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FOR IMMEDIATE RELEASE

## **JULIA GEARS UP FOR 24 HOUR MOUNTAIN MAYHEM**

Julia Porter, Head of Systems and Projects at Poole based telecommunications company Windsor Telecom, is preparing to take part in the world's biggest 24 hour mountain bike festival in Herefordshire this summer.

Giant Mountain Mayhem 2008 is taking place between 20<sup>th</sup> and 22<sup>nd</sup> June and is an endurance race on the grounds of Eastnor Castle in Ledbury.

Julia is heading up 'Team Windsor', which also includes her partner, Marcus Hamlyn. The team of five will be taking it in turns to complete the eight mile, off-road relay on a rotational basis for the duration of the 24 hour event. The race demands strong teamwork and organisational skills alongside excellent fitness and stamina.

Julia said, "I am really excited about this challenge! I have never been involved in anything like this before so I have been following a vigorous 12 week training plan to bring my fitness levels up. Marcus and I also regularly complete 20 mile cycles along the Purbecks and we have been riding up some incredibly steep mountain trails in Wales too – so hopefully Team Windsor will reign triumphant!"

Julia is no stranger to competition after reaching the final 25 in last year's Formula Woman Championship.

**(Continues)**

Patrick Adams, founder of Mountain Mayhem said, "I am delighted that Team Windsor are so enthusiastic and wish them the very best of luck for the big day! This year's event promises to be the largest to date with over 2,500 competition riders, 450 teams, 150 soloists and a staggering 12,000 spectators expected to attend".

Windsor Telecom is supporting Julia and the team by providing them with kit to help them complete the race – including cycle lights for the night riding and clothing.

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#### **NOTES TO EDITORS:**

For more information please contact Mark Guy, Public Relations Officer at Windsor Telecom on 0845 230 1660 or email [mark.guy@windsor-telecom.co.uk](mailto:mark.guy@windsor-telecom.co.uk)

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