



University of
Sheffield



Will 4 Adventure



The Big Walk 2024

20 mile/30 mile walking challenge through the Peak District

Friday 28 June 2024

PARTICIPANT GUIDANCE DOCUMENT

TO BE READ BY ALL PARTICIPANTS BEFORE THE DAY

The event is being organised by the Individual Giving team, part of the Campaigns and Alumni Relations office (CAR), in conjunction with **Will Legon** of [Will4Adventure](https://www.will4adventure.co.uk): 07791 860 163

The lead event organiser is **Sarah Barnes**, Fundraising Officer: 07704 794 669

Please join the [Walker WhatsApp group](#)



Contents:

| | |
|---|----------|
| About the event | 2 |
| Key event details | 2 |
| Start, finish lines and cut off points | 3 |
| What to bring with you | 3 |
| Mobile phones | 4 |
| Registration | 4 |
| How to navigate | 4 |
| Toilets and refreshments | 5 |
| Route marshals | 5 |
| For runners | 5 |
| Health and Safety | 6 |
| Accident, Emergency and First Aid | 6 |
| Hospitals | 6 |
| Minor incidents or if you're unable to continue | 6 |
| Safety and risk assessment | 7 |
| Traffic | 7 |
| Lightning | 8 |
| Cattle and livestock - no dogs permitted on the Big Walk 2024 | 8 |
| Reminder of contacts on the day: | 8 |

About the event

Key event details

- The Big Walk 2024 is a one day **30 mile** or **20 mile walk** in the Peak District on **Friday 28 June**.
- A total of 450 participants and 75 volunteers will take part - 30 mile route: 135, 20 mile route: 315
- You'll set off from the **Redmires Playing Field, S10 4LJ** ([please note this change](#), previously Three Merry Lads) - [see start times here](#)
- You are expected to reach the finish line at the **University Arms** by **9:30pm**.
- You will be given a **Walker ID** number on a wristband at registration. **You MUST wear your wristband at all times.** Along the route and at the finish line we will check your Walker ID.
- **Written route instructions** can be found here ([20 mile route card](#) & [30 mile route card](#)). Route cards and maps can also be found on the [Big Walk itinerary page](#). Marshals will also be located along the route to help show you the way - [marshal points in yellow on this map](#).
- This document includes full details and instructions about the event, along with Health and Safety guidance. **You MUST read this document fully before taking part in the event.**
- We recommend that you attend the **participant briefing on Tuesday 25 June, 11:45 - 12:30 at St George's Church. You can collect your t-shirt from St George's from 11am to 3pm.** If you are unable to collect your t-shirt in person you can either have someone collect it for you or email giving@sheffield.ac.uk with an address you would like your t-shirt posted to. The participant briefing will be recorded and added to the [Big Walk itinerary page](#) afterwards.

Start, finish lines and cut off points

| | 30 mile route | 20 mile route |
|---------------------------------|--|---|
| Coach*: | Departs from Octagon Centre at 7:10am | Departs from Octagon Centre at 8:30am |
| Start line: | Redmires Playing Field, 580 Redmires Road, Sheffield S10 4LJ - registration desk | |
| Start time: | 8am | 9.30am |
| Lunch / Cut off point 1: | Grouse Inn - Cut off time is 5pm** | |
| Cut off point 2: | Norfolk Arms - Cut off time is 8pm** | |
| Finish line: | The University Arms Pub - Last walkers expected by 9:30pm | |

**Available ONLY to those who have booked a place on the coach. Participants will be checked off before alighting the coach. Those who have not booked a place on the coach should join us at the start line.*

***To ensure the health and safety of all participants and volunteer marshals, we have these cut-off times in place. If you reach a cut off point after the designated times, you will be asked to drop out.*

What if I have to drop out? We hope you will be able to complete the full distance you have selected. However, in case of injury or reaching a cut off point after the designated time, transport back to Sheffield will be provided for you. [Please let us know as soon as possible if you choose to drop out.](#)

What to bring with you

You will need:

- Day sack (lined with a plastic bag)
- Water bottle with at least 1 to 2 litres of water (more if especially hot)
- Sunscreen and hat
- Waterproof jacket and trousers for a wet forecast.
- Spare warm top
- Comfortable walking boots / shoes
- Pair of spare socks
- [Personal 1st Aid kit](#)
- [Mobile phone \(fully charged\)](#)
- Food/snacks

Main rules of thumb:

- Look at the weather forecast and come prepared.
- Steer clear of all things cotton – no jeans.
- Whatever you use, make sure it's comfortable.

Optional items if you have them:

- OS Map sheets of the area
- Walking pole

Mobile phones

At this event we rely on you to carry a fully charged mobile phone. It greatly helps us to manage the risk and in the event of an emergency this could literally be yours or another's lifeline.

- **OS Locate** ([Google Play](#)/[Apple Store](#)) – Please download this app prior to Friday 28 June.
- **999 – Register your phone to 999** – In the event of an accident and you have too little signal to make a phone call, with your phone registered to this service, you can text instead.

Registration

- Before you set off you **MUST** register.
- Upon arrival at the start line, **please visit the registration desk and give your surname** followed by your first name. You will be asked to confirm your details (mobile phone number). You will then be given a wristband with your **Walker ID** on it.
- Every time you see a marshal on route or if you contact us, please give us your **Walker ID**.
- **If you're going to be late or unable to take part, you MUST text or call us on [07704 794 669](tel:07704794669). (Leave an answerphone message if your call is not picked up).**

UoS staff, please note: *Members of staff have been granted a day of leave to take part in the event, if you're unable to participate or don't show up on the day - it's expected that you'll work as normal. Your department will be informed if you don't show up for the event and fail to inform us.*

How to navigate

Part of the challenge of the Big Walk is to navigate your way through the Peak District and back to the University. The route will not be signposted/flagged out so it's up to you to navigate the route yourself.

Here's the resources you have to help you:

- **Route cards** - the route cards contain step by step written instructions to help you navigate between checkpoints. We recommend you download an offline version or print a paper copy.
 - [20 mile route card PDF](#)
 - [30 mile route card PDF](#)
- **Google maps** - whilst Google maps is NOT accurate for navigating the Big Walk, as it does not contain details of all the footpaths you'll be walking on. You might find it helpful to use google maps in case you're lost, as it will read your location. On the digital route cards there are hyperlinks for each of the checkpoints which take you to a google maps location that you can then use to navigate to.
- **Route marshals** - there will be marshals along the way to help point you in the right direction.
- **Experienced walkers** - walkers who know the route well and are confident navigating will wear yellow high vis vests - ask them for help with the route if needed.
- **OS Locate** ([Google Play](#)/[Apple Store](#)) – this free app gives you a six figure grid reference even without a signal, should you get lost or in case of emergency. We strongly recommend you **download this app**. It can drain your battery so best not to run it continuously!

- **Really lost?**

- Stop. Do not exacerbate the situation by continuing to walk.
- **Call Will on 07791 860 163** and he will help you get back on route.
- Will may ask you for your 'six figure grid reference', use the **OS Locate** to find this.

***Please note:** In the event that the organisers do not know the whereabouts of a given walker (i.e. marshals have not marked them off through a particular checkpoint by the expected time), we will repeatedly try to contact the walker or their team members on their given contact details. After a prolonged period of time, the emergency services and your emergency contact will be contacted.*

Toilets and refreshments

- There will be a **light lunch provided (vegetarian salad box) for all participants at the Grouse Inn and a hot dog waiting for you at the Finish Line.** Two marshal points along the way will also have high calorie snacks (FLAPJACK!).
 - Participants should carry enough food to last the whole day. You must carry a 1-2 litre water container with you.
 - Water and toilet facilities are marked in blue here: [20 mile route](#) / [30 mile route](#). There will also be toilets at the Octagon (for those travelling by coach), start line and finish line.
 - *Please adhere to the [Countryside Code](#) and don't leave litter behind.*
-

Route marshals

There are 17 marshal points (including the finish line) for the 30 mile route. And 11 marshal points for the 20 mile route. [The marshal points are marked in yellow on this map.](#)

Please look out for the marshals (they will be wearing yellow high vis jackets) and please give them your **Walker ID** as you pass.

***Please note:** If you don't check in with a marshal, we will assume you are lost and try to make contact with you - so it's very important that you and every member of your team checks in at each marshal point so we know where you are.*

For runners

This is predominantly a walking event, so we cannot guarantee the same level of support as walkers.

- Runners are likely to reach some marshal points before they are manned.
- You **MUST** give your **Walker ID** to marshals when you do see them so we can keep track of you.
- Catering may not be set up when you arrive at the Grouse Inn.
- We strongly recommend packing plenty of water, food and snacks to keep you going.
- Consider whether you'll need additional support from friends or family along the route

- If you're not an experienced or well-trained long-distance/ultra marathon runner we would ask you to consider walking or 'run/walking' this event instead.

Health and Safety

Accident, Emergency and First Aid

In the event that you or someone near to you needs urgent medical attention:

1. Administer First Aid (if you are confident and skilled to do so)
 - *There are 81 participants or volunteers at the event who are first aid trained or qualified medics.*
 - *All marshals with a University supplied hire car will have access to a First Aid kit. First Aid kits are also available at the Redmires Playing Fields, the Grouse Inn and the University Arms.*
2. **If needed, call 999.** (If you are **not** on a road you need to call Mountain Rescue by calling 999 and asking for the police to coordinate this. You will need a 6 figure grid reference preceded with the two map letters SK - this can be found using **OS Locate** ([Google Play/Apple Store](#)). Download this to your mobile phone now so you have it prior to the event OR if you are on **University premises you must call 4444.**
3. If it is not a 999 situation, contact **Will on 07791 860 163** as soon as possible and let us know.
4. Whatever happens, once it is safe to do so, please text or call us to inform us of what has happened.

Hospitals

Derbyshire
Chesterfield Royal
Calow
Chesterfield
Derbyshire
S44 5BL

Sheffield
A&E Department (adults)
Huntsman Building
Northern General Hospital
Herries Road
S5 7AU

Minor incidents or if you're unable to continue

If you experience a minor injury that does not require medical attention/First Aid or if you're unable to continue and need help, please try to get to a road, and phone **Will - using the number on your wristband**. We will dispatch a driver to come and collect you.

From the route card, you will have a good idea of where the next road or marshal will be. Participants should not attempt to walk along a path/bridleway (that has no access to roads) if they doubt they have it in them to get to the next road section.

IMPORTANT: If at any point you decide to drop out and make your way home independently, please let **Sarah know immediately on: 07704 794 669**. If we do not hear from you, we will send out a search team, so please let us know. If we don't hear from you, we will call you first. If contact cannot be made, we will call your emergency contact. After an extended period of time the emergency services will be contacted.

Safety and risk assessment

- **It is the participants' responsibility to be familiar with the risks involved when taking part in the Big Walk 2024.** You can view the [Big Walk 2024 risk assessment here](#).
- If you are walking alone, we recommend you buddy up with other walkers along the route.
- We strongly recommend you download **OS Locate** ([Google Play](#)/[Apple Store](#)) prior to the event.
- We strongly recommend participants use public transport to get to and from the start/finish line. We strongly discourage driving to and from the event.
- If you are pregnant we ask you to seek medical advice before taking part in the walk.
- If you feel ill on the day of the event, you should not take part. Please [call us](#) to let us know.
- If participants or volunteers have any of the following conditions, we recommend that you join the event at your own discretion:
 - o High Blood Pressure
 - o Heart Condition
 - o Suffer from Dizziness or Epilepsy
 - o Damage to neck, back, spinal column, legs or eyes
 - o Asthma
 - o Medication – please inform us if you are taking any form of medication

Please do let your fellow walkers know of any conditions you may have and how to deal with it, should an incident occur.

- Please be aware that this is an outdoor event, and insect bites or stings may occur. If you have adverse reactions to insect bites or stings, please come prepared or consider whether participating is right for you.
-

Traffic

- The route has been designed to minimise the time spent walking along roads. However, there are some sections where you will need to cross roads or where pavements are unavailable. In these areas, walkers are advised to proceed in single file.
 - To ensure safety where the route meets roads without pavements, marshals will be stationed at key points to remind walkers of this. Additionally, road signs will be placed to alert drivers of pedestrians crossing.
-

Lightning

If in the days immediately prior to the walk, the weather forecast indicates there may be a risk of electrical storms, walkers are advised to read the following information issued by the Royal Society for the Prevention of Accidents (RoSPA). **RoSPA Lightning at Leisure site:**

rospa.com/leisure-safety/advice/lightning/

Cattle and livestock - no dogs permitted on the Big Walk 2024

The route passes through a number of farm fields where there may be cattle with their young. For this reason we have stipulated that **no dogs can be brought on the walk** as this poses a risk. Where it has been possible we have contacted landowners and farmers that this event is taking place.

Ramblers.org have provided advice on what to do when walking near cattle:

ramblers.org.uk/advice/safety/walking-near-livestock

Reminder of contacts on the day:

If there are any problems on the day, please call:

Will Legon - 07791860163

Sarah Barnes - 07704794669

If Sarah/Will are not available, please text them or leave an answerphone message.

Further information about the Big Walk 2024 can be found at

www.sheffield.ac.uk/big-walk.

If you have any questions prior to the event, please email giving@sheffield.ac.uk or call: 0114 222 5598