



News Release

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Tetra Pak Processing team on a high

As if the trials and tribulations of a credit-crunched nation were not challenging enough, an intrepid team from Tetra Pak Processing, with friends, have tested their fitness, endurance and will power in the gruelling Three Peaks Challenge.



From left to right. Tony Exall, Mark Smith, Kevin Aitkin, Dave Exall, Frank Parsons (driver), Claire Parsons, Darren Cleary, Isobel Pennington, Sanchia Perkins, Keith Goodby.

The challenge is to reach the peaks of all three of the highest mountains in England, Wales and Scotland within 24 hours. Scaling Ben Nevis in Scotland, Scafell Pike in England and Snowdon in Wales required 42 km of walking and 475 miles of driving.

It was all in a good cause, raising money for the charity Aspire, which supports people with spinal injuries and so far £1150 has been raised.

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Team member Keith Goodby said: "Our organizer, Claire Parsons, has close experience of the affects of spinal injury, with an uncle who was paralysed following a motorbike accident. The challenge was a huge team effort and without the mutual support it would not have been possible. As one of the older members of the group it was on my list of '100 Things to do before you die' but there were times when it felt as though it was going to be the last thing I did before I died!"

Other Tetra Pak Processing members of the team included Kevin Aitken, Darren Cleary, Dave Exall and Sanchia Perkins.

Donations can be made via www.justgiving.com/tetrapakthreepeaks

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