

PUDSEY CONGS CRICKET CLUB
Britannia Ground, Intake Road, Pudsey, Leeds. LS28 9BZ

Yorkshire 3 Peaks Walk – Friday 2nd April 2010

Thank you for participating in the Yorkshire 3 Peaks Walk to raise money for Cancer Research UK and Pudsey Congs CC.

The walk is a challenging 24.5 miles to be completed in under 12 hours. It is recommended to do some shorter walks as preparation before attempting the 3 Peaks.

The walk includes climbing: 1st Pen-y-ghent (694m) 2nd Whernside (736M) and 3rd Ingleborough (723M)

Friday 2nd April 2010 – The Day of the Walk

- All walkers to meet at the car park in Horton-in-Ribblesdale at 6.30am (!) to register and receive their Cancer Research t-shirt. (Parking £3.20 for the day – bring correct change)
- 7am – Start of Walk. The Walk Leader will be Mr Matthew Doidge 07970460555. The Walk Organiser, Mr Glenn Roberts 07788470481 will be at the back of the group.
- The 1st Marshall, Mr Ralph Middlebrook 07901970861, will be at Ribblehead Viaduct to register people, provide refreshments and 1st aid if necessary!
- The 2nd Marshall, Mr Derrick Reason 07963554529, will be after Whernside to register people, provide refreshments and 1st aid if necessary! Mr Ralph Middlebrook will then be at the finish line, Pen-y-ghent Café to count people back and give them their time.
- All people walking must take: waterproof coat, hat, gloves, waterproof trousers (no jeans), walking socks, walking boots/shoes that are waterproof with good grip. A rucksack containing a bottle of water, high energy foods (flap jack, chocolate bar), sandwich, spare socks, plastic bag.

Horton-in-Ribblesdale is 1 hour from Pudsey. It is 20 minutes off the A65 past Skipton. Fork right through Settle village and turn right to Horton-in-Ribblesdale village. The car park is on your left.

After the Walk

Once Mr Ralph Middlebrook has registered you at the finish of the walk it would be good to have a well earned drink at The Crown Inn in the village.

Please collect your sponsor money in as soon as possible and hand in at Pudsey Congs Cricket Club.

Once again, many thanks for your efforts. Glenn