

# NEWS RELEASE

For Immediate Release

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## Colin Watts

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Colin on Ben Nevis, 7<sup>th</sup> June

## 3 Peaks, 2 Legs, 1 Bike

**My fund raising plan for [Headway - the brain injury association](#) for 2007 was to do the 3 Peaks challenge but all under my own power. Run up and over Snowdon, cycle to The Lake District, run over Scafell, cycle to Scotland and run over Ben Nevis.**

My planning through it's various can be seen on my website with a full account [www.colinwatts.co.uk/running/3peaks.htm](http://www.colinwatts.co.uk/running/3peaks.htm)

The table below outlines what I did each day.

	Activity	Dist
<a href="#">2 June</a>	Run over Snowdon via the Snowdon Ranger path to Pen-Y-Pass	12k
	Cycle to Chester	141k
<a href="#">3 June</a>	Cycle to Lancaster	131k
<a href="#">4 June</a>	Cycle to the Lake District (Wast Water)	134k
	Run over Scafell and into Borrowdale	13k
<a href="#">5 June</a>	Cycle to Lanark, Glasgow	195k
<a href="#">6 June</a>	Cycle to Bridge of Orchy	192k
<a href="#">7 June</a>	Cycle to Fort William	65k
	Run up and down Ben Nevis	13k

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Thanks for the support especially to **Janet** for her major role in keeping me going.

### Supporters:

**Janet Korsak, Chris Conory, Mike Porter, Charles and Petra Dexter, Simon Milward-Hopkins, Paul and Nicky Smith, Sue Hewitt and Howard Papworth.**

Without help from my sponsors this would not have possible in the 6 months I had to prepare for it.

### Sponsors:

Johns Bikes  
Running Bath  
Melksham Cycles

Snowdon was windy and wet, but it cleared up as we moved to the coast. The cycling was either down hill or flat until the Lakes and after Snowdon was sunny and fine.

Cycling to Scafell involved some pushing for a later evening run over Scafell. Then followed 2 long days in the saddle, I had to shorten the planned 150 miles to leave 40 miles to ride to Ben Nevis the following day. This meant that we stayed in a bunkhouse instead of camping with the midges.

I had to walk over Ben Nevis, mainly because my selected descent into Glen Nevis was too steep and loose for safe running.

In general an enjoyable, but hard event.

Colin Watts