



THE YOUTH CANCER TRUST THREE PEAKS CHALLENGE 2008

The Challenge: 20th – 22nd June 2008

The ascent of Britain's three highest peaks, Ben Nevis (4,406 ft), Scafell Pike (3,205 ft) and Snowdon (3,560 ft), in 24 hours between 14.00 hrs Saturday 21st June and 1400 hrs Sunday 22nd June 2008.

What you need to do:

- Find a team of between 3 and 12 to take part (a minimum of four climbers and a minimum of 2 non-climbing drivers must be included), appoint a team leader from the climbers and give yourself a team name
- Raise a minimum of £2,000 for the Youth Cancer Trust
- Lodge deposit of £600.000 (part of £2,000.00) to Youth Cancer Trust as soon as possible to secure place – this equates to £100.00 per person approx. YCT have to pay a deposit to our organiser.
- Provide your own transport for the whole team and cover fuel costs
- Organise own break-down cover and insurance as required
- Organise accommodation or take advantage of Youth Hostel Accommodation reserved by YCT at Fort William and if required during your journey home – accommodation details are included at end
- Plan your route to and from the mountains, including re-fuelling points
- Supply fully completed registration forms for all individual participants, your team registration form and disclaimer forms to the Youth Cancer

Trust/Merseyventure and agree to Merseryventure
Conditions of Entry by 31st May 2008

- Supply your own equipment, food and drink for the weekend – see recommendations
- Prepare and train for the climb
- Arrive at Fort William/Ben Nevis area in good time Friday evening 20th June 2008 in order to be well rested and prepared for Challenge on Saturday,
- 21st June 2008.

The Challenge: (approximate timings)
This itinerary is for planning/information purposes only, and the fine details are subject to change. All fine details will be confirmed via email 2 weeks before the challenge itself, and any changes will be posted onto the Merseyventure website forum

Friday 20th June:

AM teams depart home and drive to Fort William (or)
PM teams depart home and fly to Glasgow. Collect minibus and drive to Fort William

2000 – 2200: Registration is open at hotel in Fort William

Saturday 21st June:

1000 – 1200: Registration is open at Hotel in Fort William

1200 – 1245: Pre-event Safety Briefing (Team Leader and Lead Driver to attend)

1400 – 1600: Teams start walking at intervals, from Glen Nevis Visitor centre

1800 - 2200: Teams complete Ben Nevis, start drive to Wasdale

Sunday 22nd June:

0100 – 0400: Teams arrive Wasdale, start Scafell Pike climb. Drivers sleep

0500 – 0800 Teams complete Scafell Pike, drive to Pen-Y-Pass, Snowdonia

1000 – 1300 Teams arrive Pen-Y-Pass to climb Snowdon. Drivers end at Llanberis

1400 – 1700 Teams descend into Llanberis, the finish at local Hotel.

1700 hours onwards: Awards presentations, cold buffet.

Monday 23 June:

Teams depart Llanberis for home – ideally ☺



OUR ORGANISER

Mountain Challenge Support

Merseyventure Event Support Services

Event Support & Safety Services

Merseyventure have been staging Adventure and Mountain Challenges since 2000, from simple urban orienteering through to complex multi activity events over numerous locations.

Such events may require VHF radio communications, command and control centre, remote staffed checkpoints and feeding stations, transport relay for competitors, participants or event staff, qualified mountain staff and firstaiders, marshals and volunteers, start and finish areas, and electronic event timing systems.

We provide all of the above safety and support during our own Adventure & Mountain Challenge events, and are able to offer these services, along with event consulting and events management, to groups, charities or companies wishing to organise their own event.

Previous clients who have used Merseyventure services include:

Act4Africa, Axa, Aldi Stores, Barclays Capital, Barclaycard, BMW, Cable & Wireless, Cap Gemini, Channel4, Coca Cola UK, Geest Foods, Glaxo Smith Kline, GVA Grimley, Linda McCartney Centre, Motorola, National Grid, NHK, Thornley Leisure, Specsavers, Qioptic, Weightmans, Zibrant – plus many, many more.

TV/Film clients include:

[BBC](#), [Big Tank](#) (Manchester), [Celador](#), [Channel4](#), [Don Productions](#) (London), [Get Shorty Productions](#) (London), [NHK](#) (Japan).

Our Channel4 / BMW Three Peaks Challenge, filmed by Get Shorty Productions, can be seen online



Routes and approximate Times:

Transport

All teams are required to provide their own transport (appropriate size vehicle) for the challenge and with this any break-down cover and insurance they require. Please note that 17 seat buses are not appropriate for this challenge, due to the small and narrow roads and bridges. Those renting minibuses should check for driver age and entitlement restrictions. Mersey Venture have constantly updated information on their website re routes between the mountains.

Approximate Timings and Mileage:

Ben Nevis to Bournemouth:
10 hrs – 880 km

Ben Nevis to Scafell Pike
6 hrs 27 mins – 433 km

Scafell Pike to Snowdon
5 hours – 323.5 km

Snowdon to Bournemouth
5 hrs 50 mins - 518.5 km

Total Driving Time = 27 hrs approx



Entering your Team

All teams **must complete and send in the following forms to the Youth Cancer Trust by May 31st 2008:-**

- The group entry form with team leader and team name stated
- An individual registration form for every participant including drivers
- A disclaimer form for every participant including drivers
- Conditions of entry for Merseyventure

Notes on completing the Team Registration Form.

Please write clearly, especially when completing your postcode and email address.

Team Name: You may choose any team name you wish. Companies entering more than one team should try to avoid team numbers or letters. We will allocate each team a number for the challenge, which will be used for radio comms, team and vehicle identification.

Company Name: Please use the name which you would like to see on the website and results. Results will be listed as follows – team number, team name, company name. Which could read – Team 4, Corporate Planning, representing Smith Williamson Brown.

Website & Fundraising URL's: Please list these if you wish them to be included on our websites. Otherwise, just leave blank.

Team Leader: This is our contact before and after the event, and each team must have a separate Team Leader. The Team Leader must pass on information to the rest of the team.

Previous mountain walking experience: We realise that the members of your team may well change between the time of entry and the time of the challenge itself. However, please let us know how experienced you all are. If this is your first challenge event, and you have no walking experience, please tell us. If you have all completed many challenges, and regularly climb in the Alps, please tell us... If you are all marathon runners – then tell us...!

Conditions of Entry: You are agreeing to comply with our event rules, return loaned equipment, and provide us with medical, contact and disclaimer information for each team member. Lost or damaged equipment must be paid for (VHF Radio £300, Group Shelter £80, SportIdent £65). There is no reason that items would get lost or damaged, apart from neglect.

Still Interested?

Expect around 50% of people, who initially show a keen interest, to find excuses why they cannot take part when it comes to the crunch. Please ensure you have a team before entering..! We cannot refund entry fees.

Still, Still Interested?

Please fill out the forms along with a deposit cheque made out to '**Youth Cancer Trust**'

Once we have received your entry form, we will send you a receipt and welcome pack. Your Team Leader will also be added to our Challenge Forum User Group, which offers a wealth of information, tips and advice to Challenge Teams.

Best regards – good luck,

Richie..
MERSEYVENTURE

Julie Dugan
Youth Cancer Trust



Youth Cancer Trust Three Peaks Challenge 2008

Organised by Merseyventure

Event Information:

Team Equipment Requirements

The following Equipment List forms part of the Rules & Conditions for the above event. Failure to comply with the list as detailed below may result in your team being excluded from taking part in the event.

Individual Team Members Kit List (Required)

Wicking Base Layer 'T' Shirt
Thermal Shirt or Fleece Jacket
Waterproof Jacket
Walking Trousers or Leggings
Waterproof Over trousers
Walking Boots
Hat & Gloves
Small Rucksack/Daysack
Head Torch & Batteries
Bivvy Bag
Whistle
First Aid Kit
Food
Drinks

Group Equipment (Required)

Map & Compass
Emergency Group Shelter (supplied)
Small Cooker & Fuel (supplied)
VHF Radio (supplied)
1x Small Sleeping Bag
Mobile Phone

Your team MUST comply with the above Kit Lists. A number of random kit checks will take place before and during the challenge. Training shoes and fell running shoes are not suitable for this challenge.

Other Equipment (Recommended)

Walking/Trekking Poles

GPS System
Powerful Hand Torch
Insect Repellent
Sun Cream/Sun Glasses

Kit Requirements Explained.

Wicking Base Layer 'T' Shirt: Cotton 'T' shirts will quickly become soaked either by the rain, or by perspiration, and offer no insulating properties. A synthetic base layer designed for active sports will not only be more comfortable, but can be a life-saver if you have to stop on the hill for a period of time. Top of the range base layers may cost around £60, Helly Hansen offer the famous 'Lifa' tops at around £20-£30, Tesco and Asda may offer some sports items, and you can get much cheaper 'Crane' sports items from Aldi. All are a good investment for walking in the mountains.

Thermal Shirt or Fleece Jacket: Your mid layer. The more ventilation options the better, but a minimum of half zip jacket or button pullover style should be OK. A fleece may take up more room in your rucksack, but will offer more warmth on a cooler day. Windproof and water resistant shirts and fleeces are more versatile, but at a greater cost.

Waterproof Jacket: Your outer, or shell layer. Investing in the best waterproof jacket you can afford is a wise way to spend money for this item. Get some advice from an outdoor shop assistant, and research the best value for money and performance features in magazines, outdoor websites, etc. Look for something that is both waterproof and breathable. Your choice should be based on your usual outdoor activity requirements, as waterproof jackets vary hugely – seek advice... From around £50 to anywhere over £300.

Walking Trousers or Leggings: Trousers are any trousers, slacks or bags designed for walking/trekking. Those with removable lower legs can be more versatile. Leggings are any leg cover similar to Ron Hills. *Jeans are **not** acceptable and will not be allowed.*

Waterproof Over trousers: Any kind of synthetic over trousers that offer some extra protection will be acceptable. If purchasing especially for this event, look for garments which have half-leg zips to enable pulling on these leggings when wearing walking boots.

Walking Boots: Any kind of boots specifically designed for walking/trekking. If purchasing for this event – seek advice, and do some practice walks beforehand. Don't wear brand new boots for this event! *Teams should note that training shoes, fell shoes & walking shoes are **not** acceptable. Boots only!*

Hat & Gloves: It is wise to bring a selection of hats and gloves. Baseball caps and desert hats can help in hot weather, goretex or fleece hats in foul weather. Thin gloves for warm weather, insulated mitts for cold conditions. Remember that you may need to hold torches, maps or compasses...

Small Rucksack/Daysack: Anything up to about 30 litres should be ideal.

Each member must carry their own equipment. Use a rucksack liner to keep contents dry, and pack soft items next to your back, bulky items away from your back. Keep drinks, food and waterproofs handy.

Head Torch & Batteries: Simple LED head torches are available from around £10. More elaborate and versatile head torches may cost up to £100. Great bit of kit to keep in the car when not walking... Good investment – but remember to carry a spare set of batteries.

Bivvy Bag: This is a real life-saver and a 'must have' for all walkers. A big orange plastic bag, for around £5. Multi-use, and very popular as a sledge in winter, this survival equipment makes an instant, weatherproof shelter for any injurer walker.

Whistle: To make the international distress signal, louder and clearer than shouting 'help'..! *What is that signal? And what is the response?*

First Aid Kit: A mountain first aid kit should include things you are likely to use. Scissors, triangular bandage, safety pins, sticky plasters, tweezers, etc. I also include some water steri-tabs, headache tablets, tea-tree oil, blister pads...

Food: During your trek on each mountain, you are unlikely to stop for lunch – so food should be small snack items which you enjoy. Fruit, crisps, nuts, sandwiches, chocolate bars, cheese, biscuits. It is also prudent to carry one emergency meal. You should always finish a walk with some food and an emergency meal left in your rucksack.

Drinks: A small flask with hot drinks or soup is ideal for cold weather. Isotonic drinks, fruit juices or simply water on warm days... Hydration packs are becoming more popular than drinks bottles and are worth a look. If depending upon natural water sources for liquid refreshment, check the map for rivers/streams and check the current state of the water table – perhaps carry steri tabs to purify any water collected en-route.

Map & Compass: Each team will be provided with a Beacon Guide/Merseyventure Three Peaks map set licensed by Harvey Maps, in a weatherproof laminate. This will include highlighted routes, and route plus waymarker information on the back. However, you must carry a further backup map of the area – ideally an Ordnance Survey Explorer map at 1:25,000. You must also carry a compass, even if using GPS.

Small Cooker & Fuel: Any small cooker with some fuel which will enable enough heat to boil some water. Gas, spirits or hexamine. Carrying a tin mug plus matches or lighter could be a good idea too!

Small Sleeping Bag: Any lightweight compact sleeping bag which will give extra protection to an injured walker when placed inside their bivvy bag.

Mobile Phone: The number must be given in at registration, and the phone left switched on throughout the 24 hour challenge, even if you retire.

Notes on organising equipment and clothing for this challenge:

Remember that you will be walking in three totally different regions over the 24 hour period, the Scottish Highlands in late afternoon, the Lake District in very early morning, and Snowdonia during midday. You are very likely to encounter all the problems of dehydration and sunburn, driving wind and rain, exhaustion and fatigue – and all during the same challenge.

It is very possible that after starting at Glen Nevis on a warm and sunny day, it may be -10 degrees on the top, Wasdale is the wettest valley in the UK, which invites thick, swirling mists and cold, lost teams, and Snowdonia can have a weather system all of it's own.

Do not skimp on clothing or equipment.

Bring a kit bag with plenty of clothing for all weathers, then select the most appropriate gear for each mountain and the prevailing weather conditions as you find them. Walking trousers with zip-off legs can be very useful in warmer weather. Bring plenty of dry under-garments, as you may well need to put fresh clothing on after each peak. Bring some warm, slack clothing to travel in.

A towel, wet-wipes, and deodorant, as well as head-ache tablets, foot powder, lip balm, anti-friction gel (Vaseline) and moisturiser.

It is unlikely that you will have toilet or changing facilities available at any of the start or finish areas. You will mostly be getting changed in your vehicle or using 24 hour service station facilities.

Remember to carry a couple of spare toilet rolls..!

Food & Drink.

You will need to be completely self-sufficient, and that includes providing all of your teams food, drink and catering needs over the 24 hours. On a warm weekend, *you will need up to 5 litres of water each* – this is expensive to buy at motorway services, and not readily available from local sources other than the supermarkets at Fort William. Stock up before you begin. Fill some flasks with hot water so you can have hot drinks or instant pasta meals when returning to your transport. Some teams may consider equipping their support team with a cooker to prepare some hot food for the walkers return, but this can be difficult, especially in poor weather.

You will have enough time to buy hot food from McDonalds, motorway services, and local services on the A55 if required.

Remember to carry lots of high energy food which needs no preparation and can be eaten cold. Fruit, nuts, sandwiches, chocolate bars, crisps, etc.. Isotonic or energy drinks should be kept in a coolbag and freely available so you can help yourself when travelling.

Support teams/drivers will need food too..!



Sponsorship

Enclosed is an official YCT sponsorship form for you to photocopy and use as required. If you need any new ones just contact us on Tel: 01202 763591 or admin@yct.org.uk

The final amount minimum balance of £1,400.00 will be due by cheque made payable to the **"Youth Cancer Trust"** one month after the event on the 22nd July 2008.

We recommend that all sponsorship money is collected at the time of being sponsored with people you may not know well or don't see very often to avoid the hassle of going round after the event, however many people will want to see that you have completed the task first!



Conditions of Entry:

By submitting this Entry Form, you agree to the following conditions:

1. Each team will carry all items as detailed in the 'Kit List – Group Equipment'.
2. Each team member will have all items as detailed in the 'Kit List – Individual Equipment'
3. Teams will return items as loaned by Merseyventure, at the end of the challenge, in good condition. Damage or loss will be invoiced to the Team Leader.
4. Teams must adhere to the 'Event Rules'. Failure to do so will result in disqualification.
5. Each team member will submit an 'Individual Information Form/Disclaimer' at registration.

I agree to the Conditions of Entry above, and enclose my Entry Fee.

Signed : _____

Date : _____



DISCLAIMER

TO BE COMPLETED BY ALL TEAM MEMBERS INCLUDING DRIVERS

NAME _____

TEAM NAME _____

ADDRESS _____

TELEPHONE: _____

MOBILE: _____

EMAIL ADDRESS: _____

AGE _____

I, the above, am physically fit and understand the risks involved in competing in the Three Peaks Challenge event.

I understand that this event is physically demanding and am not aware of any medical reasons for my not competing.

I am aware that it is my own responsibility to ensure that my clothing and footwear is suitable for the event, and that I should carry and drink plenty of fluids throughout. It is also my responsibility to ensure that I use suitable protection against the effects of the sun and all other elements.

I accept that the organisers of the event can accept no liability whatsoever for any injuries, financial losses or any consequential losses except where caused as a direct result of the actions of the organisers or the marshalls.

Signed _____

Date _____



PLEASE PHOTOCOPY FOR EACH MEMBER OF TEAM INCLUDING DRIVERS]

INDIVIDUAL REGISTRATION FORM

THREE PEAKS CHALLENGE

20-22 June 2008

Name:

Team Name:.....

Company:.....
(if applicable)

Home Address:.....

.....

.....

Home Phone No:.....

Next of kin:.....

Next of kin's Phone No.....
(If different from above)

Any known allergies:.....

Any current medication:.....

Team Vehicle:.....

Colour:.....

Registration No.

Mobile Phone:
No.(s) during
Event

Please return to: BY MONDAY 31ST MAY 2008

Julie Dugan, Youth Cancer Trust, 5 Studland Road, Alum Chine,
Bournemouth, BH4 8HZ

Accommodation Details (please double check prices and availability)

PLEASE BOOK ACCOMMODATION EARLY

THE YOUTH CANCER TRUST HAVE BLOCK BOOKED 40 BEDS AT THE "CHASE THE WILD GOOSE YOUTH HOSTEL" IN FORT WILLIAM SEE LINK <http://www.great-glen-hostel.com/> AVAILABLE ON FIRST COME FIRST SERVED BASIS!!!!

Hotels and Guesthouses

Royal Victoria (Quality) Hotel, Llanberis 3*

Tel: 01286 870253

£49.00pppn B&B based on twins sharing

Gwynedd Hotel, Llanberis 2*

Tel: 01286 870203

£62.00 p. room B&B twins, £30.00 pp B&B triples, £40 pn B&B singles

Erw Fair Hotel

Tel: 01286 872400

£55 p. room B&B twins

Plas Coch Guest House

Tel: 01286 872122

£62.00 p. room B&B, £45.00 B&B single occupancy

The Heights Hotel, Llanberis

Tel: 01286 871179

£20pppn B&B twins, £25pppn B&B quads, £19pppn per bed in sharing room of 7

Mount Pleasant Hotel, Llanberis 1*

Tel: 01286 870395

£25pppn B&B twins e/s, £23pn standard single

Alpine Lodge Hotel, Llanberis 2*

Tel: 01286 870294

£60 p. room B&B twins and triples £60 pn single occupancy

Bed and Breakfast

Hafod y Wennol, Llanberis 3*

Tel: 01286 870160

£21pppn B&B based on twins sharing, £25pppn B&B single occupancy

Idan House, Llanberis

Tel: 01286 870673

£20pppn B&B no single supplement

Youth Hostels

Snowdon Ranger, Caernarfon 3*

Tel: 0870 770 6038

£10.60 YHA members, £13.60 non-members over 18yrs

Llanberis 2*

Tel: 0870 770 5928

£11.80 YHA members, £14.80 non-members over 18yrs

Boulder Adventure Centre

Tel: 01286 870556

£13.50 for bed and light breakfast

Useful Contact Details

Youth Hostel Association

Tel: 0870 770 8868

www.yha.org.uk

Off the Motorway Accommodation

email@offmotorway.com

www.offthemotorway.com

Travel Lodges

Tel: 0870 242 8000

www.travelinn.co.uk

www.premierlodge.co.uk

www.5minutesaway.co.uk

Preston Tourism

Tel: 01772 253731

www.visitpreston.com

Snowdon Tourism

www.snowdonia-tourist-information-llanberis.co.uk