



The Borden Staff 3 Peaks Challenge

Over the weekend of **May 4th to May 6th** we will be attempting to complete the 3 peaks challenge in **aid of Cancer Research.**

The team to attempt the challenge is:

Marcus O'Neill	Paula Francis	Francis Tiernan-Powell	Katrina Ford
Amanda Reiner	Matt Feeney	Marc Tiernan-Powell	Matt Ford
Henry Ryan	Chris French	James Norton	Heather Westby
Chris Brinn	Paul Reynolds	Paula Francis	Andrew Westby
Emma Carter (Driver)			

We are aiming to complete the challenge within the 24 hours that are usually attempted although as I have stated in previous communications if it takes longer then it takes longer...

The aim is to get all team members up to the summit of all 3 peaks and raise a significant amount of money to give to Cancer Research on behalf of the School Staff.

I have created a 'Just Giving' fundraising page for our challenge and the address is below.

<https://www.justgiving.com/Borden-Staff-3-peaks>

Trekking Information:

We will aim to accomplish each peak as a team but I will be organising smaller groups within the team and allocating each group to a team leader who will be available to assist you to achieve the summit on each trek in good time. This is also so that each team has a point of contact during each route.

The estimated trekking times for each route and summit heights are:

- Five hours for **Ben Nevis** (1,344m, 4,409 ft)
- Four hours for **Scafell Pike** (978m, 3,209 ft)
- Four hours for **Snowdon** (1,085m, 3,560 ft)

Snowdon: The Pyg track includes a distance of 7 miles, 11km, up and down, and an ascent of 723 metres.

Scafell Pike: The Wasdale Head route is six miles long, up and down, and includes 989 metres of ascent.

Ben Nevis: Popularly known as The Pony Track, this route is 10.5 miles long, 17km, up and down, and includes 1352 metres of ascent.

Trekking times are outlined in the table below but are flexible depending upon our eventual starting time (as we may begin slightly earlier depending upon weather and traffic/travel arrangements)

<i>Trek Schedule (times are approximate)</i>	
5pm	Start Snowdon ("Pyg Track")
10pm	Finish Snowdon and drive to Scafall Pike
4am	Arrive and Start Climbing Scafell Pike (Wasdale Head)
8am	Finish Scafell Pike and Start Drive to Ben Nevis
1pm	Start Ben Nevis ("The Pony Track")
5pm	Finish Ben Nevis and Complete Challenge

Driving Timings:

- Snowdon (Pen-y-Pass) - LL55 4NY
- Scafell Pike (Wasdale Head) - CA20 1EX
- Ben Nevis (Visitor centre) - PH33 6PF

Route	Distance (Miles)	Estimated Time
<i>School to Snowdon</i>	<i>287.6</i>	<i>5hrs 37 min</i>
<i>Snowdon to Scafell</i>	<i>218.7</i>	<i>4hrs 48 min</i>
<i>Scafell Pike to Ben Nevis</i>	<i>258.9</i>	<i>5hrs 47 min</i>
<i>Ben Nevis to Edinburgh</i>	<i>136.1</i>	<i>3hrs 20 min</i>
<i>Edinburgh to School</i>	<i>456.2</i>	<i>8hrs</i>

Accommodation Outline:

(Sunday 5th)

- The proposed plan is to drive up to Snowdonia on the Saturday morning and begin the challenge shortly after arriving at the head of the trail at the Pen-y-Pass car park.
- Following the completion of the challenge we will head to Edinburgh for the night and drive back to Sittingbourne the following day where driving can be shared among us qualified to drive the bus.

Kit/Equipment Requirements

Some of the equipment I recommend that may be of use during this challenge is:

Essential Equipment	
<u>Sturdy Walking Boots</u>	2 pairs of Walking Socks
Waterproof Jacket & Trousers	Suitable Warm Clothes
Trekking/Walking Trousers (Not Jeans)	Sunglasses
Warm Hat & Gloves	Headtorch/Torch (+Spare batteries)
Water Bottles (2 x 1 Litre)	Snacks – Oat bars/Sugary confectionary
Backpack	Sun Cream
Other Equipment	
Sleeping Bag or Blanket or Duvet & Pillow	A Warm Change of Clothes for travel
Camera	Sun hat/Cap
Small Emergency First Aid Kit (inc. Blister pads)	Food & Drink for travel
Clothes for Sunday night in Edinburgh	Overnight Toiletries Bag

- You do not need to go out and buy everything on this list however I would suggest that a **sturdy pair of walking boots** (not a low cut walking shoe) is the most important piece of equipment needed for this as there is lots of potential for turning an ankle on these mountains.
- I would also recommend that **jeans are not used during the treks** as they are a terrible insulator and are not very comfortable if they become wet (and will also take a long time to dry if wet).