

**Cystic
Fibrosis Trust**



Frequently Asked Questions

Physical Events – Surrey Hills and Brecon Beacons



When and where is Great Strides™?

Great Strides™ is a fantastic walking challenge created by the Cystic Fibrosis Trust which takes place across some of the UK's most breath-taking countryside in Surrey and the Brecon Beacons in June 2022.

It's an ideal opportunity to keep fit and raise money for the Trust while having fun in some of the most beautiful areas of the country. Check out the details here:

- **Surrey Hills (65km/40miles)** 11 June 2022, Hampton Estate Farms, off Puttenham Road, Farnham, Surrey, GU10 1HP
- **Brecon Beacons (40km/24.8miles)** 18 June 2022: Brecon Showground, Canal Bank, Brecon, Powys, LD3 7PL.

Is there a registration fee and a sponsorship target?

The registration fee is £55 per person. Early bird tickets (purchased before 14 Jan 2022) cost £45. This will ensure you're fully signed up and will have full access to the leader boards, email newsletters, a special walker's shirt before the event day, and a bespoke medal after you have completed your walk.

If you're walking with a group or a team, everyone will need to sign up individually to receive all the benefits.

The sponsorship target is £250 per person. £150 could support an individual or family in financial difficulty with a grant for basic essential and £200 could buy exercise equipment for someone with CF, ensuring they maintain their daily treatment regime and stay healthy.

Is there an age restriction on the event?

The minimum age requirement is 18 years. However, 14 to 17-year-olds are welcome to join us too, as long as they register with a parent or guardian.

I'm taking part as an individual and I'm a bit nervous about walking on my own, any advice?

Join our Great Strides™ community on Facebook and get chatting to fellow walkers! and get chatting to fellow trekkers!

There'll be plenty of people who are in the same boat as you and will be looking for other trekkers to walk with. Many of our walkers arrange to meet for training walks ahead of the challenge.

Team CF will be there supporting you along the way!

Are refreshments provided?

Breakfast and post walk dinner will be available at the Great Strides™ Village to purchase. We cater for most dietary requirements providing we know in advance, so please fill out the relevant section when you complete your registration. Lunch will be provided at the halfway point for all walkers.

We recommend you bring your own water and snacks for the day.

Complimentary water will be available at checkpoints and there is a food stop at the halfway point. All participants will be able to purchase a well-deserved hot meal once you cross the finish line!

Please note breakfast on the Saturday morning before the challenge is not included and you'll have to purchase this separately. Don't forget to bring cash as locations are remote and card machines may not be available.

Can I bring my dog?

Of course! Well behaved dogs on leads are definitely welcome! Please make sure they always stay with you or a member of your team.

What support does the event have?

Great Strides™ is a fully supported event with a dedicated team of fully trained guides and leaders.

Sweep walkers and cars will bring up the rear of the group and marshals are equipped with first aid kits along the route.

All checkpoints are marshalled with first aid kits and there is a first aid point located at the Great Strides™ Village.

Are there toilet facilities?

Yes. There will be toilet facilities available at the Great Strides™ Village and at some checkpoints along the route.

What happens if I get tired?

There are checkpoints along the route for you to rest and it's not a problem for you to take more rest stops if you need them. However, please be conscious of the time allowed to make it to checkpoints before they close, or you may not be permitted to continue the challenge for your own safety.

If you need to pull out of the challenge for medical reasons, you'll need to do so at the nearest checkpoint. The checkpoint crew will arrange a transfer via a support vehicle back to the Great Strides™ Village.

Do I need to book accommodation?

The challenge takes a full day, starting bright and early at around 5am to 6am, so we would recommend staying locally.

Do I get a medal or T-shirt?

Of course! We'll send your Great Strides™ top out prior to the event, and once you've crossed the finish line, a lovely bespoke medal will be placed over your neck to celebrate!