

JOURNEY BENEATH THE GRIFFIN FLIGHT 2005 PROJECT CHALLENGE

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Logo designed by Darren Quill

Training Programme

Including excerpts from young peoples logbooks (italics)

It's straight into the training programme for the new group with a visit to the gym. The group looks forward to it, but little do they know that their trainer is a member of Leeds Rhino's and he is about to see just how fit they are - starting with the bleep test. The bleep test involves running up and down the hall to timed 'bleeps' - the longer you last the harder (t,)our score!st. n tolee

"I went to the gym and I did well, on the bleep test I got to 6 and dropped

"Today we all had to pack our rucksack and Trudy and Michael was

"hello logbook am back again but not 4 long cos am going home cos am knackerd but first am gonna tell about my week well on Tuesday I arrived at base packed my rucksack and set of to the yorkie dales when we got there we got dropped of at malham and walked to threshfiled are campsite and that was a 6 km walk when we got to camp we had are tea

We begin to realise we are camping in a wind tunnel. Everywhere else in Wales seems to be o.k. so we set off on a more strenuous circular route. Unfortunately, the walk proves too much for one of the group who doesn't wish to continue and we make arrangements for her to return home.

The next day we set off for Snowdon, our first real mountain. The group

for the Duke of Edinburgh expedition also steps up a gear as the group

the evening we met a couple from Wales who were walking the whole GR11 and they became friendly faces as our journey progressed.

".... 2nd day of D of E we had a big pull up in the morning it took us about

round. Wow, they never tasted so good! Morale was restored even though it poured down.

staff who was surrounded with them. We ate lunch in a deserted village and when we examined the map we realized that all the villages were marked 'deshabitado' and abandoned. We finally came to a water source in the form of a pipe running into a cow trough and decided to camp for the night. As we were putting up the tents two poles from two different tents snapped. We quickly improvised using gaffa tape and small cardboard tubes before the threatening storm hit us.

Today was alright bit tiring going up steep hill. Filled water bottles up at a cow troff.

Learnt how to pace myself when im walking.

The Journey Beneath the Griffin Flight Experience

Kyle Allinson

Rob Jackson

Darren Quill

Aaron Tomlinson

Halina Yaqoob

The Expedition Staff Team

Pete Dawber

Steve Mason

Trudy McLaughlin

Alex Redmayne

Young Peoples Evaluations

Project Challenge WAS about was residential's, orienteering, and first aid.

As I did the residential's and all the walking it was hard work. I had to do it, but I wasn't on my own as the staff were with me all the time supporting me.

Finally as I came to the end of my journey and I had finished it, it was the best thing I did in my life. The best think I got out of it was realising my strong ability. No matter whatever I do, if I can do this, I can do anything.

Before I came to Project Challenge, I used to get into trouble a lot only because I was hanging around with the wrong people. When I started Project Challenge I thought the

Project Challenge has helped me in so many ways and has always supported me whatever I've done. I think Project Challenge helps your confidence and self esteem. I would recommend Project to any young person of any ethnic group and whatever background. It doesn't matter what you've done, Project Challenge would benefit you

Thank You's

Project Challenge would like to extend its heartfelt thanks to the following:-

The Management Board