

# ELIFAR

# MUD, SWEAT & TEARS 2018



A fiendishly exhausting mental and physical challenge for teams and solo competitors.

**21<sup>st</sup> to 22<sup>nd</sup> June 2018**

**Are you the toughest quick witted team or solo competitor in the UK?**

Race 100km from Winchester to Devils Dyke via the South Downs Way. Running, walking even crawling to the finish as fast as you can. Fiendish mental challenges along the route will test the cleverest of you and completing them could shave hours off your finishing time!

## **The Challenge**

Mud Sweat & Tears will probably be one of the toughest events you will ever take part in and will test you and your team to the limit. If you are a solo superhero you can take part relying only on your own stamina and ability, competing for the Solo Cup. Corporate teams will compete to be crowned winners for the glory of their companies.



The event will be fully supported with 10 check points along the way where we will supply you with the basics to survive: food, water and first aid combined with lots of cheers and support. We will provide you with energy drinks, hot tea, energy bars pasta, soup and water, however, if you choose to organise your very own support team, we will provide you with the location of checkpoints where your crew will be welcome. In the event that you have specific dietary requirements we ask that you discuss this with us prior to the event.

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## The Route

Race HQ and START is Winchester Cathedral, SO23 9LS.

The 100km route will take you entirely by the South Downs Way national trail to the finish line at YHA Truleigh Hill near Devils Dyke which is located approximately 10 minutes from Shoreham-by-Sea train station which has regular access to London and is only approx 10 minutes by taxi.

You will pass through 10 checkpoints along the course. The distance between the checkpoints will vary from 10km to 15km. All details including the route plan will be issued in the Map Pack and Guide issued well before the event.

Mud Sweat & Tears is also a basic navigational challenge where if care is not taken it is possible to take the incorrect route thereby missing a checkpoint and or adding many miles to your route! Care needs to be taken particularly in the dark. Checkpoints will be located at locations to aid navigation and we will indicate difficult navigation and road crossings with signs and/or light sticks. Good head torches with back up batteries are an essential item for your team.

## Mental Challenges

Along the way we will set a series of mental conundrums/challenges for you to undertake if you and your team wish. If you successfully complete a mental challenge you will receive time credits to reduce your overall timing. The challenges are designed to keep you occupied and mentally stimulated whilst you walk/run. You will fill in your route card as you proceed along the course and correctly answered challenges will be credited to your overall time before the results are announced.

## Support Crew

Our event is designed for competitors to take part unsupported. However if you choose to organise your very own support team we will provide you with the location of five checkpoints where your crew will be welcome. When you register for



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the event we will ask you to register your support team and there will be options to include them for the supper the night before and at the Awards dinner, at an additional cost.

## Event Timeline

### **Thursday 21<sup>st</sup> June - Winchester Cathedral, SO23 9LS.**

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Well before the event you will be allocated a start time according to your anticipated speed. The slowest teams will start from 10.00am. Our overall aim will be to have teams finishing as close to each other as possible.

If you don't have a support team, all personal equipment not required during the walk will be labelled and put in a van for delivery to the finish.

Let the race commence: The 100km route will take you entirely by the South Downs Way to the finish line at Truleigh Hill YHA, BN43 5FB. You will pass through 10 checkpoints along the course. The distance between the checkpoints will vary from 10km to 15km. All details will be issued well before the event.

### **Friday 22<sup>nd</sup> June - 11am onwards. Truleigh Hill YHA, BN43 5FB.**

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The finish line is within the grounds of Truleigh Hill YHA.

Teams will arrive at the finish throughout Friday. As you reach the finish line you will be cheered in by the crowds that have gathered. Once over the line you will be awarded your finishers medal and will be able to finally relax.

After collapsing over the finishing line, teams will collect their personal kit from finish HQ before making their way to their accommodation for a welcome hot shower. At approximately 7.00 pm, allowing hopefully a few hours of recuperation and allowing the slowest teams to arrive the bar will open and celebrations begin.

## **Awards Dinner & Presentations**

Our informal celebration will be held in the grounds of Truleigh Hill overlooking the Southdowns

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## Awards:

- Fastest Overall Team
- Fastest Solo Competitor
- Against All Odds Trophy

We must stress that you should not drive tired. Have a designated driver or stay the night and enjoy the party.

## Saturday 23<sup>rd</sup> June

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Depart and go on your merry way.

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## Checkpoints

Once you have crossed the start line you have a number of checkpoints ahead of you where a marshal will meet you and provide water, food items, hugs, and support! Marshals will check teams are travelling together on the correct route. Our marshals will also check no one has been injured and is capable of proceeding to the next checkpoint. If you encounter problems en-route you should immediately contact one of the emergency teams whose details are on the back of your route card or report to the next checkpoint.

Check points will fall into the following categories:

1. **Major:** First aid, substantial food provision, toilets, rest area, support teams welcome.
2. **Intermediate:** Basic first aid, basic food provision, water, toilets.
3. **Basic:** Basic first aid, water.

At each check point you will need to get your route card signed/stamped by the marshal.

If you or any member of your team is injured or need to withdraw from the event, if at all possible withdrawals should occur at any checkpoints. Medical conditions will be treated by our first aiders; withdrawals from the event will wait at checkpoints until our "Sweeper Van" is available to transport that person to the finish line. Only complete teams finishing will be eligible for awards with the exception of the Against All Odds trophy.

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## How fast will you be?

We will ask you to grade you or your teams anticipated speed into:

Fast	for the most competitive teams who have experience of long distance events.
Medium	for fit well prepared teams on their first long distance challenge.
Fun	for teams where making it to the end will be a challenge enough!

		Pace (kilometres per hour)	Time to do 100km (hours)
Fun	Slowest Team 2017	3.5	28
	Average Team 2017	4.5	22
		5.0	20
Medium	Fastest Team 2017	5.5	18
		6.0	16
		7.0	14
Fast	Fastest Solo 2017	7.5	13

## Maps

Along the way you'll follow grass, chalk and flint tracks across the rolling countryside, passing stunning dry valleys and pretty villages. There are also steep climbs up sharp slopes, and dramatic views from high points. The maps issued to you will need to be followed carefully.

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## Training

We will do everything we can to help you and your team make it to the finish line.

We have to stress that you must train. You need to prepare yourself both physically and mentally for this huge challenge. Whether you are a seasoned walker or a first-timer, the advice is TRAIN.

- Recruit a team that you know and like - 30 hours is a long time.
- Plan your training sessions in advance - get them in the diary.
- Train with your team as much as possible - you need to know how they react to physical and mental fatigue.
- Get well-fitted footwear.
- Train on hills - MST is the equivalent ascent to Snowdon and Ben Nevis.
- Train on different terrains - this will help prepare for the route.
- Go out in all weather - test your kit in the rain.
- Train on the route - this will help you mentally prepare.



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## Fundraising - Top Tips

- Ensure your teams' fundraising is evenly split.
- Set up an online fundraising page (Justgiving, Virgin Money Giving, everydayhero).
- Set up text donate.
- Share your online giving page with friends, family and colleagues and update them on your training progress.
- Organise fundraising events in advance.
- Find out if your place of work will match your fundraising.
- Add a Facebook banner and link this to your fundraising page.
- Consider doing the challenge in fancy dress, or perhaps just one section.
- Put together a finish time sweepstake and share in your office.



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## ELIFAR

Every Life is for a Reason

The Elifar Foundation is a small charity which aims to help improve the care, facilities and equipment available to profoundly disabled children and young adults both at home or in residential care.

We fund the purchase of a wide range of highly specialised equipment, which would otherwise be unavailable because of a lack of funds or because there is no statutory provision. The Elifar Foundation is run almost entirely by volunteers which means that a large proportion of the funds raised go directly to the people who need them.



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## Registration & Taking Part

Registration and taking part is very easy with a number of ways to join in:

### 1 - Corporate Team Entry - 100km

£1500 Entry Fee for Team of 4 members.

With the commitment to raise £250/team member for Elifar through individual sponsorship.

### 2 - Team Entry - 100km

£200 Entry Fee for Team of 4 members.

With the commitment to raise £575/team member for Elifar through individual sponsorship.

### 3 - Individual Entry - 100km

£75 Entry Fee.

With the Commitment to raise £500 for Elifar through individual sponsorship.

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## ALTERNATIVELY THERE IS A 60KM OPTION THIS YEAR

### 4 - Corporate Team Entry - 60km

£1000 Entry Fee for Team of 4 members.

With the commitment to raise £175/team member for Elifar through individual sponsorship.

### 5 - Team Entry - 60km

£150 Entry Fee for Team of 4 members.

With the commitment to raise £390/team member for Elifar through individual sponsorship.

### 6 - Individual Entry - 60km

£50 Entry Fee.

With the Commitment to raise £390 for Elifar through individual sponsorship.

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## Why

Now the whole point of putting ourselves through this pain is to have fun and to raise vital funds for a small charity that makes a real difference to children and young adults in very difficult conditions!

The registration fee goes towards covering the costs of Elifar staging the event. It is non-refundable or transferable, and is not included in reaching your team or individual fundraising target.

## How to Enter

**Email Kelly Woodham** - [kelly.woodham@prime-people.co.uk](mailto:kelly.woodham@prime-people.co.uk)