

Training diary – Yorkshire Three Peaks Challenge

On Saturday 14th May, 17 Browne Jacobson trainees walked 24 miles around the three highest peaks in the Yorkshire Dales to raise money for our five office charities.

09 June 2022

It is time to give my trainee SRA development needs diary some well-deserved annual leave and instead pick up my pen for my Yorkshire Three Peaks Challenge training diary.

On Saturday 14th May, 17 Browne Jacobson trainees walked 24 miles around the three highest peaks in the Yorkshire Dales to raise money for our five office charities:

- Nottingham – Inspire & Achieve
- Birmingham – First Class Foundation
- Manchester – Lifeshare
- London – Reach Out 2 Kids
- Exeter – St Petrocks

Some of us had walked it before. Some of us considered ourselves somewhat competent at walking around parks. Some of us only bought walking boots on the week of the event. Whichever it was, we split into two teams to complete the challenge in just 9 hours or 12 hours.



26 March 2022 - 18 miles

Happy birthday to me! Today was my birthday and we met some friends for a walk on the Cotswolds from Moreton-in-Marsh to Stow-on-the-Wold and then to Kington. It was a beautifully sunny day, the spring flowers were bursting with life and I met a new four-legged equine friend en-route. Lovely.

Highlights: an extremely cheesy rarebit and a “Warm Lardy Cake” bun for lunch in a pretty café (you may notice a food theme in this blog!), the sunny spring weather and the chance to catch up with some friends I had not seen in a while.

Physical report: a little sore and I do not think my knees enjoyed running the final stretch for the train home, but it was the perfect excuse for a big dinner out this evening.



10 April 2022 - 16 miles

Today's walk was a circular route from Moreton-in-Marsh through Chipping Campden in a larger group of friends.

I noticed today that walking in a bigger group made it harder to keep a good pace, which we will need to keep in mind for pacing our two teams in Yorkshire. We did not quite run for the train this time, but we did walk increasingly briskly for the last few miles!

Highlights: the young lambs we saw in every other field we crossed and reconnecting with my childhood by swinging on a tyre swing in the Chipping Campden play park.

Physical report: I'm feeling okay but it's time for a cup of tea.

24 April 2022 - 50 miles cycle

I normally cycle quite frequently but this hobby has been the back burner recently in favour of walking. Today, however, I thought it was



time for some “cross training”.

We set off on a lovely circular route from Oxford to the Bronze Age Uffington White Horse. I was lulled into a false sense of security with the mostly flat start until we reached the 400 ft ascent up White Horse Hill and onto the Chilterns. That was tough.

The view at the top was spectacular, stretching out 270° over six counties.

Highlights: the perfect picnic stop next to the White Horse and whizzing down from the top alongside The Manger and the hill on which St George slayed the dragon.

Physical report: I do not think I will be sitting on a bike for a few days!

26 April 2022 – Oh no

Today I made a mistake. I wore some new shoes to the office today and got a blister. It's only 19 days before climbing the three peaks. I have not had a blister for about 10 years and so the timing is unbelievable.

I will be buying Compeed plasters sooner than I thought...



1 May 2022 - 8 miles

I did not give myself the best start this morning. Today was Oxford's annual May Morning in which choristers sing from the top of Magdalen College. It is a magical event in the hush of the early morning and surrounded by students dressed in suits and cocktail dresses who have stayed up through the night after a college formal for this moment.

So, it was a 5am start and a flask of coffee for me.

Today's walk was a Cotswolds tour for some guests who were staying for the weekend. The route took us through Lower Slaughter, Upper Slaughter and Bourton on the Water.

Highlights: seeing how much the lambs have grown since our last walk and an enormous cream tea in Bourton on the Water.

Physical report: I'm feeling fine but I could definitely do with an early night!



8 May 2022 – 20 miles

With six days to go, today was my final day of training. Today's route went from Chipping Campden to Blockley and Broadway and then back to Chipping Campden.

We focused on maintaining a 3.5 mph pace and planned the route so that we climbed on and off the Cotswolds several times. It really felt like a starter-pack for next week's challenge.

Highlights: the views from the Cotswolds ridgeline and a fantastic ice cream in Broadway.

Physical report: the pace and ascents meant this walk left the greatest physical mark to date (my poor knees!) - wish me luck!



14 May 2022 – 24 miles – Yorkshire Three Peaks Challenge

Ready, set, go!

Well done to all the trainees who completed the Yorkshire Three Peaks Challenge.

To find out how we fared on the big day, please see our LinkedIn post [here](#).

If you are able and would like to show your support, we would be grateful for your sponsorship to help us meet our [£8,000 target](#).

Our trainees are now preparing for their next challenge on 16 June. We will be going head-to-head against our partners to see who can cycle the furthest on an indoor bicycle. To vote for who you think will win, visit our [LinkedIn poll here](#).

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