

Ben Nevis

Scafell Pike

Snowdon



3 Peaks Challenge

9-10 June 2012

Summit the highest mountains in England, Scotland and Wales in the ultimate team challenge



To take part in this **unequaled team event** pay a registration fee of only **£195** and commit to raising funds to improve the health of sick children and babies



For further information and an application form

actionforcharity.co.uk
01590677854
events@actionforcharity.co.uk

The Three Peaks Challenge is managed by Action for Charity on behalf of Action Medical Research



raising funds for
action medical research
for children, for life

Charity reg. nos 208701 and SC039284

3 Peaks Challenge

www.actionforcharity.co.uk

9-10 June 2012

The challenge is on for teams of 4-6 to summit the highest mountains in England, Scotland and Wales in the ultimate team challenge. Action Medical Research's 3 Peaks Challenge has an extra special challenge built-in as teams must take charity mascot Paddington Bear to the top of each mountain.

The challenge starts with a check-in on Friday 8 June in Fort William, Scotland. Teams then start from 4am the following morning at the foot of Ben Nevis. The challenge finishes with a well-deserved full Welsh breakfast at the foot of Snowdon!

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The Challenge

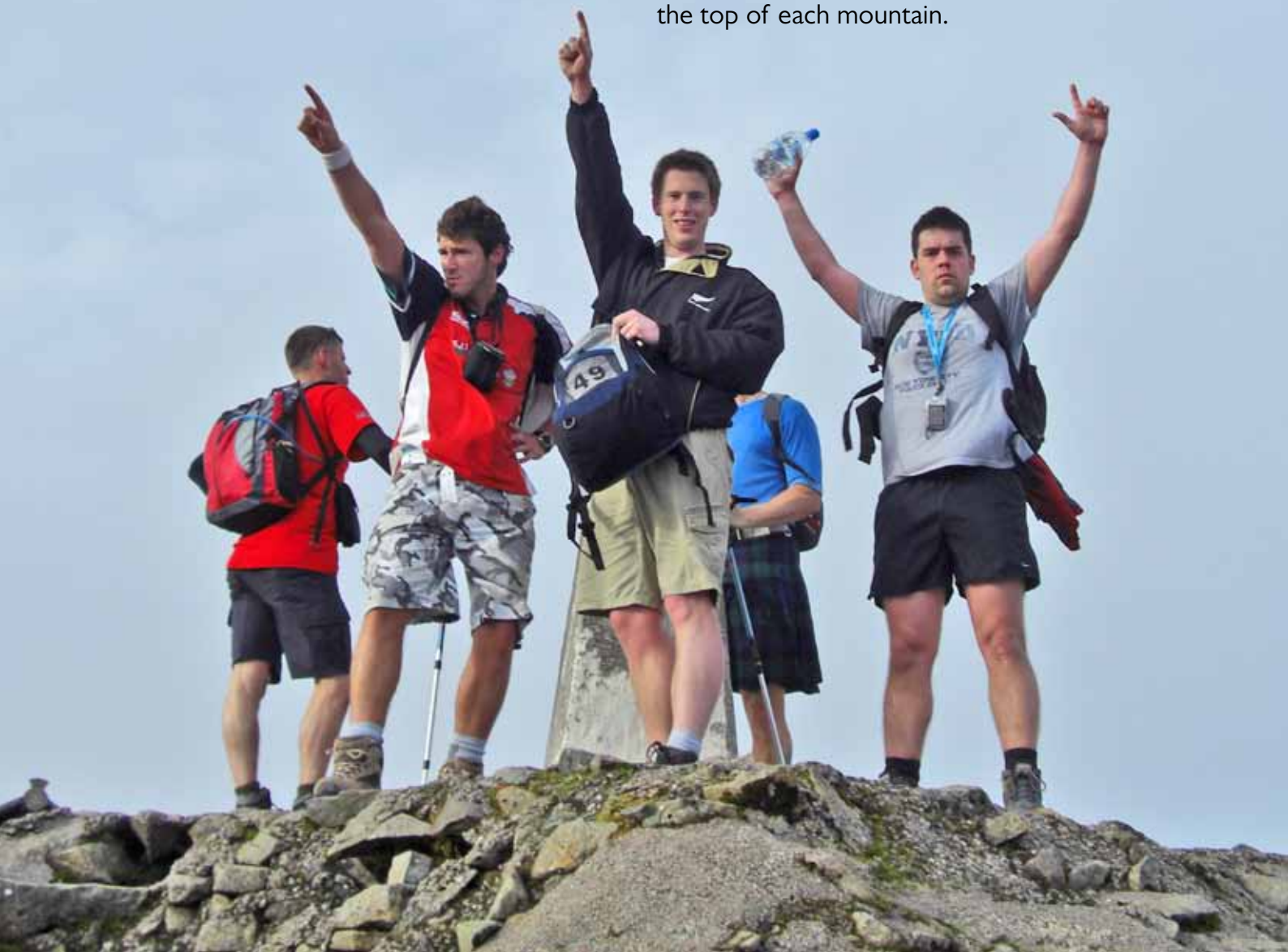
The challenge is on to climb the three highest peaks in Britain: **Ben Nevis**, **Scafell Pike** and **Snowdon**. It is a tough challenge but one that, with training and careful planning, is achievable. Many teams will aim to complete the challenge in 24 hours or less, others will take closer to 30 hours.

Teams are made up of 4-6 people. Please note that teams must comprise a minimum of four people (three climbers and a driver) and a maximum of six (five climbers plus a driver). Teams cannot exceed five climbers as the number of people on each mountain at any one time is limited.

The challenge starts at the foot of **Ben Nevis** (1,344m/4,409ft) in the spectacular setting of the Scottish Highlands. It finishes at the foot of **Snowdon** (1,085m/3,560ft), North Wales. In between teams will visit **Scafell Pike** (978m/3,206ft) in the Lake District.

Team members have to cope with changing clothes, eating, drinking and even sleeping as they travel to their next destination by road. Minimum drive times are put in place to avoid racing between the peaks.

Action Medical Research's **3 Peaks Challenge** has an extra special challenge built-in as every team must take charity mascot Paddington Bear to the top of each mountain.



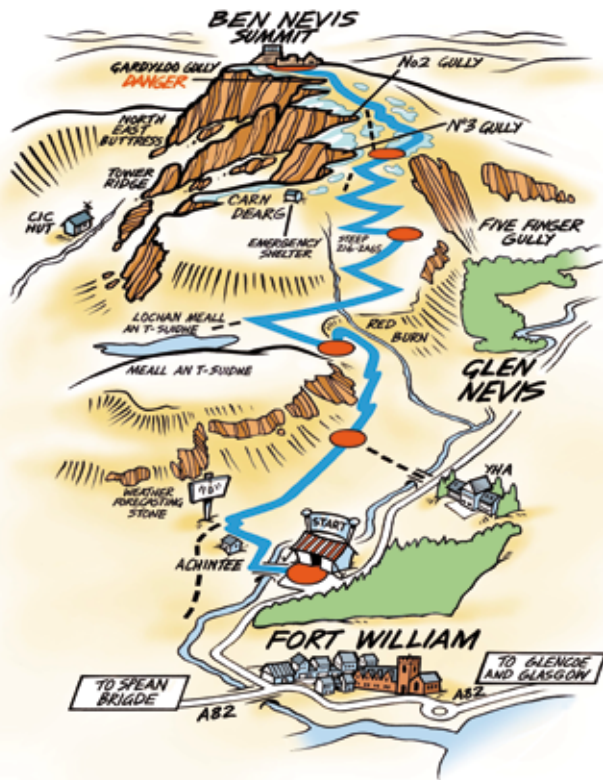
3 Peaks Challenge

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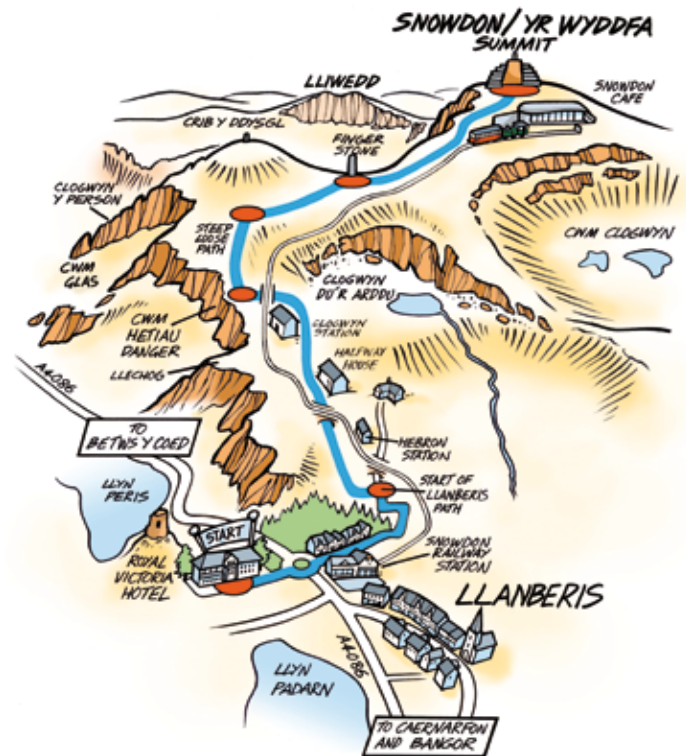
9-10 June 2012

Challenge routes

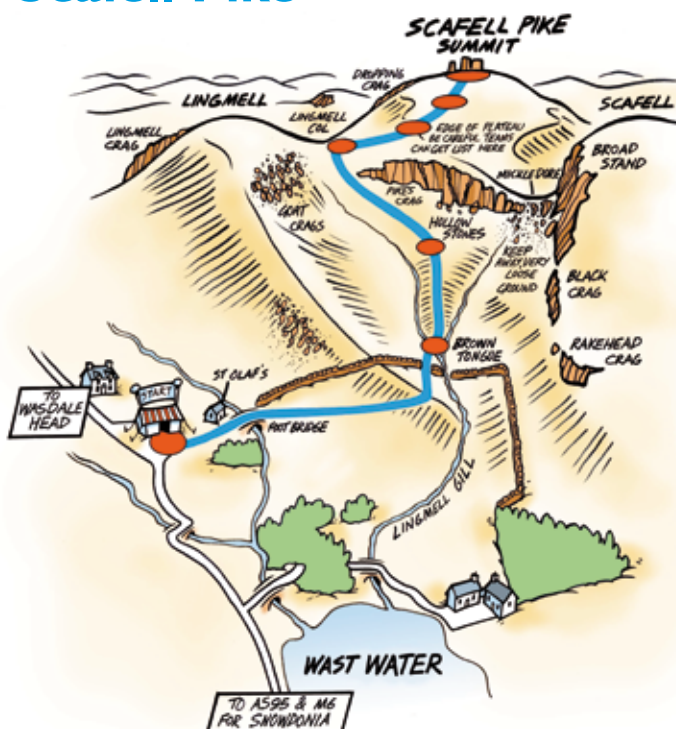
Ben Nevis



Snowdon



Scafell Pike



The Stats

Ben Nevis (1,344m/4,409ft)

Scafell Pike (978m/3,206ft)

Snowdon (1,085m/3,560ft),

KEY

Marshall
Locations

Path

3 Peaks Challenge

www.actionforcharity.co.uk

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Your questions answered

How does it work?

To take part you are required to pay a non-refundable registration fee of £195 per team of 4-6 (not per person) when you sign up for the challenge. You are then asked to raise minimum funds of £2,000 for Action Medical Research. In order to be confirmed on the challenge your team must have £600 of the funds in by 11 May 2012. The remaining money should be paid in by 13 July 2012. In return we provide full event support, including fundraising advice and sponsor forms, route cards and equipment lists. We also provide qualified event marshals, first aid support, certificates, medals, trophies for winning teams, t-shirts and a post event breakfast. The more money raised by participants on the challenge the higher the percentage of funds that directly support the work of Action Medical Research. You are therefore encouraged to exceed the minimum fundraising target.

How fit do I have to be?

The 3 Peaks Challenge is a tough event. It is achievable by people with a reasonable level of fitness, who are prepared to put in plenty of training beforehand. The more you train, the more you will enjoy the challenge. It is a great incentive to train and get fit, whilst at the same time knowing you are raising funds for an excellent cause.

How many team members can we have?

Teams are made up of 4-6 people. Teams must comprise a minimum of four people (3 climbers and a driver) and a maximum of six (five climbers plus a driver) Teams cannot exceed five climbers as the number of people on each mountain at any one time is limited. We strongly recommend you have a dedicated driver for the challenge who can rest whilst you are on the peaks.

Are there minimum drive times?

For safety reasons, every team will be given the same minimum travel time between the mountains. This is designed to avoid any road racing between the peaks and is the minimum safest driving time for the route. Marshals will not allow teams to start their ascent of the next mountain until the minimum time has elapsed.

Where does the event start?

The event starts in Fort William, Scotland. You will therefore need to organise accommodation in the area for Friday 8th June. Your team will need to check-in and attend a safety briefing on the Friday evening. Teams will then be set off the following morning from 4am onwards.

Do I need special equipment?

It is essential that you come prepared with the correct equipment for the challenge. We insist that you have walking boots or fell running shoes for the challenge. Trainers are not allowed. You must also have the relevant maps, compass and appropriate waterproof clothing.

How do I sign up?

The best way to register is on the Action for Charity website:

www.actionforcharity.co.uk don't worry if you haven't confirmed your team of 4-6 people yet, you can register now to secure your place and then send us details of your other team members as soon as they are confirmed.

3 Peaks Challenge

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Make your team a winner

Every participant who takes part in the 3 Peaks Challenge will receive a medal and certificate for taking part. However we also have trophies for the fastest teams, the best team spirit and top fundraising team.

The awards on offer are:

- **Fastest Team**
- **2nd Fastest Team**
- **3rd Fastest Team**
- **Fastest All Female Team**
- **Fastest Mixed Team** (1 or more female climbers)
- **Best Team Spirit** (triumph over adversity, good fun, supporting to each other and other teams etc)
- **Top Fundraising Team** (awarded one month after the event after the fundraising deadline)



Fastest Team

2011 Barratts 2 21hrs 36mins
2010 Peaked Too Soon & Snowdone & Dusted 21hrs 47mins
2009 F5 Networks 19hrs 50mins
2008 Total Team Building 17hrs 46mins
2007 Elite Homes 17hrs 20mins

Fastest All Female Team

2011 Barratts 1 29hrs 20mins
2010 Mad Dogs 23hrs 40mins
2009 N/A
2008 Madbirdsandgordon 27hrs 27mins

Fastest Mixed Team

2011 Team Taqa 22hrs 1min
2010 Sub 22 23hrs 40mins
2009 F5 Networks 19hrs 50mins
2008 Total Team Building 17hrs 46mins
2007 21 Alpha 20hrs 20mins

Top Fundraising Team

2011 Maddogs & Linden Men £3,865
2010 Pedigree Clac £4,151
2009 The Greenvale Monarchs £4,228
2008 Sunseeker Predators £32,917
2007 The Builders £4,506

Best Team Spirit

2011 On it, with Love
2010 Barratt Wales Snails
2009 Bucks New University
2008 Bear's Barton Bobbies
2007 3M Automotive Germany

It was a brilliant experience, it was hard work and definitely tested all of us as individuals and as a team. Each of us had low spots on each mountain but the team spirit got us through and we managed to take first place. We are now looking at what challenges we can tackle next year.

**Ross Huartt
Barratts 2
Fastest Team 2011**



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Why take part?

Action Medical Research is celebrating 60 years of vital research for babies and children in 2012

We are proud of our track record in funding medical breakthroughs beginning with the UK polio vaccine which has kept children safe from this deadly virus ever since.

Today too many children are still suffering from disease and disability and we are determined to help.

Your money will fund projects that aim to offer hope to many thousands of families who are dealing with the trauma of a baby born too soon, striving to support a child affected by disability, or facing the challenge of caring for a child with a rare condition for which there is no cure.

Katie's story

Katie was born almost two months early. She needed resuscitating at birth and spent her first weeks of life in neonatal intensive care. At just three-weeks-old her head



became bigger, causing everyone alarm. She had developed hydrocephalus, also known as water on the brain. This is a serious but sadly quite common complication for premature babies. Thankfully doctors were able to draw off the excess fluid, avoiding the need for surgery.

Katie has had many difficulties to overcome - she has been slower to develop both physically and in terms of her speech; she was diagnosed with epilepsy at 10 months and her eyesight is poor.

Despite her difficulties, proud mum Siobhan says "she has done amazingly well. All in all she is your average six year old now and is the cheekiest monkey around."

Every step you take on the **3 Peaks Challenge** will help fund medical research that could one day help children like Katie. With your help, we can fund even more life-changing research for babies and children in 2012.



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How we support you

Action for Charity are here to help you achieve your challenge and will support you all the way. We are on hand from the minute you sign up to answer any questions you might have about your fundraising, training or the challenge itself.

Fundraising

As soon as your team registers for the 3 Peaks Challenge all team members will be sent a welcome pack, which includes fundraising advice and original ideas to raise funds for Action Medical Research. On signing up you will also receive sponsorship forms and we send you regular fundraising ideas in the build up to the event.

Online Fundraising Page

Your pack also includes a link to setup your own online fundraising page on the Action Medical Research website. You can either setup one page for the team,

individual pages or both! This will enable you to send a link that your sponsors can then click on and donate securely using a credit or debit card. Previous participants have raised hundreds online!

The Challenge

On the weekend of the challenge our team will be there to support you throughout. We are there to make your challenge as enjoyable as possible and will support you every step of the way. We will be at all the check-in points with water, hot drinks, snacks and plenty of encouragement!



The 3 Peaks Challenge is managed by Action for Charity to raise funds for Action Medical Research (reg charity number: 208701/SC039284) Action for Charity is the trading name of Action Events Limited. Company Registration No.3615142. Registered office: Newcourt House, New Street, Lymington, Hampshire, SO41 9BQ

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Conditions of entry

- 1.** A registration fee of £195 per team (non-refundable) is required to participate in Action Medical Research's 3 Peaks Challenge 2012 event. In addition teams must also undertake to raise a minimum of £2,000 in sponsorship money for Action Medical Research and pay £600 in by Friday 11th May 2012 (four weeks before the event date).
- 2.** If teams are unable to raise the minimum sponsorship required team members must make up the balance themselves to ensure the charity does not incur any loss.
- 3.** If the team does not take up its place for any reason, they must inform the organisers immediately. They must contact all their sponsors to ask if they wish to make a donation or have their sponsorship money returned. They must send all sponsorship forms and sponsorship money collected to the organisers who will pass it on to Action Medical Research.
- 4.** All cheques for sponsorship money must be made payable to **Action Medical Research** and sent to the organisers.
- 5.** The good reputation of Action Medical Research is paramount. You must agree to act lawfully and follow the safety and fundraising guidelines laid out by the organisers.
- 6.** You must be at least 18 years of age before the 9 June 2012 unless special permission has been given by the organisers.
- 7.** All those who take part in Action Medical Research's 3 Peaks Challenge event do so at their own risk. The charity and the organisers are unable to accept liability for any loss or damage, however arising, or for cancellation of the event for any reasons outside their control.
- 8.** Teams must abide by the Country Code and adhere to all safety guidelines and instructions given by the organisers.
- 9.** Team members must abide by the Rules of the Event issued by the organisers and follow all instructions regarding essential equipment and clothing. Teams which do not abide by the rules will be disqualified from the event.
- 10.** Action Medical Research and the organisers may, at their sole discretion, withdraw places on the event if they believe it is in the best interest of the charity to do so.

