



University of
Sheffield

Walker briefing

The

BIG WALK

2024

Fundraising for
Motor Neurone Disease

Will Legon - Route Organiser & Lead Marshal
Sarah Barnes - Fundraising Officer & Big Walk Lead

Key Event Details

- **Friday 28 June**
- **450 walkers - 136 for 30 mile route, 319 for 20 mile route**
- **Your walker ID is on your wristband**
- **Marshalls on route**



	30 mile route	20 mile route
Coach:	Departs from Octagon Centre at 7:10am	Departs from Octagon Centre at 8:30am
Start line:	Redmires Playing Field, 580 Redmires Road, Sheffield S10 4LJ - registration desk	
Start time:	8am	9.30am
Lunch / Cut off point 1:	Grouse Inn - Cut off time is 5pm	
Cut off point 2:	Norfolk Arms - Cut off time is 8pm	
Finish line:	The University Arms Pub - Last walkers expected by 9:30pm	



What if I'm going to be late?

You **MUST** text or call us on 07704794669.

(Please leave an answerphone message if your call is not picked up)

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Cut off times

- **Grouse Inn - 5pm**
- **Norfolk Arms - 8pm**
- **University Arms - 9:30pm**

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Registration and Marshal Check Points

- **Before you set off you MUST register.**
- **Give your name at the registration desk**
- **You will be given a wristband with your walker number**
- **Every time you see a marshal on the route or if you contact us, please use your walker number.**

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What to bring..

Day sack (line with plastic bag) | 1-2 litres water |
Suncream | Hat | Waterproof jacket + trousers for a wet
forecast | Spare warm layer | Comfortable shoes | Spare
socks | First Aid kit | Mobile phone | Snacks

Optional items:

OS Map sheets of the area | Walking poles

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You will need:





How to navigate

- Use your route cards
- Look out for marshals and experienced walkers
- Get the OS Locate app
- GPX files are available for download (on the Big Walk itinerary page) for anyone who wishes to use a GPS



What if I'm really lost?

- **STOP!** - Do not exacerbate the situation by continuing to walk.
- Go to OS Locate and get your 'six figure grid reference'
- Call Will on 07791 860 163 - *the emergency contact number printed on your wristband* - and he will help you get back on route.



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What to do if you or someone with you is injured

- **Serious injuries: call 999 ask for the Police and ask them to coordinate Mountain Rescue**
 - **If less serious, call Will straight away**

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Looking out for yourself and your fellow walkers

- **Inform those you are walking with about any medical conditions you have and provide instructions on what to do if an incident occurs.**
- **Look out for any changes in others behaviour or appearance that might suggest they are feeling unwell.**
- **If you need Will's help, contact him using the emergency contact number on your wristband.**



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St John
Ambulance



How to help someone who's fainted



Fun
Motor Neuron Disease

2
4

Dealing with hot conditions and heat exhaustion

Prevention:

- Dress appropriately, in lighter colours, wear a hat
- Pace - don't race
- Fluids - start the day fully hydrated & take time to drink regularly



Dealing with hot conditions and heat exhaustion

Treatment

- **Recognise a problem** - lethargy, red faced, low morale, headache
- **Find shade** (if possible), rest and hydrate
- **Monitor the situation** - feel free to call Will for advice
- **If anyone is hot & dry *and* losing consciousness**, locate yourself and call 999. Ask for Police & then for Mountain Rescue. (This won't happen).



Other things to note:

- **There are some sections where you will need to cross roads or where pavements are unavailable. In these areas, walkers should proceed in single file.**
- **Dogs are NOT permitted on the route**



Key contacts on the day

Will Legon – 07791 860 163

Sarah Barnes - 07704 794 669

If Sarah/Will are not available, please text them or leave an answerphone message

For serious injuries: call 999 immediately and ask for the Police and ask them to coordinate Mountain Rescue



£70,216

raised
by 3625 supporters

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The Big Walk 2024 for Motor Neurone Disease Research

The Big Walk 2024 is back and better than ever! Returning on Friday 28 June, walkers will be fundraising to improve the lives of MND patients long into the future.

Be a fundraiser

Create your own fundraising page and help support this cause.

[Start fundraising](#)



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**Don't forget to collect your
Big Walk t-shirt!**

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Any questions?

Or email us: giving@sheffield.ac.uk



Don't forget to join the Big Walk 2024

WhatsApp group