

# YOMPATHON CIO

England & Wales · Charity number 1197484

## Details

---

**Status** Registered

**Legal form** CIO

**Registered** 2022-01-13

**Register** [View on the Charity Commission register](#)

## Contact

---

**Address** 17 Meon Road  
Romsey  
SO51 5PU

**Phone** 07867857285

**Email** [jamesmazzoni-dalton@live.co.uk](mailto:jamesmazzoni-dalton@live.co.uk)

## Activities

---

**Objects:** THE OBJECTS FOR WHICH THE CHARITY IS ESTABLISHED FOR THE BENEFIT OF THE PUBLIC ARE TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF LEAVING AND FORMER MEMBERS OF HER MAJESTY'S SERVICES AND EMERGENCY SERVICES AFFECTED BY PHYSICAL WOUNDS AND INJURY, POSTTRAUMATIC STRESS DISORDER AND PSYCHOLOGICAL ILLNESS RESULTING FROM SERVICE LIFE, THROUGH THE PROVISION OF GRANTS.

**Activities:** The Objects for which the charity is established for the benefit of the public are to relieve promote and protect the health and thereby rehabilitate leaving and former members of His Majestys Services and Emergency Services affected by physical wounds and injury posttraumatic stress disorder and psychological issues of disempowerment resulting from service life for the benefit of the public.

## Classification

---

- **How:** Makes Grants To Individuals, Makes Grants To Organisations
- **What:** The Advancement Of Health Or Saving Of Lives

## Geography

---

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-30	£3,086	£2,000	-	-
2024-03-30	£10	£0	-	-
2023-03-30	£14,823	£11,189	-	-

## Trustees

Name	Role	Appointed
<b>James Edward Mazzoni-Dalton</b>	Chair	2022-01-13
Adam John Benfield		2022-01-13
Daniel Cairns		2024-08-30
Lewis McCormick		2024-08-30

**YOMPATHON CIO**

England & Wales - Charity number 1197484

---

# Accounts

---



# YOMPATHON

A decorative graphic consisting of two horizontal bars. The left bar is divided into three segments: red, blue, and green. The right bar is divided into two segments: red and blue.

## TRUSTEES' ANNUAL REPORT AND FINANCIAL STATEMENTS OF THE YOMPATHON CHARITY

01 Apr 2024 – 31 Mar 2025



### Table Of Contents:

Charity Details.....	Page 2
Financial Accounts Summary.....	Page 3 - 5
Trustees' Report (Structure, Governance & Management).....	Page 6
Trustees' Report (Objective & Activities).....	Page 7 - 17
Declaration.....	Page 18



## Charity Details

### Charity Trustees During Reporting Period:

James Edward Mazzoni-Dalton (Chairperson/Trustee)

Adam Benfield (Deputy Chairperson/Trustee)

Daniel Cairns (Secretary)

Lewis McCormick (Trustee)

### Volunteers During Reporting Period

No volunteers

### Registered Charity Number:

1197484

### Registered Address:

17 Meon Road

Halterworth

Romsey

Hampshire


SO515PU

### Email Address:

[Jamesmazzoni-dalton@live.co.uk](mailto:Jamesmazzoni-dalton@live.co.uk)



## Financial Accounts Summary

 CHARITY COMMISSION FOR ENGLAND AND WALES	YOMPATON CIO				1197484	CC16a	
	Receipts and payments accounts						
	For the period from	01/04/2024	To	31/03/2025			
<b>Section A Receipts and payments</b>							
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	<b>Total funds</b>	<b>Last year</b>		
	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>		
<b>A1 Receipts</b>							
<b>Donations</b>	3086	-	-	3086	3644		
	-	-	-	-	-		
	-	-	-	-	-		
<b>Sub total(Gross income for AR)</b>	3086	-	-	3086	-		
<b>A2 Asset and investment sales, (see table).</b>							
	-	-	-	-	-		
	-	-	-	-	-		
<b>Sub total</b>	-	-	-	-	-		
<b>Total receipts</b>	3086	-	-	3086	-		
<b>A3 Payments</b>							
<b>Miscellaneous expenses</b>	0	-	-	0	-		
<b>Motor running expenses</b>	0	-	-	0	-		
<b>Donation To FirstLight Trust</b>	2000	-	-	2000	-		
	-	-	-	-	-		
<b>Sub total</b>	2000	-	-	2000	-		
<b>A4 Asset and investment purchases, (see table)</b>							
	-	-	-	-	-		



	-	-	-	-	
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	<b>2000</b>	-	-	<b>2000</b>	-
<b>Net of receipts/(payments)</b>	<b>1086</b>	-	-	<b>1086</b>	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	<b>3,644</b>	-	-	<b>3,644</b>	-
<b>Cash funds this year end</b>	<b>4730</b>	-	-	<b>4730</b>	<b>3644</b>
<b>Section B Statement of assets and liabilities at the end of the period</b>					
<b>Categories</b>	<b>Details</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	
		<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>	
<b>B1 Cash funds</b>	<b>Cash in bank</b>	<b>4730</b>	-	-	
		-	-	-	
		-	-	-	
	<b>Total cash funds</b>	<b>4730</b>	-	-	
	<b>(agree balances with receipts and payments account(s))</b>	<b>OK</b>	<b>OK</b>	<b>OK</b>	
		<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	
	<b>Details</b>	<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>	
<b>B2 Other monetary assets</b>		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
	<b>Details</b>	<b>Fund to which</b>	<b>Cost (option)</b>	<b>Current value</b>	



		asset belongs	al)	(optional )
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	
<b>Signed by one or two trustees on behalf of all the trustees</b>	<b>Signature</b>	<b>Print Name</b>		<b>Date of approval</b>
	<b>Signed on Original</b>	<b>James Mazzoni-Dalton / Adam Benfield</b>		<b>22/12/25</b>



## Trustees' Report

### Structure, Governance & Management

#### Governance:

The charity is constituted by a foundation model constitution and the Governing Document is the Constitution of a Charitable Incorporated Organisation. All Trustees of Yompathon CIO have a copy of the Governing Document, which is referenced and considered at formal annual meetings.

#### Structure:

During this period, the charity was structured in a way that all Trustees were a key part of the every-day running of Yompathon CIO. All correspondence to and from the Yompathon was always open and visible to all Trustees. All decisions, large and small were made by all Trustees using a voting system where appropriate. Formal meetings were held with daily communication online between all Trustees conducted between meetings.

#### Management:

As part of the Trustee's Annual meetings, risk assessments to current systems and procedures are conducted. This includes:

- Careful consideration to General Data Protection Regulation.
- Careful consideration to Conflicts of Interest Policy.
- Ongoing review and adaptation of policies such as online safety, risk assessments, risk management and internal financial controls.

## OBJECTIVE & ACTIVITIES



## **Objective:**

The Objects for which the charity is established for the benefit of the public are to relieve, promote and protect the health, and thereby rehabilitate leaving and former members of Her Majesty's Services and Emergency Services affected by physical wounds and injury, posttraumatic stress disorder and psychological issues of disempowerment resulting from service life for the benefit of the public in such ways that are exclusively charitable according to English law.

## **Activities:**

During the 2024-2025 reporting period, Yompathon CIO could carry out other charity events during this reporting period. Due to all trustees being members of the Armed Forces and Emergency Services and charity work being completed in our own free time, time was available to run a couple of events during this reporting period because of reduced operational commitments. All trustees completed the "100 press ups a day in May" challenge in 2024, Yompathon Alps Solo event conducted in August 2024 by Harrison Holland Royal Navy Submarine Service (Volunteer) and two Yompathon trustees attended and completed the Spean Bridge Commando Speed March event in March 2025 to continue to raise awareness for Yompathon.

The aim was to provide a medium to raise awareness for mentally wounded front line service personnel suffering from ill mental health, this is to support the individuals, families, and wider service community.

## **Charity Event Report – 100 Press-Ups a Day in May:**

Event Name: 100 Press-Ups a Day in May

Date: 1st – 31st May 2024

Location: Faslane, His Majesty's Naval Base Clyde, Scotland, and Devizes

Organized by: Yompathon Charity

## **Introduction**

This report outlines the charity event "100 Press-Ups a Day in May", organized by Yompathon Charity, with the aim of raising funds and awareness to support mental health for members of the armed forces and emergency services.

## **Event Overview**

The event took place from the 1st to the 31st of May 2024 and challenged participants to complete 100 press-ups each day. The challenge was undertaken by the trustees of Yompathon Charity: James Mazzoni-Dalton (Royal Navy Submarine Service), Adam Benfield (Civil Nuclear Constabulary), and Daniel Cairns (Royal Navy Submarine Service). The challenge was carried out at Faslane, His Majesty's Naval Base Clyde in Scotland, and Devizes, reflecting the locations of the trustees. The month-long challenge promoted physical fitness, self-discipline, and commitment while highlighting the importance of mental health support for the armed forces and emergency services.

## **Funds Raised**



Donations were collected throughout the event, raising a total of £1,167. All funds raised will be donated to support mental health services for the armed forces and emergency services.

### Outcome and Feedback

The challenge received positive feedback from supporters, who praised the dedication of the trustees and the awareness raised for mental health. The event successfully engaged the community through a simple but impactful fitness challenge.



Adam Benfield completing the challenge with support from his dogs Fred and Harry.



MD Grizzing out the last reps on the last day.



Dan smashing out his last set.

### **Conclusion**

The 100 Press-Ups a Day in May charity event, organized by Yompathon Charity, was successfully completed from the 1st to the 31st of May 2024 at Faslane, His Majesty's Naval Base Clyde, Scotland, and Devizes. The event met its objectives by promoting fitness while supporting mental health initiatives for the armed forces and emergency services.

### **Yompathon Alps Solo Event From Munich to Venice – Harrison Holland**

#### **Event Overview**

In August 2024, Harrison Holland, a member of the Royal Navy's submarine service, completed an unsupported solo expedition across the Italian Alps, traveling from Munich, Germany to Venice, Italy. This journey covered 570 km over 30 days, achieving a total ascent of 26,300 m—equivalent to climbing from the base to the summit of Mount Everest 7.5 times. The route crossed challenging mountain passes, scenic valleys, and historic Alpine trails, including the Karwendel Alps and the exposed Glungezer-Lizumer ridge. The expedition was undertaken to raise awareness and funds for the Yompathon charity, for which Harrison successfully raised £1,020.

#### **Objectives**

- To challenge personal limits and inspire others through endurance, resilience, and self-sufficiency.
- To raise funds and awareness for the Yompathon charity.
- To highlight the beauty and environmental importance of the Alpine region.



## **Route and Highlights**

- Starting Point: Munich, Germany – Departed from the heart of Bavaria, navigating rolling foothills toward the Alps.
- Alpine Crossing: Traversed the Karwendel Alps and the Glungezer-Lizumer ridge, as well as other iconic passes, experiencing high altitudes. The route included steep climbs, narrow trails, exposed ridges, and breathtaking vistas of snow-capped peaks.
- Final Destination: Venice, Italy – Concluded the journey by entering the unique canals of Venice, symbolizing the transition from rugged mountains to serene waters.

## **Challenges Encountered**

- Extreme weather variations: snow, rain, and sun exposure required careful planning and resilience.
- Navigating remote trails solo and unsupported, including exposed ridges like Glungezer-Lizumer, requiring complete self-sufficiency for food, water, navigation, and emergency planning.
- Physical strain of continuous trekking with 26,300 m of total ascent, the equivalent of climbing Mount Everest Base Camp to the Summit 7.5 times, without external support.

## **Achievements**

- Successfully completed 570 km in 30 days, overcoming natural and physical obstacles entirely unsupported.
- Achieved a total ascent of 26,300 m, equivalent to the base-to-summit climb of Mount Everest 7.5 times.
- Raised £1,020 for the Yompathon charity, surpassing the initial fundraising goal.
- Generated considerable social media/press coverage statistics and impressions, increasing awareness of the charity.

## **Impact**

Funds raised will directly contribute to Yompathon's programs and initiatives. Beyond monetary support, the journey inspired many supporters, volunteers, and participants to engage with the charity and embrace outdoor activity for personal growth and charitable engagement.







## **Conclusion**

This unsupported solo Alpine journey in August 2024, covering 570 km over 30 days and achieving a total ascent of 26,300 m—the equivalent of climbing Mount Everest 7.5 times—including crossings of the Karwendel Alps and the exposed Glungezer-Lizumer ridge, was not just a test of endurance but also a meaningful way to contribute to the Yompathon charity. Harrison Holland’s Royal Navy experience in the submarine service was instrumental in navigating the mental and physical challenges of an entirely self-supported expedition. The stunning landscapes, the personal challenges, and the unwavering support from donors and supporters made this journey an unforgettable achievement. It is a testament to what can be accomplished when personal ambition meets a greater purpose.

## **Spean Bridge Commando Speed March – March 2025**

### **Event Overview:**

In March 2025, James Mazzoni-Dalton, Daniel Cairns, and Jason Pocock completed the Spean Bridge Commando Speed March in the Scottish Highlands, a demanding endurance event that recreated the World War II Commando selection test. The march started at Spean Bridge train station and finished at Achnacarry Castle, covering a total distance of 6.7 miles over undulating and extremely challenging terrain. Participants carried a rucksack weighing 16 kg, adding to the physical and mental demands of the course. Fortunately, the weather was very kind, cool and sunny, making the gruelling conditions slightly more manageable. The event was designed to test stamina, resilience, and teamwork while raising funds and awareness for the Yompathon charity, which supports the mental health of members of the armed forces and emergency services.



### **Objectives:**

- Complete a high-intensity endurance challenge inspired by historical commando selection tests.
- Raise funds and awareness for the Yompathon charity.
- Promote support for the mental health of the armed forces and emergency services.
- Encourage teamwork, perseverance, and resilience among participants.

### **Preparation and Training:**

The participants followed a rigorous training program, focusing on long-distance marches, weighted rucksack exercises, and team coordination drills. This ensured readiness for the 6.7-mile course through the Scottish Highlands with a 16 kg rucksack.

### **Event Highlights:**

- The team successfully completed the march from Spean Bridge train station to Achnacarry Castle, demonstrating determination and teamwork under extremely demanding conditions.
- Participants navigated undulating terrain, rugged ground, and enjoyed cool, sunny weather, maintaining focus and safety throughout the course.
- The event faithfully recreated elements of the World War II Commando selection, including endurance tests and teamwork challenges.
- Jason Pocock, who had never undertaken a load-bearing endurance event before, suffered throughout the course but still completed it in a very impressive time, demonstrating remarkable grit and determination.
- Daniel Cairns completed the event despite suffering from a rotator cuff injury, showcasing extraordinary perseverance and commitment.

### **Fundraising Achievement:**

The participants successfully raised a total of £428 for the Yompathon charity, contributing directly to initiatives supporting the mental health of the armed forces and emergency services.

### **Acknowledgements:**

Thanks are extended to the organizers of the Spean Bridge Commando Speed March, event volunteers, and all donors who supported the participants. James, Daniel, and Jason's effort reflects the spirit of the event, the historical significance of the Commando selection test, and the values of the Yompathon charity.



Yompathon Team at the start point





At the finish line

### **Conclusion:**

The Spean Bridge Commando Speed March in March 2025, held in the Scottish Highlands, was a resounding success. By recreating the World War II Commando selection test over 6.7 miles of extremely challenging terrain while carrying a 16 kg rucksack under cool, sunny weather, it tested physical and mental endurance and generated meaningful support for the Yompathon charity. The achievement of James Mazzoni-Dalton, Daniel Cairns, who completed the course despite a rotator cuff injury, and Jason Pocock, who completed his first load-bearing endurance event in a very impressive time, highlights determination, teamwork, and the enduring power of community engagement in charitable causes.

Yompathon CIO does not have any paid employees, we rely on volunteers surrendering their time to the Charity and therefore when volunteers are in short supply, we see an impact on our charities activity levels as all Trustees are serving members of the Armed Forces or Emergency Services.



Yompathon CIO supported FirstLight Trust UK Registered Charity No. 1149496. FirstLight Trust supports veterans locally and is in line with Yompathon CIO values, with their already very well-established café hubs and vast network, FirstLight Trust can use charitable donations from the Yompathon to support veterans and their families where it matters most – in their homes and their communities and provide on the ground support for veterans of the Emergency Services and Armed Forces.

FirstLight Trust received a charitable donation in the sum of £2000 this reporting period from Yompathon CIO.



## Trustees' Declaration

The Trustees declare that they have approved the trustees' report above.

SIGNED:

James Edward Mazzoni-Dalton (Chairperson/Trustee) \_\_\_\_\_ Signed on original

Adam Benfield (Deputy Chairperson/Trustee) \_\_\_\_\_ Signed on original

Lewis McCormick(Trustee) \_\_\_\_\_ Signed on original

Daniel Cairns (Secretary) \_\_\_\_\_ Signed on original

**YOMPATHON CIO**

England & Wales - Charity number 1197484

---

# Accounts

---



# YOMPATHON

A decorative graphic consisting of two horizontal bars. The left bar is divided into three segments: red, blue, and green. The right bar is divided into two segments: red and blue.

## TRUSTEES' ANNUAL REPORT AND FINANCIAL STATEMENTS OF THE YOMPATHON CHARITY

01 Apr 2023 – 31 Mar 2024



### Table Of Contents:

Charity Details.....	Page 2
Financial Accounts Summary.....	Page 3 - 5
Trustees' Report (Structure, Governance & Management).....	Page 6
Trustees' Report (Objective & Activities).....	Page 7 - 16
Declaration.....	Page 17



## Charity Details

### Charity Trustees During Reporting Period:

James Edward Mazzoni-Dalton (Chairperson/Trustee)

Adam Benfield (Deputy Chairperson/Trustee)

Daniel Cairns (Secretary)

John Dawkins (Trustee)

### Volunteers During Reporting Period

No volunteers

### Registered Charity Number:

1197484

### Registered Address:

17 Meon Road

Halterworth

Romsey

Hampshire


SO515PU

### Email Address:

[Jamesmazzoni-dalton@live.co.uk](mailto:Jamesmazzoni-dalton@live.co.uk)



## Financial Accounts Summary

 CHARITY COMMISSION FOR ENGLAND AND WALES	YOMPATON CIO				1197484	CC16a	
	Receipts and payments accounts						
	For the period from	01/04/2023	To	31/03/2024			
<b>Section A Receipts and payments</b>							
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	<b>Total funds</b>	<b>Last year</b>		
	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>		
<b>A1 Receipts</b>							
<b>Donations</b>	10	-	-	10	-		
	-	-	-	-	-		
	-	-	-	-	-		
<b>Sub total(Gross income for AR)</b>	10	-	-	10	-		
<b>A2 Asset and investment sales, (see table).</b>							
	-	-	-	-	-		
	-	-	-	-	-		
<b>Sub total</b>	-	-	-	-	-		
<b>Total receipts</b>	10	-	-	10	-		
<b>A3 Payments</b>							
<b>Miscellaneous expenses</b>	0	-	-	0	-		
<b>Motor running expenses</b>	0	-	-	0	-		
		-	-	-	-		
	-	-	-	-	-		
<b>Sub total</b>	0	-	-	0	-		
<b>A4 Asset and investment purchases, (see table)</b>							
	-	-	-	-	-		



	-	-	-	-	
<i>Sub total</i>	-	-	-	-	-
<i>Total payments</i>	0	-	-	0	-
<i>Net of receipts/(payments)</i>	10	-	-	10	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,634	-	-	3,634	-
<i>Cash funds this year end</i>	3,644	-	-	3,644	-
<b>Section B Statement of assets and liabilities at the end of the period</b>					
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
B1 Cash funds	Cash in bank	3,644	-	-	
		-	-	-	
		-	-	-	
	<i>Total cash funds</i>	3,644	-	-	
	(agree balances with receipts and payments account(s))	OK	OK	OK	
	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
B2 Other monetary assets		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
	Details	Fund to which	Cost (option)	Current value	



		asset belongs	al)	(optional )
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	
<b>Signed by one or two trustees on behalf of all the trustees</b>	<b>Signature</b>	<b>Print Name</b>		<b>Date of approval</b>



## Trustees' Report

### Structure, Governance & Management

#### **Governance:**

The charity is constituted by a foundation model constitution and the Governing Document is the Constitution of a Charitable Incorporated Organisation. All Trustees of Yompathon CIO have a copy of the Governing Document, which is referenced and considered at formal annual meetings.

#### **Structure:**

During this period, the charity was structured in a way that all Trustees were a key part of the every-day running of Yompathon CIO. All correspondence to and from the Yompathon was always open and visible to all Trustees. All decisions, large and small were made by all Trustees using a voting system where appropriate. Formal meetings were held with daily communication online between all Trustees conducted between meetings.

#### **Management:**

As part of the Trustee's Annual meetings, risk assessments to current systems and procedures are conducted. This includes:

- Careful consideration to General Data Protection Regulation.
- Careful consideration to Conflicts of Interest Policy.
- Ongoing review and adaptation of policies such as online safety, risk assessments, risk management and internal financial controls.

## OBJECTIVE & ACTIVITIES



## **Objective:**

The Objects for which the charity is established for the benefit of the public are to relieve, promote and protect the health, and thereby rehabilitate leaving and former members of Her Majesty's Services and Emergency Services affected by physical wounds and injury, posttraumatic stress disorder and psychological issues of disempowerment resulting from service life for the benefit of the public in such ways that are exclusively charitable according to English law.

## **Activities:**

During the 2023-2024 reporting period, Yompathon CIO was in a consolidation period after running our first charity event called "The Yompathon" in 2022. Due to all trustees being members of the Armed Forces and Emergency Services and charity work being completed in our own free time, no charity events were run during this reporting period because of operational commitments. However, two trustees did attend the Fan Dance Mountain Endurance event in July 2023 to continue to raise awareness for Yompathon. The Fan Dance event in the Brecon Beacons of Wales was undertaken by James and Adam and was a grueling 24km SAS Selection test march staged over Pen y Fan, the highest mountain in the Brecon Beacons. The infamous march is the world's oldest Special Forces test and is used as the first major indicator of whether a candidate has the physical and mental aptitude to complete the legendary Selection course.

The aim was to provide a medium to raise awareness for mentally wounded front line service personnel suffering from ill mental health, this is to support the individuals, families, and wider service community.

On July 01<sup>st</sup> 2023, two very special men from the Royal Navy Submarine Service and the Civil Nuclear Constabulary arrived at the iconic red phone box at the Story Arms Car Park (Start and finish point of the Fan Dance Event) in the Brecon Beacons having completed the epic 24km loaded march across Pen y Fan to raise awareness for injured service personnel suffering from poor mental health. The men marched best effort (As fast as they could) the 24km across the Mountains carrying a rucksack weighting 35lb and completing the event in under 4 four hours and 30 minutes.

The Fan Dance was a formidable challenge that demanded unwavering respect for the terrain and elements along with the underpinning knowledge of tradition and historical heritage. It was hard going but there was an incredible atmosphere and level of camaraderie among competitors, irrespective of background, service or cause. We all pulled together with a common goal with some of the stronger individuals supporting and encouraging other less experienced, able or prepared.

James had just returned from 3 months at sea and even with the best intentions of remaining physically fit during his deployment, his specific marching fitness fell short as he found the going tough having not walked further than 100 metres in 93 days. Adam was in his element, and you could tell he enjoyed getting a burgen on his back after the Yompathon in 2022.

The race went vertically from the off, with a very demanding climb around Corn Du up to the summit of Pen y Fan. We descended the south facing slope and passed through the aptly named Windy Gap junction on to the Roman Road, a rough dirt and gravel track that ended at the edge of Tal Fechan forest. All participants got some quick refreshments in the form of a hot beverage and sticky bar and hydrated accordingly with water before the horrendous return journey back up the Roman Road before the battle for the Jacob's Ladder, a brutally steep and unrelenting path back to the summit of Pen y Fan. This was by far the most dramatic



and challenging part of the march will many false summits that really take a toll on your mental resolve, a real test of character. It was all downhill to the red phone box now which sounded good until our knees reminded us of our age! Often buckling under pressure from the weighted descent.

However, both James and Adam were inspired to keep marching throughout the event by many supporters, family and friends back home and our own dedication to charity. The sight of the red phone box in the distance was a huge boost to morale and there was a cup of tea and doughnut once we crossed the line that was like manna from heaven.

The Yompathon was successful in raising awareness (although no funds were generated) for service personnel suffering from ill mental health.

Yompathon CIO does not have any paid employees, we rely on volunteers surrendering their time to the Charity and therefore when volunteers are in short supply, we see an impact on our charities activity levels as all Trustees are serving members of the Armed Forces or Emergency Services.

Yompathon CIO continues to support FirstLight Trust UK Registered Charity No. 1149496. FirstLight Trust supports veterans locally and is in line with Yompathon CIO values, with their already very well-established café hubs and vast network, FirstLight Trust can use charitable donations from the Yompathon to support veterans and their families where it matters most – in their homes and their communities and provide on the ground support for veterans of the Emergency Services and Armed Forces.

FirstLight Trust will receive a charitable donation in the next reporting period from Yompathon CIO.



James Mazzoni-Dalton (Royal Navy Submariner) Just before the start of registration for the Fan Dance Endurance Event taking on some valuable hydration and contemplating the challenge yet to come. You can see we booked the weather for it!

“If it ain’t raining, we ain’t training”



James Mazzoni-Dalton (Royal Navy Submariner) facing the outrageous return climb up Jacob's Ladder. Instant regret comes to mind!



Adam Benfield (Civil Nuclear Constabulary) Looking in better shape than this teammate poor James. Adam does not look to bad for being 51 years of age and smashing the main event weight for 16 – 45-year-olds.



A chance to take in some wonderful scenery of the Walsh Brecon Beacons. The route was an absolute lung buster that throws everything at you, thankfully we did not have to battle against the elements.





James Mazzoni-Dalton (Royal Navy Submariner) finishing off the last 100 metres of the 24km march. This steady slope allowed for a slow jogging pace, but my knees decided otherwise.



James Mazzoni-Dalton (Royal Navy Submariner) being awarded with his Fan Dance Material patch by a retired SAS Officer and event organiser with a time of 4:45.



Adam Benfield (Civil Nuclear Constabulary) receiving his covenanted Fan Dance patch. Adam Was the first to finish from the Yompathon Team with an outstanding time of 4:30.



James Mazzoni-Dalton (Royal Navy Submariner) still able to smile at the end of it all.



**YOMPATHON CIO**

England & Wales - Charity number 1197484

---

# Accounts

---



# YOMPATON

A decorative graphic consisting of two horizontal bars. The left bar is divided into three segments: red, blue, and green. The right bar is divided into two segments: red and blue.

## TRUSTEES' ANNUAL REPORT AND FINANCIAL STATEMENTS OF THE YOMPATON CHARITY

01 Apr 2022 – 31 Mar 2023



### Table Of Contents:

Charity Details.....	Page 2
Financial Accounts Summary.....	Page 3 - 6
Trustees' Report (Structure, Governance & Management).....	Page 7
Trustees' Report (Objective & Activities).....	Page 8 - 17
Declaration.....	Page 18



## Charity Details

### Charity Trustees During Reporting Period:

James Edward Mazzoni-Dalton (Chairperson/Trustee)

Adam Benfield (Deputy Chairperson/Trustee)

Damon Godfrey (Secretary)

John Dawkins (Trustee)

### Volunteers During Reporting Period

Sue Clark (Treasurer)

Mark Francis (Health & Safety Officer)

### Registered Charity Number:

1197484

### Registered Address:

17 Meon Road

Halterworth

Romsey

Hampshire


SO515PU

### Email Address:

[Jamesmazzoni-dalton@live.co.uk](mailto:Jamesmazzoni-dalton@live.co.uk)



## Financial Accounts Summary

 CHARITY COMMISSION FOR ENGLAND AND WALES	YOMPATON CIO				1197484	CC16a	
	Receipts and payments accounts						
	For the period from	01/08/2022		To	31/03/2023		
<b>Section A Receipts and payments</b>							
	<b>Unrestric ted funds</b>	<b>Restrict ed funds</b>	<b>Endowm ent funds</b>	<b>Total funds</b>	<b>Last year</b>		
	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>	<b>to the nearest £</b>		
<b>A1 Receipts</b>							
<b>Donations</b>	14,823	-	-	14,823	-		
	-	-	-	-	-		
	-	-	-	-	-		
<b>Sub total(Gross income for AR)</b>	14,823	-	-	14,823	-		
<b>A2 Asset and investment sales, (see table).</b>							
	-	-	-	-	-		
	-	-	-	-	-		
<b>Sub total</b>	-	-	-	-	-		
<b>Total receipts</b>	14,823	-	-	14,823	-		
<b>A3 Payments</b>							
<b>Miscellaneous expenses</b>	250	-	-	250	-		
<b>Motor running expenses</b>	10,939	-	-	10,939	-		
	-	-	-	-	-		
	-	-	-	-	-		
<b>Sub total</b>	11,189	-	-	11,189	-		
<b>A4 Asset and investment purchases, (see table)</b>							



	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	11,189	-	-	11,189	-
<b>Net of receipts/(payments)</b>	3,634	-	-	3,634	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	3,634	-	-	3,634	-
<b>Section B Statement of assets and liabilities at the end of the period</b>					
<b>Categories</b>	<b>Details</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	
		<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>	
<b>B1 Cash funds</b>	<b>Cash in bank</b>	3,634	-	-	
		-	-	-	
		-	-	-	
	<b>Total cash funds</b>	3,634	-	-	
	<b>(agree balances with receipts and payments account(s))</b>	OK	OK	OK	
		<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	
	<b>Details</b>	<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>	
<b>B2 Other monetary assets</b>		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	



	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	
<b>Signed by one or two trustees on behalf of all the trustees</b>	Signature	Print Name		Date of approval



## Trustees' Report

### Structure, Governance & Management

#### Governance:

The charity is constituted by a foundation model constitution and the Governing Document is the Constitution of a Charitable Incorporated Organisation. All Trustees of Yompathon CIO have a copy of the Governing Document, which is referenced and considered at formal annual meetings.

#### Structure:

During this period, the charity was structured in a way that all Trustees were a key part of the every-day running of Yompathon CIO. All correspondence to and from the Yompathon was always open and visible to all Trustees. All decisions, large and small were made by all Trustees using a voting system where appropriate. Formal meetings were held with daily communication online between all Trustees conducted between meetings. An additional group of volunteers helped with fundraising, walking, driving support vehicles, corresponding with the public, catering support and administrative support.

#### Management:

As part of the Trustee's Annual meetings, risk assessments to current systems and procedures are conducted. This includes:

- Careful consideration to General Data Protection Regulation.
- Careful consideration to Conflicts of Interest Policy.
- Ongoing review and adaptation of policies such as online safety, risk assessments, risk management and internal financial controls.



## OBJECTIVE & ACTIVITIES

### Objective:

The Objects for which the charity is established for the benefit of the public are to relieve, promote and protect the health, and thereby rehabilitate leaving and former members of Her Majesty's Services and Emergency Services affected by physical wounds and injury, posttraumatic stress disorder and psychological issues of disempowerment resulting from service life for the benefit of the public in such ways that are exclusively charitable according to English law.

### Activities:

During the 2022-2023 reporting period, Yompathon CIO conducted and ran our first charity event called "The Yompathon". The Yompathon charity event was a 3863 mile march across the United Kingdom visiting over two hundred military and emergency service establishments. It was undertaken by seven former and serving British Service personnel from across seven branches of the services (Royal Navy, Royal Marines, British Army, Royal Air Force, Police, Fire and Rescue and Emergency Ambulance Service) which started on 30 Sep 22 and finish 40 days later on 10 Nov 22 at HMS Excellent in Portsmouth.

The aim was to provide a medium to raise money and awareness for mentally wounded front line service personnel suffering from ill mental health, this is to support the individuals, families, and wider service community.

On November 10th 2022, twelve very special men from the United Kingdom Armed Forces and Emergency Services arrived in Portsmouth having completed an epic 3863 Mile march across the United Kingdom to raise funds for injured service personnel suffering from poor mental health. The team marched relay style the 3863 miles across the UK carrying a rucksack weighting 25kg and averaging a pace of 15 minutes per mile, covering 40 County's and visiting over 200 military and emergency service establishments. Each Yomper marched approximately 16 miles a day each, for 40 days.

The going was tough as the Yompers suffered a number of setbacks along the route, including a very serious sepsis infection requiring hospitalization which meant that Paramedic Damon Godfrey was out of action for the remainder of the event at the halfway point. This put a huge pressure on the other Yompers to make up his mileage. They dealt with punishing climbs through forbidding mountain areas, low temperatures and blistered feet from the many pounding miles on tarmac, the bleak and empty wilderness during night marches in remote places and the loss of GPS, often resulting in navigational challenges where old school map and compass had to be employed.

However, the team were inspired to keep marching by many supporters, both through social media and physical support when people joined us on some of the legs. This inspiration proved an incredible force in terms of motivating the Yompers to keep going.

The Yompathon was successful in raising funds (although we did not reach our target) and awareness for service personnel suffering from ill mental health.



Yompathon CIO does not have any paid employees, we rely on volunteers surrendering their time to the Charity and therefore when volunteers are in short supply, we see an impact on our charities activity levels as all Trustees are serving members of the Armed Forces or Emergency Services.

All proceeds after running costs from the Yompathon event will be donated to FirstLight Trust UK Registered Charity No. 1149496. FirstLight Trust supports veterans locally and is in line with Yompathon CIO values, with their already very well-established café hubs and vast network, FirstLight Trust can use this charitable donation from the Yompathon to support veterans and their families where it matters most – in their homes and their communities and provide on the ground support for veterans of the Emergency Services and Armed Forces.

FirstLight Trust will receive a charitable donation in the next reporting period from Yompathon CIO.



James Mazzoni-Dalton (Royal Navy), Alan Farmer (Former Royal Marine), Adam Benfield (Civil Nuclear Constabulary) just a few members of the Yompathon Team supporting the TABB4THEFALLEN event at the National Arboretum in Burton-Upon-Trent. This was a very good opportunity to test and adjust the equipment from our kind sponsors and allowed us to iron out any wrinkles before the Yompathon was underway.



James Mazzoni-Dalton Yompathon Chairperson with FirstLight Trust CEO Dorinda Wolfe Murray and hub manager Riah Bunce at their café hub in Gosport.



The Yompathon team at the FirstLight Trust Café Hub in Gosport meeting veterans prior to the Yompathon event starting. FirstLight Trust kindly donated and provided a hearty



breakfast to fuel the team giving us a great opportunity to meet with and share experiences with veterans that rely on the Hub as a beacon for support where they can have a brew and talk to likeminded veterans.



James Mazzoni-Dalton and Damon Godfrey at Portsmouth Historic Dockyard prior to starting the Yompathon. We chose to start the event from HMS Excellent because it is the oldest land based military establishment still in operation in the UK dating back to 1507 and is currently home of Royal Navy Headquarters.



The Yompathon team meeting with members of the Hampshire Fire & Rescue Service and giving us some very welcoming support in Portsmouth just before we set off.



Dorset & Wiltshire Fire and Rescue Service support us in Poole



Our team reach HMS Drake in Plymouth in the early hours of the morning.



Just one of many roads.



Members of the Yompathon team at the halfway point of their endeavour.



The miles take their toll on our feet with all members suffering from blisters, bruised and cracked heels, losing toenails and painful feet for the hour on them with little or no time to rejuvenate, a constant battle to stay on top of foot admin.



Sometimes and often than not the challenges were not limited to the guys marching, difficult obstacles on route for our safety drivers and support staff was a frequent occurrence as some road dynamics had changed through weather conditions or road closures.



The Yompathon Challenge Coin given to all individuals that helped us raise funds.



## Trustees' Declaration

The Trustees declare that they have approved the trustees' report above.

SIGNED:

James Edward Mazzoni-Dalton (Chairperson/Trustee) \_\_\_\_\_ Signed on original

Adam Benfield (Deputy Chairperson/Trustee) \_\_\_\_\_ Signed on original

John Dawkins(Trustee) \_\_\_\_\_ Signed on original

Damon Godfrey (Secretary) \_\_\_\_\_ Signed on original