



The Brow Hike

27th and 28th March 2010

The Brow Hike has been running for more than 50 years and remains a popular event, continuing to attract entries from all over West Yorkshire and sometimes beyond. Set in the scenic Calder Valley, the hike broadly follows the old Sowerby Bridge Urban District Council Boundary for a distance of approximately 22 miles over two days. The hike is open to teams of 4 people aged between 11 and 15, although the total age of the team when added together must not exceed 56. Entries are gladly accepted from members of all youth groups.

The hike is a competitive incident hike, where completing incidents at checkpoints forms a major part of the hike. In the past we have covered a wide range of incidents including current affairs, general knowledge, practical problem solving tasks, first aid, weather systems, hill safety and map and compass skills. There is also a focus on teamworking and leadership skills, with an additional prize awarded to the best Team Leader.

The Brow Hike is a fun and challenging event which integrates perfectly with the Scouts and Explorer Scouts award schemes. It also makes an ideal training hike for those preparing for expeditions for the Duke of Edinburgh Award scheme. Run by a highly experienced team, the Hike is fully supervised with thorough safety systems in place.

For further information, please feel free to contact Steve Hickman on 01422 341255

We look forward to receiving your entry by Friday 19th March 2010.

2010 Checkpoints

DAY ONE

1	059237 Base	St Paul's Church
2	082227 Copley	Cricket Club
3	069220 Norland	Clough Moor Bridge
4	053216 Holiday Home	Half Kirk
5	042215 Saw Hill	The Oldfields House
6	012223 Flints Moor	Junction of Wall
7	025244 Camp	Old Crib

DAY TWO

1	025244 Camp	Old Crib
2	027264 Lay-by	Junction of Road
3	021277 Crow Hill Nook	Boundary Stone
4	036279 Jerusalem Farm	Wade Bridge
5	041256 Luddenden	Footpath Entrance
6	053247 The Winterburn	Pub
7	059237 Base	St Paul's Church

The preferred route will be on display on the day of the hike. Maps will be checked to ensure that the route is marked so the sweep team and the safety check officer can follow the progress of each team and ensure the safety of all competitors.

The Marking System

Every year we use a points system that adds up to 1000. Points are divided into speed for Saturday and Sunday separately, performance at incidents, and quality of food. (NB. Any team missing a checkpoint cannot compete for a placing).

We will also be awarding an additional score out of 25 points at four of the incidents to the team leader in recognition of their leadership skills.

7 incidents, each worth 60 points.	420
Team Leader	100
Food for Saturday	40
Food for Sunday	40
Speed for Saturday	210
Speed for Sunday	190
Total	1000

Food marking is broken with a score out of 10 points awarded for each of the following. Hot food, Amount of food, Suitability of food and having adequate number of stoves and billys.

This system is designed to ensure that teams have enough hot food to eat as it can be very bleak, cold and wet at Old Crib as many hikers can confirm.

Reception and Start Arrangements

The starting point for the Brow Hike will be St Paul's Methodist Church, Tower Hill, and Sowerby Bridge.

There will be a staggered start. Start times will be advised once we receive your entry form. The first team out will leave St Paul's at 9.15am. **If you are entering more than one team, please state on the entry form which is the strongest team to assist us in allocating start times.**

Recent Winners

2009	17th Linthwaite	1999	17th Linthwaite
2008	17th Linthwaite	1998	12th Halifax
2007	17th Linthwaite	1997	12th Halifax
2006	33rd Slaithwaite	1996	12th Halifax
2005	33rd Slaithwaite	1995	12th Halifax
2004	33rd Slaithwaite	1994	3rd Ripponden
2003	17th Linthwaite	1993	7th Spen Valley
2002	17th Linthwaite	1992	12th Halifax
2001	No Event	1991	12th Halifax
2000	17th Linthwaite	1990	12th Halifax

Rules

- 1 The decision of the hike organisers is final.
- 2 The event is open to all Youth Organisations whose members are between the ages of 11 and 15 for the duration of the hike.
- 3 The Youth Leader of each group must certify that each member of their team is capable of competing in a two day hike with full kit, and that no member has an illness which could be detrimental to the safety of the team.
- 4 A team shall consist of four members. If the membership of any team falls below four members, it shall be withdrawn.
- 5 A competitor must only retire at a checkpoint except in the case of an emergency. (See emergency rules). If any marshal deems a competitor unfit to compete in or to continue the hike, that marshal has the right to withdraw that competitor from the hike.
- 6 Any competitor giving or receiving assistance from any other team or outside quarters will be disqualified. Teams are not allowed to link up except in emergencies.
- 7 The organisers are not liable for any injury to, or loss of life of a competitor sustained during the event as a result, directly or indirectly, of any physical or mental incapacity, handicap or defect of that competitor. (See rule 3.)
- 8 All competitors must adhere to the **country code** and to **public rights of way** at all times.

Important Notes

Kit check will be carried out by the safety staff 45 minutes before the team is due to start the hike, and will involve each competitor's kit being checked to ensure they are carrying the correct equipment. Spot checks may also be made during the hike. It is important that your kit complies with the rules as failure to do so will result in loss of points or even disqualification in some circumstances.

All teams will be required to provide their own camping and cooking equipment. A compulsory overnight camp is held at Old Crib on the Saturday night. No team is allowed to leave the camp site. Although drinks will be provided at some check points, teams are required to carry their own supply of drink. Teams will be required to provide and cook their own meals for the duration of the event. A hot snack will be provided on completion of the hike. The hike supports mixed-sex teams by offering to transport a second tent to the campsite to cater for separate accommodation. Teams taking advantage of this must however still carry with them a tent large enough to accommodate all four team members.

All team members will be issued with a tally card which is clipped at all checkpoints. Team leaders are responsible for their team and their behaviour at all times during the hike.

The organisers advise all competitors to take out an appropriate insurance cover before competing in the hike, or check that the cover they already have is sufficient.

Emergency Rules

- 1 Walk at the speed of the slowest member of your team. Take a rest if anyone feels tired. If the tiredness persists, treat the competitor as a casualty who cannot be moved. (See 3(b))
- 2 Always keep warm, dry and well fed.
- 3 Do not exceed your capabilities. In the event of an accident, immobilise the casualty:
 - (a) Administer First Aid
 - (b) Try to get the casualty to a sheltered place (eg wall) or pitch a tent. Caution: Do not move if a back injury is suspected. Keep the casualty warm using sleeping bags and spare clothing.
 - (c) Two team members should go for help to the last checkpoint, while the other stays with the casualty. The members going for help must carry details of the casualty's name, age, position and condition.
 - (d) If necessary, signal to attract attention by flashing a torch or blowing a whistle once every 10 seconds for a minute then rest a minute.
- 4 If you think you are lost, try to work out your position using map and compass and get off high ground as soon as possible.

Kit List

Each team shall carry the following equipment:-

- Lightweight tent(s) with sewn-in groundsheet and flysheet capable of sleeping the whole team
- 2 maps covering the whole of the route, Explorer OL 21, South Pennines or Landranger 104 Leeds and Bradford. The South Pennines map is more suitable for the hike because the scale 1:25000 shows more detail. Old maps covering the area may also be used
- 2 compasses
- 1 small first aid kit
- 1 box of matches
- 1 pencil and note paper
- 2 watches
- Cooking stove(s) suitable for team of four
- Billies for whole team
- Food suitable for a hike camp
- Enough spare fuel suitable for duration of hike

Each competitor shall carry the following equipment, which must be packed in a rucksack:-

- 1 sleeping bag and insulated sleeping mat
- 1 survival bag. 6' by 2'6"
- 1 spare pair of trousers (NOT jeans or lightweight cotton trousers)
- 1 gaiter or waterproof jacket
- Gloves or mittens
- Head gear suitable to protect head and ears
- Spare pair of woollen socks
- Wool sweater or fleece
- Warm shirt
- Eating utensils and mug
- Torch with batteries; whistle; emergency rations
- 3 X 50p coins for telephone.
- 1 Full water bottle with a capacity of 1 litre.

All competitors must wear clothes similar to those listed above and a sturdy pair of boots.

Presentation

There will be a presentation at the end of the hike where trophies will be presented for First, Second and Third places and all competitors finishing the hike will be awarded a certificate.

This will take place on **Sunday 28th March 2010 at 3.00pm** at St. Paul's Church, Tower Hill. All parents, leaders and friends are welcomed. All Hikers must wear appropriate uniform.