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IT worker takes on new heights for the NHS with lockdown Three Peaks climb

- Aaron Kirkham has climbed the Three Peaks using his stairs
- The challenge raised money for the company's NHS superheroes appeal
- He completed the challenge in eight hours with 1,420 trips up the staircase

An IT worker has stepped up to the mark and climbed the height of the Three Peaks using his staircase to raise hundreds of pounds for University Hospital Coventry and Warwickshire.

Aaron Kirkham, who works as an Analyst Programmer at Coventry Building Society, was due to climb Ben Nevis during the Easter weekend. While he was unable to do that during lockdown, he decided to take on a unique challenge he could complete within his own home. He climbed the distance of Ben Nevis, Snowdon and Scafell Pike (3406m or 17,040 stairs) in one day on the stairs of his Tamworth home.

The climb was part of Coventry Building Society's fundraising drive for the 'Support our NHS Superheroes' campaign to raise money for extra facilities to help the NHS deal with the increased demand for services and assist with staff wellbeing. The organisation has pledged to match fund up to £5,000.

Aaron climbed his stairs 1,420 times, and for the last 50 trips wore a 20kg vest in response to a challenge from a friend who promised to donate if he did as the feat was shared on Facebook Live. It took just over eight hours to complete, with Aaron only taking short breaks for food.

Aaron said: "I'm not very good at being stuck inside and felt that I needed a new challenge. I especially like outdoor challenges and was planning on doing some training for a future Three Peaks challenge over Easter weekend.

"While those plans were cancelled I wanted to do something and thought this would be a great way to raise money for such a great cause while also keeping active during lockdown. It was tough but I'm so glad I did it.

“I think for my next lockdown challenge I would like to try and run an ultra-marathon in my garden.”

Coventry Building Society’s Just Giving page has now raised over £2,300 for NHS Superheroes, with around £700 coming from Aaron’s supporters. The building society is encouraging its employees to come up with new innovative ways to raise money while staying at home.

To donate to the NHS superheroes appeal visit

<https://www.justgiving.com/fundraising/coventrybuildingsocietycommunityteam>.

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Notes for Editors

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