



# Newsletter July 2021

## NATIONAL THREE PEAKS CHALLENGE

Lee Ratcliffe – Team Leader at Vulcan Refractories and a group of friends took on The National 3 Peaks Challenge on 24<sup>th</sup> June.

The National Three Peaks Challenge involves climbing the three highest peaks of Scotland, England and Wales, within 24 hours.

The total walking distance is 23 miles (37km) and the total ascent is 3064 metres (10,052ft). The total driving distance is 462 miles.

The three mountains are:

- Snowdon, in Wales (1085m)
- Scafell Pike, in England (978m)
- Ben Nevis, in Scotland (1345m)

The challenge was to raise money for GUTS UK a charity who fund research into digestive diseases that affect the gut, liver and pancreas. The charity is close to Lees heart as they have offered excellent support to Lees wife Kim for many years.

The challenge is a tough one all completed in 24 hours. The experience is captured in Lees own words on page 2:





## Newsletter July 2021

*This challenge was done on behalf of my wife, due to her many battles and operations, Guts UK have played a major part in helping her.*

*So we decided to do this challenge a year ago, and finally got round to it on the 24th of June. We started at Ben Nevis in Scotland standing at 1345 metres and the highest point in the UK, then on to Scarfell Pike in England standing at 978 metres and finally on to Snowden in Wales standing at 1,085 metres, all this in 24 hours including travelling 😞😞.*

*There was a team of 5 climbers and 2 drivers, so Thursday arrived and all was going well apart from the awful weather, but we found out just before we climbed that a 24 year old was missing, 30 mins before we set off she was found but unfortunately had died, so it shows how treacherous this challenge was going to be.*

*We had planned to climb Ben Nevis in 5 hours and achieved 5 hrs 16 mins so not bad considering the weather and the snow, yes snow in June was a weird feeling walking or trying to walk through snow.*

*We then travelled to Scarfell Pike, sodden from head to toe so a quick change easier said than done in a moving minibus 😊. We arrived just over 5 and 1/2 hours of travelling, but this is where things got even worse, 3 of our party were hit with the sick bug 🤢🤢 meaning we were a driver down and 2 walkers I think too much (haggis) in Scotland 😊.*

*We managed Scarfell Pike in 4 hours and the drivers had made the time back up so all good, again soaked from head to toe.*

*Finally to Wales to conquer Snowden which was again treacherous weather but we all managed it inside 24 hrs, well 2 of us had just 5 minutes to spare, the youngest in the party had 40 mins to spare 😊*



A huge congratulations to Lee and his friends. All at Vulcan are very proud and impressed by his efforts, both Vulcan and his colleagues are pleased to sponsor him for this very worthy charity.

[https://www.justgiving.com/fundraising/lee-ratcliffe?utm\\_source=Sharethis&utm\\_medium=fundraising&utm\\_content=lee-ratcliffe&utm\\_campaign=pfp-email&utm\\_term=5e822d5417f24a2994611db9f2d31495](https://www.justgiving.com/fundraising/lee-ratcliffe?utm_source=Sharethis&utm_medium=fundraising&utm_content=lee-ratcliffe&utm_campaign=pfp-email&utm_term=5e822d5417f24a2994611db9f2d31495).

