



EXPEDITION LIMITLESS

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COOPER	COLEMAN	GROVES	BAKER	GALLAGHER	JAMES KELLY	STANIFORD	BISSON	HALL	RANNEY	RANNEY

The Burpee Mile World Championships
Sunday 30th April 2023 at 11am on Douglas Promenade



BURPEE MILE
WORLD CHAMPIONSHIPS
SUNDAY 30TH APRIL

BURPEE
CHAMP

HAVE YOU THE APPETITE FOR
THE BURPEE WORLD CHAMPS

INDIVIDUAL AND TEAM CHAMPIONSHIPS



Expedition Limitless 2023

About the Burpee Mile



The Burpee Mile World Championships are taking place in conjunction with the Omnia Mind Expedition Limitless Challenge 2023 where a team of 12 people, 10 from the Isle of Man, will take part in a once in a lifetime Arctic Expedition 110km above the Arctic Circle in one of the world's most remote and extreme snowshoe adventures. You can read more about the Expedition here - [Ex Limitless 2023 - Omnia Mind \(omnia-mind.com\)](https://omnia-mind.com).

The Expedition team has a fundraising target of £50k to support Isle Listen. The Burpee Mile World Championships is the final fundraising event and will take place on 30th April after the team has returned from the Expedition. All entry fees go towards the £50k target.

Burpees are a physically demanding exercise but doing traveling burpees (i.e. jumping forward on each burpee to cover the mile distance), is a challenge of body and mind and fits nicely with the ethos of Expedition Limitless, which is to remove limits and demonstrate the innate resilience that resides in all of us that is revealed through adversity.

Although burpees are hard, we also want to make this a fun event so as well as individual male and female champions, we will also have team championships.

Expedition Limitless 2023

How to Execute a Traveling Burpee

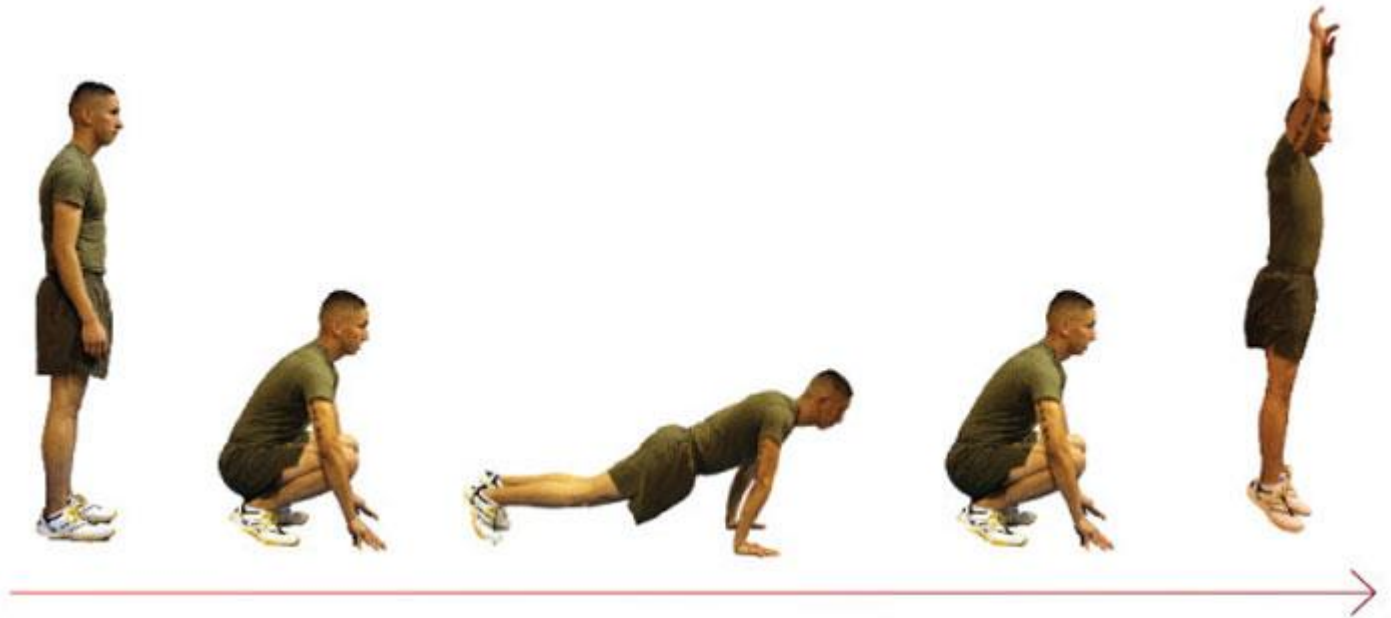


A traveling burpee is like a stationary burpee but instead of jumping up at the end of each burpee, the competitor jumps forward as far as they can. This allows them to cover distance.

Unlike a standard burpee, the competitor is not required to touch their chest off the ground on each burpee. The YouTube video demonstrates the correct technique.

For the team event, team members can change over as often as required but they must start from the point their teammate finishes.

Demo Video - <https://youtu.be/rC8M5Co5VwA>



Mandatory: Competitors must wear gloves to protect their hands. Some spare gloves will be available on the day.

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The Burpee Mile Categories



To make the Burpee Mile World Championships as inclusive as possible and fun for all competitors and spectators, we have created **3 categories** as below. It will start at the end of Douglas prob by the Bottleneck carpark on an out and back measured ½ mile course.

1. Male Individual
2. Female Individual
3. Team (can be a mixed team)

Donation Entry Costs: £25 for an individual entry and £25 for each team member if entering a team. All entry fees donated **will be doubled by the Z Zurich Foundation** and all funds raised through entry fees go to Isle Listen.

The maximum team members allowed in a team is 6 and the minimum is 2. Only one team member at a time will be doing burpees but there are no restrictions on how often the team member doing the burpees can change. The remaining team members can support and encourage until it's their turn.

How to enter?



We hope the event will appeal to clubs and corporate teams as well as individuals tough enough to take on the full mile.

Why not ask your company to enter a corporate team?

Your entry fee will help support the great work that Isle Listen do on the Isle of Man and remember, **all entry fees paid get doubled by the Z Zurich Foundation.**

If you would like to enter as an individual or as a team, you can do so via this link where you can also donate your entry fee:

Entry Form: <https://www.burpeeworldchamps.com/sign-up>

If you have any questions on the event, please get in contact with Martin Malone on martin.malone@zurich.com or Mbl - 07624 495220. You can also contact Mark Smith from Omnia Mind on mark.smith@omnia-mind.com or Tel 07624 345370.

For updates on the event, please follow our Expedition Team Facebook page – Expedition Limitless 2023, or visit our website – www.burpeeworldchamps.com