



# The Brow Hike

Organised by 24<sup>th</sup> St Paul's (Pennine Calder) Scout Group

## 30<sup>th</sup> and 31<sup>th</sup> March 2019

Now over 50 years old, and still a popular event, the Brow Hike continues 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 30 km (19 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 scoring. 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 teamwork 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 Rachel Key on 07725011762 or by e-mail to browhikerachel@outlook.com. There is also a wealth of information including a full list of past winners, helpful hints and training advice on our website at [www.browhike.org.uk](http://www.browhike.org.uk)

**We look forward to receiving your entries and payments by midnight on Friday 22nd March 2019. Entries after this date will not be accepted.**

### The Marking System

Every year we use a points system that adds up to 1000. Scoring takes into account speed, navigation, performance at incidents, quality of food and Leadership. A full breakdown is given below to help improve personal performances.

Food marking is broken down further to ensure that all hikers have enough hot food to eat, as it can be very cold and bleak at the campsite as many hikers can confirm.

<b>Incidents</b>	<i>7 x incidents, each worth 50 points</i>	350	35%
<b>Navigation</b>	<i>20 points for quality and accuracy of route plotting from Grid References. 50 points per navigational exercise.</i>	120	12%
<b>Speed</b>	<i>Staggered scores based on a Formula One style system. E.g. Fastest team= 350 points Second fastest team= 330 points etc.</i>	350	35%
<b>Food</b>	<i>Saturday evening meal and Sunday breakfast marked out of 40. This breaks down as 10 points each for: 1. Hot Food, 2. Suitability of Food, 3. Amount of Food, 4. Adequacy of cooking equipment.</i>	80	8%
<b>Leadership</b>	<i>Team Leader assessed at 4x Incidents, out of 25 marks at each</i>	100	10%
<b>TOTAL</b>		<b>1000</b>	<b>100%</b>

### Kit List

**Clothing – all items to be either worn or carried by each competitor:**

- Thermal base layer top
- Mid layer top
- Warm outer layer top (fleece or similar)
- Waterproof coat with hood and taped seams
- Suitable quick-drying walking trousers (not Jeans). Shorts will be allowed except in cases of extreme bad weather. If wearing shorts, competitors must carry long trousers in addition.
- Wool or wool-mix hiking socks
- Hiking boots. Fell-running boots, shoes or trainers are not acceptable.
- Hi-viz/reflective item (eg. vest, armband)- which need to be visible.
- Warm headgear suitable to protect head and ears
- Gloves

**Personal Equipment – all items to be carried by each competitor in a suitable rucksack:**

- 1 sleeping bag and insulated sleeping mat
- 1 survival bag 6'x 2'6"
- 1 spare pair of suitable quick-drying walking trousers. Shorts are acceptable in addition but spare long trousers must be carried.
- 1 spare thermal base layer
- 1 spare mid layer top
- 1 spare outer layer top (fleece or similar)
- 1 spare set of underwear and socks
- Eating utensils and mug
- Torch with batteries/ wind up torch
- Whistle
- Emergency rations in a sealed bag or box
- Full water bottle(s) with capacity of 1 litre

**Team Equipment – divided between the team's rucksacks:**

- Lightweight tent(s) with sewn-in groundsheet and flysheet capable of sleeping the whole team
- 2 OS Explorer OL 21 1:25000 scale maps, with published checkpoints marked on
- 2 map cases (not required if laminated maps are used)
- 1 pencil or fine-point permanent marker suitable for marking your maps
- 2 compasses
- 2 mobile phone (or one phone and a portable power charger, fully charged, and with Hike Control number programmed in (07725011762)
- Lighter or matches
- Notepaper
- 2 watches (or other devices which tell the correct time)
- Suitable cooking stove(s) for a team of four, including windshield
- Billies / Dixies
- Suitable fuel for your stove – enough for duration of hike
- Food suitable for a hike camp
- Small first aid kit including anti-bacterial hand gel

Competitors will also need to bring their uniform to be worn at the presentation at the end of the hike. These should be packed separately as uniforms can be left at St Paul's for the duration of the event.

Although drinks will be provided at some check points, competitors are required to carry their own supply. Competitors should also bring with them a supply of suitable high energy snacks to eat while walking.

We do not allow mixed-sex teams to share tents at the campsite. However we do support these by offering to transport an extra tent to the campsite to provide separate accommodation for male and female team members. Teams taking advantage of this must however still carry with them a tent (or tents) large enough to accommodate all four team members.

## 2019 Checkpoints

### SATURDAY 30th MARCH 2019

Grid Ref	Name	Location	Notes	Chop Time
1 SE 059 237	Base	St Paul's Church		
2 SE 085 223	St Stephen's Church	Copley		
3 SE 069 220	Norland	Clough Moor Bridge	NT1 Start	
4 SE 053 216	Holiday Home	Half Kirk	NT2 End	
5 SE 042 215	Saw Hill	The Oldfields House		16:00
6 SE 022 207	Water Green	Outside the big garage		
7 SE 013 212	Flints Moor	Lane junction	NT2 Start	
8 SE 025 245	Camp	Old Crib	NT2 End	

### SUNDAY 31<sup>st</sup> MARCH 2019

1 SE 025 245	Camp	Old Crib		
2 SE 026 260	Brearley	Brearley Lane		
3 SE 027 264	Midgley	Footpath entrance at edge of moor		
4 SE 021 277	Crow Hill Nook	Boundary Stone		
5 SE 036 279	Jerusalem Farm	Wade Bridge		13:00
6 SE 047 271	Stocks Lane	Bend in the road		
7 SE 057 248	Warley Town	Playground Car Park		14:45
8 SE 059 237	Base	St Paul's Church		

Two legs on day one of the hike will be Navigation Tests, with a set route to be followed. The start and end points for these Navigation Tests are marked above as "NT Start" and "NT End".

Teams will not necessarily be taking the most direct route between these checkpoints, and not all teams will follow the same route:

- Teams will be given their route on Saturday morning before starting the hike, as a series of 6-figure grid references. Samples are available on our website to help teams to prepare for this.
- Teams will then be allowed 10 minutes to plot the points on their maps from the grid references. They will draw a line joining the points plotted, which will give the route to be followed. This must be done without assistance from Leaders or Parents
- Plotted routes will be checked and teams will receive a score for the quality and accuracy of their route plotting. The team will then be allowed to start the hike at their stated start time.
- Observation Markers will be placed along the route on the Navigation Legs. Each will contain a code which the team will record and hand in to marshals at the next checkpoint for scoring.
- Time taken to walk Navigation Legs will be excluded from the team's overall walking time.

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

### Start and Finish Arrangements

The starting point for the Brow Hike will be St Paul's Methodist Church, Tower Hill, Sowerby Bridge, HX6 2EQ. 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.

The hike finishes with a presentation where all competitors who finish the hike receive a certificate, and there are trophies for first, second and third placed teams. This will be held at St Paul's Church on **Sunday 31<sup>st</sup> March 2019 at 3.15pm**. All parents, leaders and friends are welcomed. All hikers must wear the appropriate uniform for the presentation.

## Hike Rules

- 1 In all matters, the decision of the hike organisers is final.
- 2 All team members must be 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 the 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 immediately.
- 5 Teams must visit all checkpoints in the stated order. Teams missing a checkpoint cannot be placed in the final hike standings.
- 6 A competitor must only retire at a checkpoint except in the case of an emergency. (See emergency procedures below).
- 7 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.
- 8 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.
- 9 Leaders, parents and friends are requested not to visit checkpoints or follow teams whilst they are taking part in the hike.
- 10 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). 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.
- 11 Team leaders are responsible for the team and their behaviour at all times during the hike.
- 12 Teams must leave the campsite tidy and free from litter. Failure to do so will result in loss of points.
- 13 Teams must provide and cook their own meals for the duration of the event. A hot snack will be provided on completion of the hike.
- 14 Some checkpoints on the hike will have "chop times". These are noted in the list of checkpoints in this booklet. Teams arriving at a checkpoint outside the stated chop time will be directed not to continue the hike. This rule will be strictly enforced for the safety of all competitors. Please consider the chop times in your training for the hike.
- 15 All competitors must adhere to the **country code** and to **public rights of way** at all times.

## Emergency Procedures

- 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 3b)
- 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 or pitch a tent. *Caution: Do not move if a back injury is suspected.* Keep the casualty warm using sleeping bags, survival bag and spare clothing.
  - c. Two team members should go for help to the nearest checkpoint, while the other stays with the casualty. The members going for help must carry written details of the casualty's name, age, position and condition.
- 4 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.
- 5 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.