

'Tyred' of the Yorkshire Three Peaks

A man based in North Yorkshire will tackle the Yorkshire Dales Three Peaks on Sunday 14th July for a well-known charity ... and he'll be pulling a heavy-duty tyre behind him during the endurance challenge.

Gary Hill, based near York, will undertake the Yorkshire Three Peaks in order to raise funds for Help for Heroes, the armed forces charity.

This challenge is ahead of his main project, The Explorers Grand Slam – The Last Degree, which is scheduled for January to May 2020.

Gary said: "The Yorkshire Three Peaks is a challenge that is close to my heart as it takes place in the Yorkshire Dales, one of the most stunning parts of my home county.

"In order to push myself to the limit, I will be dragging a tyre around the route to emulate some of the conditions I'll meet during the Grand Slam next year."

Gary, who runs a building business in the area, started training for the Grand Slam two years ago, which includes climbing the seven highest summits on seven continents as well as conquering both the North and South Poles in less than 139 days.

Gary said: "This is a once-in-a-lifetime physical challenge for mountaineers and pole seekers. Only a handful of people have completed it.

"The mental and physical challenge is immense. And this huge undertaking means raising funds for the Help for Heroes armed forces charity. What these amazing men and women have achieved while serving our country is nothing short of incredible and they deserve every penny so they are supported going forward."

Gary is working alongside Kenton Cool, one of the worlds' most respected mountaineers reaching the summit of Mount Everest 14 times to date.

Kenton said: "I have been working with Gary as part of his extensive training for his Explorers Grand Slam - The Last Degree world record attempt in 2020.

"Gary's determination, dedication and professionalism are an inspiration to me and all who meet him.

"His decision to raise funds for the Help for Heroes charity also shows how Gary wants to achieve this incredible once-in-lifetime-goal and provide support for those who put their lives 'on the line' for all of us when they serve in the UK's Armed Forces.

"Above all, Gary's attitude is perfect for this gruelling challenge, which has been successfully achieved by only a handful of people from across the globe."

Gary is being coached by Scarborough-based Simon Town of Roots of Yggdrasil CIC. Simon explained: "It's always a pleasure working with Gary, he keeps me on my toes and I always have to bring my 'A' game to our sessions. Mentally Gary is already on his expedition and most of my job is pulling him back so his body can catch up.

"Besides the noble cause, I am touched that of all the trainers out there who would leap at a chance to work with such an individual, he chose our new community interest company in Scarborough all because our ethics line up.

“On a personal note Gary has quickly become a firm friend and I am confident that we will smash the Yorkshire Three Peaks as so far he has achieved every goal he has set.”