

Mark Beaumont: World Adventurer

Mark Beaumont - Around the World in 80 Days

About Mark Beaumont

A world record holder and keen sportsman, Mark Ian Macleod Beaumont was born in Scotland in 1983, went to school in Dundee and later to university in Glasgow.

Planning to use his education to become an accountant, he instead decided to follow his dreams of cycling and adventure. His ability for setting goals has been inspirational to many people around the world.

Having already ridden the length of Britain at just 15 years old, he went on to break records with some amazing challenges, becoming famous for his brave travels. TV shows have been made of his previous cycling challenges, using his own video diaries, and he has helped to raise thousands of pounds for charities along the way.



His challenges so far...

Mark is an endurance athlete which means that he sets himself targets that require lots of hard work for several days or months. He has cycled the length of Great Britain, from John O'Groats to Land's End and has cycled across America.

In 2008, he first achieved the Guinness World Record for cycling around the world. More recently, in 2015, Mark broke the World Record for the fastest time cycling from Cairo (Egypt) to Cape Town (South Africa) in 42 days and 8 hours. That was a distance of over 10 000 kilometres!

As well as his passion for two wheels, Mark has also attempted incredible challenges involving swimming, rowing and running. He has written books about his challenges to inspire others.

Questions

1. In what year was Mark Beaumont born?

1938 1980 1983 2008

2. Match these facts to the correct places:

Mark was born in this country

Dundee

Mark went to school in this city

Glasgow

Mark went to university in this city

Scotland

3. How old was Mark when he rode the length of Britain?

Age 12 Age 15 Age 18 Age 21

4. What job was Mark planning to do before he decided to follow his dreams of cycling?

5. Which year did Mark break the record for cycling from Cairo to Cape Town?

2000 2008 2015 2017

6. What does the word 'endurance' mean?

7. In which of these other sports has Mark attempted challenges? Tick two boxes.

Swimming Horse Riding Sailing Rowing

8. Which places did Mark cycle from and to when he cycled the length of Great Britain?

From _____ to _____.

Answers

1. In what year was Mark Beaumont born?

1983

2. Match these facts to the correct places:

Mark was born in this country:

Scotland

Mark went to school in this city:

Dundee

Mark went to university in this city:

Glasgow

3. How old was Mark when he rode the length of Britain?

Age 15

4. What job was Mark planning to do before he decided to follow his dreams of cycling?

Accountant

5. Which year did Mark break the record for cycling from Cairo to Cape Town?

2008

6. What does the word 'endurance' mean?

It means that he sets himself targets that require lots of hard work for several days or months.

7. In which of these other sports has Mark attempted challenges?

Swimming Rowing

8. Which places did Mark cycle from and to when he cycled the length of Great Britain?

From John O'Groats to Land's End

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About Mark Beaumont

A world record holder and keen sportsman, Mark Ian Macleod Beaumont was born in Scotland in 1983, went to school in Dundee and later to university in Glasgow.

Planning to use his education to become an accountant, he instead decided to pursue his passion for cycling and adventure. His dedication and enthusiasm for setting goals has been inspirational to many people around the world.

Having already ridden the length of Britain at just 15 years old, he has continued to break records with some amazing challenges, becoming famous for his courageous travels. Using his own video diaries, TV shows have been made of his previous cycling challenges and he has helped to raise thousands of pounds for charities along the way.



His challenges so far...

Mark is an endurance athlete, which means that he sets himself targets that require lots of hard work for several days or months. One of his first accomplishments was to cycle the length of Great Britain, from John O'Groats to Land's End, a distance of 1400 kilometres.



Mark Beaumont - Around the World in 80 Days

Cycling Around the World

In 2008, he first achieved the Guinness World Record for cycling around the world. This was a distance of over 28 000 kilometres, which he completed in 194 days.



Cycling Across America

Mark pedalled his way across America, completing this incredible achievement in 2010. As well as the solo cycle journey, he also added a mountaineering challenge along the way. He interrupted his riding to climb the two highest mountain peaks in North and South America! The entire journey took 268 days and was a distance of 20 000 kilometres.



Cycling the Length of Africa

More recently, in 2015, Mark broke the World Record for the fastest time cycling from Cairo (Egypt) to Cape Town (South Africa) in 42 days and 8 hours. That was a distance of 10 000 kilometres. In this next of his epic adventures, he battled through sandstorms and deserts, pushing both his mind and body to their limits.

As well as his passion for two wheels, Mark has also attempted incredible challenges involving swimming, rowing, mountaineering and running. He was part of the first team to reach the North Pole

by rowing boat and attempted to row across the Atlantic Ocean but capsized and his crew all had to be rescued from the sea. He has written books about his challenges to inspire others.



Questions

1. In what year was Mark Beaumont born?

1938 1980 1983 2008

2. Where did he go to university?

3. How old was Mark when he rode the length of Britain?

4. What job was Mark planning to do before he decided to follow his dreams of cycling?

5. How long did it take Mark to cycle from Cairo to Cape Town?

6. What does the word 'endurance' mean?

7. What happened to Mark when he attempted to row across the Atlantic Ocean?

8. Which places did Mark cycle from and to when he cycled the length of Great Britain?

From _____ to _____.

9. What extra challenge did Mark attempt when cycling across America?

10. In what other sports, apart from cycling, has Mark attempted his challenges?

Answers

1. In what year was Mark Beaumont born?

1983

2. Where did he go to university?

Mark went to university in Glasgow.

3. How old was Mark when he rode the length of Britain?

Mark was 15 years old when he rode the length of Britain.

4. What job was Mark planning to do before he decided to follow his dreams of cycling?

Mark was planning to become an accountant.

5. How long did it take Mark to cycle from Cairo to Cape Town?

It took Mark 42 days and 8 hours to cycle from Cairo to Cape Town.

6. What does the word 'endurance' mean?

It means that he sets himself targets that require lots of hard work for several days or months.

7. What happened to Mark when he attempted to row across the Atlantic Ocean?

His boat capsized and his crew all had to be rescued from the sea.

8. Which places did Mark cycle from and to when he cycled the length of Great Britain?

From John O'Groats to Land's End

9. What extra challenge did Mark attempt when cycling across America?

Mark attempted to climb the two highest mountain peaks in North and South America.

10. In what other sports, apart from cycling, has Mark attempted his challenges?

Mark has attempted challenges in swimming, rowing, mountaineering and running.

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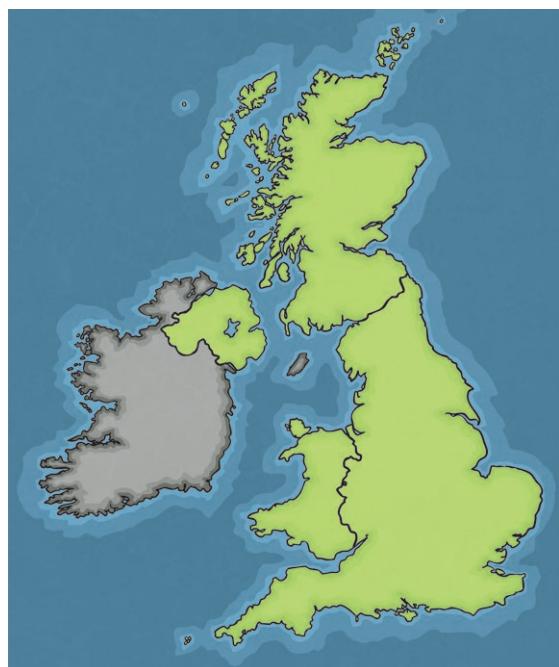
Mark Beaumont - Around the World in 80 Days

About Mark Beaumont

A world record holder and devoted professional sportsman, Mark Ian Macleod Beaumont was born in Scotland in 1983, went to school in Dundee and later to university in Glasgow.

Planning to use his education to become an accountant, he instead decided to pursue his passion for cycling and adventure. His dedication and enthusiasm for setting goals has been inspirational to many people around the world.

Having already ridden the length of Britain at just 15 years old, he has continued to break records with some amazing challenges, becoming famous for his courageous expeditions. Using his own video diaries, TV documentaries have been made of his previous cycling challenges along with the publication of best-selling books. Along the way, he has helped to raise thousands of pounds for charities and continues to be an inspiring speaker at events all over the world.



His challenges so far...

Mark is an endurance athlete which means that he sets himself hugely ambitious targets that require enormous amounts of prolonged hard work for several days, weeks or months. One of his early accomplishments was to cycle the length of Great Britain, from John O'Groats to Land's End.

Mark Beaumont - Around the World in 80 Days

Cycling Around the World

In 2008, he first achieved the Guinness World Record for cycling around the world unsupported. This was a distance of over 18 000 miles, which he completed in 194 days and 17 hours, averaging around 100 miles per day. During the trip, he suffered broken wheels while crossing Europe then had to battle through deserts, mountains and through exhausting heat or headwind.



Cycling Across America

Mark pedalled his way across America, completing another incredible achievement in 2010. As well as the solo cycle journey, he also added a mountaineering challenge along the way. He interrupted his riding to climb the two highest mountain peaks in North and South America! The entire journey took 268 days and was a distance of 13 000 miles.

Cycling the Length of Africa

More recently, in 2015, Mark broke the World Record for the fastest time cycling from Cairo (Egypt) to Cape Town (South Africa) in 42 days and 8 hours. That was a distance of 10 000km. In this epic adventure, he faced adversity in the form of sandstorms and lonely deserts, pushing himself to the limit both physically and mentally.

As well as his passion for two wheels, Mark has also attempted unbelievable challenges involving swimming, rowing, mountaineering and running. He was part of the first team to reach the North Pole by rowing boat and attempted to row across the Atlantic Ocean but capsized and his crew all had to be rescued from the sea.



Questions

1. In what year was Mark Beaumont born?

2. Which two cities did he attend school and university?

3. Complete the table to show which years Mark completed some of his challenges:

Year	Challenge
	Cycled Around the World
2010	
	Cycled the Length of Africa

4. Look at the section 'About Mark Beaumont'. Find and copy a word which means 'follow or chase'.

5. How long did it take Mark to cycle from Cairo to Cape Town?

6. Look at the phrase: 'becoming famous for his courageous expeditions'. What do the words 'famous' and 'courageous' tell you about these expeditions?

7. Where did Mark begin and end when cycling the length of Great Britain?

8. According to the text, what kind of problems did Mark face when cycling around the world? Give two different examples.

9. Look at the sentence ending with '...pushing himself to the limit both physically and mentally'. What is meant by this phrase?

10. Which of Mark's challenges do you think was the most difficult? Give evidence from the text to support your answer.

Answers

1. In what year was Mark Beaumont born?

Mark was born in 1983.

2. Which two cities did he attend school and university?

Mark attended school in Dundee and university in Glasgow.

3. Complete the table to show which years Mark completed some of his challenges:

Year	Challenge
2008	Cycled Around the World
2010	Cycled Across America
2015	Cycled the Length of Africa

4. Look at the section 'About Mark Beaumont'. Find and copy a word which means 'follow or chase'.

pursue

5. How long did it take Mark to cycle from Cairo to Cape Town?

42 days and 8 hours

6. Look at the phrase: 'becoming famous for his courageous expeditions'. What do the words 'famous' and 'courageous' tell you about these expeditions?

The word 'famous' means well-known for something and 'courageous' means being brave.

7. Where did Mark begin and end when cycling the length of Great Britain?

Mark began his journey in John O' Groats and ended it at Land's End.

8. According to the text, what kind of problems did Mark face when cycling around the world? Give two different examples.

**Broken wheels; battling through deserts and mountains; exhausting heat and headwind.
Accept any combination of two different answers given.**

9. Look at the sentence ending with '...pushing himself to the limit both physically and mentally'. What is meant by this phrase?

Accept answers which indicate an understanding of: testing both his body and mind as far as they could go.

10. Which of Mark's challenges do you think was the most difficult? Give evidence from the text to support your answer.

Accept any answer with reasonable supporting evidence, e.g.

Cycling across the world because it was the longest distance of 18 000 miles / he crossed deserts and mountains.

Cycling across America because he also included climbing the two highest mountain peaks.

Cycling across Africa because he had to face sandstorms and lonely deserts.