

## **THE BEAT THE BEACONS CHALLENGE 2021**

Due to Covid restrictions the Beat The Beacons event cannot be held in the beautiful Brecon Beacons this year, so instead we are challenging you to complete a distance of 30 miles walking or running your way in your local area.

The Challenge will start 8am 1st September and end 8pm 30th September 2021.

Walk or run a total of 30 miles during the month, local to where you live, following all local covid restrictions.

Submit your activity tracking data (digital or manual) and **receive a unique event badge**.

**Special prizes** will be awarded for

- a) The winner of a prize draw for all entrants completing the 30 miles in one go. All successful entrants will be entered into a prize draw to **win** this special prize.
- b) The best fundraiser (over £200) who will **win** a special prize.

### Details and eligibility

Beat The Beacons 2021 - Your Way.

We are challenging you to complete the 30 mile distance of the Beat The Beacons Challenge 2021, your way, in your own time and local to you.

You have the entire month of September to complete the challenge. You can do it all in one go or you can spread it out over your permitted exercise time. You can make it suit you, your experience, your fitness level and Covid restrictions local to you.

Step 1

### **Entries open on Monday 9<sup>th</sup> August.**

Sign up at <https://www.beatthebeacons.com> You can enter any time from 9<sup>th</sup> August up to and including 29<sup>th</sup> September 2021.

£12 entry fee + £2 per extra event badge required (A small percentage of this fee covers the cost of your badge and maximum £1 administration. The remainder goes directly to Newport Outdoor Group.) Charities have struggled this year to continue with their usual operations but with a reduced income. If you would like to donate more to Newport Outdoor Group, there is the option to do this when you book or, you could set up a Just Giving page to encourage friends and family to support you in your challenge and help Newport Outdoor Group. Please share your fundraising efforts with us so that we can give you the thanks and credit you very much deserve.

Step 2

Complete your 30 miles!

This should be undertaken following all local Covid restrictions, you should follow the country code and only walk on public rights of way, permitted access routes or places you have been given landowner permission to walk. Brecon Mountain Rescue and The Newport Outdoor Group will not be there to look after you and do not take responsibility for your activities so, please make sure the walk or run is within your capability, you have checked the weather, you are wearing and carrying appropriate clothing and equipment and are confident you can complete your route, have fun and return home safely!

Step 3

Take lots of photos! We would love to see the unique places you are walking or running and share them with all of our followers to encourage others to join in the fun.

On social media please use @beatthebeacons for Twitter, <https://www.facebook.com/BeatTheBeacons/> for Facebook, @breconmountainrescue for Facebook and Instagram, @breconmrt for Twitter, direct message us on Facebook or Twitter or email [secretary@breconmrt.co.uk](mailto:secretary@breconmrt.co.uk).

Please make sure the people and places in your photos can be shared on social media and they don't depict you breaking any rules (which, of course, none of you will be).

#### Step 4

At the end of the month email a record of your activities to [secretary@breconmrt.co.uk](mailto:secretary@breconmrt.co.uk), don't forget to include your 'race number'. This can be a manually written list of activities but preferably will be your activity tracker's summary for the month of September e.g. by screen shot or your platform's monthly email summary that is sent to you. Join 'Brecon Mountain Rescue Team Supporters' Club on Strava as well, then we can give you kudos along the way!

If you are entering the prize draw for completing 30 miles in one go, we will require you to submit data from an activity tracking platform and share that activity data directly from the app to [secretary@breconmrt.co.uk](mailto:secretary@breconmrt.co.uk).

And Finally.....

There will be an extra special prize for an exceptional fundraising effort. To enter this competition please submit your fundraising link along with your activity data –The challenge is to raise over £200!

All data must be submitted no later than 12pm 10<sup>th</sup> October 2021. Badges and prizes will then be dispatched and should be received before 31<sup>st</sup> October 2021, provided correct contact details and postal address have been submitted on entry and on data submission.

It is very important that you follow all local Covid regulations, you follow the country code and only walk or run where you have permission to. Neither Brecon Mountain Rescue Team nor the Newport Outdoor Group can accept any responsibility for people using this event to break rules and remind you that you are responsible for your own safety during all of your activity.

**Stay Safe. Look after each other. Have fun!**