



Press Release  
Immediate Release  
29 April 2026

### **Yorkshire Man Pushes His Limits to Conquer 57-Kilometre Challenge**

A Yorkshire man fuelled by a motivation to push his mental and physical limits completed a gruelling 57-kilometre ultramarathon.

Sam Marshall, Head of Information Security and IT Infrastructure for Cygnet Group, completed the Beyond Newcastle Ultramarathon on Saturday 25 April.

Sam explained his motivation to take on the epic challenge.

He said: "After seeing the impact of loss on a close friend of mine, I wanted to challenge myself in a way that tested me mentally as much as physically. In a strange way, putting myself through the 57km of discomfort felt like doing something meaningful, even if at times it felt like a questionable decision.

"I feel a mix of pride, relief and a sprinkle of pain. There were plenty of moments where I felt like stopping but getting it done was incredibly rewarding. I'm proud I stuck it out and kept moving forward right through to the finish – that's exactly what I wanted from this."

The ultramarathon saw runners venture along the River Tyne and around the Newcastle area before finishing on the Swing Bridge.

Despite being a keen runner, Sam had never taken on a distance longer than a half marathon before completing the ultramarathon.

"My training became a crash-course in long-distance running. There was a lot of mental preparation and I was very aware that I'd signed up for something that wasn't going to be easy, but that was the point," explained Sam.

"Working at Cygnet, I'm surrounded by resilience every single day from both my colleagues and the individuals we support. It really puts things into perspective and makes you realise you're capable of more than you think. That inspiration definitely played a part in pushing me to take on something difficult and see it through."

With feelings of pride and determination outweighing his sore legs, Sam is already looking forward to his next challenge.

He said: "I have a mountain climb next month and the Yorkshire Marathon later in the year, both of which are for charity. This was good practice for my future fundraisers."