

Yorkshire Three Peaks Challenge

Saturday 11th September 2021



The Yorkshire Three Peaks route is 24 miles (38.6km), and includes 1585m (5200ft) of ascent. On this challenge you will take on the peaks of Pen-y-ghent, Whernside and Ingleborough, usually in this order, and in under 12 hours. These peaks form part of the Pennine range, and encircle the head of the valley of the River Ribble, in the Yorkshire Dales National Park.

Itinerary (Times are approx)

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|---|---|
| 6.15am - Meet in Chapel le Dale | 2.30pm - Ribblehead Viaduct, |
| 6.30am - Safety briefing and team introductions | 4.45pm - Summit of Whernside |
| 6.45am - Start the challenge | 6.45pm - Target time to complete the challenge! |
| 8.00am - Summit of Ingleborough | You finish the challenge where you |
| 10.00am - Arrive in Horton-in-Ribblesdale | started, in Chapel le Dale — excellent |
| 11.30am - Summit of Pen-y-Ghent | food is available here if you fancy it. |

Full Name: _____ DOB: _____

Phone Number: _____ T Shirt Size (S/M/L/XL/XXL): _____

Address: _____

Postcode: _____

Email Address: _____

Can we keep in touch about news and future events (please circle) Email: Y / N Post: Y / N Phone: Y / N

Terms and Conditions

By signing below you agree to the terms and conditions and participation statement set out by Three Peaks Challenge Ltd (on the reverse of this form). Please note this event is organised and run by Three Peaks Challenge Ltd and by signing below you are entering into a contract with Three Peaks Challenge Ltd and not Grove Cottage. A £35 deposit is due when booking and you agree to raise a minimum of £250.00 in sponsorship for Grove Cottage.

SIGNATURE

DATE

Please complete and return this form to Grove Cottage, 151 London Road, Bishop's Stortford, Herts, CM23 3JX with a cheque made payable to 'Bishops Stortford Mencap' or by BACS to Bishops Stortford Mencap 20-36-98 10175609 quoting ref: SURNAME3PEAKS110921

Three Peaks Challenge Ld - Terms & Conditions

Provision of services

We will not be liable for any loss, damage or expense resulting from force majeure or any unforeseen circumstance not within our control. Three Peaks Challenge Ltd is entitled at any time for whatever reason to deny me access and/or engagement in any activity. Three Peaks Challenge Ltd or any of its representatives cannot be held responsible for any illness, loss, injury or death sustained before, during or after participation in an activity provided by Three Peaks Challenge Limited.

We cannot guarantee that events will be completed within a set time. Circumstances not within our control may cause delays during events, which may result in the event exceeding any desired time limit.

Cancellations/alterations initiated by Three Peaks Challenge Ltd

We reserve the right to cancel any challenge. In such circumstances, we will offer a transfer to an alternative challenge or refund all monies paid. If the alternative is cheaper than the adventure booked, we will refund the difference. Any travel arrangements which you have made independently will not be refunded, as our liability is restricted to payments made to us.

We reserve the right to cancel any challenge on which the balance is outstanding six weeks

prior to commencement and retain any deposit paid.

Insurance

Our events include public liability and professional indemnity insurance. We strongly recommend that all participants take out travel insurance, with adequate cover for the events that they will be undertaking.

Safety

The events we offer take place in a mountainous environment. Such activities carry with them an inherent risk. A proportion of this risk must be accepted by you. All our staff are trained for these activities and have first aid training suited to these remote areas. In the interests of safety you are expected to abide by the decisions and judgments of our staff.

We reserve the right to alter or cancel events, or select alternative walking routes, where the prevailing weather conditions we judge that the weather conditions may interfere with participants' safety. In addition, we may alter or cancel an event if you or a member of your party becomes injured, unwell or is unable to complete the route due to lack of fitness.

We will provide detailed advice, on request, on the most suitable clothing and equipment for your adventure. We reserve the right to

refuse your participation in any activity for which you have unsuitable equipment, if we believe that it may compromise the safety of yourself or other participants. If you are asked to make alternative arrangements any costs incurred will be borne by you.

Health and fitness

If your fitness is not commensurate with the requirement for your challenge, we reserve the right to end the activity early and you will be required to make alternative arrangements at your own expense.

You must inform us of any medical condition, injury or illness which you are suffering from, of any medication you are taking, or of any allergy which you have. We will provide a medical form which should be completed in full. Your disclosures will be handled in accordance with the Data Protection Act and only those event staff with a requirement to be aware of your responses will have access to the information.

For their own safety and that of those around them, persons apparently under the influence of alcohol or drugs will not be allowed to participate in activities. Additionally, if your behaviour becomes unacceptable at any point, you will be asked to make alternative arrangements at your own expense.

Three Peaks Challenge Ltd - Participation Statement

In consideration of Three Peaks Challenge Ltd allowing me to take part in and engage in any adventure activity, I hereby acknowledge and declare as follows:

1. I acknowledge that engaging in the activity provided by Three Peaks Challenge Ltd may be dangerous. I therefore recognise that engaging in any activity is at my own risk. I confirm that Three Peaks Challenge Ltd is entitled at any time for whatever reason to deny me access and/or engagement in any activity. I will not hold Three Peaks Challenge Ltd or any of its representatives responsible for any illness, loss, injury or death sustained before, during or after participation in an activity provided by Three Peaks Challenge Ltd.
2. I confirm that I am over the age of 18, or accompanied by a parent.
3. I confirm that I have read and understood the terms and conditions (including risk awareness) of Three Peaks Challenge Ltd as provided on the

website,
www.threepeakschallenge.uk.

4. I agree to be bound by and obey these terms and conditions and all other rules, regulations and conditions of Three Peaks Challenge Ltd and its officials, including those rules, regulations or conditions contained in this Disclaimer and any other applicable safety rules.
5. I acknowledge that I owe a duty to myself and others whilst engaging in any activity provided by Three Peaks Challenge Ltd to ensure that I do not take any action or step to do or fail to do anything as to endanger my safety and/or the safety of others.
6. I confirm that I will not attempt to repair, modify or tamper with any equipment provided to me for any purpose whilst engaging in any activity and will comply with all instructions in relation to the safe and proper use of such equipment.
7. I will not, whilst engaging in any activity provided by Three Peaks

Challenge Ltd, use any equipment other than those provided to me by Three Peaks Challenge Ltd without the consent of an employee of Three Peaks Challenge Limited.

8. I acknowledge that engaging in an activity provided by Three Peaks Challenge Ltd can be physically and mentally demanding and confirm that I am in good health and know of no reason, physical or mental why I could be unable to engage in such activity.
9. I agree to pay to Three Peaks Challenge Ltd a sum equivalent to the new value of the item plus an administration charge of £50 if I fail to return to Three Peaks Challenge Ltd any equipment provided to me for the purpose of engaging in any activity.
10. I confirm that I understand the necessity to take out appropriate insurance for the activity

Please inform us of any concerns you may have regarding the points above.