



COMMUNITY SPORTS
FOUNDATION



YORKSHIRE THREE PEAKS CHALLENGE 2020

Saturday 3rd - Sunday 4th October 2020

www.communitysportsfoundation.org.uk



OVERVIEW

24
MILES

12
HOURS

5,200
TOTAL CLIMB (FT)

CLIMB THREE OF YORKSHIRE'S MOST FAMOUS PEAKS

Brand new for 2020, you'll climb three of the most stunning peaks - Pen-y-ghent, Whernside and Ingleborough - all in just 12 hours. Taking in the stunning Pennines, the one-day challenge will see you hike 24-miles in total, with a total climb of over 10,000 feet.

“

On behalf of the Foundation, thank you for signing up to this year's Yorkshire Three Peaks Challenge. It's a tough but utterly rewarding challenge; perfect for bonding. The three mountains are stunning, and you'll hopefully be spurred up them by the knowledge that the money you raise will have a lasting impact on the lives of thousands of our disabled and disadvantaged participants. ”

Emma Fletcher

Senior Fundraising & Events Manager




THE CHALLENGE

ITINERARY

DAY 1: TRAVEL TO YORKSHIRE

Saturday 3rd October

We'll drive you and the challenge team from The Nest in Norwich up north to Yorkshire Dales National Park. The drive is around four hours, giving you the chance to get acquainted with your teammates. Once there, you'll stay close to the starting point at Horton-in-Ribblesdale.

 3 Peaks Bunkrooms

DAY 2: CHALLENGE TIME

Sunday 4th October

It'll be an early start for you and the team. You'll start from Ribblesdale at 6am, and make your way around the circular route anti-clockwise.

First up is Pen-y-ghent (2,277ft), followed by Whernside, the highest of the peaks at 2,415ft before the final peak of Inglesborough (2,372ft).

You will then loop back round to the start position, where we'll be awaiting with your challenge medal and some celebratory refreshments.

Challenge complete, we'll drive you in the minibuses back to The Nest where you'll be scheduled to arrive at 11pm.





KEY INFORMATION

Walk support

Each sub-team will be guided by two experienced volunteer team leaders, who will have maps, GPS and radios linking them to the other sub-teams and our support minibuses.

The support team will prepare hot/cold drinks for you, transfer your luggage and support with any other requests.

Information evening

We will be holding an induction evening at The Nest, the date of which will be communicated out nearer the time.

The evening is a chance to meet your team leaders and other walkers, talk through key information, and gives you the opportunity to ask any questions you may have.

Other Information

A full risk assessment has been completed for the challenge, and all walkers will be issued with a copy and asked to sign a consent form.

Training

Obviously, we aren't blessed with hills in Norfolk, so the best training to do is mid/long distance walks (circa four to five hours to mirror time spent on the mountains).

Accommodation

The cost of this event is based on everyone sharing the bunk house. Singles room may be available, subject to a supplement payment.

Kit list suggestions

- Walking boots
- Good socks
- Rucksack
- Poles
- Water bladder
- Layers
- Waterproof
- Warm clothes
- Flip flops
- Sun cream
- Gloves
- Head torch
- Personal medical essentials

Each walker will be provided with a Yorkshire Three Peaks Challenge t-shirt.

You may need to invest in kit and equipment. We recommend visiting Go Outdoors, as you will be eligible for a charity discount on most purchases.

COSTS

✓ What's included

- Charity t-shirt & medal
- Refreshments
- Transport
- Accommodation

✗ What's not included

- Evening meal

Deposit

A **£50** deposit is required to secure your place on the challenge. The remaining **£50** will need to be received no later than **Friday 28th August 2020**.

Fundraising deadline

Proof that the minimum **£200** has been raised must be given by **Friday 25th September 2020**.

EVENT COST
£100

FUNDRAISING
Min. of **£200**
(ex. Gift aid)

How to pay the event cost:

Cheque: Make payable to **'Norwich City Community Sports Foundation'**

Call **01603 761122** to pay by debit/credit card

Pay online at **communitysportsfoundation.org.uk**

(£1.50 online booking charge applies)





POST EVENT

When is it time to transfer the money raised to Norwich City Community Sports Foundation, you can use one of the three methods below:

- **Using Virgin Money Giving** any monies donated against the fundraising page you have set up, are automatically sent through to our bank account on a weekly basis
- **Via bank transfer** – Pay to the account of: Norwich City Community Sports Foundation.

Bank: Barclays
Sort Code: 20-62-61
Account Number: 83299104

Please can you reference: YTP followed by your name

- By cheque or Charities Aid Foundation (CAF) made payable to Norwich City Community Sports Foundation

We appreciate at times actually collecting in the money after an event can cause delays, where at all possible we encourage you to try and collect the money as people pledge. However we have also found that quite often people will donate post event, especially when they hear first-hand your experiences on the day. Don't be afraid to leave your online page open for up to four weeks after the event.

We do ask however that any offline money is collected and returned to us as soon as possible or at the latest **Friday 2nd October 2020**.

FUNDRAISING

Online sponsorship

We are listed on Virgin Money Giving – it's a fantastic platform to collect sponsorship on, and for ease of transferring the funds to us.

Step 1

Visit uk.virginmoneygiving.com
Click 'Start Fundraising'

Step 2

Register your details, and when asked 'What are you doing to raise money?'

Search 'Yorkshire Three Peaks Challenge 2020'

Step 3

Select the Foundation's 'Yorkshire Three Peaks Challenge 2020' page, and you'll be good to go!

Alternative online fundraising platforms are available, including Facebook fundraising. This can be set up through the Community Sports Foundation's Facebook page.

Offline sponsorship

In addition to online donations, please feel free to use one of our sponsorship forms included at the end of this pack. Encourage people to use gift aid where possible.

Good to know

Organisations and businesses often support their staff/employees by contributing donations, or by matching the amount of money they raise. It's always worth asking!

We have a number of incentives and rewards to help encourage you with your fundraising, including:

Signed
Norwich
City FC
photo

Raise

£150

2x Norwich
City FC
ground
tour tickets

Raise

£250

2x Norwich
City FC
match
day tickets

Raise

£400

Signed
Norwich
City FC
football

Raise

£500

Signed
Norwich
City FC
shirt

Raise

£700

Signed &
framed
Norwich
City FC
shirt

Raise

£1,200

2x Norwich
City FC
match day
hospitality
tickets

Raise

£2,000

FUNDRAISING TOP TIPS

START EARLY

The sooner you start, the more money you will raise.



SET A TARGET

Your goal should be reachable, but also if you are getting close to your goal, stretch it again!



CONTACT EVERYONE!

Check your personal and work address book and, let your contacts know. You may be surprised at who will support your cause.



CUSTOMISE YOUR EMAILS

Why not personalise your personal or work email signature to include a link to your fundraising page? Recipients of your emails may be inspired to help support your walk.

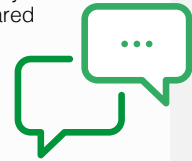


COMMUNICATION SCHEDULE

Plan dates in advance for when you will contact people. Don't bombard your friend list with emails, but make sure you keep up a regular stream of communication.

IF YOU DON'T ASK

People can only donate if they know about it, so make sure you tell them! Don't be shy and don't be scared to remind them.



CUSTOMISE YOUR FUNDRAISING PAGE

Try to add photos, videos, a story and even a blog - let people feel what you are going through and why.



SOCIAL MEDIA

Update your status on Facebook, Twitter, LinkedIn, or Instagram. Keep directing them to your fundraising page!



BE CREATIVE AND FUN

Cake sales, pub quizzes and car-washes are some of the most common fundraising events but don't be afraid to think 'outside of the box'.



FUNDRAISE WITH OTHERS

Join forces and raise money with another fundraiser - two heads are often better than one! Having a shared target can motivate both of you to reach your goal.



STAY FOCUSED

If you need reminding of why you are completing the walk, visit the charity's website, watch our videos, read our case-studies and get re-inspired!



SAY THANK YOU!

Make sure you say thank you to your donors. You might need them again next time!



WHAT WE DO



MAKING A DIFFERENCE IN NORFOLK

The Community Sports Foundation supports **38,000 people every year** within the community including people with disabilities and people from disadvantaged backgrounds.

Our fundraising is vital for the sustainability of the Foundation. It funds many of our programmes, which in turn make a huge difference to the lives of many people across Norfolk.

Whether it's our Street Life Soccer programme that helped 120 people to improve their chances of employment and independent living last year, or our disability programmes, which helped over 600 people improve their health and social skills, the Community Sports Foundation is committed to removing barriers and raising aspirations in Norfolk.

“

The happy, welcoming environment at the sessions gives Tommy not only an opportunity to exercise but be part of a team, build friendships and have fun.”

Caron

Parent of Tommy, Down's Syndrome Soccer Skill Centre participant



CONTACT US

If you have any queries in the build up to the challenge, whether about the challenge itself, or about your fundraising, don't hesitate to get in touch!



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🌐 www.communitysportsfoundation.org.uk

Norwich City Community Sports Foundation, Norwich City Football Club, Carrow Road, Norwich NR1 1JE



GIFT AID

If I have ticked the below Gift Aid box, I confirm that I am a UK income or Capital Gains taxpayer, I have read this statement and want Norwich City Community Sports Foundation to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities that I donate to, will reclaim on my gifts for that tax year. I understand Norwich City Community Sports Foundation will reclaim 25p on every £1 that I have given.

FULL NAME	HOME ADDRESS	POSTCODE	DONATION AMOUNT	PAID?	
PETER BLOCK	26 KIRKLEY AVE	OL5 0NX	£ 15.00	YES	<input checked="" type="checkbox"/>
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			£		<input type="checkbox"/>
TOTAL:			£		

OFFICE USE ONLY

AMOUNT RAISED: MONEY RECEIVED: FORMAT RECEIVED: GIFT AID COLLECTED: