

## Two Forth Ports Managers take to the Scottish mountains for a charity challenge

Posted: 2015-07-14

This weekend (18<sup>th</sup> July) will see two Forth Port's managers attempt to climb five mountains within 24hours in the Scottish Highlands to raise money for charity.

Peter Ward, Senior Asset Manager based at the Port of Tilbury, London and Derek McGlashan, Environment and Energy Manager based in Grangemouth are attempting to climb 5 of the 6 highest mountains in Britain in one day at the Cairngorm mountain range.

The mountains are:

- Ben Macdui 1309m (second highest in Britain);
- Braeriach 1296m (third highest in Britain);
- Cairn Toul 1291m (fourth highest in Britain);
- Sgor an Lochain Uaine 1258m (fifth highest in Britain);
- Cairngorm 1245m (sixth highest in Britain)

Peter and Derek are raising money for the charity FEAT which raises awareness to research and prevent Sepsis. Sepsis is a life-threatening illness caused by the body overreacting to infection & kills 37,000 people in the UK each year. FEAT is raising awareness & funds to research & stop sepsis. To find out more about FEAT please visit their website: <http://www.featuk.org.uk/>

Commenting on the training, Derek said: *“Peter and I would like to thank everyone for the donations so far. It is greatly appreciated. We have been in training for the past four months, which has taken Peter to the Lake District and the West Highland Way while I have been in the Perthshire, Lochaber and Grampian Mountains. We are looking forward to the challenge and hope to report our success next week.”*

If you want to ‘Sock it to Sepsis’ and are willing to donate, please go to: <https://www.justgiving.com/Derek-McGlashan2/>

**14 July 2015**

**- ends -**

**Further information:**

Debbie Johnston, Spreng & Co, 0141 548 5191

Notes to editors:

**About Sepsis:**

FEAT raises awareness to research and prevent Sepsis. Sepsis arises when the body's response to an infection damages its own tissues and organs. It can lead to shock, multiple organ failure, and death, especially if it is not recognised early and treated promptly. Sepsis kills 37,000 people in the UK every year and is the acute bodily reaction to infection. To find out more about FEAT please visit their website: <http://www.featurk.org.uk/>