

**Cystic
Fibrosis Trust**



Brecon Beacons event day Saturday 18 June 2022

Here is everything you need to be ready for event day and know what to expect. You will be contacted via email with your specific start time and wave information a week before event day.

Event Village Address:

The Showground, Watton, Brecon LD3 7PL.

A full itinerary is available on our website. Current timings are approximate and may change.

What to expect at the village:

- Seating area
- Hot breakfast and hot supper for all participants is available for a cash donation.
- A sports massage for all participants post event.
- Portaloos and water taps.
- Car parking.

What to do if I need assistance

- If you are in need of assistance contact a checkpoint marshal or a first aider. If it's an emergency call 999 and use the What3Words app to describe your exact location.
- Contact the event village on 07766 928 232



Brecon Beacons Route

Physical maps will be posted out to you prior to event day along with your Great Strides™ tops.

The Brecon Beacons 40km route can be found here – <https://www.plotaroute.com/route/1728166>

Join the Great Strides™ Brecon Beacons Strava group where you can access the 2022 route – <https://www.strava.com/clubs/gsbrecon>



Checkpoint information

Download [What3Words app](#) available on Android or Apple and you can find the exact location of each checkpoint.

	Those3Words location	Description
Start/Finish	///hubcaps.muscular.pupils	Brecon Country showground, portaloos available.
CP1	///defenders.century.levels	Cwm Gwdi Car Park.
CP2	///kingpin.muscular.pupils	summit of Pen Y Fan.
CP3	///guessing.decoder.commended	Old Barn Team Rooms
CP4	///everybody.locker.dollar	Talybont forest.
CP5	///chain.menswear.however	Next to Henderson Hall, Talybont. Portaloos available.
CP6	///influence.kinder.during	Royal Oak pub car park, can use pub toilets.

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What to do in an emergency

Seek help. Call 999 in the event of an emergency. In case of accident make a note of all relevant details:

- Location (What3Words location if possible).
- Name, gender and age of casualty.
- Nature of injuries or emergency.
- Number of people in the party.
- Your mobile phone number.
- If you require mountain rescue you must request 'police' then 'mountain rescue'
- Give all your prepared details of the incident.
- Do NOT change your position until contacted by the rescue team.
- Ensure you and your team are in no further danger.
- Make an initial assessment of the situation and any injuries then apply First Aid as necessary.

Ensure at least one person must always remain with the casualty.



Health and safety advice

What to pack in your first aid kit:

Each team member should have a basic first aid kit containing the following:

- Scissors
- Antiseptic wipes
- Compeed blister plasters
- Zinc oxide tape 1 roll (used to tape feet to prevent blisters.)
- Microlin tape 1 roll (used to tape feet to prevent blisters.)
- Dioralyte 4 sachets
- Paracetamol 6 tablets suggested.
- Small pot vaseline (used to treat chafing.)
- Small bottle talcum powder (to prevent chafing of feet/toes.)
- Self-adhesive dressing strip – 'Sticking plaster' strip.

Your event day itinerary can be found on our website and you will be contacted prior to the event with your specific wave information and timings. If you need anything else contact the team on greatstrides@cysticfibrosis.org.uk.