Welsh 3000's

Sponsorship form

15 peaks 30 miles 13,000 ft in height 24 hours

The Welsh 3000's is a mountain challenge in Snowdonia. Participants must climb all the mountains over 3000ft in Wales within 24 hours completely under their own steam. The route is a mix of everything from good paths to knife edge aretes demanding determination, stamina, scrambling skills and a head for heights.

A sponsored event in aid of .....

Name	Contact	Do you want to pay by the mile, peak or a flat rate			Paid
		Amount per Mile	Amount per Peak	Set Amount	

Downloaded from www.lupineadventure.co.uk

Continuation Sheet No. .....

Name	Contact	Do you want to pay by the mile, peak or a flat rate			Paid
		Amount per Mile	Amount per Peak	Set Amount	

Downloaded from www.lupineadventure.co.uk