

## Friends of St Patrick's Mission



### Yorkshire 3 Peaks Challenge 2022- Walker's and Marshall's Briefing

#### Welcome and Prayer (Friar to say the prayer)

Introduction of key people

- Marshalls (will be wearing hi vis vests)
- First aiders
- Walk Manager (They are the main leader, any issues/decisions are at their discretion)
- Key people at checkpoints
- All walkers to wear St Patrick's Mission t-shirts.

#### Booking in / out (starting at 6.30am)

Before you leave the carpark, ensure you have booked in with the checkpoint leaders. Make sure you have your identification number with you.

You will be allocated a group and walk leader, they are your point of contact. If you decide to finish the walk early, tell not only the checkpoint leaders but also your walk leader.

At each checkpoint, book in with the checkpoint leaders.

On completion of the walk, check in at the final checkpoint (in the carpark in the farmers field, where you started).

**DO NOT GO HOME WITHOUT TELLING SOMEONE AT ANY POINT.**

#### Health & Safety

You are all responsible for yourselves and any minors in your party (who you have brought).

It is a long day so be sensible and look after yourself. Make sure you have plenty of water to keep yourself hydrated and keep yourself well fuelled throughout the day. There will be a chance to restock at the checkpoints.

If you injure yourself, inform your walk leader who will take the necessary action.

First aiders are located at the checkpoints.

If you need to move groups (either move forward or drop back) that is fine. Please let your walk leader know.

The terrain is uneven and rocky, so please take good care with your footing and wear the correct footwear.

If it is a hot day, bring sun cream. If you feel you may develop blisters bring some extra plasters.

It is recommended that you have worn your walking boots a few times before completing the walk.

At times walkers will complete practice walks as training. It is recommended that all walkers must complete at least a few lengthy walks in preparation to build stamina. This is a real challenge.

#### General Information

There are three main hills with at times long stretches between. Checkpoints will be clearly visible on the route.

1. Near the viaduct (just before the ascent to Whernside)
2. Just before the ascent to Ingleborough (by the farm cafe)
3. Back in the farmers field car park

There is a long stretch between Pen-y-ghent and Whernside which does include a busy road.

Any pets you bring are your responsibility. Keep them close by you at all times and be aware of livestock.

One part of the walk involves crossing train tracks and roads. Please make sure the line/roads are clear before crossing.

Please be safe and enjoy the challenge!