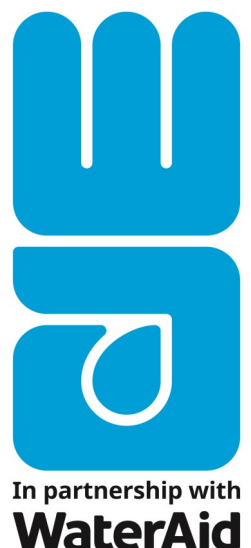


Severn Trent Mountain Challenge

Participant Pack



WaterAid/ Abir Abdullah



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About the event



Originally the brainchild of employees from midlands water and sewage utility Severn Trent Water, the Severn Trent Mountain Challenge first took place in 1993 and has run almost every year since. 2001 saw a cancellation due to foot and mouth disease and of course 2020 and 2021 were cancelled due to COVID 19.

We returned in 2022 and are hoping to continue running the event in the beautiful Derbyshire countryside for many years to come.

Severn Trent Water was one of the original founding fathers of WaterAid and the Challenge (known affectionately as STMC) quickly became a favourite fundraising activity amongst employees. Thanks to the dedication of the volunteer Committee, STMC is the second oldest water company event at WaterAid.

What to expect

STMC is a self guided walk in the Peak District. It is suitable for all abilities and is open to the public. Individuals register to walk in teams on either 10, 20 or 30 mile courses. To keep the challenge fresh, the routes change regularly.

Teams will set off from Hope Valley College with their start time recorded officially. Participants should prepare for a long day; the weather can be unpredictable, and teammates will need to work together. There is a formal 'Kit List' for both individuals and teams required to be able to participate in the event.

Along the route, there are checkpoints where volunteer marshals check that each member of the team is present and safe. The marshal records the time the team reached that checkpoint. Teams must ensure their time is noted by the marshal; this information is then relayed back to base, where it is used to track teams throughout the day. Teams need to visit every checkpoint in the order shown on the relevant route guide before heading back to the College to officially finish.

The grid references for each course are attached to the same email as this pack. In the weeks leading up to the event, your team will be allocated a start time based on the estimate set by your Captain.

All routes are on well-trodden rights of way or open-access land and there are no hazards to highlight. Please note; there will not be any route markers on any of the courses.

Hope Valley College

The Hope Valley College, Castleton Road, Hope Valley, S33 6SD

Hope Valley College is located at the west end of Hope village on Castleton Road.

17 miles from Sheffield centre

26 miles from Manchester centre

25 miles from Chesterfield centre

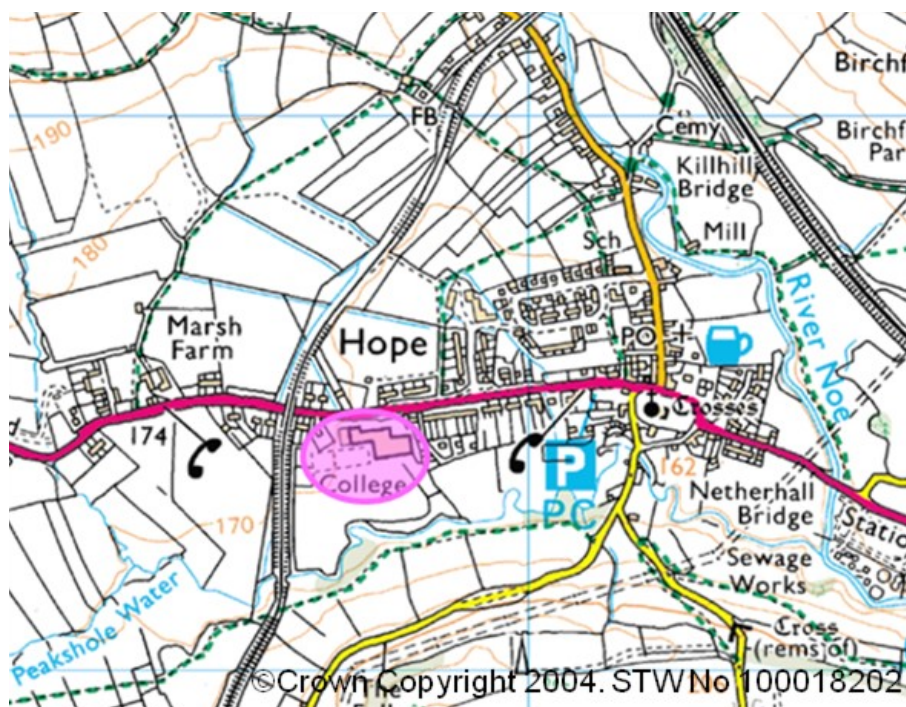
If travelling from the North – 25 miles from Junction 36 on the M1

If travelling from the South – 30 miles from Junction 29 on the M1

Free parking is available from 5:30am at the college. The entrance is sign-posted, please follow any instructions given by parking marshals. Remember to display a completed Car Park Voucher prominently on the dashboard of each vehicle belonging to your team. Please car-share where possible as space is limited.

Dogs are welcome on the Challenge but not permitted inside the school buildings.
Don't forget the poo bags!

Breakfast options will be available to buy on site at the college from 6:30am.



Location of Hope Valley College in the village of Hope.

Preparation



Training tips

The Challenge isn't easy, but if you are determined and take small steps to improve fitness then it's perfectly achievable. The best training for long-distance walking is to walk long distances! Here's an approximate guide on how long completion should take:

Course	Average time walking	Range
30 miles	12 hours	9 to 14 hours
20 miles	10 hours	7 to 12 hours
10 miles	4 hours	3 to 6 hours

To start with, add a couple of miles to whatever distance you are comfortable with. Then increase the distance over several walks before the big day. If you can cover two-thirds of the course distance in a training walk, you should have no trouble with the extra distance on the day. Include steep climbs and rough ground in your training. It helps if the members of your team have similar abilities and aspirations. Tortoises and hares can be an awkward combination!

Ensure you have people in your team who can read a map. Outline the route and checkpoints on both OS maps. If possible, practice the route that you will walk on event day; then you'll know what to expect and avoid getting lost. OS OL1 The Dark Peak covers this year's route.

Clothing

If wearing boots, it is a good idea to wear two pairs of socks, a light inner pair and a heavier outer pair; this will reduce rubbing on your feet. Carrying spare pairs to change into halfway round the course may also help and blister kits are also useful. We've had a number of participants find that their footwear has fallen apart on the way round the walk due to age—please ensure they are in good condition. Setting off in brand new boots isn't ideal either, make sure you've walked them in a bit before the day of the walk.

If you wear shorts you must carry trousers with you to change into if it gets cold or to

Pre-event pack

There are major road crossings in the Hope area and minor crossings in Edale. Traffic will be busy at this time of year. Please be patient at the road edge.

Participant checklist

- ☐ Read through this pack thoroughly
- ☐ Set up an online fundraising page on Just Giving linked to the official event
(Severn Trent Mountain Challenge is listed as an Organised Event for WaterAid UK)
- ☐ Share your online sponsorship page with your friends, family and colleagues
- ☐ Familiarise yourself with the route you have registered for
- ☐ Plan multiple training walks with your team
- ☐ Complete the medical card and car park voucher in this pack and bring with you
- ☐ Ensure you collect all sponsorship due to you by the September deadline

Team Captain checklist

The Team Captain plays a vital role in the success of the team; they are responsible for ensuring the team's safety and enjoyment on the day and ensuring the team collects sponsorship.

Before the event

- ☐ Ensure that all team members are registered online before the June deadline
- ☐ Arrange and co-ordinate team sponsorship and fundraising
- ☐ Arrange practice sessions for breaking in equipment and route familiarisation
- ☐ Check all kit/equipment for condition and compliance with rules

During the event

- ☐ Make sure the whole team is present at morning check in (and at each checkpoint)

cover up in the case of excessive sun. You should carry a warm top for the same reason. Corduroy and denim trousers become very cold and stiff when wet and are not preferred options.

A hat and suntan lotion may be useful; you can burn even on a cloudy day. On the other hand, some warm headgear is essential for cold, wet or windy conditions.

Kit list

Equipment must be suitable for rough moorland walking. Footwear must be a boot or shoe specifically designed for walking or hiking and must be in serviceable condition with a suitable amount of tread depth left on the sole. Running shoes/trainers, Dr. Martens style boots and 'approach shoes' with a flat sole pattern may not be allowed by Edale Mountain Rescue Team (EMRT) who will check your kit during registration on the day. If your kit/team kit isn't approved by EMRT, you/your team may not be able to take part.

Each **adult walker** must carry at all times:

- ☐ Boots or shoes designed for walking
- ☐ Waterproof top with hood
- ☐ Waterproof trousers
- ☐ Long trousers (carry a pair if wearing shorts)
- ☐ Warm top layer
- ☐ Hat & Gloves
- ☐ Cup/ Mug (to use at Edale Village Hall/checkpoints and save single use cups being bought)
- ☐ Mobile phone (or coins for the telephone)
- ☐ Pencil and paper
- ☐ A copy of the route details
- ☐ Completed medical card
- ☐ Container of drink
- ☐ Emergency rations (enough for 12 hours)



What happens on the day



Arrival

Teams can check-in **no earlier than 1 hour before their start time**. All team members must be present before check-in and kit check can begin.

Be ready

Make sure you've got all of your kit, and have your medical card ready. A medical card must be carried by each team member for the duration of the event (even if you are declaring no specific medical condition - just tick the appropriate box).

Checking in

At peak times we will have three check-in desks open. You will be directed to the next one available. You will be asked to confirm who is in your team and for each person to present your medical card. You will answer a few questions and confirm your Emergency Contact information. You will then collect your wristbands.

Wristbands

Strengthened paper ID wristbands will be given to each member of your team on event day. Your wristband must be worn at all times. They are person-specific. Anyone who is allergic to strengthened paper should protect their wrist with a suitable non-bulky barrier (e.g. a plaster). At each checkpoint (including Start and Finish) the number of each ID tag will be recorded to prove that the holder has correctly completed the course. **Wristbands are important for security reasons and must not be removed during participation in the event**

Kit Check

The Edale Mountain Rescue Team will perform a kit check after you've collected your wristbands. This is to check that each participant is complying with the rules for their own safety. Please make sure that your team collects a "Kit Check Completed" card from the scrutiniser before proceeding to the Start tent.

Starting the Challenge

Please gather next to the small marquee outside the front of the college as your start time approaches. Don't forget to take a 'before' team photo to compare with 'after'!

Present yourselves to the Starting marshal and wait for their signal to proceed.

An allocated start time will be sent to you prior to the event. Start times are allocated based on how long the Team Captain thinks their team will take to complete their chosen course.

Teams will set off at 1, 2 or 3 min intervals depending on the course.

Checkpoint etiquette

Each participant has the responsibility of ensuring that the Checkpoint Marshal has recorded their wristband ID number. The Team Captain has the responsibility of ensuring that the whole team has been correctly recorded at each checkpoint. Participants must present themselves at each checkpoint as an entire team, so they can have their IDs processed efficiently. At busier checkpoints please be patient and wait to see the checkpoint marshal.

Checkpoint closure times

In the interests of both safety and the smooth running of the event, checkpoints will be

Name of Checkpoint	Cut-off time	Route
Edale Village Hall	6:00 pm	ALL ROUTES

progressively closed down during the day as teams proceed around the course.

The Edale Mountain Rescue Team will be supervising this procedure to ensure that all registered entrants are accounted for.

Please be aware of the overall time restrictions for the event. We aim to return all teams to Hope Valley College by 9:00 pm. To ensure that this happens, there are cut-off times at certain checkpoints.

If a team arrives at a checkpoint later than the specified cut-off time, the Chief Marshal will have to retire the team from the event.



Retirements

If anyone, for any reason, feels unable to complete the event, go to the nearest Checkpoint and inform the Marshal.

If a team member is injured during the Challenge, they should be accompanied by at least one other member of the team.

A minibus will operate between some checkpoints during the day collecting retirees. You will be transported back to Hope Valley College where you **must notify the marshal in the finish tent.**

Your ID tag will then be removed. (Do not remove this beforehand. This is an essential Health and Safety requirement.)

Please take note that minibus cannot access the following checkpoints:

Checkpoint	Grid Reference	Which Routes?
Crookstone Barn	SK 160 876	ALL ROUTES
Crossroads east of Edale Cross	SK 081 861	30 miles, 20 miles
William Clough Summit (Ashop Head)	SK 063 902	30 miles
South Head	SK 061 845	30 miles
Shaw Wood	SK 118 854	30 miles, 20 miles
Lose Hill	SK 153 854	ALL ROUTES

Changing routes during the event

Teams wishing to change from 30 miles to 20 miles can only do so officially at the Rushup Edge roadside checkpoint after informing the Checkpoint Marshal.

(If you wish to change routes prior to the event please contact us at stmc@wateraid.org).

In case of emergency

This number calls the Control Room at Hope Valley College, from which any necessary emergency procedures will be put into place.

If you need to raise the alarm between checkpoints, consider using your own mobile phone or sending a runner to the nearest checkpoint

All Marshals have a phone and are in contact with Control at HVC throughout the day.

**In case of
emergency:
07733 306923**

Public toilets

Bowden Bridge, Edale Village Hall and Hope Valley College (there are also showers at the College).

Don't forget to eat lots

You need to eat plenty during the day to give your body the energy it needs for this strenuous event. Take food that you enjoy and which is nutritious and easily digestible. You will need enough for 12 hours. High energy foods include dried fruit, energy bars, chocolate and mint cake. These will all give you an energy boost and eaten 15 minutes beforehand may make it easier to get up that big hill. Remember to keep some food in reserve for emergencies.

Eat little and often so organise and pack your food so it's easy to get to in your bag.

There will be one feeding station at Edale Village Hall which will offer (free of charge) light snacks and refreshments.

Drink plenty of water

Water will be available at various checkpoints throughout the day. Water points are marked in blue on the route guides.

Drink little and often. When you feel thirsty you are already dehydrated, so it is best to drink before you feel thirsty. Fruit drinks, and especially high-energy and 'isotonic' drinks, will supply minerals and sugar for energy as well as fluid.

An idea of how much water you might need: one litre per ten miles; so

3 litres on the 30 mile course, 2 litres on the 20 mile course , 1 litre on the 10 mile.

If it is a hot day, you will need more than the above amounts.

If you don't eat and drink you will tire more easily, lose your appetite and thirst, lose energy and lose concentration. This can be a dangerous combination.

Finishing the Challenge

Countryside Code



Respect for Local Owners and Occupiers

All courses cover areas that are very popular with the public and you will encounter other visitors. Your progress should be faster than theirs but you may be obstructed at times. Please be respectful to everyone, especially in busy areas. We have not identified any locations that need special way-marking and all routes have been designed to keep road walking to a minimum. Please follow these principles:

- Be safe. Plan ahead
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Keep dogs under close control
- Consider other people
- Keep to the official Mountain Challenge route or its alternatives
- Do not take short cuts, especially across Farmland
- Do not assume that an arbitrary line plotted beforehand on the map can be followed. Landowners and farmers may obstruct passage and you can avoid unpleasantness and delay by keeping to lanes and footpaths.
- Dry-stone walls are very easily damaged and take a long time to rebuild: gates in the end give the quicker line. If by accident a fence or a wall is damaged see that the damage is repaired before you go on. Farmers are busy men who need our help and not our hindrance.
- Do not walk over growing crops or sowed land.
- Leave no litter, safeguard water supplies, and protect wild life, wild plants, and trees.
- Finally, guard against all risk of fire, especially in wooded areas

Lyme disease

Please be mindful of Lyme disease when undertaking this event. Lyme disease is an infection that derives from a tick bite. The disease has a variety of symptoms, including changes affecting the skin, heart, joints and nervous system. Please try and keep legs and arms covered when possible, to avoid being bitten.

Rules



Participants enter at their own risk. The organisers cannot be held liable for any loss, injury or loss of life incurred during the event. These rules must be adhered to at all times or you or your team may be disqualified.

Minimum team size is three people; maximum team size is six people.

Each 20 and 30 mile participant must be at least 15 years of age on the day of the event. There is no minimum age restriction on the 10 mile route or guided walk.

Each team must have a minimum of two members over the age of 18 regardless of the course they are walking.

All individuals must ensure that they are both medically and physically fit to take part in the Challenge. Any individual suffering from a medical or physical disability must notify the organisers before the event.

Each individual must carry a completed medical card during the event. **See Medical card.**

Each team needs to check in at each checkpoint. **See Checkpoint etiquette.**

Clothing and footwear must be as stated in the kit list. **See Kit list.**

Participants wishing to retire should do so at a checkpoint. **See Retirements.**

New composite teams can only be made up at checkpoints at the discretion of the Checkpoint Marshal. Groups of less than three walkers will not be permitted to continue.

Cut-off times will be enforced. **See Checkpoint closing times.**

All members of the original team must complete the course together to be eligible for any trophies that may be awarded. The organisers reserve the right not to award trophies.

Individuals will be disqualified if, in the opinion of the organisers:

They fail to comply with the rules or indulge in conduct unbecoming to the event.

They are unfit to continue - chief marshals at checkpoints have the authority to withdraw any walkers who, in their opinion, are unable to continue without seriously damaging their health.

They use support vehicles, pace-makers, or have any outside assistance other than moral support. The wristbands of disqualified walkers will be removed and noted.

Medical Card
Car Park Voucher



Severn Trent Mountain Challenge
Participant Medical Card

Please complete and keep with you throughout the event

Team number	
Team name	
My name is	
I DO NOT suffer from any medical condition(s). Please tick <input type="checkbox"/>	
I DO suffer from the following medical condition(s): 	
Recommended medication is: 	

Severn Trent Mountain Challenge
CAR PARK VOUCHER

Please complete and position in a visible spot on the dashboard of each car
belonging to your team.

Team number	
Team name	



Registered charity numbers 288701 (England & Wales) and SC039479 (Scotland)