



If you would like to know more about Friends of O.S.C.A.R please contact Carol On 01235 816310, or look at our new website at www.friendsofoscar.org.uk.

We would like to thank Stan Newton who is the husband of Steph one of the committee members and Grandad to one of the O.S.C.A.R children who has volunteered to take on the looking after of our website.

We would also like to thank Eddie Lennon who has volunteered to be our treasurer subject to committee vote and Colin Webber who has agreed to be our end of year auditor.

Friends of O.S.C.A.R is now beginning to move forward. We are working on some promotional leaflets and we have set up a business plan including time scales of when FOO will take over various activities from O.S.C.A.R.

Friends of O.S.C.A.R Fundraising! 3 Peaks Challenge 2007



Most of the 2007 3 Peaks challenge team before they started climbing.

3 Peaks Challenge

Team Members

Walkers

John Green: Thames Water
Paul Gardner: All Souls College
Kevin Griffin: Oxford Council
Phillip Bell: Npower

Support Drivers and Caterer

Jim Summers
Gary Martin
Brian Green

Our Challenge started at the base of Ben Nevis at 15:45 (15 minutes after the start of our colleagues in our sister team). I unfortunately decided to start with my plan “B”, my old spare boots, which I had never trained in before but did feel like I was walking in slippers they were so comfortable. Brian did ask if that was a wise move?? I of course replied “It will be fine”!! The walk up Ben started great taking in the magnificent views and taking advantage of the good weather we started at a good speed. When asked by one walker we passed how long we had planned to get up and down in, we replied 5 hours...”really”!! Came the reply, in a high-pitched voice. As it happened the climb did go tremendously well and by the time we reached the summit we were more than on schedule. After the obligatory photo’s, which took far too long as I was unable to find my Scotland flag specially purchased for the occasion, I was gutted (especially as it turned up straight away when we got back to the

Our descent was far more eventful in that about 5 minutes after leaving the top both of my plan "B" boots started coming apart at the seams and by half way down both of my soles were flapping around from the tip to the mid sole, good job I had heavy duty rubber bands to wrap around my toes and hold them in place. This of course was only a temporary repair and temporary was the word because with just a quarter of the climb left both soles had come adrift completely and I was walking with just my inner soles left on the boots. Please don't tell anybody though as I am deeply embarrassed that I should have got myself in this situation in the first place!! I was moving extremely well though and it's just a good job it was on the down hill section. The team managed to get up and down in 4hrs 17mins well within our predicted time but apart from my boots we did have a major setback Kevin had taken a fall and damaged his shoulder seriously enough to render him unfit to continue his challenge, and this after months of organisation and training. I didn't know what to say to him.

Back at the Base Jim, Gary and Brian had been preparing for our return by arranging hot soup and bread which was well received, but more importantly they set about attending to Kevin (on our arrival back to Oxford it was found that Kevin suffered a broken shoulder) we were off Ben by 20:02 and after taking pictures of my boots and feet we were ushered into the people carrier and by 20:15 we were on route for Scafell Pike just 13 minutes after finishing our first mountain.

Leaving Ben at 20:15hrs we estimated approximately a 5 hour journey to Scafell Pike, I missed the first half of the journey due to trying to change out of our wet clothing (Houdini would have been proud of us) downing our hot soup and bread rolls which isn't the easiest thing to do travelling at speed (legally of course) up and down Glen. Eventually we managed to get settled and tried to get some rest before our next walk; unfortunately I was seated in the rear centre seat between Jim and Paul. I don't know who advised it but the pillows were a great idea especially as I didn't find either Jim or Paul particularly comfortable to lean on but at least having short legs was a real advantage!!

As we neared Scafell the terrain became predictably undulating so much so that on arrival John, our team leader, decided that it was time to feed the local wildlife with his portion of soup, only thing was because we arrived at 0100hrs the local wildlife were sensibly tucked up in bed. I don't think Jim our chef was amused!! It was a beautiful night or I should say morning, clear starry sky and the biggest moon I had ever seen....well apart from Paul's a few hours earlier whilst he was getting changed!! Armed with all the usual emergency equipment, fruit cake mainly but head torches too we set off at 01:25 into the moonlight and up the mountain.

Our ascent was surreal no wind (which was quite surprising due to the pulse soup) warm, and the moonlight casting eerie shadows around us.

The head torches worked well and again we made good time as we made progress to the summit the cairns gradually got closer together providing safe passage and much appreciated time saving navigation. Some cairns were literally 10 to 15 feet apart but in the dark shadows were only just visible. About ten minutes from the top dark clouds appeared as if to ward off walkers and protect the summit from intrusion, too late though we were nearly there but it did serve as further incentive for a quick turnaround. On the top the wind had arrived in earnest driving the cloud through us, two quick photos on the sheltered side of the summit *monument* and off again towards the waiting crew at the bottom reaching them at around 05:00, within 5 minutes our trusty support crew had us on route for our final leg.

On a personal basis Snowdon is my easiest walk of the 3 peaks but this was not the case today, it felt like an eternity just to get half way up and for the first time I had lactic acid building up occasionally. Again the weather was more than kind, beautiful clear blue sky and at that time; on a Sunday morning a very clear passage up, thank goodness! We finally made it to the summit accosting a local Welshman to assist with the picture taking, how he ever managed to miss us I will never know so out came the trusty tripod yet again precariously jammed between rocks with timer set to ten seconds it was a wonder that I moved quickly enough to get back into the frame. At least now we knew it was literally all down hill now. As we passed the new visitors centre structure on our left hand side the views opened up, this was the first occasion since I have been walking Snowdon that I experienced good views from the top, somebody was really shining down on us. I think what time we lost on the way up was to a small extent made up on the way down, steadily increasing in pace as the final stretch loomed ever closer. At 13:15hrs on Sunday our challenge had come to an end.

Total time on Snowdon was 3hrs and 45 mins which was more than pleasing as this gave us a total challenge time of 21 hrs and 30 minutes.

Photos from the challenge can be found at www.freewebs.com/oscar3peaks

Thank you to Phil Bell for writing this piece. Congratulations to you all for completing the challenge and thank you for raising in excess of £3,500 for Friends of O.S.C.A.R. I would also like to report that Kevin has now fully recovered and enjoyed his extended summer break although his wife was not happy about him not being able to do the decorating!

Travel Insurance.

It's the time of year when we all start thinking of holidays. Obtaining holiday insurance can be difficult and very expensive. We have found two companies who are will to insure families that have a family member with a medical problem. I am in the process of Joining a scheme with Freedom Insurance where by we are paid a commission for each policy sold.

One thing to note that I have found out recently if you do take out a travel insurance policy. Make sure you are covered to stay with your child if they are taken ill while on holiday. Most policies will only cover the child to stay not the parents.

All Clear Travel Insurance. Telephone **08707779339**,
Website **www.allcleartravel.co.uk**

Freedom Travel Insurance. Telephone **08707743760**,
Website **www.freedominsure.co.uk**

As the code that we will be asked to use to identify Friends of O.S.C.A.R families has not been set up yet please contact the Friends of O.S.C.A.R office first on 01235 816310 and I will be able to tell you what it is.

Donations

Three Peaks Challenge	£3,500.40
Collection at London Irish Rugby Match	£ 309.26
Mrs Doyle(Parent) Sale of Christmas cakes and puddings.	£65.00
Erica Gradus Great North Run	£ 211.54