

10PEAKS THE LAKES

**NOTHING IS
IMPOSSIBLE.
PROBABLY.**

In support of:

**WE ARE
MACMILLAN.
CANCER SUPPORT**

The 10 Peaks Challenge is a non-stop hike/ run over the 10 highest peaks in The Lake District. The 2011 event takes place on the weekend of 2nd July covering approximately 73 kilometres with over 5,600 metres of ascent.

The 10 Peaks is a charity event and open to anyone who is fit, healthy and mad enough to attempt it! For more information, to register for the event, or to donate please visit www.10peaks.com.

10PEAKS.COM

10
PEAKS

73
KILOMETRES

5600m
OF ASCENT

24
HOURS

ZXU
HUMAN PERFORMANCE MULTIPLIED

GU

Lakeland
Award Winning

NEWTON
running

satmap
way ahead

teamnutrition.
TN
fuels performance