



RACINGWELFARE 
Y O R K S H I R E
T H R E E P E A K S
C H A L L E N G E



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WELCOME



For 2023, we are thrilled to invite you to take part in the Racing Welfare Yorkshire Three Peaks Challenge on Saturday 8th July.

As well as being home to both Malton and Middleham racing centres and nine of the UK's racecourses, Yorkshire is also the home of the famous three peaks of Ingleborough, Pen-y-ghent and Wharfedale. Starting and finishing in Horton-in-Ribblesdale, the challenge is 25 miles long and includes over 1,500 metres of ascent.

The Racing Welfare Yorkshire Three Peaks Challenge is the perfect team event, but is also open to any individuals who want to take part. There is no limit on team sizes – the more, the merrier!

This is a fully guided challenge, led by qualified guides from our event partner Large Outdoors, with no self-navigation required. The event starts at 6.30am and participants will have 12 hours to complete the challenge. Upon completion of the challenge, all participants will be invited to join us at our post-event celebration.



"I decided to sign up initially because I thought it would be a great team building experience for our team. I also love a challenge and I have never done anything like this. Its also a great way for me to fundraise for our amazing charity as I know the work we do is so important and being on the ground I see first-hand what a difference we make to people's lives and I know to do the work we need fundraisers to help."

Harriet McHugh - Welfare Officer



THANK YOU



Dear supporter,

I'm delighted that you are interested in signing up to our mass participation event of the year – the Yorkshire Three Peaks challenge.

It's certainly a challenge of mass appeal and, as it takes place in my home county of North Yorkshire, I just couldn't resist the opportunity to join you all too. I mean, this really does promise to be a fantastic experience, doesn't it? Scaling the peaks and taking in the breath-taking views (they don't call it God's County for nothing!). Although this is nothing short of a mammoth physical challenge, I'm buoyed by the prospect of completing it in the company of you great people and the knowledge that we will be raising a great deal of money for Racing Welfare, the charity that supports all racing's people.

Racing Welfare's support is available to everyone working in or retired from the British horseracing and Thoroughbred breeding industries – from recruitment through retirement. We help people to thrive in their day-to-day lives by providing information, advice and guidance services for a range of life's challenges. Without these people, who are so passionate about our sport, a day at the races simply would not happen.

During 2022 we helped more than 2,700 people, seeing demand for our services increase by yet another 14% on the previous year. Demand has been steadily increasing since 2020 and the Covid-19 pandemic, and it shows no sign of slowing down as we continue to live through challenging times. Over the past year racing's people have sought our support with physical and mental health issues, careers advice and retirement to name but a few, with financial assistance being particularly in demand as the 'Cost of Living Crisis' continues.

To continue to offer these vital services to racing's people, Racing Welfare needs to raise more than £2.2million each year. Without the help of wonderful people like you we'd struggle to get there – so thank you.

With every step that you take along the Yorkshire Three Peaks trail, and every penny you raise, you can be confident that you are actively contributing towards our services which are so valued by racing's people.

I'll see you at the top!

Dawn Goodfellow, Chief Executive



THE EVENT



Date: Saturday 8th July 2023

Entry cost: £35 per person

Minimum sponsorship: £300

- Ingleborough (723m)
- Pen-y-ghent (694m)
- Whernside (736m)

Included in your package:

- Refreshments throughout the duration of the challenge
- Dedicated event manager, qualified guides and first aiders
- Racing Welfare Yorkshire Three Peaks Challenge t-shirt, goody bag and finishers medal
- Fundraising support from Racing Welfare
- Post-event celebration
- Car parking

Not included in your package:

- Accommodation
- Lunch/additional snacks
- Personal expenditures



HIGHLIGHTS AND ITINERARY



ITINERARY

Our Yorkshire Three Peaks Challenge will start at 6.30am, from which point participants will have 12 hours to complete the 25 miles circular trek.

The start/finish point will be in Horton-in-Ribblesdale, where car parking will be available and where the post-event celebration will also take place.

The fully guided trek will be led by qualified, first aid trained guides, with refreshment stops and toilets on the route. There will be a support vehicle on hand during the challenge to collect any participants who are unable to complete the trek within the allotted 12 hours.



HIGHLIGHTS

-25 mile circular trek, taking from 9– 12 hours to complete

-Tackle the peaks of Ingleborough (723m), Pen-y-ghent (694m) and Wharfedale (736m) in the stunning Yorkshire Dales

-1,585m of ascent



KIT LIST AND T&C'S



[Click for terms & conditions](#)

Compulsory items

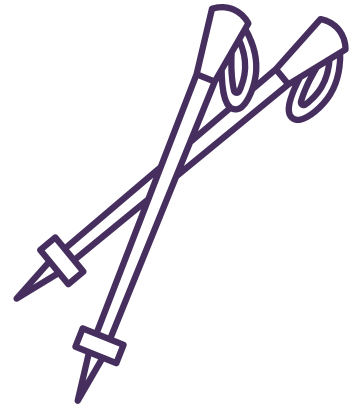
- Waterproof jacket and trousers
- Walking boots and socks
- Rucksack / backpack
- Warm clothing (layers advised)
- Hat and gloves (waterproof advised)
- Food and lots of fluid
- Survival bag (Provided by Racing Welfare)
- Whistle (Provided by Racing Welfare)
- Personal first aid kit
- Head torch
- Mobile phone
- Money (mix of card and cash advised)

The Racing Welfare Yorkshire Three Peaks Challenge is open to participants from the age of 16. However, all participants who are under 18 on the day of the event must be accompanied at all times of the trek by a parent or guardian. The parent/guardian will be fully responsible for the under 18 participant and must sign their Acceptance of Responsibility form to take part.

Recommended

walking kit

- Walking poles
- Sun cream
- Midge spray
- Map
- Gaiters
- Flask
- Camera
- Sit mat



[For a more in-depth look at the kit list click here](#)

Unfortunately, dogs are not allowed to join participants in this event, apart from trained assistance dogs. If you would like to take part with a trained assistance dog, please contact Large Outdoors to discuss the additional safety and logistical elements that need to be considered, as per their Terms and Conditions.

'WHY WE'RE TAKING PART'



"I have always wanted to take on a challenge but did not feel I was up to many of the ones in the past, when I heard of the Y3P I immediately was interested as walking in the countryside is something I really enjoy and having previously lived in Yorkshire for 16 years I thought it had my name written all over it! I am really looking forward to taking on the challenge and hopefully raising some well needed funds for Racing Welfare to help continue the much-needed work that the charity does for those people working in the horseracing industry."

Rebecca Edmunds – Regional Community Executive (North)



"I love being outdoors and really enjoy walking, especially with the dog and have been looking forward to one of our challenges that I could participate in. I also know a couple of friends who would be keen to tag along, so we can encourage each other on the build-up training. As a charity we have been impacted with our fundraising donations over the last couple of years, so this challenge gives me the ideal opportunity in encouraging others to fundraise for us."

Jayne Howick - Regional Community Executive (South)

"I love walking and being outdoors so when I heard about the Yorkshire Three Peaks challenge I was immediately interested. Being outside, taking on a challenge and socialising are all key to looking after our own wellbeing and to combine those with raising funds to support racing's people makes the challenge a no-brainer for me!"

Adam Ferguson - Regional Welfare Manager (North)



HOW YOUR SUPPORT WILL HELP



Caitlin was 16 when she turned to Racing Welfare for emotional support upon moving away from home and starting her first full-time job at a racing yard in North Yorkshire.

"I was missing home and finding it hard to socialise. The assistant trainer put me in contact with Racing Welfare."

"Without that intervention, and the ongoing support I've had... I'd no doubt have left the yard and the racing industry to move back home. I've now been working [in racing] for almost two years and am feeling much better about things. I know if I am struggling, I have people I can turn to at work and at Racing Welfare."

Work-rider David's life changed when he was hit by a van more than 12 years ago, leaving him in a coma with serious injuries including a skull fracture.

"That was the real life-changing moment for me. I was pretty badly injured – it was touch and go whether I was ever going to be ok again."

"The welfare team were very helpful for a prolonged period, as it took me around three years to start feeling ok again."

"I managed to recover and get back to work. [The staff at Racing Welfare] are all lovely and it's good to know they are always there."



Maureen started receiving befriending calls in 2019 to help her cope with the loneliness and isolation she felt when her husband, who had retired from the racing industry, was unwell. Her husband sadly passed away later that year. Maureen continues to receive weekly phone calls through our Check-In & Chat service.

"I value Racing Welfare immensely – the charity has been a lifeline to me. I'm in the sticks here so I don't see many people outside my immediate family. So, to still get a weekly phone call from [a Racing Welfare volunteer] is just brilliant."

Raceday presenter Anthony Kemp came to Racing Welfare for support when the Covid-19 pandemic saw racing go behind closed doors, leaving without work for a prolonged period.

"I really started going downhill... I didn't have a job. Things got bad from both a financial and mental point of view. [Racing Welfare] helped me from a financial point of view, they put me in touch with a counsellor, I was also suffering really bad problems with my back so they sorted some physio for that."

"I just can't put into words how fantastic Racing Welfare were."



TRAINING FOR THE YORKSHIRE THREE PEAKS CHALLENGE



Our event partners Large Outdoors have very kindly provided the below advice and information as to how, and why, you should train for the Racing Welfare Yorkshire Three Peaks Challenge.

Why train for the Yorkshire Three Peaks?



This is one of the questions we're asked most frequently. The answer, in a nutshell, is because even for the most active of walkers, this is a big day out.

To put it into perspective, the walk to the summit of Ben Nevis and back is around 12 miles with 1,345m (4,413ft) of ascent. The Yorkshire Three Peaks is a little more than twice the number of miles and, with 1,585m (5,200ft) of ascent overall, you're walking both further and 'higher'. While the peak climbs aren't as strenuous as climbing the Ben, you shouldn't underestimate the physical challenge of the Yorkshire Three Peaks!

We therefore recommend that to complete, and most importantly enjoy the challenge, it does pay to step up your training beforehand. The better shape you're in, the more fun you'll have!

How should I train for the Yorkshire Three Peaks?

Some like to follow rigid training plans, but we're not great fans of these as they can make you feel anxious if you're not following the training regime to the letter.

Instead, we recommend you simply get out walking as much as you possibly can.

Don't wait until the weekends - fit walks in, every day if possible, even if it's just to the shops, on your lunch break, or around the block early in the morning. Make it a habit you look forward to. If you feel comfortable, listen to the radio, an audiobook, or your favourite songs, turning even the most familiar routes into an enjoyable expedition.

Hills should be your friends, and if they're not right now then make sure they are by the time the challenge comes around! If you have hills nearby, build up your stamina by going up and down them. Even if you're pretty sporty already, walking uphill uses different muscles and tires you out quicker than you'd expect to begin with, so get some hill training in when you have the chance to.

If you live somewhere flatter, consider walking up and down the biggest set of stairs you can find whenever you can - no more taking the lift for now!

Build up your distance and speed gradually until you're comfortable walking 18-25 miles a few weeks before the challenge.



SPONSORSHIP AND GIFT AID



For the Racing Welfare Yorkshire Three Peaks Challenge, we are asking all participants to use Enthuse for your online fundraising. Enthuse makes things extremely easy when setting up your fundraising page, but we've provided some information below should you need any assistance when creating your page.

- When you register for the Racing Welfare Yorkshire Three Peaks Challenge, Enthuse will automatically create a fundraising page for you.
- Your default fundraising page will include information about Racing Welfare and about the Challenge itself. However, please take this opportunity to make the page as personal to you as possible. Add a photo, update your bio to explain why you're taking part in the event, and provide any other information you want to share with your supporters.
- Enthuse will send the donations straight to Racing Welfare and reclaim any Gift Aid automatically on your behalf.
- If you have any questions or require any support when setting up your fundraising page, please get in touch with Jo White by emailing jwhite@racingwelfare.co.uk.

Support from Racing Welfare & Social Media

Racing Welfare is here to support you throughout your fundraising journey. Our fundraising team has a wealth of experience, allowing them to support you and provide a variety of ways for you to achieve your fundraising target. If you would like support with your fundraising, please email Jo on jwhite@racingwelfare.co.uk.

Social media is a great place to share your story and encourage donations from your friends, family and colleagues. Please make sure you are following Racing Welfare on all of your social channels, and tag us in any posts about your challenge so that we can share them with our wider audience and supporters of the charity.

#RWY3P



EVENT PARTNERS



The Racing Welfare Yorkshire Three Peaks Challenge is a fully guided trek led by our event partner, Large Outdoors. Large Outdoors have a wealth experience of leading large groups in treks and challenges across the UK.



The Racing Welfare Yorkshire Three Peaks Challenge will be led by guides at a ratio of 1:10, and all Large Outdoors guides are first aid trained. For more information about Large Outdoors, you can visit www.largeoutdoors.com.

TESTIMONIALS

"It was a great day – the weather was tough, but the views made it all worth it!! Milly was an absolutely incredible leader – we really couldn't have asked for better. Our whole experience with Large Outdoors has been perfect, everything ran so smoothly!

We will be running another event next year – details to be confirmed – but we will be using Large Outdoors again and I would recommend you in a heartbeat. Thank you so much!"

"Both yourself and Martin were great thank you. He was very entertaining with his jokes and riddles he and was great at managing the pace and safety of the group."

TO TAKE PART, PLEASE CONTACT

Jo White, Events Manager at Racing Welfare – jwhite@racingwelfare.co.uk

Follow Racing Welfare on Facebook, Instagram and Twitter - [@racingwelfare](#)

Following Large Outdoors on Facebook, Instagram and Twitter - [@largeoutdoors](#)

TO SIGN UP - <https://register.enthuse.com/ps/event/YorkshireThreePeaksChallenge>

ACCOMMODATION



Whilst accommodation is not included as part of your registration, we realise that some participants may wish to stay in the local area. As such, we have reserved a number of rooms in the area for both the night before the event and the night of the event itself.

When you have registered, more information will be provided about the accommodation options we have available.

You will be able to book these directly through Jo White - jwhite@racingwelfare.co.uk

Hotel	Room type/name	Sleeps	Price per night	Breakfast inc
<u>3 Peaks Bunk Room</u> <i>You need to bring your own bedding</i>	Bunk room 1	6	£120	No
	Bunk room 2	6	£120	No
	Bunk room 3	6	£120	No
	Bunk room 4	6	£120	No
<u>The Rowe House</u>	Swaledale twin	2	£125	Yes
	Wensleydale double/twin	2	£125	Yes
	Herdwick double	2	£115	Yes
	Leicester twin	2	£115	Yes
	The Shippon	2	£125	Yes
<u>Middle Studfold Farm</u>	Malham Suite	2	£130	Yes
	Whernside	2	£115	Yes
	Fountains Fell	2	£115	Yes
	Pen Y Ghent	1	£80	Yes
	Ingleborough	1	£80	Yes



FUNDRAISING TIPS



1

SET UP YOUR FUNDRAISING PAGE, PERSONALISE AND SHARE!

Your Enthuse fundraising page was automatically created at the time you registered. To make sure your fundraising page stands out, you need to update the 'story' section of your page. This is your opportunity to tell people what you are doing, why are you doing it, the difference their support will make and most importantly, what Racing Welfare means to you. Then your page is ready to share, share, share!

2

HOLD A FUNDRAISING EVENT

Holding a fundraising event is a great way to smash your fundraising target in just one night. You could organise a race night or pub quiz at your local or, make the most of the summer sunshine and host a garden party. As well as raising funds through entry/ticket fees, there are other chances to fundraise here through raffles, auctions and the selling of food and drink. If you did want to host an event, we would be delighted to support you with this, and we have a whole host of fundraising materials on hand to help. Get in touch with Jo by emailing jwhite@racingwelfare.co.uk

3

SPRING CLEAN YOUR HOME

Now is as good a time as any to clear out all that old junk you've been hoarding. You could sell some preloved items on Facebook marketplace, or take a table at your local car boot sale. One man's trash is another man's treasure, and you might be surprised just how much you could raise towards your total.

4

ENGAGE YOUR WORKPLACE

Involving your employer and your colleagues is a great way to boost your fundraising. Firstly, look at the opportunities to engage your employer. Do they have a matched funding scheme or a charitable foundation which could make a donation? Can they help you spread the word about your challenge by sharing your fundraising page with colleagues via email and group intranet? Then look at the options to get your colleagues involved. If you're back in the office, why not suggest a dress down day or a bake sale?

5

RUN A SWEEPSTAKE

This is a fun and easy way to uplift your fundraising efforts. Ask people to guess how long it will take you to complete the challenge in exchange for a donation. The prize? Well, you can either offer part of the money received back as a prize or why not try and secure a prize from a local business or restaurant, so that all of the funds go straight towards your total? Email Jo at jwhite@racingwelfare.co.uk if you would like a sweepstake grid.

6

UTILISE YOUR NETWORKS

Finally, work out how your friends, family and colleagues can support your fundraising efforts. Do they own a venue where you could host an event, or work for a company that could provide a top tier raffle/auction prize? Could your friends take a sponsorship form into their office and encourage donations, or share your fundraising page on their social channels? They'll likely be happy to help and support you however they can, so please don't be afraid to ask them!