

The Welsh Three Peaks Challenge 2010

TAKE part in the Hospice of the Valleys' latest challenge - scale three of south Wales' highest mountains in one day in August.

This will be the second time the Hospice of the Valleys has arranged a challenging Three Peaks event—last year's 25 participants were aged from 23 to 70 and managed to raise more than £10,000 for the hospice in sponsorship money by climbing three mountains across Wales.

Now the hospice is looking for more individuals to take on the challenge in 2010 - and raise much-needed funds for us at the same time. This year we need people who will commit to scaling The Sugar Loaf and the Bloreng in Abergavenny and Pen-y-Fan near Brecon in just one day.

The adventure will start early on Saturday, August 28, 2010, when we leave Tredegar's Bryn Bach Park for Abergavenny.

First we will scale the Sugar Loaf on Saturday morning then head for Bloreng mountain in the early afternoon.

After descending from the Bloreng we will set off for Pen-y-Fan and after scaling south Wales' highest peak, head home for Bryn Bach Park in Tredegar.

The challenge will be followed by a meal at the visitor centre at Bryn Bach Park. So why not sign up for the challenge - and try to persuade some friends or colleagues to take up the challenge as well.

We ask all participants to pay a £20 deposit to secure their place and pay for transport—and then do their best to raise another £100 in sponsorship.

In return you will get:

*the opportunity to attend supervised training days on local mountains in the weeks running up to the event

* transport between the three mountains and back home again.

*supervision on each mountain from qualified mountain leaders

*a celebration evening with hot food at the visitor centre in Bryn Bach Park

*a medal for completing the challenge.

*an event t-shirt.

Your deposit pays for the cost of putting on the event and then all of your sponsorship money will go to running the Hospice of the Valleys' 24 hour a day palliative care service for adults with cancer in Blaenau Gwent.

Spaces are limited and will be allocated on a first-come, first served basis, so sign up as soon as possible.

You must be over 14 to take part in this event. Those aged between 14 and 18 must be accompanied by a responsible adult.

ENTRY FORM (photocopied forms will be accepted)

To register, please complete this form and return it to the Welsh Three Peaks Challenge at Hospice of the Valleys, Park Gate Business Centre, Morgan Street, Tredegar, NP22 3ND

TITLE:..... SURNAME.....

FIRST NAME.....

ADDRESS.....

POSTCODE.....

AGE ON EVENT DAY.....

CONTACT NUMBER.....

EMAIL ADDRESS.....

T-SHIRT SIZE S/M/L.....

The Hospice of the Valleys values your support and promises to respect your privacy. The data we gather and hold is managed in accordance with the Data Protection Act 1998. We will not disclose or share personal information supplied by you with any third party organisation without your consent.

I **DO/DO NOT** wish to receive any mail items from the Hospice of the Valleys or any third parties (please delete as applicable).

DECLARATION

I wish to take part in the Welsh Three Peaks Challenge and know of no existing medical condition that could prevent me from doing this safely. I am over the age of 14. By signing this form, I declare that I am fit to take part. I accept that the organisers of this event will not be responsible for any loss, injury, death, damage, costs or expenses which may arise in consequence of participation in this event, however caused. I fully understand that Hospice of the Valleys has the right to refuse participation if it is deemed necessary.

I also understand that in extreme weather conditions, the event may have to be postponed.

I enclose a cheque for a non-refundable £20 to reserve my place. Cheques should be made payable to the Hospice of the Valleys.

SIGNED.....

PARENTAL SIGNATURE (under 18s).....

DATE.....



Hospice of the Valleys
The Blaenau Gwent Hospice
Close at Heart—Close to Home.

All the money raised will help support the Hospice of the Valleys' essential hospice-at-home service that is provided by seven nurses, part-time doctor and three social workers, who are on call 24 hours a day, and 365 days of the year.

We are committed to providing FREE high quality care for patients suffering from life-threatening illnesses, in their own homes.

This care includes comprehensive support for families too, and extends from the time of diagnosis through treatment, until either care or, if appropriate, into terminal care and bereavement. The Hospice of the Valleys' staff are there when patients and their families most need them.

We need your help to help us continue this essential community service here in Blaenau Gwent.

For more information about our service contact us on 01495 717277 or email enquiries@hospiceofthevalleys.com

Hospice of the Valleys is a registered charity No: 517724

Parc Bryn Bach

Parc Bryn Bach, owned by Blaenau Gwent council, is situated just off the A465 Heads of the Valleys Road in Tredegar, and incorporates 340 acres of grass and woodland, with a 36 acre lake at its heart.

The park offers something for everyone—facilities include a visitor centre, bike hire, a BMX track, a new nine-hole golf course, as well as a variety of adventure activities. The park also plays host to a range of community and high-profile sporting events, including the British Elite Triathlon. For more information telephone 01495 711816.



Welsh **THREE PEAKS** Challenge



SUGAR LOAF



BLORENGE

Climb three of South Wales' highest mountains
The Sugar Loaf, The Blorengne and Pen-y-Fan
Can you and your friends or colleagues
rise to the challenge?

AUGUST 28, 2010



PEN Y FAN

