

**Press Release**

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**Metallisation MD Faces 3 Lakes Challenge**

Metallisation's Managing Director, Dr Terry Lester, is to complete the 3 Lakes Challenge in July in aid of Cancer Research. The challenge is to dive the three highest altitude lakes on the British mainland in the fastest time possible. The aim of the challenge is ideally to complete all three dives within 24 hours.

The three lakes involved are firstly, Loch Coire an Lochan (pictured) in the Cairngorms at an altitude of 996 metres. The loch is situated 13km from the nearest road with no access path directly to the loch. The second lake is Red Tarn in the Lake District at 718 metres high, with the closest access road being around 3.5km away along a small path. Finally, Ffynnon Lloer in North Wales at 650 metres, is reached by a path just 1.5km from the nearest



road (a nice easy finish!). The clock starts ticking the moment Terry and his colleagues leave the car park for the difficult walk to the first lake. This adds to the challenge, as he has to carry all of his diving equipment with him. Each dive must be a complete, fully immersed dive, which lasts for a minimum of 10 minutes. The car journey between each lake is a total of 436 miles.

Terry is completing the challenge in aid of Cancer Research and has set up a just giving page, <http://www.justgiving.com/Reservoir-Dogs>, which he hopes will help him raise his target of £1,000.

Metallisation is synonymous with metal spraying to a diverse range of industries around the world. Metal spraying is a technology, which protects and greatly extends the life of a wide variety of structures, equipment and vessels, in the most hostile environments and in situations where protective surface coatings are vital for longevity.

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