



## Triathlon

Dún Laoghaire Harbour  
1 August 2010

Swim, cycle and run in the Focus Ireland sprint distance triathlon in aid of people who are homeless. You can play your part by entering as an individual or as part of a team. 750m or 350m swim and 20km cycle and 5km run.

*'Great event, such a great buzz and atmosphere throughout the day. The sense of camaraderie among all the participants and spectators was fantastic. Well worth all the hours of training in the lead up to the day – a great way to get fit and support such a worthwhile charity – see you next year'.*

Robert, Declan and Mark, Triathlon Team 2009

**Email** triathlon@focusireland.ie  
**Fitness level** High  
**Fundraising** €250 per individual/€550 per team of 3  
**Training** Check out our on-line training guide on [www.focusireland.ie](http://www.focusireland.ie)

## About Focus Ireland

Focus Ireland works to provide housing and homeless services to young people, adults, children and families who are homeless or are vulnerable to homelessness. The organisation works to make its vision – 'Everyone has a right to a place they can call home' – a reality for thousands of people every year.

Register now at  
[www.focusireland.ie](http://www.focusireland.ie)

Find out more  
[events@focusireland.ie](mailto:events@focusireland.ie)

Or call Joanne  
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[www.focusireland.ie](http://www.focusireland.ie)



# Focus Ireland Charity Challenge Series 2010

## Four Peaks Challenge

17-19 September



## Triathlon

Dún Laoghaire Harbour  
1 August

## Highest Peak Challenge

14-15 August



## Three Peaks Challenge

10-13 September

Everyone has a right  
to a place they can  
call home.





## Four Peaks Challenge

17–19 September 2010

Climb the highest mountain in each of the four provinces in Ireland over one weekend and raise funds to help people who are homeless. You could be part of this unique physical challenge which takes place in some of Ireland’s most remote and beautiful locations.

*‘Rewarding, fun and challenging from start to finish! A great way to meet people and give something back to our community – it’s a **must do** challenge!’*

Jenny Kelly, Team J.B. Barry & Partners

**Email** fourpeaks@focusireland.ie  
**Fitness level** Medium  
**Fundraising** €4,500 per team of 5–7  
**Training** Mountain skills one day course  
24 July



## Highest Peak Challenge

14–15 August 2010

Climb Ireland’s highest mountain, Carrauntoohil, Co. Kerry and raise funds to help people who are homeless. Over the weekend you will complete a mountain skills training course before your climb to the top of Carrauntoohil.

*‘I had a fantastic weekend in the Killarney hills and really wouldn’t have got to the top without all the encouragement and support of the crew. Sign me up for next year!’*

Alice Griffin, 2009 participant

**Email** highestpeak@focusireland.ie  
**Fitness level** Medium  
**Fundraising** €450 per individual  
**Training** Mountain skills one day course  
14 August, the day before the big climb



## Three Peaks Challenge

10–13 September 2010

Climb the UK’s three highest peaks in 36 hours, in England, Wales and Scotland, and raise funds to help people who are homeless in Ireland. If you are up for an exhilarating and demanding challenge then sign up now.

*‘It was a truly amazing experience; the physical challenge really pushed our limits but the craic we had going up and down the mountains really brought us together. We built up a great team spirit throughout the challenge and felt a true sense of achievement when we reached the top of the third peak.’*

Christine Fitzpatrick, Team Dardanians 2009

**Email** threepeaks@focusireland.ie  
**Fitness level** High  
**Fundraising** €4,500 per team of 5–6  
**Training** Mountain skills one day course  
24 July