



## THREE PEAKS CHALLENGE 2010

### The Challenge - 3rd - 4th July 2010:

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 Saturday 3rd July and Sunday 4<sup>th</sup> July 2010.

### What you need to do:

- Find a team of between 6 and 8 to take part (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 £400. with the Youth Cancer Trust as soon as possible to secure place - YCT have to pay a deposit to our organiser.
- Provide your own transport for the whole team and cover fuel costs, including breakdown cover and insurance as required.
- Organise accommodation or take advantage of Youth Hostel Accommodation 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 Merseyventure/Youth Cancer Trust and agree to Merseyventure Conditions of Entry.
- 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, in order to be well rested and prepared for Challenge on **Saturday, 3<sup>rd</sup> July**

## 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:

Bournemouth to Ben Nevis  
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 register the following forms on line as early as possible as team numbers are limited:-

Examples of the on line forms are shown below:

- 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 enter all requested information 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.

**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. Ensure you have a team before entering..! We cannot refund entry fees.

### **Still, Still Interested?**

Please complete the forms and pay the deposit/registration fee on line. Once we have received your entry forms/registration, we will send you a receipt and welcome pack. Your

Team Leader will also be added to our Challenge Forum User Group,  
Best regards - good luck,

Richie..  
**MERSEYVENTURE**

Derek.  
**Youth Cancer Trust**



## **Youth Cancer Trust Three Peaks Challenge 2010**

### **Organised by Merseyventure**

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#### **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 Overtrousers  
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 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...

**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 Overtrousers:** Any kind of synthetic overtrousers 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, head-ache 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 licenced 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.

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. 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..!**



## 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 :** \_\_\_\_\_

**Team Leader**



## DISCLAIMER

TO BE COMPLETED BY ALL TEAM MEMBERS INCLUDING DRIVERS

NAME \_\_\_\_\_

TEAM NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

TELEPHONE: \_\_\_\_\_ MOBILE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Date of birth \_\_\_\_\_

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 \_\_\_\_\_

PLEASE PHOTOCOPY FOR EACH MEMBER OF TEAM INCLUDING DRIVERS]

**INDIVIDUAL REGISTRATION FORM**

**THREE PEAKS CHALLENGE**

**3<sup>rd</sup> & 4<sup>th</sup> July 2010**

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 .....

**Derek.A.Smith**  
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## **Accommodation Details**

**(please double check current prices and availability)**

### 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](http://www.yha.org.uk)

#### Travel Lodges

Tel: 0870 242 8000

[www.travelinn.co.uk](http://www.travelinn.co.uk)

[www.premierlodge.co.uk](http://www.premierlodge.co.uk)

#### Snowdon Tourism

[www.snowdonia-tourist-information-llanberis.co.uk](http://www.snowdonia-tourist-information-llanberis.co.uk)

#### Off the Motorway Accommodation

[email@offmotorway.com](mailto:email@offmotorway.com)

[www.offthemotorway.com](http://www.offthemotorway.com)

[www.5minutesaway.co.uk](http://www.5minutesaway.co.uk)

#### Preston Tourism

Tel: 01772 253731

[www.visitpreston.com](http://www.visitpreston.com)