

INFORMATION PACK



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REGISTRATION

All entrants must register for the challenge. Please assemble at the MAIN HALL of St Martins High School to register at the following times:

21 mile Challenge

Registration opens at 6.45am.

No entries will be accepted on the 21 mile challenge after 7.30am.

- Bring your challenge number with you (from your email). When registration opens queue up in any line, show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, as you leave the building your wrist band will be scanned and you will be officially started on the challenge. DO NOT LEAVE UNLESS YOU HAVE BEEN SCANNED.
- Please ensure that you visit all the checkpoints. Your wrist band will be scanned at each checkpoint.
- Cut off times apply... i.e. you need to get to each checkpoint by the very generous cut off time. These will be shown on your checkpoint card.
- If you wish to finish the challenge early or are having difficulties, let us know by telling staff at the checkpoint or by contacting the Challenge HQ directly for assistance.
- When you have completed the challenge please report to the check in desk to have your wrist band scanned.
- WE NEED TO SCAN YOUR WRISTBAND AT THE END OF THE CHALLENGE. Please do not go home until you have had your wrist band scanned, (even if you have dropped out early).
- ALL WRIST BANDS MUST BE RETURNED.
- Please make sure you are familiar with the terms of conditions of the challenge, to view terms and conditions click here <http://your.caerphilly.gov.uk/caerphillychallengeseries/rules>

21mile led walk

Registration opens at 6.45am.

No entries will be accepted on the 21 mile led walk after 7.30 am.

- Bring your challenge number with you (from your email). When registration opens queue up in any line, show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, as you leave the building your wrist band will be scanned and you will be officially started on the challenge. **DO NOT LEAVE UNLESS YOU HAVE BEEN SCANNED.**
- The 'walk leader' will lead you throughout the walk, they are in charge and must be listened to at all times
- The group may consist of up to 25 participants whose walk pace may vary. The leaders will adjust to accommodate this accordingly and may split into groups. Please ensure you stay with a walk leader at all times and keep to the allocated pace.
- Cut off times apply... i.e. you need to get to each checkpoint by the very generous cut off time. These will be shown on your checkpoint card.
- If you are having difficulty on the walk or wish to finish early, let your walk leader know and they will call Challenge HQ and have you collected.
- Make sure your wrist band is scanned at any checkpoints you pass. Your walk leader will remind you.
- If you wish to finish the challenge early or are having difficulties, let us know by telling staff at the checkpoint or by contacting the Challenge HQ directly for assistance.
- When you have completed the walk please report to the check in desk to have your wrist band scanned.
- **WE NEED TO SCAN YOUR WRISTBAND AT THE END OF THE CHALLENGE.** Please do not go home until you have had your wrist band scanned, (even if you have dropped out early).
- **ALL WRIST BANDS MUST BE RETURNED**
- Please make sure you are familiar with the terms of conditions of the challenge
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16 mile Challenge

Registration opens at 8.00am.

No entries will be accepted on the 16 mile challenge after 8.45am.

- Bring your challenge number with you (from your email). When registration opens queue up in any line, show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, as you leave the building your wrist band will be scanned and you will be officially started on the challenge. **DO NOT LEAVE UNLESS YOU HAVE BEEN SCANNED.**
- Please ensure that you visit all the checkpoints. Your wrist band will be scanned at each checkpoint.
- Cut off times apply... i.e. you need to get to each checkpoint by the very generous cut off time. These will be shown on your checkpoint card.
- If you wish to finish the challenge early or are having difficulties, let us know by telling staff at the checkpoint or by contacting the Challenge HQ directly for assistance.
- When you have completed the challenge please report to the check in desk to have your wrist band scanned.
- **WE NEED TO SCAN YOUR WRISTBAND AT THE END OF THE CHALLENGE.** Please do not go home until you have had your wrist band scanned, (even if you have dropped out early).
- **ALL WRIST BANDS MUST BE RETURNED.**
- Please make sure you are familiar with the terms of conditions of the challenge, to view terms and conditions click here <http://your.caerphilly.gov.uk/caerphillychallengeseries/rules>

16 mile led walk

Registration opens at 8.00am.

No entries will be accepted on the 16 mile led walk after 8.45 am.

- Bring your challenge number with you (from your email). When registration opens queue up in any line, show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, as you leave the building your wrist band will be scanned and you will be officially started on the challenge. **DO NOT LEAVE UNLESS YOU HAVE BEEN SCANNED.**
- The 'walk leader' will lead you throughout the walk, they are in charge and must be listened to at all times
- The group may consist of up to 25 participants whose walk pace may vary. The leaders will adjust to accommodate this accordingly and may split into groups. Please ensure you stay with a walk leader at all times and keep to the allocated pace.
- Cut off times apply... i.e. you need to get to each checkpoint by the very generous cut off time. These will be shown on your checkpoint card.
- If you are having difficulty on the walk or wish to finish early, let your walk leader know and they will call Challenge HQ and have you collected.
- Make sure your wrist band is scanned at any checkpoints you pass. Your walk leader will remind you.
- If you wish to finish the challenge early or are having difficulties, let us know by telling staff at the checkpoint or by contacting the Challenge HQ directly for assistance.
- When you have completed the walk please report to the check in desk to have your wrist band scanned.
- **WE NEED TO SCAN YOUR WRISTBAND AT THE END OF THE CHALLENGE.** Please do not go home until you have had your wrist band scanned, (even if you have dropped out early).
- **ALL WRIST BANDS MUST BE RETURNED**
- Please make sure you are familiar with the terms of conditions of the challenge

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10 mile led walk

Registration opens at 9.15am

No entries will be accepted after 9.45am

The 10-mile walk will be led in groups of 15. Following registration you can choose the group you would like to walk with, if you want to walk with your friends, please make every effort to register together.

- Bring your challenge number with you (from your email). When registration opens queue up in any line, show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, as you leave the building your wrist band will be scanned and you will be officially started on the challenge. **DO NOT LEAVE UNLESS YOU HAVE BEEN SCANNED.**
- To ensure you walk with your friends you can choose your own group, a walk leader will be allocated to each group, who will add your name to his/her register.
- These walks will be led in groups of 15.
- The 'walk leader' will lead you throughout the walk, they are in charge of their respective groups and must be listened to at all times
- This year the groups will be interchangeable i.e. if you find that you are a bit slower or quicker than your group, then you can swop to another group. Your walk leader will have to speak to the other walk leader and adjust registers accordingly before you do so.
- If you are having difficulty on the walk or wish to finish early, let your walk leader know and they will call Challenge HQ and have you collected.
- Make sure your wrist band is scanned at any checkpoints you pass. Your walk leader will remind you.
- If you wish to finish the challenge early or are having difficulties, let us know by telling staff at the checkpoint or by contacting the Challenge HQ directly for assistance.
- When you have completed the walk please report to the check in desk to have your wrist band scanned.
- **WE NEED TO SCAN YOUR WRISTBAND AT THE END OF THE CHALLENGE.** Please do not go home until you have had your wrist band scanned, (even if you have dropped out early).
- **ALL WRIST BANDS MUST BE RETURNED**
- Please make sure you are familiar with the terms of conditions of the challenge

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1-5mile led walk

Registration from 10.30am, walk starts at 11.00am.

For the 1-5 mile led walk

- Bring your challenge number with you (from your email). When registration opens queue up in any line, show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, as you leave the building your wrist band will be scanned and you will be officially started on the challenge. **DO NOT LEAVE UNLESS YOU HAVE BEEN SCANNED.**
- You will all be walking as one big group with walk leaders interspersed.
- The 'walk leader' will lead you throughout the walk, they are in charge of their respective groups and must be listened to at all times
- Walk at your own pace for as far as you like, pick up points are available on route.
- Get your wrist band scanned at the checkpoint and at the end of the walk (at the school). If you finish early have your wrist band scanned when you get back to the school.
- **ALL WRIST BANDS MUST BE RETURNED**
- Please make sure you are familiar with the terms of conditions of the challenge
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SPONSORS VILLAGE

We are pleased to announce that our sponsors 'mini' village is returning again this year (bring some money!)..... so you will have plenty of opportunity to stock up on all sorts of walking goodies courtesy of our friends at 'Up and Under' plus information and offers from our other supporters.

OTHER INFORMATION

- Any queries on the day..... go to the information desk on the morning of the event and we will sort out for you.
- If you have pre ordered a Challenge T Shirt, this can be collected at the end of the challenge in the 'Tee Zone'
- Refreshments will be available to all walkers following the event.
- Your '**on route**' coffee is back this year courtesy of 'The Viaduct 1864'. We have covered 50% of the cost, so you can have a decent coffee for £1. They will be located by the Machen Viaduct. Approx 1km after the check point.
- If you have any queries or problems prior to the event contact Brian Begg on 07788547350 or beggbj@caerphilly.gov.uk