**Ironman, Marathon & Trek – One Man’s Mission for the Youth Trust**

Matt Rylatt has committed to a year of fundraising for the Archbishop of York Youth Trust through three challenges; an Ironman Triathlon in Copenhagen, the Yorkshire Marathon, and a Trek from Bishopthorpe Palace to Lambeth Palace which he will undertake as part of a group, all raising money for the Youth Trust.

These gruelling challenges have been taken on by 58-year-old Matt from York. Matt does not shy away from a challenge, having already competed in the 2019 Pontevedra sprint distance duathlon world championships as part of the Team GB age-group this year, and confirmed he will compete in the 2019 European Championships.

Matt is taking part in these challenges to raise funds for the work of the Archbishop of York Youth Trust.

The Copenhagen Ironman alone comprises of a 2.4 mile swim, followed by a 112 mile cycle topped off with running a marathon. His rigorous training schedule began in January and has now progressed to competing in a number of races of gradually increasing distance as he builds towards his key races.

Founded by Archbishop John Sentamu in 2009, the Youth Trust exists to empower generations of young leaders to change the world for the better, whilst developing key leadership skills. Through the Young Leaders Award (YLA), the Youth Trust has empowered over 80,000 young people to learn and practice leadership and character skills that make a difference in other people’s lives.

Matt Rylatt said:

“I’ve set myself some big challenges this year, and I’ll be delighted if people are willing to sponsor me and I can raise money for the Trust through completing them. It would certainly add some impetus to my many hours of training.”

Stewart Graham, Director of Fundraising for the Youth Trust said:

“We’re really grateful to Matt for taking on such big challenges for the Youth Trust. Thanks to his efforts, we’ll be able to help more young leaders change the world. We’re excited to see how Matt’s challenge will not only empower more young leaders, but also inspire those young leaders as to what is possible!”

To support Matt’s year of fundraising for the Youth Trust, visit: <http://bit.ly/2JOcOJj>

To read more about his training and preparation for the events, visit: <https://medium.com/@mattrylatt>.

**About the Archbishop of York Youth Trust**

The Youth Trust are passionate about developing opportunities for young people to grow in leadership, faith and character, in partnership with schools, churches and communities.

To date the Youth Trust has enrolled over 650 Primary and Secondary schools to the YLA, empowering over 80,000 young people to learn and practice leadership skills and in turn, make a difference in other people’s lives, through acts of service and community volunteering.

For more information about the Youth Trust, visit [www.abyyt.com](http://www.abyyt.com/) or email [info@abyyt.com](mailto:info@abyyt.com).

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