



St Andrew's College

St Andrew's College 2016

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Cycle **Against** Suicide

- **Cycle Against Suicide** is an initiative started by Irish entrepreneur, Jim Breen, as a result of his appearance on RTE's *The Secret Millionaire* programme.
- The main objective of the Cycle is to raise awareness of the considerable help and supports that are available for anyone battling depression, self harm, at risk of suicide or those bereaved by suicide.



Cycle **Against** Suicide

- The Cycle Against Suicide community is determined to let people in every corner of the island of Ireland know that; it's OK not to feel OK and it's absolutely OK to ask for help.
- **Together, shoulder to shoulder, we can break the cycle of suicide on the island of Ireland.**

Cycle **Against** Suicide St Andrew's College

- On May 5th Students and Staff competed to see which year group could cycle the greatest distance with an eight person team in two hours.
- The challenge was to build a 64 person team, each of whom would complete 15 minutes cycling.



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- The Total Recorded Revolutions

Group	Revolutions
1 st Year	81621
2 nd Year	83572
3 rd Year	75844
4 th Year	72958
5 th Year	87551
6 th Year	56436
Staff	48598

However!

- Each group from 1st year to 5th Year consisted of an eight person team cycling for 2 hours. Giving these teams 16 man hours of cycling.
- While 6th Years and Staff with one bike each were only afforded 10 man hours of cycling
- So, in the interest of FAIRNESS... an adjustment is necessary!



**TOGETHER, SHOULDER TO SHOULDER,
WE CAN BREAK THE CYCLE OF SUICIDE**

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- Adjusted Revolutions

Group	Revolutions
1 st Year	81621
2 nd Year	83572
3 rd Year	75844
4 th Year	72958
5 th Year	87551
6 th Year	90298*
Staff	77757*

6th Year and Staff Revolutions multiplied by 1.6

Which Means!

- Your 2016 Cycle Against Suicide winning team is the...

6th Years!!!



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Rankings

- Winners
 - 1st Runners Up
 - 2nd Runners Up
 - 3rd Runners Up
 - 4th Runners Up
 - 5th Runners Up
 - Last
- 6th Years
 - 5th Years
 - 2nd Years
 - 1st Years
 - Staff
 - 3rd Years
 - 4th Years



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Fun Facts

because facts can be fun

- The approximate total distance covered was 1195 km
- Approximate average speed 18.7 km/hr
- Approximate energy produced 165 Mega-Joules
- Most Miwadi spilt.... The 4th Years!!!



Thanks.....

- A **huge** thank you to Flyefit Gyms, Brendan O'Hagan lent us ten state-of-the-art spin bikes. Expert Fitness delivered and collected them and did not charge a cent. Thank you, Molly Parsons!
- Big thanks also due to Simon Filgas, Halford's, Belpark Triathlon Club and Triathlon Ireland for their great support.
- Above all, thanks to all of you who took part, especially those 5th years who came in really early, 2nd years who stayed late and the T.Y. enterprise team, led by Patrick Quinn and Jess Smith who did Trojan work. Well done you!

