



Carbon Offset Certificate

Name of organisation: Lowe Alpine Mountain Marathon

This is to certify that Lowe Alpine Mountain Marathon has offset the greenhouse gas (GHG) emissions associated with the activity detailed below.

Activity: Travelling to a sporting event; Lowe Alpine Mountain Marathon
Offset: 79.016 tonnes CO₂e

The organisation has reported GHG emissions related to the activity and ClimateCare has reduced them to net zero through GHG reduction projects in order to reduce the rate of global climate change.

ClimateCare (Oxford) Limited

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www.climatecare.org

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ClimateCare Projects

Here are some examples of the types of project that your money will support through ClimateCare:

Uganda Stoves

The Uganda Stoves Project supplies efficient wood burning stoves to families in Uganda. Families using less fuel wood benefit from increased income and improved health through reduced kitchen smoke. In addition to emissions savings from a reduction in fuel wood, there is reduced deforestation in areas affected by the Kampala market in Uganda.

India Treadle Pumps

This project promotes and distributes Treadle Pumps, an alternative low-cost, low-tech method of irrigation which uses human power to lift water with a 'stepping' action. They can be used to irrigate crops year-round in a cost effective manner, often meaning that an extra crop can be grown each year. The project helps smallholder farmers reduce their costs by eliminating the need to hire diesel pumps and pay for the fuel, whilst also improving crop yields.

Reduce Reuse Recycle:

Visit our [low-carbon-living](#) pages for 50 emission reduction hints & tips.

Energy

- Switch off all lights and appliances at night - introduce occupancy sensors, daylight sensors and local light switches. Lighting a typical office overnight wastes enough energy to heat water for 1000 cups of tea.
- Switch to green energy suppliers.

Flying & travel

- Where possible, use video conferencing or telephone. Plan ahead and combine trips.
- Share lifts to work if the distance is not within walking or cycling reach.
- Use public transport; it can often provide extra, valuable working time.

Heating

- Ensure heating is on at the right level and not too hot so people will have to open windows.
- Make sure heating does not come on unnecessarily in an empty building.
- Ensure the office is well insulated and that draughts are blocked.
- Keep the thermostat away from draughts or hot and cold spots. These will all affect the thermostat and automatically increase your heating costs.