

INFORMATION PACK



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REGISTRATION

All entrants must register for the challenge. Please assemble at the main sports hall , Block x, at Coleg Gwent, Cross Keys Campus to register at the following times:

21 mile Challenge

Registration is inside and 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 as directed by CCS staff
- DO NOT QUEUE UP TO REGISTER UNTIL YOU ARE READY TO START! WE DO NOT WANT PEOPLE CONGREGATING IN THE HALL AFTER THEY REGISTER.
- Show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration you can start immediately. Make sure your wrist band is scanned as you leave the building. This marks you as started.
- 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 [Register - Caerphilly Challenge Series Caerphilly Challenge Series](#)

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 as directed by CCS staff.
- Show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, wait in the designated led walk area.
- 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 5-15
- 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. **The limitation of a led walk is that you may have to walk slower than you usually would. The benefit is you don't get lost.**
- 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.
- 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 [Register - Caerphilly Challenge Series Caerphilly Challenge Series](#)

15 mile Challenge

Registration opens at 8.00am.

No entries will be accepted on the 15 mile challenge after 8.45am.

- Bring your challenge number with you (from your email). When registration opens queue up as directed by CCS staff.
- DO NOT QUEUE UP TO REGISTER UNTIL YOU ARE READY TO START! WE DO NOT WANT PEOPLE CONGREGATING IN THE HALL AFTER THEY REGISTER.
- Show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration you can start immediately. Make sure your wrist band is scanned as you leave the building. This marks you as started.
- 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 [Register - Caerphilly Challenge Series Caerphilly Challenge Series](#)

15 mile led walk

Registration opens at 8.00am.

No entries will be accepted on the 15 mile led walk after 8.45 am.

- Bring your challenge number with you (from your email). When registration opens queue up as directed by CCS staff.
- Show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, wait in the designated led walk area.
- 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 5-15
- 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. **The limitation of a led walk is that you may have to walk slower than you usually would. The benefit is you don't get lost.**
- 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.
- 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 [Register - Caerphilly Challenge Series Caerphilly Challenge Series](#)

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 as directed by CCS staff.
- Show the staff your challenge number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, wait in the designated led walk area.
- 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 10-15
- 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. **The limitation of a led walk is that you may have to walk slower than you usually would. The benefit is you don't get lost.**
- 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.
- 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 [Register - Caerphilly Challenge Series Caerphilly Challenge Series](#)

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). Please report to the registration areas in the main hall. You will be given a numbered card.
- 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.
- ALL numbered cards must be returned to the walk leader at the end.
- Please make sure you are familiar with the terms of conditions of the challenge

[Register - Caerphilly Challenge Series Caerphilly Challenge Series](#)

OTHER INFORMATION

- Any queries on the day seek out a CCS volunteer on the morning of the event.
- 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.
- If you have any queries or problems prior to the event, contact The Caerphilly Challenge Series team on 07774 123 484, Jon Hole or CaerphillyChallengeSeries@caerphilly.gov.uk