

Yorkshire & National 3 Peaks Challenges for British Heart Foundation



Charles Trafford is fundraising for British Heart Foundation by undertaking the Yorkshire & National 3 Peaks Challenges.

Charles said: 'You may or may not be aware that I had a serious health scare towards the end of last year. I suffered a cardiac arrest! Thankfully, I was in the right place at the right time!

'As part of my rehabilitation I have done a lot of walking and, in particular rekindled the enjoyment I had in my youth of hill walking in some of this country's breath-taking countryside. On the back of this, I have now set myself a couple of challenges with a view to raising funds for British Heart Foundation.

'I am tackling both the Yorkshire 3 Peak and National 3 Peak Challenges in the space of just over a month.

'I appreciate that we often get asked to support or sponsor fundraising efforts, so please don't feel obliged - but if you'd like to donate, no matter how much, then that would be great!'

To do this and find out more please visit:

<http://www.justgiving.com/owner-email/pleasesponsor/Charles-Trafford>

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