



23 Epsom Dads take on Welsh mountains for charities

A group of 23 dads in their 40s and 50s from the Epsom area will take on their 2025 hike – the ‘Carneddau to Coast’ challenge across the rugged mountains of North Wales.

The Epsom Trailblazers are back for their fifth charity hike. On 14th June, the group will tackle 11 peaks, 30km and 1,700m of ascent in one day, all in aid of two amazing charities.

Established in 2016, the Trailblazers’ charity hikes have raised over £55,000 in recent years, and this year’s target is a massive £10,000 for their chosen charities – one local (Queen Elizabeth’s Foundation for Disabled People) and one national (The Brain Tumour Charity).

The bi-annual walking challenges plus many months of training routines have helped the Trailblazers become great friends as well as shaking off some excess kilos in the process.

According to four-times Trailblazer John Croome: “The Trailblazers have all been training really hard this year, hiking endless repeats of the Box Hill ascent every weekend in preparation for the Carneddau challenge and getting in shape any way we can.

“We think we are ready, and are really looking forward to the hike to raise much-needed funds for these great charities.”

The Brain Tumour Charity is the largest dedicated funder of research into brain tumours globally, and has a special connection to the group, with a best friend of a Trailblazer currently undergoing treatment for a brain tumour. Supporting their work will help to save and improve the lives of everyone affected by a brain tumour.

The Trailblazers have also chosen to support the Queen Elizabeth’s Foundation for Disabled People as their local charity this year – the Surrey-based charity supports disabled people of all ages to maximise their independence and achieve their potential. Again, the group has a personal link with the charity with one of the Trailblazers working hard at the charity every day.

Firzana Khan, Community Fundraiser for The Brain Tumour Charity, said: “We’re incredibly grateful to the Epsom Trailblazers for choosing to support The Brain Tumour Charity on their epic Carneddau to Coast challenge.

“Their determination, camaraderie and generosity are truly inspiring, especially as they walk in support of a close friend affected by a brain tumour. Every step they take helps us move closer to our goal of doubling survival and halving the harm that brain tumours cause. We’re cheering them on every inch of the way!”

The Trailblazers 2025 challenge: <https://www.givewheel.com/fundraising/8095/trailblazers-2025-carneddau-to-coast/>