



Information Sheet

The RMHC Charity Challenge 2008

The Yorkshire Three Peaks

Who: You and three friends, plus another 99 teams of four.

What: A challenging 24 mile (38 Kilometre) trek with 5000ft (1500 metres) of ascent over the beautiful Yorkshire Three Peaks of Pen-y-Ghent, Whernside and Ingleborough. Times to complete the course are normally between eight and 12 hours.

When: Saturday 6 September 2008, starting from 0630. (The earlier you start the earlier you finish!) This will probably mean you need to stay locally overnight. There are many hotels and B&Bs locally and a campsite nearby (details will be provided after registration).

Where: The start and finish is in the village of Horton-In-Ribblesdale, North Yorkshire, 6 miles north of Settle, 48 miles north west of Leeds and 56 miles north of Manchester. Ordnance survey map: Explorer OL2.

Why: To help improve the quality of life of desperately ill children by raising money to provide their parents and siblings with free "home away from home" accommodation for the duration of their hospital stay.

What your team will need:

- To raise a minimum of £500 per team (This equates to a little over £100 per person if claiming Gift Aid)
- First aid kit including blister plasters, sunscreen and foot powder
- Torch

What each team member will need:

- Walking boots (make sure they fit well and are broken in).
- Backpack, waterproof jacket and trousers, spare socks, hats (for hot & cold), warm clothing.

Further information & registration form: Please contact the Event Team:

Events Team, RMHC, 11-59 High Road, East Finchley, London, N2 8AW.
Tel.No: 0844 840 0844 Fax.No: 020 8700 7417 Email: sian.hanson@uk.mcd.com

A £40 registration fee is required for each team.

What we will provide each team with: A map of the route, route card, instructions, local area information, a snack breakfast, some lunch, snack at the finish and water at the low level check points.



REGISTRATION FORM

RMHC CHARITY CHALLENGE 2008

THE YORKSHIRE THREE PEAKS: SATURDAY 6TH SEPTEMBER 2008

IMPORTANT NOTICE

As with any adventurous activity, it has the potential to be hazardous. Therefore anyone intending to participate in or become involved with the RMHC Charity Challenge 2008, either as a participant or otherwise does so at their own risk. The organisers and others involved in the management and organisation of the RMHC Charity Challenge, to the fullest extent permitted by the law, take no responsibility for any injury, loss or damage. By signing below you signify that you have read and agree with this notice.

TEAM NAME:

Company Name (*if applicable*):

Registration Fee £40 per team (*Please make cheques payable to RMHC*)

Please send completed registration form to: Events Team, RMHC, 11-59 High Road, East Finchley, London, N2 8AW.

Tel.No: 0844 840 0844 Fax.No: 020 8700 7417 Email: sian.hanson@uk.mcd.com

Team Leader (1):

Address:

.....

Tel.No: Mobile No:

Email: Date of Birth:

Next of Kin: Contact No:

T shirt Size: S M L XL XXL Fell Walking Experience: High/Medium/Low
(*delete as applicable*)

Signature:.....

SEE IMPORTANT NOTICE ABOVE

Team Member (2):

Address:

.....

Tel.No:Mobile No:

Email: Date of Birth:

Next of Kin: Contact No:

T shirt Size: S M L XL XXL Fell Walking Experience: High/Medium/Low
(delete as applicable)

Signature:.....

Team Member (3):

Address:

.....

Tel.No:Mobile No:

Email: Date of Birth:

Next of Kin: Contact No:

T shirt Size: S M L XL XXL Fell Walking Experience: High/Medium/Low
(delete as applicable)

Signature:.....

Team Member (4):

Address:

.....

Tel.No:Mobile No:

Email: Date of Birth:

Next of Kin: Contact No:

T shirt Size: S M L XL XXL Fell Walking Experience: High/Medium/Low
(delete as applicable)

Signature:.....

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