



WILTSHIRE 3 PEAKS CHALLENGE HANDBOOK 2024

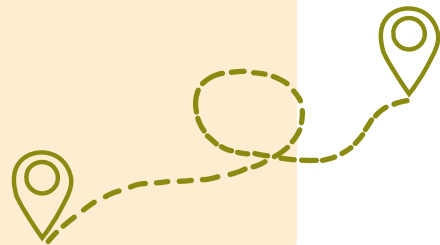




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Welcome to the Wiltshire 3 Peaks Challenge 2024 Handbook!
We suggest all team members read through the whole handbook prior to the event.

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THE EVENT

Congratulations!

You're now registered and on the way to undertaking the Wiltshire 3 Peaks Challenge 2024 consisting of either 10km or a Half Marathon challenge in the glorious scenery of Wiltshire! By taking on this challenge you are helping us to change the lives of many vulnerable young people. THANK YOU!

Please take the time to read through the handbook at least once and then use as and when you need advice, clarification or inspiration. Good luck with your training and fundraising and thank you for your support.

Although it is a few months away it will require some planning, training, and fundraising so here are a links to a few documents in preparation for June. You'll also be able to find a store of other useful information on our website:-

[Challenge Overview](#)

[Challenge Itineraries](#)

[Equipment Checklist](#)

[Training Advice](#)

[Fundraising hints and tips](#)

[Route Information](#) - On our website





OVERVIEW

On Saturday 8th June 2024, you or your team will take on the Wiltshire 3 Peaks Challenge! You will have signed up for either the 10km route or the Half Marathon Route. Wiltshire will provide a stunning backdrop for the challenge and although we can't promise sunshine, we can promise glorious scenery and a rewarding experience we are sure you will enjoy.

All individuals and teams will need to check in on the morning of the challenge so that we can run through a quick briefing with you. If you are in a team, all team members need to be present for this!

You can use the challenge as team building and staff development, as well as an opportunity for you and your friends & family to experience something epic together. All of your navigation skills will be required so come prepared with your map and compass.

We're giving you the option of walking, running, or jogging this challenge so that you can make it as tough or as leisurely as you like.





ITINERARY

Half Marathon Challenge

8:00- 8:45AM - Registration at Oare Village Hall

9:00AM - Challenge Start

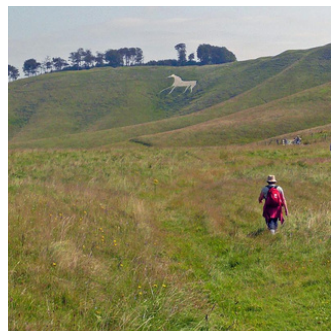
PM - Finish at Oare Village Hall and indulge in Tea & Cake!

10km Challenge

9:15-10:15AM - Registration at Oare Village Hall

10:30AM - Challenge Start

PM - Finish at Oare Village Hall and indulge in Tea & Cake!





WHAT TO DO NEXT

Rally the team (Unless you are taking on the challenge individually)!

You will now have confirmed whether you'll be taking on the challenge individually or as part of a family team. Don't forget, you need to complete the whole challenge as a team. Faster members won't be able to run ahead and leave slower members behind, so make sure you are all comfortable walking/running together as a group.

Medical Forms

Each participant **MUST** complete a Medical Form. Please fill in the forms as fully and accurately as possible. All information will be treated with the strictest confidence and only divulged to medical personnel in the event of an emergency. We must have the Medical Forms a minimum of 1 month before the event.

Note: Please remember to notify us of any changes in your medical details.

If you or any of your team takes regular prescription medication remember to take an adequate supply with you when you are training and also on the day of the event. It may sound like common sense, but experience has shown that it is not uncommon for someone to have forgotten his or her asthma inhaler or not realised it was nearly empty. This is equally relevant for more standard medications e.g. ibuprofen, aspirin.

Plan a Team Meeting

Arrange a meeting once you've established your team – we advise that you go through our Handbook when you're all together and able to discuss your next steps. Download our Training and Fundraising Plans and get to work on a team schedule to follow over the next few months. This should include fundraising and training goals, deadlines and as many team walks on the hills as you can fit in.





FUNDRAISING

Ready, Set, Fundraise!

It's time to share your fundraising page! The great news is that when you registered, your fundraising page was immediately set up for you.

Once you're registered, we recommend personalising your page to encourage more donations, and provide supporters with a greater awareness of the challenge you're undertaking and the work of the Youth Adventure Trust.

If you want to come back and do this later, you can of course do so, but please don't forget! Personalisation is key to encouraging support! You've got plenty of time to work your way towards the fundraising target.

Prizes will be awarded for the highest fundraiser so while winning isn't everything, it doesn't hurt to aim for the top, right?





WHAT ARE WE FUNDRAISING FOR?

Outdoor adventure can have a massive impact on somebody's life. Especially when you are 11 and vulnerable.

The Youth Adventure Trust works with disadvantaged young people across Swindon and Wiltshire from the age of 11 until they are 16. Many of them are struggling at school, aren't able to fit in, hate being in the classroom, have no positive role model, no aspirations, or chaotic and unstable home lives. They could be young carers looking after a parent or other family member, they may be in foster care, on the brink of getting a criminal record or being excluded from school.

“

"When I started the programme I was 11 years old. I was quiet, shy, worried, lacking in confidence and I felt like I didn't really fit in at school. My anxiety was constantly getting the better of me and I found myself asking questions all the time.

If I hadn't taken part... I'd be in a completely different place, I reckon I would still be really anxious, worried and still fearing any sort of change."

-Ben, Young Person

Their circumstances make it all too easy for these young people to make poor choices that will affect the rest of their lives. By taking them outside, we help them discover their true potential and exceed their expectations. Our three school-year programme uses outdoor adventure to inspire them and give them the hope, confidence and skills to face their personal challenges. We stop them becoming another statistic.

Our life changing programme is free to the young person, but each place costs us £3,900. Your fundraising will support our work with young people and will make a real difference to their lives. For more information and examples of how your sponsorship changes lives, go to our [website](#).





PREPARATION AND TRAINING

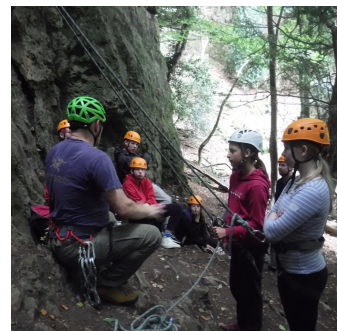
The Wiltshire 3 Peaks Challenge is no walk in the park and we recommend training before hand! It is essential for your own comfort and enjoyment that you have adequately prepared yourself physically and mentally for the event.

Whether you're a seasoned walker, fitness fanatic, occasional exerciser or a couch potato, we've put together some documents to help you effectively train for your time on our challenge. Our Challenge Preparation Top Tips is a good place to start. Note: If you have not trained for a long time or feel that you may be particularly unfit, we recommend you seek the advice of a Doctor prior to beginning any exercise programme. This is also true if you are suffering from any illness particularly relating to the heart and lungs.

The hills are calling...

Remember, although it is advised that you commit to regular exercise, this will be no substitute for heading for the hills! Try and get the team together for at least one hike/run – you will be able to better assess your combined fitness level. Also, please note that whilst we will have marshals along the route it is essential that your team has two members who are able to navigate using a map and compass. Otherwise you will find the challenge might take much longer!

It is also essential to have the appropriate kit such as walking boots, waterproofs, water bottle, plus team things such as a compass, whistle, first aid kit & walking poles. See the [Equipment Checklist](#)





FAQs

Is there nearby parking?

Yes, the village hall has parking that is available to use.

Will I get a map of the route?

We will provide you with a route map once you have registered for the event.

Is there a minimum age for who can take part?

There is no minimum age for taking part, but anyone under the age of 18 must be accompanied by an adult.

What kit do I need to bring?

Once you have registered for the event, we will give you access to our participant dashboard where you can find the kit list for the challenge. It is also attached to this handbook!

Are toilets available?

There are toilets available for you to use at the start line. If you need the toilet when you are out on the route you will need to find an appropriate area off the trail.

How fit do I need to be?

Depending on which challenge you're taking on and your own level of fitness we recommend training before hand! We will be here to support you throughout your training journey so that you feel fully prepared for the challenge.

What foot wear should I use?

If you're walking then we recommend using boots with ankle support. If you're running, trail shoes or trainers will be adequate





USEFUL DOCUMENTS

Here is the list of all the downloadable documents you can find on our website.

Click on the links below to access them.

Administration and Important Forms

- [Medical Form](#) please complete ASAP!
- [Challenge Itinerary](#)

Physical Preparation

- [Equipment Checklist](#)
- [Training Advice](#)
- [Route Information](#) - On our website

Fundraising

- [Fundraising Top Tips & PR Advice](#)
- [Fundraising Mountain](#)
- [Sponsorship Form](#)





CONTACT US



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GOOD LUCK!

