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2024 CHALLENGE

ABOUT THE CHALLENGE

FRIDAY 6TH SEPTEMBER 2024

- The Challenge
- Fundraising
- Promotion
- Q&A



Fundraising
For:

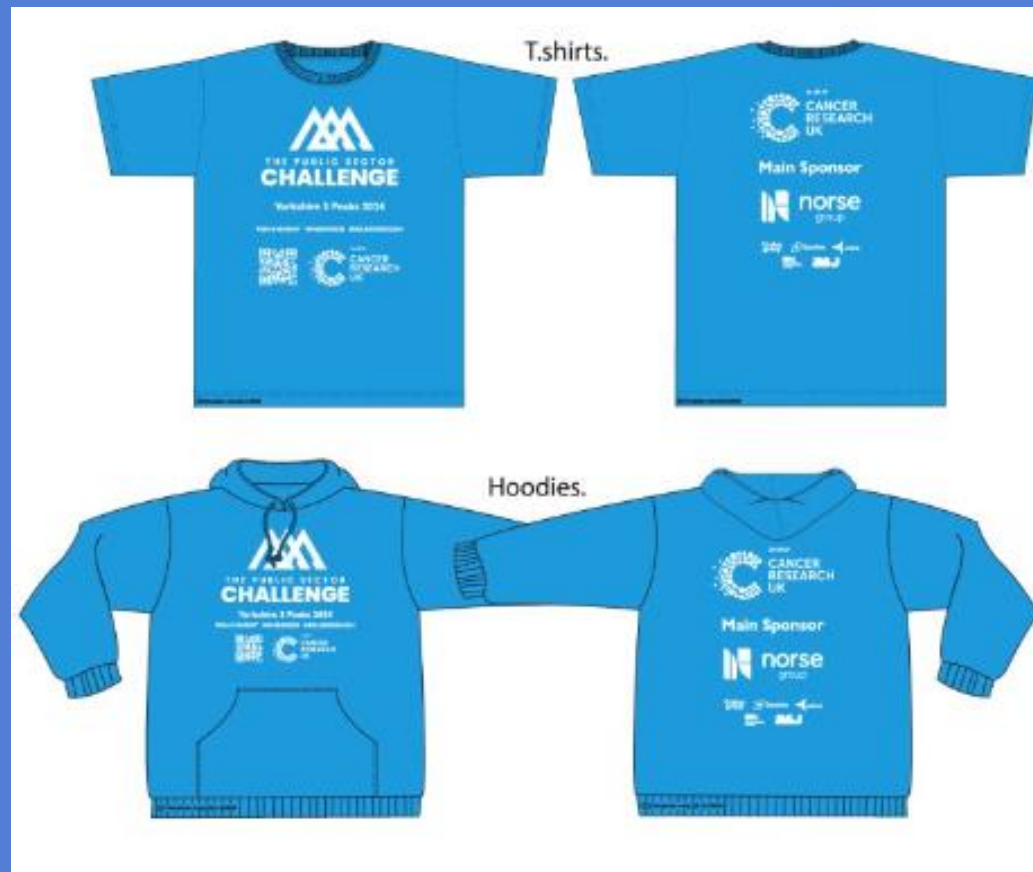


Our
Partners:

Main sponsor



The Challenge



We are at 600 Participants! – Online Registration Closed



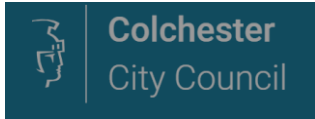
Fundraising
For:



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CIVICA

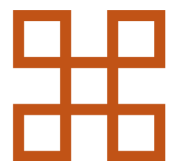


CGP | MEP



Sketch
Consulting

axis



Amey



PARK
AVENUE
RECRUITMENT

Rundles



Creating Communities

Adapt IQ

everyone
ACTIVE

& GREENE
GREENE
SOLICITORS



Cratus
group

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wilkin chapman llp
solicitors & insolvency practitioners



Jh
CO Joseph hardy
Conservation | Place | Development

LLG



LGcomms

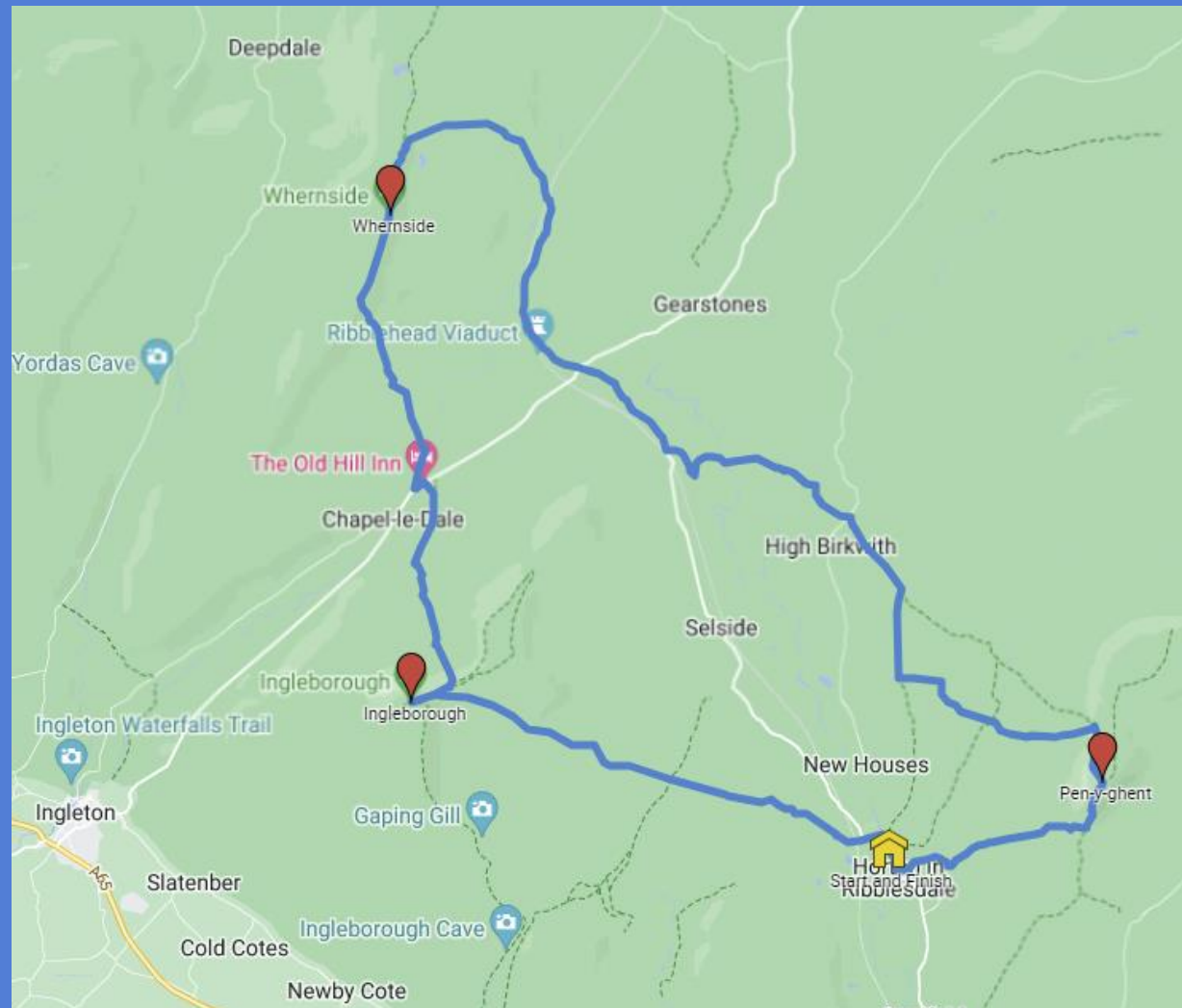
The Challenge Route

Friday 6th September

24 Miles (38.6km) round trip
1585m (5200ft) of ascent

1. Pen-Y-Ghent (694m)
2. Whernside (736m)
3. Ingleborough (723m)

2024 Challenge - Public Sector Challenge



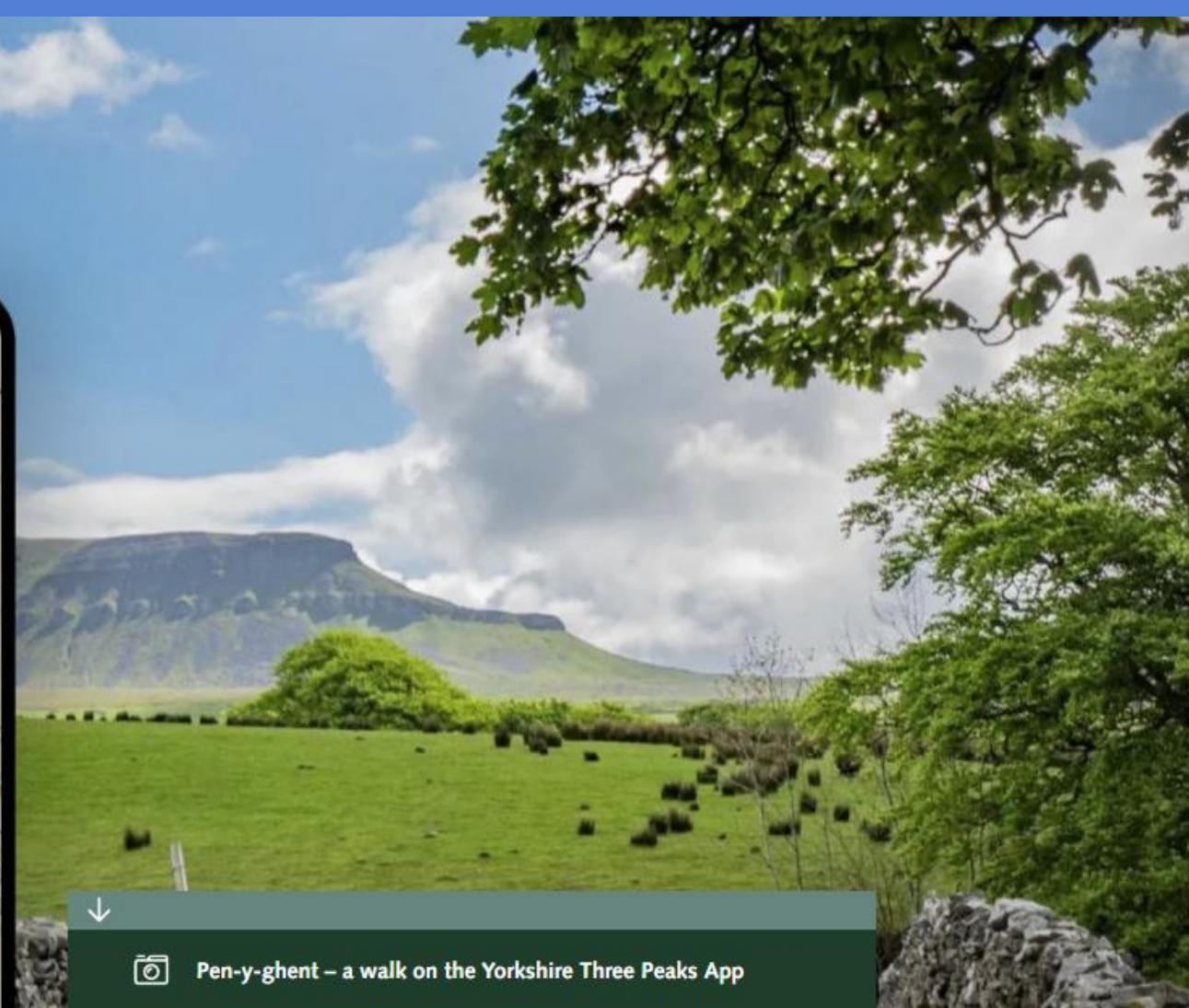
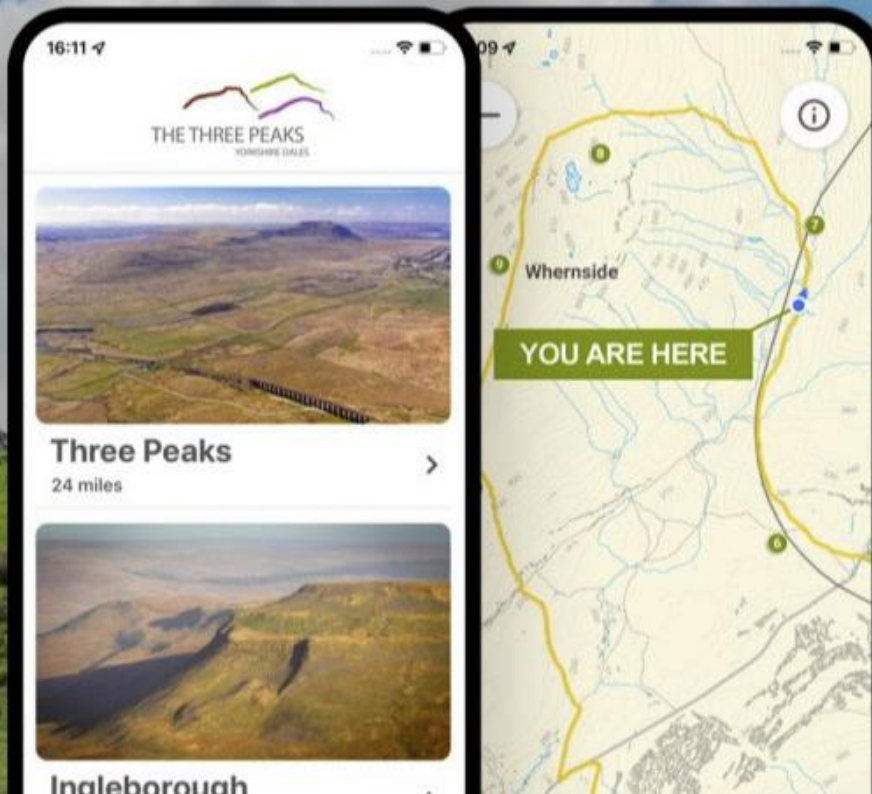
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Yorkshire Three Peaks Code of Conduct



The Yorkshire Three Peaks is part of the Yorkshire Dales National Park - a very special place.

The Three Peaks has become an increasingly popular location for fundraising events. **YOU** can help us keep the area special for everyone to enjoy by following the Yorkshire Three Peaks Code of Conduct:

Parking is Limited

- Keep vehicles to a minimum, use local transport to get here or car share where possible.
- Please park considerately and do not obstruct passing places, clearways, private roads, tracks, roadside verges, gateways or pavements.



Be Quiet!

- **Please keep noise to a minimum.** Respect the peace of people living and staying in the area.
- Keep early morning noise (from both people and vehicles) to an absolute minimum and maintain it until you are away from the village.
- Do not use bells or claxons to 'ring home' your participants at the end of their challenge.



Leave No Trace

Litter...

- **Take it home!**

Litter places a burden on our small, rural communities and is a blight on the landscape. If you really want to help, pick up any odd bits you see along the way.

- **Remember**, banana skins and orange peel are litter, too – they are unsightly and take years to decompose.



Toilets...

- **Don't get caught short!**

Toilet facilities on the Three Peaks route are limited (the only public toilets are at Horton-in-Ribblesdale).

- **Do not** use the mountains as an outdoor toilet. This has significant impact on local water supplies and ecology, and is unpleasant for other visitors. If you do need to urinate, do so at least 30m from streams and burns. If you need to defecate, do so as far away as possible from buildings, streams and farm animals. Bury faeces in a shallow hole and replace the turf.



Stay Safe

- **Be prepared!**

Make sure you are well prepared in terms of kit and have a good level of fitness. Make sure you have at least one person in your group who can navigate in difficult conditions. Local mountain rescue teams are all volunteers and should only be called in an emergency.



Give Something Back

- **Support the local community**

by using local facilities and services.

- **Donate to path maintenance.**

Help us look after this special place by donating a minimum of £1 per walker - visit www.yorkshiredales.org.uk/threepicks



Enjoy yourself – but please respect those who live and work here. Come back and stay some time soon, linger, explore and enjoy the local hospitality, and get to know the place and the people.

Let's keep the Yorkshire Three Peaks special

Horton-in-Ribblesdale
Parish Council



YORKSHIRE DALES
National Park Authority



**NORTH
YORKSHIRE
COUNCIL**



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**Cratus
group**



The Challenge - On and before the day

Venue Start and Finish (Registration and celebration)
Horton In Ribblesdale (BD24 0HH)

Parking Opposite site –
Purchase through the website Shop
(Opens from 5am)

£5 Cars

£10 Mini Busses



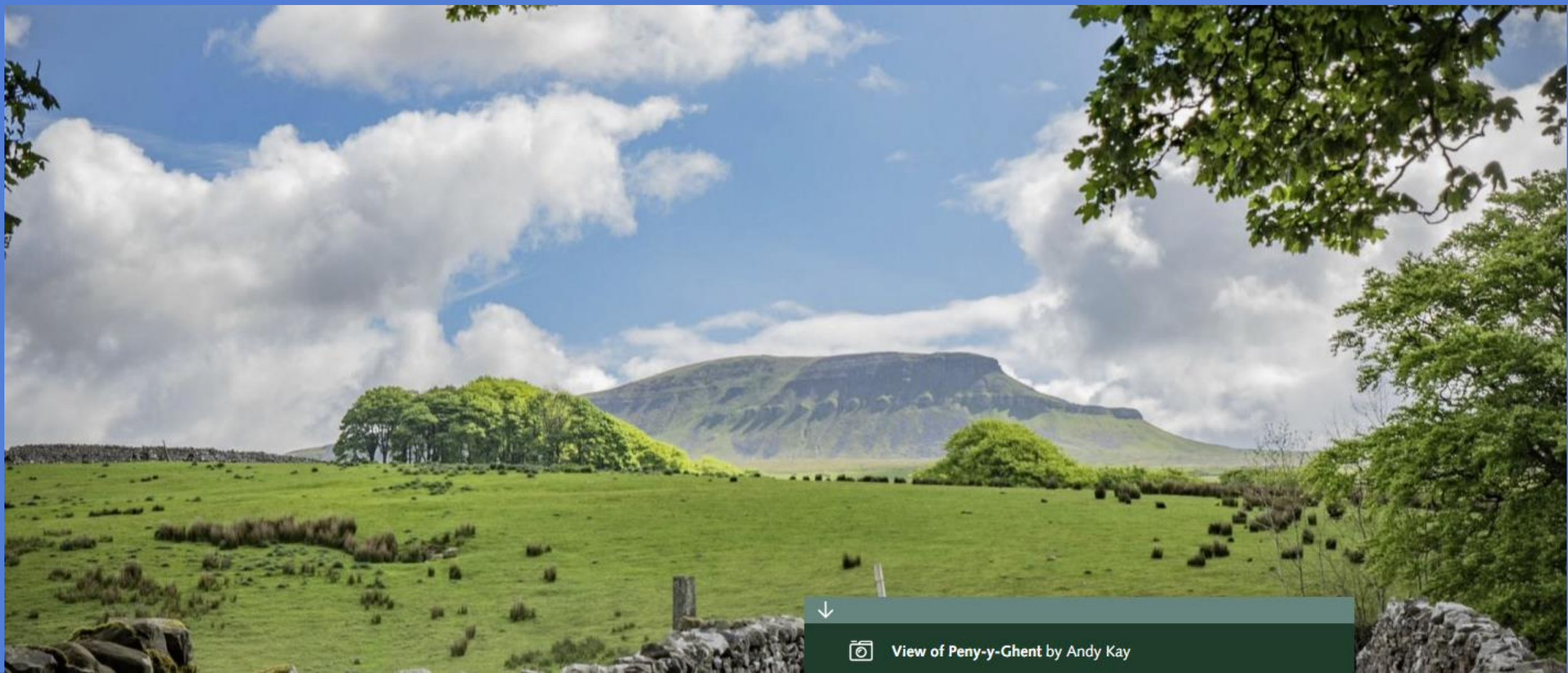
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The Challenge-Timings

Start and Finish (Horton-in-Ribblesdale)

Arrive from 5.30am (Registration open-Chip/Lanyard)

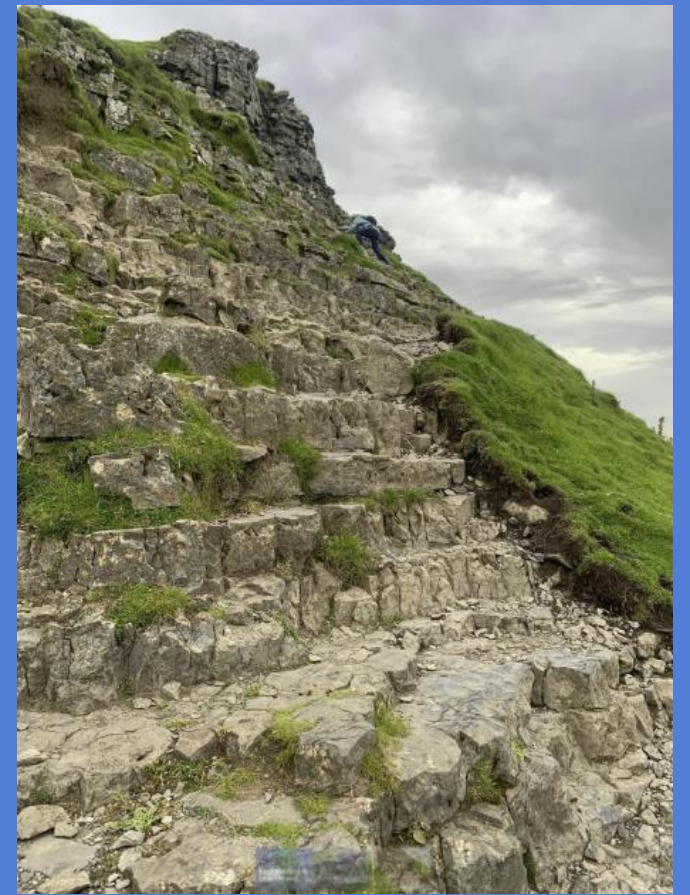
Start from 6am (Head Torch required)

Sunrise 6.27am approx.

8am Summit 1 - Pen-Y-Ghent

10.30am Checkpoint 1-Ribblehead Viaduct (20min Break)

(Water, refuel and Toilet stop-Station Inn PH in Ribblesdale)



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From Ingleborough to Whernside Yorkshire Three Peaks



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The Challenge

10.50am Set off towards Whernside, from the viaduct towards the summit

12.50pm Summit 2 – Whernside

Descending Whernside towards Chapel-Le-Dale, stopping at Philpin Farm for 2nd stop

2pm Checkpoint 2-Philpin Farm (15min Break)

(Water, refuel, Café (card or cash) and Toilet)

Check Point 2 –Later than approx. 3pm Advice not to carry on



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Ingleborough At 723m (2,372ft), Ingleborough is the second highest of the Yorkshire Three Peaks but is probably most people's favourite with the interesting route up from Clapham providing a great scene-setter for the fine views from the top.



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The Challenge

4pm Summit 3 – Ingleborough

6.30pm Complete Challenge and back to Horton-In-Ribblesdale (sunset 7.47pm)

Celebration Event and Medal Giving – 4-11pm

Food (Pizza and Fish and Chips) , Bar, Music

Free first drink and Pizza or Fish and Chips
(Paid Bar and Food after this cash and card)



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The Challenge-Support, Health, Safety and Wellbeing

- Walk and not a Race
- Follow designated route (North Yorkshire - National Park)
- Always stay in groups of minimum 2 but preference minimum 4
- Teams to preferably have a first aider (Event Medics on hand)
- Route is well signposted but carry map, compass, Mobile phone, battery pack for phone.
- Walk is at your own risk all teams should gain medical disclosures from employees/participants ahead of challenge.
- Event Management Plan & Risk Assessments will be shared with all participants. Suggest notifying your own insurer.



Fundraising
For:



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[illegible]

Public Sector Challenge Fundraising

Jess Allchin, Relationship Manager, Cancer Research UK

Lynsey Greaves, National Relationship Executive, Cancer Research UK

<https://fundraise.cancerresearchuk.org/unit/public-sector-challenge>



Together we are beating cancer

[Log in](#)



Public Sector Challenge 2024 - Yorkshire 3 Peaks

Please sponsor my Public Sector Challenge 2024 – Yorkshire 3 peaks.

In aid of



CANCER
RESEARCH
UK



Registered charity numbers: 1089464, SC041666, 1103, 247.



Other ways to increase online fundraising



Don't be afraid to share

Sharing your page on Facebook, Instagram, Twitter and WhatsApp will help you raise more. Let people know about what you're doing!



Connect your fitness app

Taking on a physical challenge? Did you know, users who connect their Strava or Fitbit accounts to their fundraising pages, get 3 times the number of donations than those who don't?



Say thanks!

20% of donations come in after your event has ended, so make sure you follow up to thank your supporters.



Create a QR code

There are many free QR Code generators online.

Fundraising ideas



Quick wins

Coffee mornings, bake sales, dress down days are all firm favourites in the office



Directors Challenge

Who might be willing to attract lots of engagement and sponsorship through a head shave or ice bucket challenge



Existing Events

Do you have any existing company socials you could use to fundraise



Fundraising Materials

Get in touch with Jess at Cancer Research UK for any materials you might like for your events

Facebook Group

- Please join **Public Sector Challenge 2024 – Yorkshire 3 Peaks** on Facebook
- Lynsey and Polly from Cancer Research UK will be posting regular fundraising advice and ideas to the group
- You can put your fundraising questions to them in the group, or simply share what you've been doing to raise money!



Together we are
beating cancer

Get in touch for further support

Jess Allchin
Relationship Manager

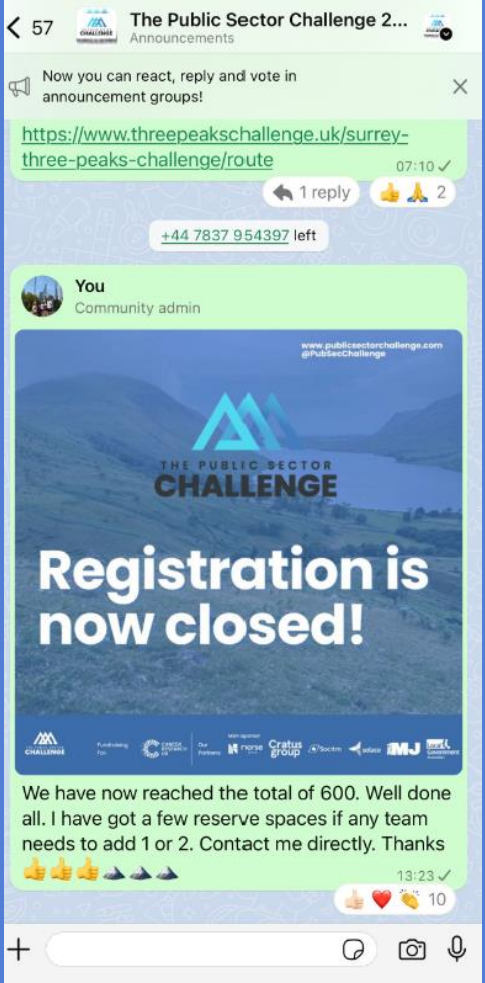
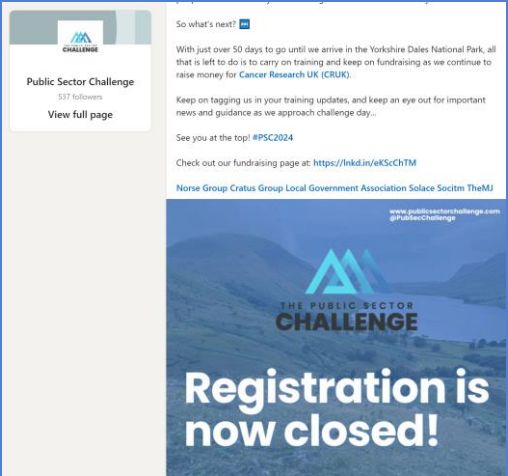
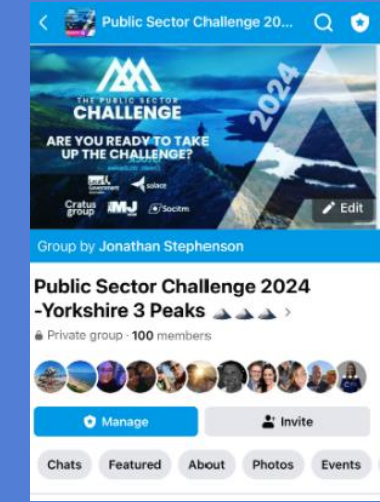
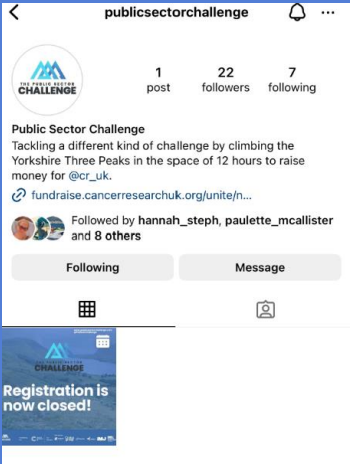
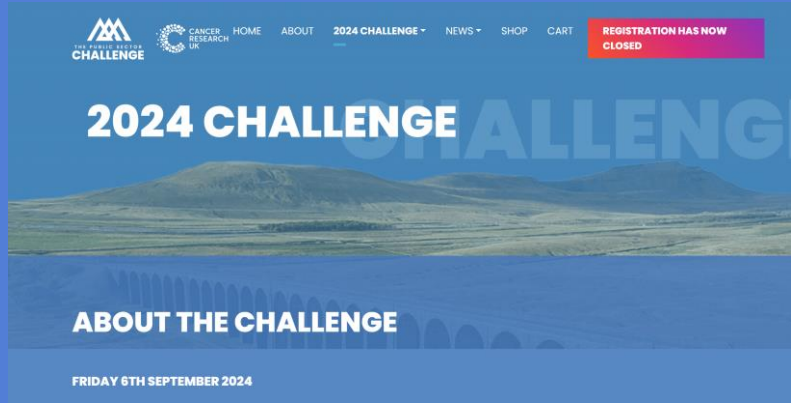
Jessica.Allchin@cancer.org.uk

07824 538005

<https://www.linkedin.com/in/jessica-allchin/>



Information



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Useful Resources

As September 6th draws closer, we will provide you with helpful resources to help prepare for you for the challenge, including what supplies to bring, apps to download and tutorials to watch.

Getting ready for the challenge

Civica's Emily Douglin has produced this helpful guide setting out everything you need to prepare for a safe and enjoyable walk. This includes essential gear for before and after the hike, in addition to valuable lessons to consider.

[Read Emily's blog here](#)

Three Peaks Mobile App

This GPS-enabled app provides reassurance by showing your position the route as you walk as well as showing how far you are around the route. It will work without a phone signal, using the phone's internal GPS system.

[Download Three Peaks App](#)

Your Stories



Alan Richards - Southend-on-Sea City Council & ACES

My Challenge Story

With a young family and a hectic work life, wellbeing has been too far down my agenda for too long. Turn back to mid-April and this imbalance was taking its toll. I was really feeling the strain and this pushed me to get some check-ups at the doctor...

[Read the full story here](#)

Your Training

Team Basildon continue to amaze with their training preparation, completing a 15.58 mile hike at the Seven Sisters trail last weekend. This trail comes highly recommended, with incredible views to help take your mind off the hills.

If you are looking to join a nearby group for a walk, details of upcoming sessions are regularly shared in our community [WhatsApp](#) group.



If you would like to share the details of any recently completed hikes in future newsletters please submit them [here](#).



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Public Sector Challenge Starfish Search

Kate Hannagan Catherine Kift Tim Farr Hilary Clifford CMgr, FCMi Ben Manojlovic Rosalind Lambert Luke Judd



6 comments • 1 repost


Reactions

and an incredible catalyst for personal and team wellbeing promotion.

Signing up for the challenge has been a real game-changer for me."

Thank you for sharing this Alan, and helping to inspire others.

<https://lnkd.in/eHxKSDCC>
<https://lnkd.in/eAH3TVVe>



2 comments • 1 repost



Fundraising
For:



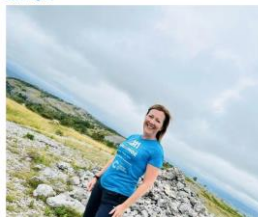
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For Cancer Research UK (CRUK).
Training has begun in earnest this weekend and I'm meeting friends, acquaintances and colleagues to sponsor the team to raise money and take our minds off our busy lives and make the pain worth it!
Thanks for meeting!
Link below: <https://lnkd.in/eHxKSDCC>


Jonathan Stephenson
Neil Webster MA MRICS CMCS
Don Meek BSc (Hons) MRICS FIAV
Alan Richards MRICS
Sara Cameron
Neil McManus
Simon Hughes



6 comments • 1 repost

Look what I've just spotted in one of our buildings here at Cheshire East Council
This will please Jonathan Stephenson and the rest of the Public Sector Challenge team!

I'll be supporting from afar as can't do this alongside marathon training but proud of the team here taking part.




3 comments • 6 reposts

Preparing to join everyone on the Public Sector Challenge 2024 - Fri 6 Sept!
Yorkshire 3 Peaks 🏔️🏔️🏔️ Walking to raise as much money as possible for Cancer Research UK (CRUK)

Please donate here: <https://lnkd.in/eHxKSDCC>

Civica Luke Norfolk Paul Say Christopher R Jones MSc Ian Ambrose Paul Sudworth Lauren Tubb Jonathan Meadows James Garrett Campbell Jonathan Stephenson Jenny Clack Solace



1 comment • 2 reposts

Very much looking forward to taking on the Public Sector Challenge with the Gomers crew in September - so making the most of the summer solstice sunshine, me and a mate went out to record the route 🏔️🏔️🏔️

Key takeaways:
• The Station Inn doesn't open at 11am but has water and toilets round the back
• The toughest bit is the descent off Ingleborough (ouch, my quads)
• The winding machine after the Wharfedale descent is an absolute godsend. Oh, the joy of a cold Sprite 🥤

Just about set for the big day now - though I must remember to buy walking poles for those downhill!

Andy Alsopp Alix MacLearie Andrew Hatfield Ames Eddie Costes-Madden Daniel Clayton



3 comments • 6 reposts


zen to the generosity of our guests on Friday who contributed what they could to the excellent cause of the Public Sector Challenge in aid of Cancer Research UK (CRUK).

mes with a truly special thank you to the team at PPL PPL is a social enterprise and donates half of its profits at the end of each year to its Social Impact Fund is then donated to charities throughout the year, such as the Public Sector Challenge, in aid of Cancer Research UK.

bottom of our hearts all here at The MJ, thank you.

olved in this incredible challenge by either donating or taking part, click [ps://lnkd.in/gVHmP88](https://lnkd.in/gVHmP88)

rdy #socialgov




1 comment • 2 reposts

A huge shoutout to Julie Graham Glen owers and Glynn Gibson we had a great weekend filled with so much laughing, some good whiskey (apparently?) and good food.

Here's to more adventures and pushing our limits! 🏔️🏔️🏔️

Please feel free to reach out to me or to Jonathan Stephenson if you are interesting in joining us, even if you don't fancy climbing 3 mountains, there are opportunities.

rScout #Yorkshire3Peaks #HikingAdventures #NeverGiveUp #Mountains #solace #basildon



20 comments • 4 reposts


After 5 days enjoying the beauty of Austria, cycling, the Public Sector Challenge, followed by 2 days of thought the (TRN) The Recruitment Network yearly leaders

I've come away with enough book recommendations to see me through our training for the Yorkshire Three Peaks, which myself and a team from Park Avenue Recruitment are tackling in September in support of Cancer Research. Will be sharing snippets of wisdom in the coming weeks but in the meantime...

Go and visit Austria in the summer, it's one of the most beautiful places in the world.

If you can recommend any "must do" hikes in the south of England we can do on our training walks, please send suggestions

Support the cause! We're fundraising for Cancer Research and would love any donations you can spare however little <https://lnkd.in/gXPNE9F8>



1 comment • 2 reposts

Challenge

Q&A



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1. Keep up the training
2. Promote the challenge
3. Fundraise

See you on
Fri 6 September



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For:



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