

## PRESS RELEASE

### Appleby Students tackle 1000 mile John O' Groats to Lands End and 3 Peak Fundraising Challenge

Two students from Appleby Grammar School are tandem-ing the generic Lands End to John O'Groats route but with a twist, adding 200 road miles and, collectively, an 11,179 ft. Climb. They will be making three detours, each one leads to climbing one of the three highest peaks in the U.K: Snowdon, Scafell and Ben Nevis. They will be doing this to raise funds for two charities: **Kitaa Hope Home**, a Tanzanian orphanage housing children who have lost their parents through aids, and **Eden Valley Hospice**, a well known local charity.

Sam Hall and Simon Walker, 16 and 17 respectively, will be embarking on their journey on the 12<sup>th</sup> July, with no back up team, making their way up the country. Being entirely self sufficient they will be carrying all their provisions, including a tent, and solely reliant on man power, hopefully reaching John O'Groats no later than July 31<sup>st</sup>.

The local Penrith bike shop Arragons have kindly provided the boys with jerseys and a tandem, and major Cumbrian based companies Stobarts, Appleby Ford, Tony Ritson Haulage and AST signs among others are sponsoring the event to show their support. Willy Stobart has said 'It's a really great thing the lads are doing and equally great causes, I wish them all the best'. If you would like to support Simon and Sam there is a website set up where you can donate online at <http://www.justgiving.com/sam-and-si> or you can support them by getting in touch via the contact details below. There is also a facebook group where you can track their progress titled **Land's End to John O'Groats and 3 Peak Challenge**. Simon commented 'We have been inspired by Mark Beaumont watching his BBC series 'Cycling the Americas' and felt it was a great way to do something we enjoy and raise lots of money for worthwhile charities at the same time'.

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**Ends here**

See attached for photo and leaflet.

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