



Feat UK Events – Fan Dance March 10th 2012

- 1. Introduction**
- 2. Event timings**
- 3. Transportation**
- 4. Maps and directions**
- 5. The route**
- 6. Terrain and weather**
- 7. Kit List**
- 8. Actions on**
- 9. General notes**



Thank you for signing up for this year's Feat UK, Fan Dance challenge. This is the first of our one day adventure events which are aimed at providing a challenging but equally rewarding fun day out, exploring the great outdoors.

Over the course of 2012 we will be exploring some of the UK's finest countryside, hill tops, bike trails and mountains to help challenge and broaden the boundaries of our clients.

We trust you are working hard in preparation for the forth coming adventure and that you are looking forward to what promises to be a cracking day out.

Our key objective is to make your experience as enjoyable as possible and to help you fulfil your goal. The following information provides details of the challenge ahead. Please ensure you read, digest and act upon the information provided.

2. Event Timings

Saturday 10th March 2012

- **06.00 – Collection from Hampshire Health and Tennis Club**
- **06.30 – Prompt - Depart for Brecon Beacons**
- **10.30 – Arrival at Storey Arms – Includes 45 min breakfast stop en route**
- **10.45 – Kit check & safety brief**
- **11.00 – Start walk**
- **15.00 – ETC of first group**
- **16.30 – ETC last walkers**
- **17.00 – Load vehicles and depart for home**
- **21.00 – Arrival back in Southampton – Includes 45 Min stop for dinner.**

Please note – The above timings will be followed as best as possible and have been based on previous experience, however weather, traffic and group fitness will determine timings.

Accurate participate timings will be captured at each check point. Please ensure you make your self known to CP staff the end of e. This ensures that any delays whilst waiting for other participants doesn't affect the individuals over finishing time.



3. Transportation

- Transport will be provided throughout the challenge in the form of a minibus. Please ensure you take note of the pick up points and that you are ready and waiting at the relevant times.
- We anticipate that each participant will bring two small bags – 1 x day sack containing essential kit for the walk and 1 small bag containing spare clothing for after the event. Please note that your spare equipment bag will be transported separately so please ensure it is clearly labelled with your details.
- If you drop out you may be required to accompany the support Team from location to location in order to provide back up support for other walkers.

4. Map and Directions

A marked map of the route will be issued on the day of the event. The map will highlight the Check Points (CP) which will be manned by Feat UK Event staff during the challenge.

The walk will start and finish at the Storey Arms which is located just off the A??

Post Code details for our start point : The Storey arms Outdoor Activity Centre Libanus BRECON, Powys **LD3 8NL**, 01874 623 598

Please note – we will be using the Lay by outside the Activity Centre and not the Car Park

5. The Route

The walk is an out and back style route.

The route starts at the Storey Arms Mountain Rescue Centre. You then walk approx 12km summiting Corndu ,Pen Y Fan, and Crybin before reaching the Roman road and the half way point at the Tarpan Tau station. After a quick pit stop to refuel you simply turn around and do it all again in reverse. Aid stations and check points will be in place to monitor progress and safety throughout the challenge.

Corn Du - 873 Metres (2,864 Ft)

Grid Ref - [SJ066318](#)

Pen Y Fan - 886 m (2,907 ft)

Grid Ref - [SO012215](#)

Cribyn – 795 Metres (2,608 Ft)

Grid Ref – [SJ066318](#)

If you can put up with the nerd filming the following link gives a good insight to the route and terrain.

http://www.youtube.com/watch?v=5sJHl1_1asY&feature=related

6. Terrain and weather

The terrain across the Brecon's Beacons varies from section to section but is generally made up of grassland, well defined but uneven rocky paths and gravel roads.

The weather in the Brecon's can change with very little warning. Low cloud cover, high winds and rain showers are very common. It's therefore vital that all kit list items are carried without exception....no excuses please. Your safety is our number one priority.

The route is not signed so you will need to pay attention and ensure you carry your map at all times. A group guide will be on hand to keep you on track.

7. Kit List

The following guide illustrates a sensible layering system.

Base Layer



1. Thermal Body Shirt

Depending on the temperature you may want to use thermal underwear as a first level of clothing. It will keep you warm and dry by transferring moisture to the next layer.

2. Thermal Pants

Depending on the temperature you may want to use thermal underwear as a first level of clothing. It will keep you warm and dry by transferring moisture to the next layer.

3. Socks

To keep your feet warm, dry, and padded against hard impacts, you will want to use thick socks, preferably special Mountaineering socks that will give you more specialized features.

Insulation Layer



4. **Fleece Jackets or Sweater**

As a second layer, you will want a Fleece or similar fast wicking warm layer.

5. **Shell Pants**

On top of your base layer, put on your Shell Pants. Good Pants should protect from the wind, cold, and the rain.

6. **Mountaineering Boots**

Good Boots are necessary not only to protect your feet, but also to give you good support on the long hikes.

Shell Layer



7. **Mountaineering Jacket**

Finish off your upper body layering with a waterproof and windstopping jacket or top shell.

8. **Gloves**

Protect your hands from the wind, rain and snow snow, with padded gloves.



It is vital that each individual is self sufficient in the event of an injury or inclement weather. You must carry the following equipment as a **minimum** whilst on route.

- Mobile phone (fully charged and water proofed)
- Note pad and pencil – with Name, address, mobile No and Blood group written on front page in water proof bag)
- Basic 1st Aid kit - Including Plasters, Bandages and Steri Wipes
- Map of route with land marks and check points (this will be free issued at the briefing)
- Compass
- Whistle
- Bin Liner or space blanket (for keeping warm in the event of serious injury)
- Decent pair of walking boots or comfortable trainers (be warned you are likely to get wet feet).
- Spare thin base layer top (in water proof bag)
- Light weight waterproof jacket.
- Gloves and warm hat (both in water proof bag)
- Spare Socks (in water proof bag)
- Comfortable trousers (quick drying)
- Raid sack (back pack) with 2 litre bladder **full** of water or energy drink.
- Energy food. I.e. chocolate bar, banana's, Malt loaf, Flap Jack

Please note spot checks may be carried out so don't get caught out....missing kit may result in no walk!!!

- Warm dry clothes for return journey
- Warm jacket to put on straight after you finish the days walk.
- Cash for evening meal and beers

8. Actions On:

- **Actions on Casualty.** There are two types of casualty, minor and major. A minor casualty constitutes a non life-threatening injury such as a cut, abrasion or twisted ankle. The casualty will be able to walk and medical attention will be needed but not urgently. A major casualty will require urgent medical attention and will not be able to walk. Injuries such as broken legs, severe bleeding, heart attack etc fall into this category. There are 2 paramedics employed specially to deal with any medical situation.
- If you become or find a conscious/unconscious major casualty follow this procedure.
 1. Apply any know first aid.
 2. Phone the event organiser Nick Crosby on 07977 129280 (have the number pre-entered in to you phone) and call the emergency services directly. If you have no signal go to point 3.
 3. Inform the next person you see on route and hand them the casualty's note pad (if possible, should be in their rucksack as per the kit list) with their details and the useful phone numbers. Write your location and nature of the injury, instruct that person to get to the next phone or area of signal and phone Nick Crosby and the emergency services and give your details.



If you become/find a minor casualty

1. Continue or assist the casualty to the closest checkpoint (bear in mind this may be backwards on the route) and ask to see Feat UK First Aider.

Actions on Lost

If at any time you become lost follow this procedure

1. Stop. If possible make your way back to your last know position on your map.
 2. If you can't complete step 1 then retrace your steps until you find an event route marker. Then follow on.
 3. If you are still lost phone Nick Crosby on 07977 129280 (or any of the numbers on the contact list) and inform him of your name, approximate location and the last check point you passed through. We will then formulate a plan to either find you and pick you up or describe how to get back on the route. If you have no phone reception keep moving until you do.
 4. If you miss the checkpoint opening and closing times a search will be initiated for you. It is very important that you notify the event director if you think you are going to miss it or you are late. He will then know you are safe and not lost or injured.
- **Actions on early retirement.** Inform any staff on the list of contact numbers if you feel that you cannot complete the route and want to retire at any checkpoint. We will arrange to pick you up from that checkpoint. **Do not under any circumstances leave the challenge without informing a member of the event staff.** A full search will be initiated if you miss checkpoints and we cannot contact you. We can then only assume you are lost or injured on route.
 - **Actions on late walker (this is what the Feat UK team will be doing if you are late)**
1. Walkers are briefed to phone race HQ if they are going to be late for a check point
 2. Last man sweeper is informed and asked for the location of 'last man'
 3. If lost walker is not last man then race HQ will call walker on mobile number.
 4. If no response, staff from last previous known check point will search along the route towards next check point. Staff from the 'last check point' will search back along the route until they meet other check point staff.
 5. Walkers emergency contact numbers called to enquire if walker has contacted them.
 6. If no walker is found then emergency services are called and informed of details.
 7. It is anticipated that this process will take no longer then 1 hour after the lost walker is late for the check point.

We trust that the information contained covers off the majority of your questions, however if you have any further questions relating to the event please don't hesitate to contact a member of the events team.