



**TRUSTEES’ ANNUAL REPORT AND FINANCIAL  
STATEMENTS OF THE YOMPATHON CHARITY**

**01 Apr 2024 – 31 Mar 2025**



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## 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

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



	-	-	-	-	
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	2000	-	-	2000	-
<b>Net of receipts/(payments)</b>	1086	-	-	1086	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	3,644	-	-	3,644	-
<b>Cash funds this year end</b>	4730	-	-	4730	3644
<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>	4730	-	-	
		-	-	-	
		-	-	-	
	<b>Total cash funds</b>	4730	-	-	
	<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>		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
	<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 (option al)</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 (option al)</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