park.

Tom had to cycle through strong winds, fog and rain, while cycling up steep hills to the day's finish line.

During the Tokyo Olympics, Tom had to take part without any fans

Day 4 – Just a 30-mile (48km) ultra marathon to the finish line in Plymouth!

With the end in sight, Tom's mum joined him to help push him to the finish line in his home town, Plymouth. Tom made it to the finish line, where his family, friends and hundreds of fans welcomed him home.

You can watch Tom's amazing journey in the TV show *Hell of a Homecoming* on Monday 14 March at 9pm on BBC One and BBC iPlayer. For more information, head to comicroelief.com/tom



Running with mum

GLOSSARY

capsized – Turned a boat over in water

exhausted – Very tired

ultra marathon – A running race that is even longer than a marathon, which is just over 26 miles

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Questions on: 'Man on a mission'

1. Look at the title. Who is the man, and what is his mission?
2. This story is broken up into sections. Why do you think that is helpful to the reader?
3. Write 1 to 4 in the boxes to put the journey in order.

- Reading to Southampton
- Bovey Castle to Plymouth
- London to Reading
- Southampton to Bovey Castle

4. Tom's 290-mile journey was split into six parts over four days. Put a tick in the right places to match each part to the right day.

Day	1	2	3	4
A 30-mile ultra marathon				
A 63-mile cycle				
A six-mile row				
A 130-mile cycle				
A 60-mile cycle				
A one-mile swim				

5. What did Tom do most: swim, cycle, run or row? Why do you think he did one activity much more than the rest?

6. Pretend you are taking part in a big journey like Tom. Which two of his activities would you like to do the most? Explain your reasons.

7. Lots of people cheered Tom and helped him on his journey. Write down the names of five people who you would like to cheer you on. It could be friends, family or even famous people!

- 8a) What is the name of the TV show about Tom's journey?

- 8b) Where and when is it on?

- 8c) Where should you go for more information?

Tick the right box.

- comicroelief.com/tom
- rednoseday.com/tom
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