

# Severn Trent Mountain Challenge Rules

Walkers enter at their own risk. The organisers and Severn Trent Water Limited cannot be held liable for any loss, injury or loss of life incurred during the event.

Acceptance of all applications will be at the discretion of the Organising Committee.

## Team Eligibility

1. Teams of between 3 and 6 individuals are invited to enter this year's Challenge.
2. Each individual must be at least 15 years of age on 14 July 2018 for the 25 mile and the 25 kilometre courses.
3. There is no minimum age restriction on the family route.
4. All teams must contain at least 2 adults (i.e. people aged 18 or over on event day) no matter which course they are walking.
5. All individuals must ensure that they are both medically and physically fit to take part in the Challenge. Any individual who is suffering from a medical or physical disability must notify the organisers before the event. It is strongly advised that individuals build up their stamina for the walk by undertaking a series of training walks.
6. Please see below for a guideline on how long completion should take:
  - 25 mile course, average: 10 hours, range: 8 – 14 hours
  - 25 kilometre course, average: 7 hours, range: 5 – 10 hours
  - Family route course, average: 2 hours, range: 2 - 3 hours

## Equipment Requirements

7. Clothing and footwear 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, Doctor Martens style boots and 'approach shoes' with a flat sole pattern will not be allowed. Fell running shoes are not advised as the terrain (footpaths, not open fell) is unsuitable for their use.
8. Waterproof clothing (top and bottom) must be carried at all times. The route to be walked is notorious for sudden changes in conditions and mist is common.
9. Each individual must carry at all times on the walk:
  - A whistle
  - Adequate emergency rations (sufficient quantity for 12 hours.)
  - Mobile phone (or coins for a telephone)
  - Pen or pencil and paper, a copy of the route details
  - Medical card (which will be sent to you to complete nearer the event)
  - A container of beverage
10. Each team should between them also carry:
  - A lightweight torch
  - An adequate first aid kit (including a bandage that will support a limb)
  - Polythene survival bag
  - At least two compasses (for example a 'Silva' compass) one for every two people
  - Two sets of OS maps that cover the route - Outdoor Leisure OS map No. 1 (Dark Peak) covers this year's route. The maps included with any information we provide are not sufficient and are just for information.

## On The Day

11. After Registration, all individuals must report to the Edale Mountain Rescue Team for an equipment/clothing check prior to the start of the walk. All participants must have all items in sections 7, 8, 9 and 10.
12. Participation in the event is dependent on their approval and their decision is final.
13. There will also be spot-checks by marshals around the course.
14. Teams will be started at intervals according to their indicated completion time. Any teams late for their allotted start time will begin at the next convenient time, at the controller's discretion. Walking time will then be measured from the actual start time and not that of the allotted start time.
15. Individuals must register at all checkpoints in the order specified in the instructions. Checkpoints will be clearly identified on the route. It is essential to follow the official route between checkpoints. Deviation from the route will result in disqualification.
16. Team members must maintain adequate contact with each other at all times and MUST go through checkpoints as one unit. It is the team captain's responsibility to ensure that the team is correctly registered at each checkpoint.
17. Individuals will be issued with identification wristbands at the start of the Challenge. The wristbands will be inspected by checkpoint marshals and must not be removed whilst walkers are participating in the event.
18. Each individual must carry a small medical card whilst participating in the Challenge. These cards will be issued to teams prior to the event and must be completed by each walker before being allowed to start. They are designed to alert providers of First Aid to any specific medical conditions associated with walkers in their care in an emergency situation.
19. Any walker wishing to retire should do so at a checkpoint. If this cannot be reached then a message must be sent to the nearest checkpoint via a messenger so assistance can be arranged. Cut-off times will be enforced at the later checkpoints and any team failing to beat these will be retired by the checkpoint marshals to ensure that all walkers are back before 9 pm.
20. All members of the original team must complete the course together to be eligible for a trophy.
21. 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 with the Challenge.
22. Individuals will be disqualified if, in the opinion of the organisers:
  - a) They fail to comply with the rules or indulge in conduct unbecoming to the event.
  - b) 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.
  - c) They use support vehicles, pace-makers, or have any outside assistance other than moral support. The wristbands of disqualified walkers will be removed.
23. The organisers retain the right to adjust the rules, arrangements and route if deemed necessary.
24. Please follow [The Country Code](#)

The Mountain Challenge organisers, marshals and helpers have developed these rules in order to ensure your safety on long courses over challenging ground in sometimes remote locations. They must be adhered to at all times or your team may be disqualified.