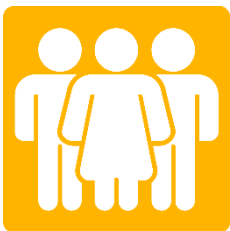


Severn Trent Mountain Challenge



Contents

About STMC	4
What to expect	4
Team Captains	5
Preparing for the Challenge	6
Training	6
Navigation	6
Equipment	6
Food and drink	6
Accommodation	7
Starting Arrangements on the day	7
25 miles: waypoints	8
25 kilometres: waypoints	9
Family route: waypoints	9

Dear Participant,

Welcome to Severn Trent's 25th Mountain Challenge! This event is going to be extra special and we're thrilled to have you on the journey with us. The Severn Trent Mountain Challenge is the second-longest-running water-company event in the UK! To date the STMC has raised over £686,000 for our work in Ethiopia.

In the interests of your safety and well-being, we urge to read this pack thoroughly.

Checklist:

- Familiarise yourself with your route (routes *may* change, consider it "TBC")
- Read through this pack (and ensure all team members do so too) and the Rules
- Set up an online fundraising page on Just Giving, fundraising is vital to the event's success
- Plan training sessions with your team
- Captains, please ensure each member of your team registers before the deadline

Thank you for your support of this wonderful event.

Good Luck and please enjoy the day!

Warm regards,

Severn Trent Mountain Challenge Committee



About STMC

The Severn Trent Mountain Challenge started over 26 years ago and has run every year since (bar one year during the foot and mouth crisis) making 2018 the 25th occurrence of the event. The idea for a self-guided orienteering challenge was the brain child of then-employees of midlands water and sewerage utility, Severn Trent Water. The company was one of the founding fathers of WaterAid and the Severn Trent Mountain Challenge quickly became a favourite employee-driven fundraising activity. The dedication of the organisers has led to the Challenge, affectionately known as STMC, becoming the second-longest-running water company organised event at WaterAid.

To date the event has raised over £686,600 for WaterAid's work in Ethiopia, a country that Severn Trent have supported for many years. The event is open to the public and is suitable for both novice and more experienced walkers. Usually, teams register to walk 10, 20 or 30 miles in the Peak District, with routes changing every year to keep the event fresh. In 2018, we're embracing our Silver Anniversary offering you NEW 25 mile and 25 kilometre routes!

What to expect

This event is a self-guided orienteering event. You'll need certain kit and be prepared for a long day - the weather can be unpredictable and you'll need to work together as a team. You will find grid references for your chosen route in this pack – use them to plot your own route, ensuring you go through all checkpoints. In the weeks leading up to the event, your team will be allocated a start time.

Before you can start, you'll have to check in at Base, Hope Valley College; where you'll be kit checked, given your unique wristband and be able to get some breakfast, if you want to.

Along the route, there are checkpoints where volunteers will check that each member of your team is present and note your time of reaching that checkpoint. Please make sure your entire team is together before speaking to the volunteers. Checkpoints can get very busy and we don't want to miss noting the time your team reached the checkpoint.

Team Captains

The role of the team leader is vital to the success of your team. They are responsible for ensuring the team's safety and enjoyment on the day and ensuring the team collects sponsorship. To avoid misunderstandings, details of the team leader role are given:

Before the event:

Ensure that all team members are registered online before the deadline.

Arrange practice sessions for breaking in equipment, fitness training and route familiarisation.

Check all kit for:

- Condition
- Compliance with rules

Arrange and co-ordinate team sponsorship and fundraising.

Make sure the whole team is present at check in. (Please note dogs must not be taken into the College buildings.)

Check that all equipment is present, correct and complies with the rules. Carry map, route details and checkpoint location sketch maps.

Keep the team together on the course and ensure that the team is correctly registered at each checkpoint.

Maintain team morale during the event.

Take responsibility for decisions regarding possible team member retirements. If a team member is injured during the Challenge and needs to be returned to base they should be accompanied by at least one other member of the team.

Make sure team members take on sufficient food and water around the course.

Preparing for the Challenge

Training

The Challenge isn't easy, but if you are determined and take some steps to get fit it's perfectly possible to achieve.

- Going to the gym will improve your strength and stamina but distance walking takes endurance fitness. The best training for long-distance walking is to walk long distances!
- Build up your fitness over a number of walks before the big day.
- To start with, add a couple of miles to whatever distance you are comfortable with. Then increase the distance by stages.
- 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.

Navigation

- Ensure you have people in your team who can read a map!
- Outline the route and checkpoints on both OS maps. OS No. 1 Dark Peak covers this year's route.
- If possible, practice the walk! Then you'll know what to expect and avoid getting lost.

Equipment

- If wearing boots it is a good idea to wear two pairs of socks, a light inner pair and a heavier woollen outer pair. This will reduce rubbing on your feet. Shaking talc into your socks and carrying spare pairs to change into halfway round the course may also help.
- If you wear shorts you must carry trousers with you to change into if it gets cold or to cover up in the case of excessive sun. You should carry a warm top for the same reason. Avoid corduroy or denim trousers - they become very cold when wet. Cotton can do the same when worn next to the skin. Man-made materials are best in this respect. A sun hat and suntan lotion may be useful. It's a long day and the sun can burn even through cloud. On the other hand some warm headgear is essential for cold, wet or windy conditions.

Food and drink

- Food and drinks will be provided at the end of the event, however you need to eat plenty during the day to give your body the energy it needs for this strenuous event. Take food which you enjoy and which is nutritious and easily digestible and carry enough for 12 hours.
Examples of high energy foods include:

- Chocolate
- Mint cake
- Energy bars
- Dried fruit

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 to help you do this.

- You should drink lots of water to prevent dehydration; guidelines are:
 - 3 litres on the 25 mile course (more if it's hot)
 - 2 litres on the 25 km course (more if it's hot)
 - 1 litre on the Family course (more if it's hot)
- Water will be available at various checkpoints throughout the day. Full details of the water stops, refreshment stop and end of event refreshments will be provided in the final briefing pack which will be sent to the team leader nearer to the event.
- Drink little and often - When you feel thirsty you are already dehydrated, so drink before you are thirsty.
- Fruit drinks, and especially high-energy and 'isotonic' drinks, will supply minerals and sugar for energy as well as fluid.
- 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.

Accommodation

As the Dark Peak area is popular with walkers there are a number of B&B's and campsites in the surrounding area. The Information Centre in Castleton will be able to provide local accommodation information.

Castleton Information Centre, Buxton Road, Castleton, Derbyshire, S33 8WP Tel/Fax: 01433 620679,
Email: castleton@peakdistrict.gov.uk

Starting Arrangements on the day

- Each team will be allocated a start time which will be provided along with the Final Briefing pack approx. 2 weeks prior to the Event.
- This will be based on the estimated completion time given during registration – please make sure it is as accurate as possible.
- **Teams will be asked to register no earlier than one hour before their allotted start time.**
- All members of the team must be present at registration. There is adequate parking at the College for Mountain Challenge participants. The location will be clearly signposted on the day of the event and will be open from 6.30am.
- All teams will be required to take part in a kit check conducted by Edale Mountain Rescue.
- Breakfast and snacks are available from the centre from 7.30am onwards. The college can only accept cash payments for the purchase of food and drinks.

25 miles: waypoints

Waypoint	Grid Ref	Height m aod	Cumulative metres	Ascent ft	Cumulative km	Distance miles
Hope Valley College	SK 167834	169	0	0	0	0
Hope Village Centre	SK 173835				0.44	0.27
A625	SK 154832				2.69	1.67
A625	SK 154834				2.94	1.83
Hollowford Road	SK 147835				4.09	2.54
Castleton - entrance to Cavedale	SK 151827				4.89	3.04
Windy Knoll	SK 126830				9.43	5.86
Winnatts Head Farm	SK 131829				10.01	6.22
Speedwell Cavern	SK 139827				10.94	6.79
Treakcliff Cavern	SK 137833				11.45	7.11
Hollins Cross	SK 136845	383	484	1588	13.39	8.32
Mam Nick (Roadside North)	SK 125835	445	629	2064	15.06	9.35
Roadside on Rushup Edge (A625) (A course rejoins)	SK 093825	418	738	2421	18.58	11.54
Chapel Gate summit	SK 099829	486	800	2625	19.33	12.00
Shaw Wood	SK 118854	266	840	2756	23.29	14.46
Edale Village Hall (Food & Water)	SK 124853	240	841	2759	24.22	15.04
Hollins Cross	SK 136845	383	1015	3330	25.97	16.13
Lose Hill	SK 153854	476	1153	3783	27.94	17.35
Townhead Bridge	SK 168845		1154	3786	29.84	18.53
Killhill Bridge	SK 173843	164	1157	3796	30.56	18.98
Thornhill Brink	SK 172862		1364	4475	32.89	20.42
Win Hill	SK 187851	462	1465	4806	34.97	21.72
Thornhill Carrs	SK 193845		1475	4839	36.01	22.36
Aston	SK 183839		1486	4875	37.15	23.07
Farfield Farm	SK 178837		1495	4905	37.97	23.58
Killhill Bridge	SK 173843	164	1495	4905	38.69	24.03
HOPE VALLEY COLLEGE	SK 167834	169	1504	4934	39.47	24.51

Proposed checkpoints with water in blue / without water in red

25 kilometres: waypoints

Waypoint	Grid Ref	Height	Cumulative	Cumulative
		m aod	km	Miles
Hope Valley College	SK 167834	169	0	0
Hope Village Centre	SK 173835		0.44	0.27
A625	SK 154832		2.69	1.67
A625	SK 154834		2.94	1.83
Hollowford Road	SK 147835		4.09	2.54
Castleton - entrance to Cavedale	SK 161827		4.89	3.04
Windy Knoll	SK 126830		9.43	5.86
Winnatts Head Farm	SK 131829		10.01	6.22
Speedwell Cavern	SK 139827		10.94	6.79
Treakcliff Cavern	SK 137833		11.45	7.11
Hollins Cross	SK 136845	383	13.39	8.32
Mam Nick (Roadside North)	SK 125834	445	15.11	9.38
Edale Village Hall (Food & Water)	SK 124853	240	17.11	10.63
Hollins Cross	SK 136845	383	19.21	11.93
Lose Hill	SK 153854	476	21.18	13.15
Crimea Farm (Losehill Farm on some maps)	SK 157847	310	21.98	13.65
Spring House Farm	SK 157840	207	22.58	14.02
Junction Castleton Road and footpath	SK 160834	181	23.58	14.64
Hope Valley College	SK 167834	169	24.28	15.08

Family route: waypoints

Waypoint	Grid Ref	Height	Cumulative	Cumulative
		m aod	km	Miles
Hope Valley College	SK 167834	169	0	0
Hope Village Centre	SK 173835		0.44	0.27
A625	SK 154832		2.69	1.67
A625	SK 154834		2.94	1.83
Hollowford Road	SK 147835		4.09	2.54
Hollins Cross	SK 136845	383	5.72	3.55
Lose Hill	SK 153854	476	7.69	4.78
Crimea Farm (Losehill Farm on some maps)	SK 157847	310	8.49	5.27
Spring House Farm	SK 157840	207	9.09	5.64
Junction Castleton Road and footpath	SK 160834	181	10.09	6.27
Hope Valley College	SK 167834	169	10.79	6.70

Proposed checkpoints with water in blue / without water in red

