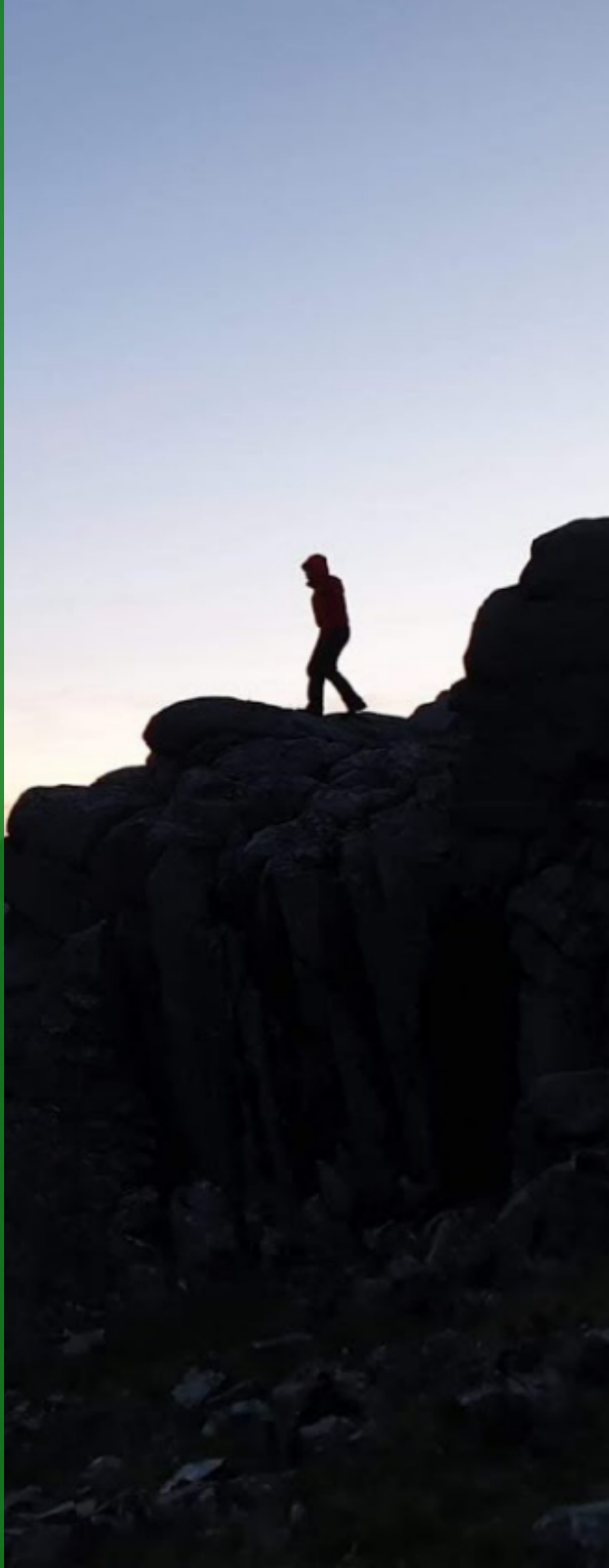
WE ARE MACMILLAN. CANCER SUPPORT

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

DEFEAT THE PEAK: SCAFELL PIKE BY NIGHT
UK

Sat 25 May - Sun 26 May 2024



In aid of Macmillan Cancer Support

25 May - 26 May 2024

MACMILLAN CANCER SUPPORT

2 DAYS | UK | TOUGH

Beginning in the beautiful Great Langdale valley, right in the heart of the Lake District National Park, this spectacular challenge will see you and fellow fundraisers trekking to the top of Scafell Pike....at night!

You will be fully supported all the way by our experienced Mountain Leaders and then celebrate at the finish line with a celebration breakfast.

This night time challenge will test your physical and mental limits but your efforts will be rewarded by knowing that all your hard work is going towards raising money to help your chosen cause.

You can also support Macmillan on their other Defeat the Peak challenges - take on Ben Nevis at Night or Snowdon at Night, or take on Ben Nevis by day!

- Night time trek to the summit of Scafell Pike
- Celebration breakfast after completing the challenge
- Raise money and make a difference
- Hike under the moonlit sky
- Summit the highest mountain in England

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 25 May*

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Arrival and begin your challenge!

The event venue for this challenge is situated at the end of the Great Langdale valley, right in the heart of the Lake District National Park.

After registration and a full safety briefing from your challenge leaders you will strap on your head torches and begin the trek. During the trek you be supported every step of the way by our fully qualified Mountain Leaders.

DAY 2 *Sun 26 May*

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Completion of your challenge!

After the elation of reaching the top you'll be able to enjoy the sunrise over the Lake District National Park, summoning up the energy to return to the start where it will be time to relax and celebrate with a celebration breakfast.

After this you are free to depart, re-living your achievements on your way home.

NB

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary.

The timings offered in this itinerary are offered as a guide only. Precise timings during the challenge may vary depending upon things such as weather, groups ability etc.

As this is a night challenge it is important that you make suitable plans for travelling home after the challenge to avoid driving when tired.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £40.00 when you book
Then a balance of £159.00
(5 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £40.00 when you book
Raise a minimum of £345.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Fundraising advice
- A-Z of fundraising ideas
- Fitness training notes
- Access to your own password protected account including support materials and training schedules

On your challenge

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- All challenge management before, during and post event
- Hot breakfast at the end of your challenge
- Checkpoint snacks and drinks
- Charity Challenge buff, medal and certificate

WHAT'S NOT INCLUDED

Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the challenge start/finish point

On your challenge

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- Dinner on the night of arrival
- Accommodation during the challenge

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 7 weeks before departure (by 06/04/2024), and the remaining 20% within 4 weeks of completing the challenge (by 23/06/2024). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Typical group size	The typical group size is 100 - 350 participants
Optional extras	Travel insurance (*subject to availability)

Why book with Charity Challenge

- We are a multi-award winning challenge events specialist with over two decades of professional experience organising and leading challenges worldwide
- The very best Mountain Leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- Thorough safety management systems in place (Challenge Safe)
- Celebration breakfast when you complete the challenge.
- The highest quality night-time charity challenge experience on the market!

Level of difficulty

The Scafell at Night challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and having taken on a previous trekking challenge and are now looking to push themselves further. You can tell your supporters that on your Scafell at Night challenge you will be:

- Trekking for approx 8 hours continuously.
- Covering over 20km of undulating terrain, with the added challenge of walking through the night!
- Ascending a total of approx 1080m in a single night.
- Trekking as part of a team, supporting each and every team member to get through the challenge.

Training

The Scafell at Night Challenge is an endurance trekking event taking place through the night, therefore requiring a good to high level of fitness.

This is a long, sustained event of up to 12 hours and covers varied terrain. It requires a good to high level of fitness and you should not underestimate the importance of training beforehand. Even if you are active and exercise regularly, it's good to adapt your training towards this challenge. This is vital in building strength, cardiovascular stamina and muscle endurance for the endurance challenge ahead.

We recommend you start training as early as possible, ideally at least 4-6 months before your challenge. Make sure you check the distance, ascent and terrain of your challenge and create a training plan that builds up to this. Whilst you could start with short walks in your local area, it's important to build up towards walking the distance of the actual challenge and being out and active for several hours at a time. Make sure you also check the type of terrain your challenge will take place in and plan your training to include similar terrain. Whilst an hour in the gym can help, you should ideally be training in a similar environment to that of your actual challenge and for several hours at a time.

As this challenge involves steep terrain, make sure you have training days that include similarly steep sections. Building up the muscles for both ascents and descents is important and can make all the difference in enjoying your final challenge. It is normal for knees to ache when building these muscles up and we would highly recommend training with walking poles to help ease the pressure on your knees. Make sure you set up your walking poles so they're a good length for you first – most outdoor stores will be able to advise on this and there are plenty of tutorials available online.

Training with the kit you will be using on your challenge is important so you can test it out beforehand and make sure it's fit for purpose. This includes wearing in any walking boots or shoes and experimenting with the socks you wear so you don't get blisters on your challenge. Make sure you also get used to walking with a backpack with at least 2 litres of water in. It's very important to test out your waterproofs (both jacket and trousers) in the rain as there's nothing worse than finding out your waterproofs leak 2 hours into your 12 hour challenge!

As this challenge takes place at night, practicing walking at night with your headtorch is also useful although not essential. You should only do this on routes you are very familiar with where there is no risk of getting lost or put in danger. This will prepare you for being comfortable with walking with reduced visibility and using your headtorch.

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy giving carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy release banana or a quick sugar hit from a jelly baby!

We provide plenty of additional information and guidance in your personalised login area, including warm up, stretching, cardiovascular training, exercise intensity, cross training, resistance (weight) training, cool down and the hazards of over-training.

Group size

Our minimum group size for this challenge is 100 and the maximum is 300.

As this challenge takes place at night, and for your own safety, it is extremely important that you stay with your mountain leader throughout the challenge.

There will be one expedition mountain leader per approximately 10-15 participants and you may find you will naturally walk in smaller groups according to your own pace.

Group Management

This is a leader-led challenge and you will be accompanied by our challenge leaders at all times.

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading challenges throughout the UK. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits with them at all times.

This challenge is designed and run as a team event and we encourage everyone taking part to support each other throughout the trek. This challenge is not designed as a race for individuals.

Partway into the challenge you will have begun to spread-out into your natural walking speeds. Once you reach the first 'checkpoint' you will be allocated into a small group and designated a walking leader. These leaders will then be responsible for your safety. If you have any problems or need to join a faster or slower moving group, then please speak to your leader.

If you wish to walk together with friends, colleagues, family etc then this is no problem. Please just ensure that you all keep together and reach the checkpoint at the same time so that we can ensure you all get allocated together.

Your leaders will be aware of several important cut-off times at locations that we need people to reach by a certain time so the group can complete the challenge. Your leaders will manage the group pace and keep you informed about these and your options if they think you might be struggling to achieve these times. In certain situations you may be asked to turn around and descend. We ask everyone to respect the leaders decisions. They are made with the group's safety in mind.

Please note that this route will not be marked by event arrows, nor is the event designed as an event for individuals to race. It is designed to be a team event, with like-minded people, all raising money for charity, supporting each other throughout the challenge.

Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

As this challenge takes place in the mountains, it is worth checking out the Met Office's specialist mountain weather forecast here. You can use the search function to find the summit forecast for your challenge's main mountain summit (e.g. Scafell Pike). You can also check the Mountain Weather Information Service forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

It is very unlikely that we will need to make significant adjustments to your challenge because of rain. Strong winds may require us to take a lower level route at times or to descend the mountain early if the wind speeds become too much. Your experienced challenge leaders will manage this to ensure everyone is kept safe and their decision will be final.

In the event that lightning is forecast, we will still plan for the challenge to go ahead but will monitor the situation and make you aware of any change of plans. If there is already thunder and lightning when the challenge is due to begin, then the challenge will not begin on time. We will ask you to wait to see if the weather improves. Once we have a clear 1 hour window during which there has been no lightning/thunder AND there is also no further lightning in the forecast we would begin the challenge. If there is any thunder or lightning at any time on the mountain then the challenge will end and we will start to descend immediately.

If the challenge takes place during a heatwave, it is advisable to carry extra water (ideally 3 litres). There are no refill points on the mountain. In extreme cases, we may need to adjust the itinerary to ensure the group can walk at a more suitable pace and have more rest breaks.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it requires you to trek through the night, with tough ascents and descents, with the added challenge of walking in the dark. The route is predominantly on good paths, but it's the variation of footpaths that makes this challenge a unique and fun experience.

The ascent and descent of Rossett Gill is the steepest part of the route. There is also a difficult boulder field on the final push towards Scafell Pike, which can be extra challenging in the wet and dark.

Challenge timings

Precise timings and locations will be supplied to you 1 month prior to the challenge.

Your challenge begins late in the evening (approx 10.45pm) when you will register and then meet the leaders, as well as the rest of your challenge team. You will then have your evening safety briefing. It is vital that everyone attend this safety briefing. Please note that dinner on the night before the challenge is not included.

After the safety briefing, you will begin your trek and we estimate that it should take you approximately 9-10 hours to

complete this challenge.

At the finish a celebration breakfast will be available, after which you are free to depart. We anticipate everyone to have completed this challenge by 9am.

As this is a night time challenge we would highly advise that you build in some time to rest and sleep before driving home.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any missed transport.

Getting to and from the Challenge

Precise timings and locations will be supplied to you 1 month prior to the challenge.

The registration point will be situated in Great Langdale. This spectacular valley is a short 15-20 minute drive from the town of Ambleside. Ambleside is well served by a variety of public transport options. The closest train station is in nearby Windermere.

If you are booking accommodation for this challenge then we would recommend either Ambleside or Windermere as great places to base yourself.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any missed transport.

We will send you precise instructions about how to get to the registration point, and the timings of the event, one month prior to the challenge. We reserve the right to use alternative registration points and finishing points when necessary.

Plan ahead to avoid travelling home tired

This is a tough challenge that will see you staying awake through the night. For this reason, please factor in some rest before you travel home. We would encourage you to consider either using public transport to travel home, arrange for a friend or relative to give you a lift, or to book accommodation nearby so that you can get some sleep before travelling home.

Accommodation

No accommodation is provided for this challenge.

There are plenty of accommodation options in and around the nearby towns of Ambleside and Windermere. Please check the Visit Lake District website for a range of different options.

What route do you use on this challenge?

On this challenge we ascend and descend from Great Langdale. The route begins and ends on the Cumbria Way and the main ascent and descent is done via Rossett Gill.

Food and drink

Meals while on the challenge include the celebration breakfast on Sunday morning, after the challenge. We strongly encourage you to bring additional sweets and snacks if desired as snacks during the trek are not provided.

Water will be available at the registration venue, however we would advise that you arrive at the start with your water bottles already filled. There will be no additional water available on the mountain. We advise you to bring enough bottles to ensure you have 2 litres of water on you at all times.

Please ensure you have had a substantial dinner before arriving.

If you have a severe allergy or dietary need, such as a severe nut allergy, please ensure you provide as much detail as possible about this when booking on the challenge (e.g. whether you need an epipen, whether it is an airborne allergy or not etc). If you have informed us of any allergies or special dietary needs as part of the challenge booking process, we will endeavour to ensure an appropriate breakfast is available to you. However, we would encourage you to also bring your own favourite snacks with you to ensure your energy levels stay topped up throughout the challenge. Please be aware that it may not always be possible for us to cater to special dietary or allergy needs – we will get in touch if this is the case.

Please note that dinner on the evening before the challenge is not included. The drinking of alcohol the night before is strongly discouraged for your own health and safety during this tough challenge.

Clothing and equipment

The most appropriate footwear for this challenge is a pair of walking boots.

Walking boots provide more ankle support than shoes and can help protect you from ankle twists and sprains. They also have much better grip than your average sports trainer. Boots generally have stiffer soles that can better protect

your feet from rough and rocky terrain, providing more comfort when you're walking on uneven terrain for any length of time. In bad weather, walking boots can also keep your feet drier and warmer.

Many people prefer to wear a trail shoe instead of boots as they find that they are lighter and more comfortable. Trail shoes are fine to wear, but please make sure that they have good grip on the soles. Sports trainers are not appropriate.

It is important to wear footwear that is the right fit for your particular feet. We recommend seeking advice from your local outdoor retailer and trying several different brands and models out to find the pair that you find most comfortable. Remember to check how waterproof they are.

It is particularly important that you make sure that your footwear is well worn in, that you have tested them out with suitable walking socks and that you have any blister plasters that you may need.

Waterproofs

As the weather can change quickly in the UK, it is important to make sure that you bring an appropriate waterproof jacket and waterproof trousers. Make sure you test these out before your challenge to check they can keep you dry for 10-12 hours at a time – you don't want to find out your waterproof jacket is too thin partway into your challenge!

Walking Poles

We highly recommend bringing walking poles to help you look after tired knees on steep ascents and descents. Your leaders will be happy to show you how to use them on the challenge, or you can check online in advance for videos on how to set them up for your height and the best way to use them.

Personal First Aid

Your leaders will carry an appropriate group first aid kit on the challenge, but it is a good idea to bring personal first aid items along for yourself. These may include blister plasters or physio tape, any personal medication and any knee or ankle supports.

If you carry an epipen, please make sure you bring two and that your leaders know where they are kept.

Head Torch

As this challenge runs through the night it is vital that you bring with you a good quality head torch along with spare batteries. Good quality head torches can be expensive, so rather than buying one it is possible to hire a very good quality one from Outdoorhire for £6. (Please click here for more info)

You will also need to consider bringing clothing and kit appropriate to the weather on the day of your challenge. Remember that the weather and temperature on the summit of a mountain can vary significantly from that in a valley. This may mean bringing hats and gloves as well as extra layers to keep you warm. Or it may mean bringing a sunhat, suncream and extra water. On some challenges, it will mean bringing kit for all weathers!

Once you book you will have access to kit discounts with our partners OutdoorHire and Cotswold Outdoor.

Please be aware that because of the environment that this challenge takes place in our leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list as essential may not be allowed to take part in the challenge.

Toilets

There will be bathroom facilities both at the start and end of the trek; however during the challenge such facilities will be limited to the great outdoors! Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

Money

During the trek there will no opportunities to purchase other things.

There are numerous shops and cafes in nearby Ambleside that will be open in the evening before and the morning after the challenge.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up ‘Challenge Safe’, one of the most advanced and thorough safety management systems in the industry. ‘Challenge

Safe' formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a few important points that you should be aware of:

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate as they lack grip.
- Trekking at night is by its nature a hazardous activity. A powerful, good quality headtorch is absolutely vital.
- Due to extra risks posed by trekking at night we always use a higher ratio of Mountain Leaders to maximise safety. It is very important that you always listen to your leaders at all points and obey any decisions they make.
- The weather at night can be very different to during the day. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- Ensure that you eat lots throughout the night and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your leadership team is trained to deal with emergency situations in remote areas and will be carrying mobile phones and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leader team. This team will keep the group together for maximum safety and set a sensible pace for all to achieve this challenge within the planned time frame. We have a high ratio of leaders so if anyone is struggling and needs to descend they will be accompanied by one of our leaders. Emergencies will be coordinated with the local Mountain Rescue service.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-exiting medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or

specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions here. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Responsible Tourism

Charity Challenge believes that all of its challenges, whether in the UK or overseas, should have a positive impact on the communities we visit. We are committed to sustainable and responsible tourism and always aim to make sure that we minimise our impact on the local environment.

You can help us to achieve this goal by:

- Adopting a policy of 'leave no trace'. You can read more about this here.
- Taking all litter off the trek with you, including fruit peels and skins.
- Using public toilets when available and taking any tissues from 'wild wees' home with you.
- Stick to the footpaths at all times and avoid walking on their edges, to help prevent erosion from spreading.
- Only using the car park(s) designated for your event, and not parking on the local streets.
- Keeping noise to a minimum when passing houses in residential areas.
- Refraining from bringing glowsticks with you on our night challenges. This prevents them from becoming litter on the mountains when they are dropped.
- Leaving rocks, plants and other natural objects as you find them. Please don't take these home with you.
- Avoid transporting and introducing invasive species by cleaning your outdoor gear regularly.
- Contributing to the local economy by paying for parking, staying an additional night in the local area or enjoying a local meal out.
- Being patient and understanding if at points you have to wait or slow down due to others being on the same path.

We ask you to think carefully about any memorial type activities you may plan for your challenge. We fully appreciate the emotional importance our challenges have for many of our participants and encourage you to mark that special moment in your own way, whilst ensuring that the natural beauty and protection of the environment you're in is maintained. Leaving photos or other memorabilia or writing on stones is contrary to the leave no trace principle. Remember: 'Take only memories, leave only footprints'.

For more details about our responsible tourism policy then please click here.

Altering your Booking

Cancellation

Any request to cancel from a challenge must be confirmed to us in writing to info@charitychallenge.com. Cancellations are only effective from the day that they are received by us. Your insurance policy (if you have one) may refund much of your costs if cancellation is due to certain specified factors. Cancellations will incur the following charges:

- Cancellations made 36 days or more before departure (you will lose the registration Fee).
- 36 days or more before departure (you will lose your registration fee).
- 22-35 days before departure (you will lose 50% of total challenge cost).
- 21 days or fewer before departure (you will lose the total challenge cost).

Changing your payment method

If you wish to change your payment option once you have booked you should request this in to info@charitychallenge.com. There will be an administration charge of £30 (payable by you) to process your request and this should be paid within seven days. Your payment option will only be changed once the £30 charge has been paid, and Macmillan have confirmed they're happy for you to make the change.

Transferring your booking to another person

Transferring your Booking to another person becomes increasingly difficult closer to the date of departure. You may transfer your place to someone else, subject to the following conditions:
a. that person is introduced by you and satisfies all the conditions applicable to the challenge;
b. we are notified not less than 7 days before departure;
c. any outstanding balance payments are paid in full, as well as any additional fees, charges or other costs arising from the transfer; and
d. the transferee agrees to these booking conditions and all other terms of the contract between us.
If you are unable to find a replacement, cancellation charges will apply. Any request to transfer your booking should be put in writing to info@charitychallenge.com.

Please note that any transfer of booking made must be to the identical challenge and departure date as the original booking. You should supply us with the replacement's name and valid email address. We will then send a confirmation email to the designated replacement who should book and pay the challenge registration fee ASAP. Once the replacement has been authorised by Macmillan we will refund 50% of your original registration fee.

Transferring to a later date/another challenge

If you choose to postpone your participation on a challenge and wish to join another challenge, you should put your request in writing to info@charitychallenge.com. You will be charged a £30 administration fee to move challenges,

plus any other costs that may be incurred by the transfer, including any difference in costs between your original challenge and the new one. This will be confirmed to you before you transfer. Please note any requests after 5 weeks will be treated as a cancellation, and cancellation terms will apply.

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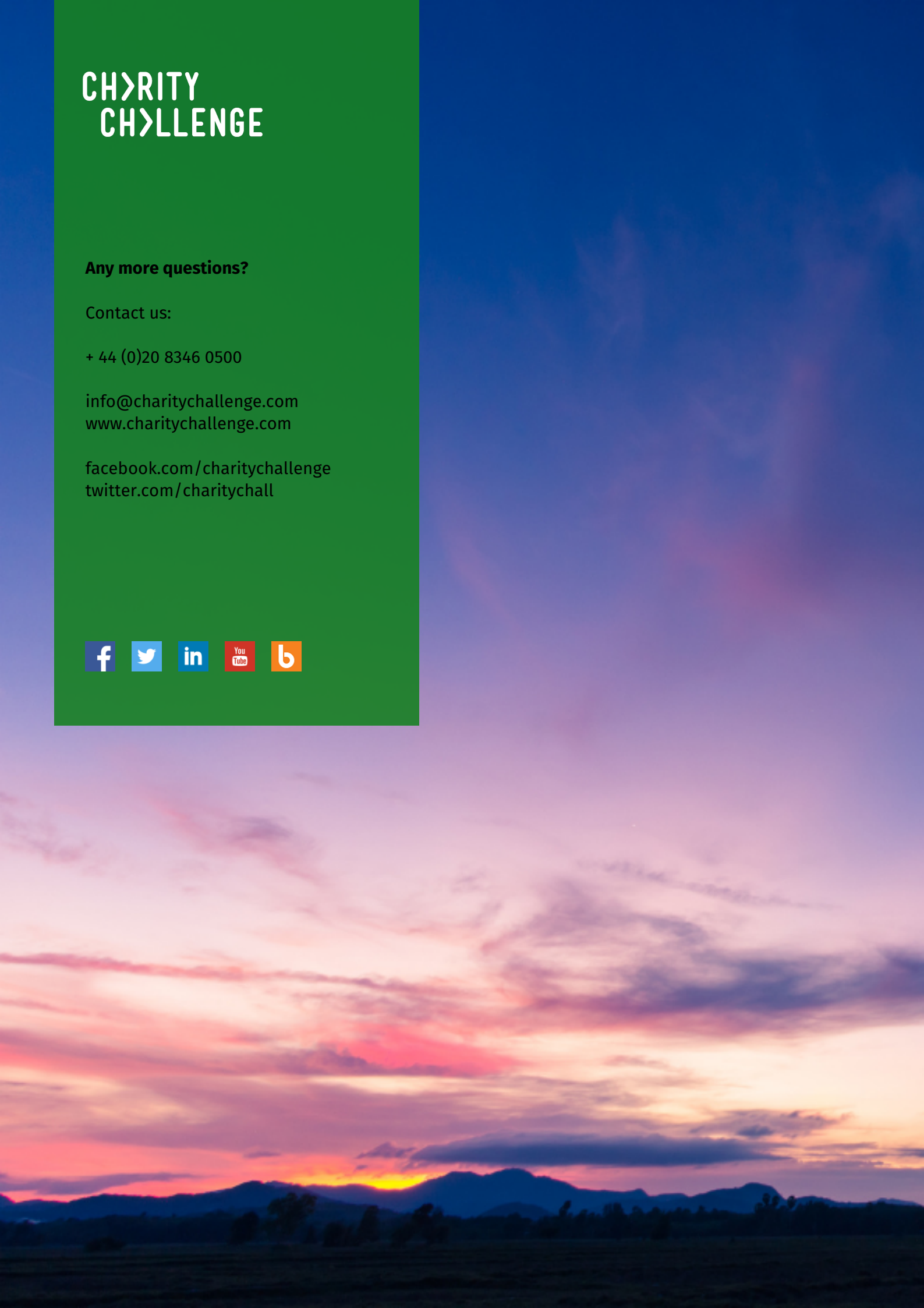
Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

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