

Snowdon 500 Challenge Q & A

When is the Snowdon 500 challenge taking place?

The next Snowdon 500 Challenge will take place over the weekend of Saturday 19th May and Sunday 20th May 2012. You can choose either of those days to Climb to the summit of Mt Snowdon, the highest mountain in England & Wales.

Why has this challenge been organised?

To raise awareness of prostate cancer and to raise money for the Prostate Cancer Research Centre. The Centre is carrying out cutting edge research to find a cure for prostate cancer and improve the survival and quality of life of men suffering from prostate cancer.

How do I register?

You will need to register in advance to take part in the Snowdon 500 Challenge and pay a non-refundable registration fee of £30 to cover administration and the costs of staging this charity challenge event. There are 3 ways you can register for the Snowdon 500 Challenge:

- You can [register on-line](#) and securely pay your registration fee by debit or credit card.
- You can complete a manual registration form which you can obtain by [downloading the form from the Snowdon 500 web site](#) or by phoning the Snowdon 500 event team on 07503 782616 or by sending an email to: info@snowdon500.co.uk
- Obtain a registration form (and information pack) through the post by sending an email to: info@snowdon500.co.uk or by phoning the Snowdon 500 event team on 07503 782616

Is there a limit to the number of people able to take part?

For logistical and environmental reasons the maximum number of people taking part in the Snowdon 500 Challenge will be limited to 500 in total. To ensure that you are one of them it is advisable to register for the event as soon as you can. The web site will say if / when the maximum number has been reached.

How much money will I have to raise?

Obviously as much as you can but while we're asking all participants to aim to Raise £250 or more if they can, we recognise that for some that might be difficult. So for those unable to raise £250 we simply ask you to do your best and raise as much as you can.

Sponsorship Forms

Sponsorship forms can be downloaded from the Snowdon 500 web site by selecting "Downloads" from the menu and then selecting "Sponsorship Forms". Alternatively you can obtain sponsorship forms by (a) sending an email request To info@snowdon500.co.uk or by telephoning the Snowdon 500 team on 07503 782616

How much of the sponsorship funds raised will go directly to prostate cancer research?

Your £30 registration fee will help cover the administration and other costs of Staging the Snowdon 500 Challenge but £1 of the fee will be donated to the Llanberis Mountain Rescue team who do such a magnificent job 365 days a year helping people in trouble on the mountain whatever the weather. Our aim is therefore that 100% of all sponsorship funds raised will go directly to the Charity.

Who Organises the Snowdon 500 Challenge?

The Snowdon 500 Challenge is planned, organised and managed by Matt Rannamets (a prostate cancer sufferer) and John Harragan. Both are retired Civil Servants and work with staff at the Prostate Cancer Research Centre as unpaid volunteers. It means that expensive Commercial event organisers are not used in any capacity and ensures that 100% of all sponsorship funds raised by people taking part goes directly to the Charity.

How should the funds I raise be paid to the Prostate Cancer Research Centre?

There are three way ways to do this (and you can use one or a combination of them).

- (1) Set up your own page on the [Just Giving](#) Web site and select the Prostate Cancer Research Centre as your charity. Your sponsors will then be able to pay on line. For step by step details on setting up your own Just Giving page [click here](#).
- (2) You can use the [Virgin Money Giving](#) web site at www.virginmoneygiving.com which also provides an easy to use on-line fundraising facility for the Snowdon 500 Challenge. For step by step guidelines on setting up your own Virgin Money Giving page [click here](#).
- (3) Send a cheque made payable to Prostate Cancer Research Centre for the amount you have raised together with your completed sponsorship forms to:

Snowdon 500
Prostate cancer Research Centre
67 Riding House Street
London
W1W 7EJ

What if I am unable to take part on the day but would still like to support the event by making a donation?

You can send a cheque to the Research Centre at the address in (2) above or make a donation on line by going to the Prostate Cancer Research. Centre web site at www.prostate-cancer-research.org.uk . Your support is very much appreciated and will help make a vital contribution towards finding a cure for prostate cancer.

Where is the starting point?

The starting point is at Llanberis in North Wales where participants will be asked to assemble at the Legacy Royal Victoria Hotel opposite the Snowdon Mountain Railway.

What time should I arrive at the start point?

The first groups of walkers will set off at around 7.30am to be taken by a free shuttle bus to Pen Y Pass where the ascent of Mt Snowdon will commence. Other groups each comprising of around ten people (made up of individuals or teams) will set off at 5-10 minute intervals thereafter until everyone has departed..

Your actual start time will be sent to you about 5 or 6 weeks before the event but you can request a specific start time window when you complete your registration form. The organising team will do their utmost to comply with your request, including any subsequent requests to make a change to your allocated start time.

What route will we be taking up?

After signing in and receiving a pre-climb briefing, walkers will set off up the mountain using either the spectacular Miners Track or the Pyg Track both of which start from pen Y Pass.

What route will we be taking down?

The route down will be by the Llanberis path. This will bring weary walkers back to Llanberis and the finish point at the Royal Victoria Hotel. Once there you will need to sign back in and receive a certificate to take home and frame as proof that you took part and completed the challenge.

How long will it take?

If you are an experienced walker with good fitness levels the walk should take you about five hours. Less experienced walkers can expect to take a little longer to complete the ascent and descent. Remember the Snowdon 500 Challenge is not a race but a personal or team challenge to raise vital funds for prostate cancer research.

Will there be anyone to help me on route?

Local safety marshals with considerable experience of Snowdon will be deployed along the route up and down to help keep you safe and to make sure that you do not accidentally stray from the designated routes.

What sort of level of physical fitness will I need?

Climbing Mt Snowdon is easily achievable by anyone in reasonable health and of average fitness. If you could do with a little assistance getting into shape for the day you can follow the simple advice given on this web site by [clicking here](#) . The age of participants who have taken part in previous Snowdon 500 Challenges ranges from 7 up to 80.

What if I have medical problems?

If you have any medical problems (epilepsy, diabetes, high blood pressure, allergies for example) you should seek medical advice before registering for this event. The registration form for Snowdon 500 asks you let us know about any medical problems you may have so that we are aware and in case we need to organise assistance on the day.

What do I need to bring with me on the day?

You should bring a good pair of walking boots / shoes, waterproofs and several layers of clothing to allow for different weather conditions. For more advice on what to wear [click here](#)

Who do I contact for more information?

Email the Snowdon 500 event team at info@snowdon500.co.uk
Or telephone the organiser Matt Rannamets on: (tel. 07503 782616)