



# 12 Hour Sponsored Climb

Saturday 25<sup>th</sup> September 2010

## Event Information

### Why is Craggy raising money for Help for Heroes?

Craggy Island have chosen to raise money for Help for Heroes to support those returning from duty overseas. A number of military clubs representing all services use the centre on a regular basis – some just for fun but others as rehabilitation after suffering injuries or losses whilst serving. It is for these people that we are holding the event in honour of and to support them in their journey.

For more information on Help for Heroes and the work that they do, please visit their website:

[www.helpforheroes.org.uk](http://www.helpforheroes.org.uk).

### How do I get involved?

All you need to do is collect or download a registration form either in the centre or from our website: [www.craggy-island.com](http://www.craggy-island.com).

There is a £10 registration fee which includes your entry on the day, light refreshments and your Help for Heroes wrist band – which we expect you to wear with pride on the day!

When you have registered you will receive an info pack which will contain your sponsorship form, a full itinerary of the day's activities and any other information that we think may interest you.

### What do I need to bring on the day?

You will need to bring your climbing equipment (shoes, harness, belay device, chalk bag, etc). These will be available for hire if you do not have your own but will be provided to people on a first come, first served basis.

Please ensure that you are dressed suitably and take into consideration the weather and temperature on the day of the event. Climbing can be hot work so you may want to consider bringing a change of clothes and a towel to keep that sweaty brow in good condition!

Water and light refreshments will be provided by the Island Café free of charge. The usual selection of sandwiches, toasties, pizzas, chocolate, snacks and drinks will also be available to purchase on the day.



What will happen on the day? (please note this is subject to change and will be confirmed closer to the time)

**8am**

**Centre opens for climbing and the 12 hour “Beast Challenge” begins!**

Climbers can begin their fundraising climbs from 8 o’clock and will continue throughout the day.

Additional challenges will be set during the day for you to attempt and log on your Scorecard.

The Beast Award will be given to the climber that completes at least 20 climbs every hour for the full 12 hours...!

**9am – 10am**

**Challenge 1: The Jamming Problem!**

Mark’s jamming creation of the day! Mark will be setting an interesting test piece where you have to get very close and intimate with the route, time to tape up your hands I think.....

**11am – 12pm**

**Challenge 2: The Infamous Snake Climb!**

Attempt to climb up the notorious Craggy Snakes!

The snakes will be set up in a very interesting position ready for you to try and conquer!

**1pm – 2pm**

**Challenge 3: Can you get the horn?**

A Craggy Classic! The horn returns in a devilish route designed by our very own Mr Croxall! Mark will be creating a fiendish route for you to try and master which will be far from the norm and will no doubt feature a lot of horn mounting action!

**3pm – 4pm**

**Challenge 4: Going Down?**

If you have never done an abseil before then come and give it a go on Help the Heroes day. We will be creating a fantastic free abseil hanging from the heights of Craggy, which will hopefully get some peoples knees wobbling!

**5pm – 6pm**

**Challenge 5: Lets all go swinging!**

Try your luck at our amazing craggy swing! Operated by our staff, this swing will definitely test your co-ordination and control!

**8pm**

Climbing finishes and scorecards to be handed in to reception.

**8.30pm**

Prize giving and award ceremony!



## **Badges**

For every challenge you complete you will receive a limited edition Craggy Badge! If you manage to collect all 5 badges then you will be entered into our draw to win some very cool prizes!

## **Prizes will be awarded to the following categories:**

Individual and \*Team who raise the most money

Individual and \*Team who complete the most climbs in the 12 hours

**The Beast Award!** This is open to anyone who completes the whole 12 hour stint; they must have completed at least 20 climbs each hour and the winner will be the person that completes the most number of climbs and challenges.

\*A team is a group of 3 people – they can be any age, gender and ability!

*If you have any questions or would like further information, please contact Ben Read, Guildford Centre Manager on 0844 880 8866 or email him on [ben@craggy-island.com](mailto:ben@craggy-island.com)*