

# YORKSHIRE THREE PEAKS CHALLENGE

12TH - 14TH AUGUST



INFORMATION PACK

## OVERVIEW

**24**  
MILES

**12**  
HOURS

**5,200**  
TOTAL CLIMB (FT)

# CLIMB THREE OF YORKSHIRE'S MOST FAMOUS PEAKS

Take on the challenge, and climb three of the most stunning peaks  
- Pen-y-ghent, Wharfedale 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-Dungay**

Senior Fundraising & Events Manager








## THE CHALLENGE

### ITINERARY

#### DAY 1: TRAVEL TO YORKSHIRE Friday 12th August

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.

 Travelodge




#### DAY 2: CHALLENGE TIME Saturday 13th August


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.

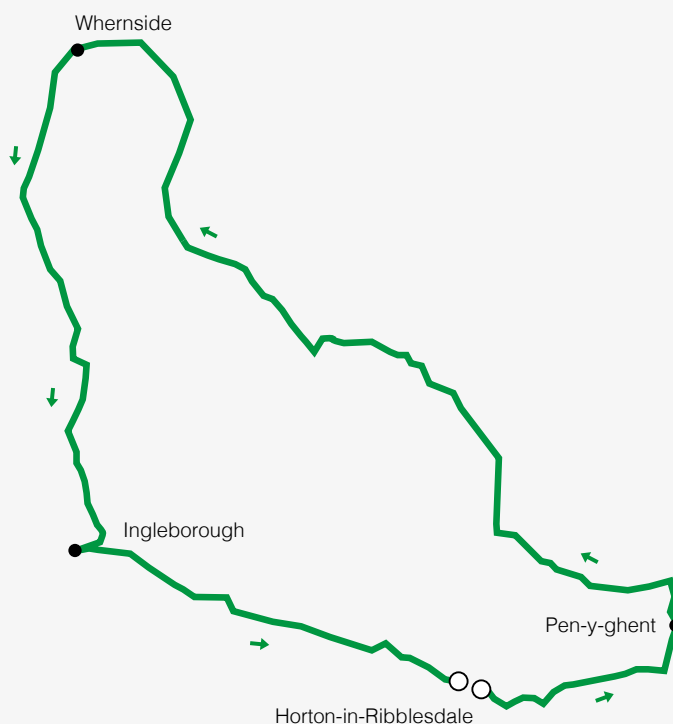
Challenge complete, time to celebrate as a group with a meal, before resting up for the journey home the following day.

-  24 miles
-  5,200 ft
-  12 hours

 Accommodation TBC

#### DAY 3: TRAVEL TO NORWICH Sunday 14th August

We will drive you back to the Nest where you will be scheduled to arrive around 2pm.





## 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

For the first night, walkers will stay in shared accommodation (twin rooms – Travelodge) close to the starting point of the challenge. The second night's accommodation, also shared, will be in a bunk house

### 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 YorkshireThree 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
- Celebration evening meal

## ✗ What's not included

- Evening meal on the first night

## Deposit

A **£50** deposit is required to secure your place on the challenge. The remaining **£100** can be taken in instalments or in full no later than **Friday 1st July 2022**.

## Fundraising deadline

Proof that the minimum **£200** has been raised must be given by **Friday 5th August 2022**.

**EVENT COST**  
**£150**

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

## How to pay the event cost:

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

Call **01603 984000** to pay by debit/credit card

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

(£1 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:

- **Just 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 9th September 2022**.

# FUNDRAISING

## Online sponsorship

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

### Step 1

Either click this [link](#) or visit [www.justgiving.com](http://www.justgiving.com) search 'Norwich City Community Sports Foundation'

### Step 2

Click on the Charity and then click on Fundraise, at this point you will need to either sign in (if you have an account) or register

### Step 3

Click on 'Taking part' in an event then choose 'Yorkshire Three Peaks Challenge 2022'

## Offline sponsorship

Complete the process

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

## 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:

\*total does not include gift aid

individual  
player photo  
signed by a  
Norwich City  
FC player

Raise  
**£150**

2x Ground  
Tour tickets

Raise  
**£300**

Norwich  
City pennant  
signed by  
the first team

Raise  
**£400**

2x Norwich  
City FC  
Match Day  
Tickets

(game choice subject to availability)

Raise  
**£500**

Norwich City  
FC football  
signed by  
the first team

Raise  
**£600**

Norwich City  
FC shirt  
signed by  
the first team

Raise  
**£750**

Signed &  
Framed  
Norwich  
City FC  
shirt

Raise  
**£1,500**

2x Norwich  
City FC match  
day hospitality  
tickets

(game choice subject to availability)

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 YOU DON'T GET!

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 is Norwich City FC's official charity. We use the power of sport to support and inspire our community. Our charitable objectives are driving inclusion for people with disabilities, boosting mental health and wellbeing, and supporting disadvantaged people to raise their aspirations.**

### **Driving inclusion for people with disabilities**

20% of people in Norfolk have a disability, which is higher than the national average. The Foundation works to provide inclusive environments that meet the needs of those taking part, so that they may enjoy the benefits of sport.

### **Boosting Mental Health and Wellbeing**

An estimated 38,000 people in Norfolk experience loneliness. We use the physical and social benefits of sport to improve people's mental health and physical wellbeing. Our work helps to combat loneliness, anxiety, and inactivity for people in Norfolk.

### **Inspiring disadvantaged people**

Norfolk has the third highest school exclusion rate among rural counties. Sport and Norwich City Football Club are powerful tools for engaging with harder to reach groups and inspiring them to raise their aspirations, and reach their potential.

Find out more at [communitysportsfoundation.org.uk](https://communitysportsfoundation.org.uk)



## 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!**



### EMMA FLETCHER-DUNGAY

**Senior Fundraising & Events Manager**

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🌐 [communitysportsfoundation.org.uk](http://communitysportsfoundation.org.uk)

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



## DATE: \_\_\_\_\_

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.







## SPONSOR FORM

**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	✓
			£		○
			£		○
			£		○
			£		○
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			£		○
			£		○
			£		○
		TOTAL:	£		

## OFFICE USE ONLY

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

