

EVENT BRIEFING

11th May 2025

You have been allocated a starting place in either Team Cheshire (front), Team Mersey (rear) or the Stockton Half

Meet the Team

- Team Leader – Marc Duschenes, Regenesis Events CIC. Mountain Training UK Group Leader, Search and Rescue Technician -. Group and Outdoor and Paediatric First Aider
- Tony McGuiness. Outdoor Instructor, Group Leader Mountain Training UK Leader, Member Oldham Mountain Rescue Team. Outdoor and Paediatric First Aid Instructor. DofE Remote Supervisor
- Assisted by volunteers
Team Cheshire (front): Jonny
Team Mersey (rear): Danni & Jude (with Marc first half and Tony second half)
- Steph and Karen (bikes)
and Mel (social media)
- Stockton Half Team
Leader Tony
Assisted by Adam and Ella

All Giant Walk Team Leaders and First Aiders will be wearing **Red Armbands** all day and will wear high-viz at check points. The assistants and mentors will wear **Green Armbands**.

You will be asked to wear a wristband with a unique number so that we can count you in/out of rest and WC locations.

The whole event will start in two waves, guided by the bikes and road markings. Team Cheshire will start first, followed by Team Mersey. At the Stockton Heath lunch rest stop, the teams will be joined by a wave of Walkers completing the Stockton Half.

Updated Arrival Information

You do not need to print your tickets but we will quickly register you on arrival and you will sign into the event declaring you are fit and well.

An event WhatsApp Group will be created the day before, and this briefing document added as well as a GPX, so no need to print it. Use the WhatsApp Group to share pictures to us for upload, otherwise it will remain for any important messages about the route. You are not expected to navigate during the day and the bikes will mark out the intersections. The mentors will know precisely how far each rest stop is.

The VIP Coach is nearly full, this is taking people from the finish to the morning start. Everybody has access to the coach or stowage, its facilities and storage, water and fruit during the day.

GETTING THERE

GO DIRECT: Meet at the Start Area

Location: The Childe of Hale Statue. **LA24 4AX**

Meeting time: from 7.30 for 7.45 briefing/meet mentors

Drop off/parking: roadside near The Childe of Hale pub LA24 4AX

COACH TRANSFER: Bus from The Grammar to the Start Area

Location: Marlborough Road. Bowdon **WA14 2RY**. Parking on street

Meeting Time 6.50 to depart by 7am.

Arrival at the Start Area 7.45 briefing/meet mentors

Bus transfer option is at an extra cost in advance only. If you require a seat, please visit <https://giantwalk.org/> to book.

STOCKTON HALF

If you are signed up to the Stockton Half, Head to the back of Morrisons car park in Stockton Heath and look for Tony who will be waiting at the Giant Walk Bus from 12pm. Tony will be leading the Stockton Half Team from 12.30. **WA4 6RN**

We are going to recommend that at Dunham, the two groups try and merge into one procession to the finish, optional.

FINISH CELEBRATION

At the clock you will receive your medal and other goodies and there will be catering, physio and entertainment options.

ROUTE OVERVIEW

Section 1 – 4km

Starting with a brisk 4km warm up in random groups, we walk in a loop from the Giant Childe of Hale Statue down to the Hale Head Lighthouse and along to estuary before turning inland to return to Control/Bus and the Statue for Start Briefings and Photos by the Statue



Section 2 – 7km

We cross fields back to the Mersey Estuary and walk along the water to Spike Island



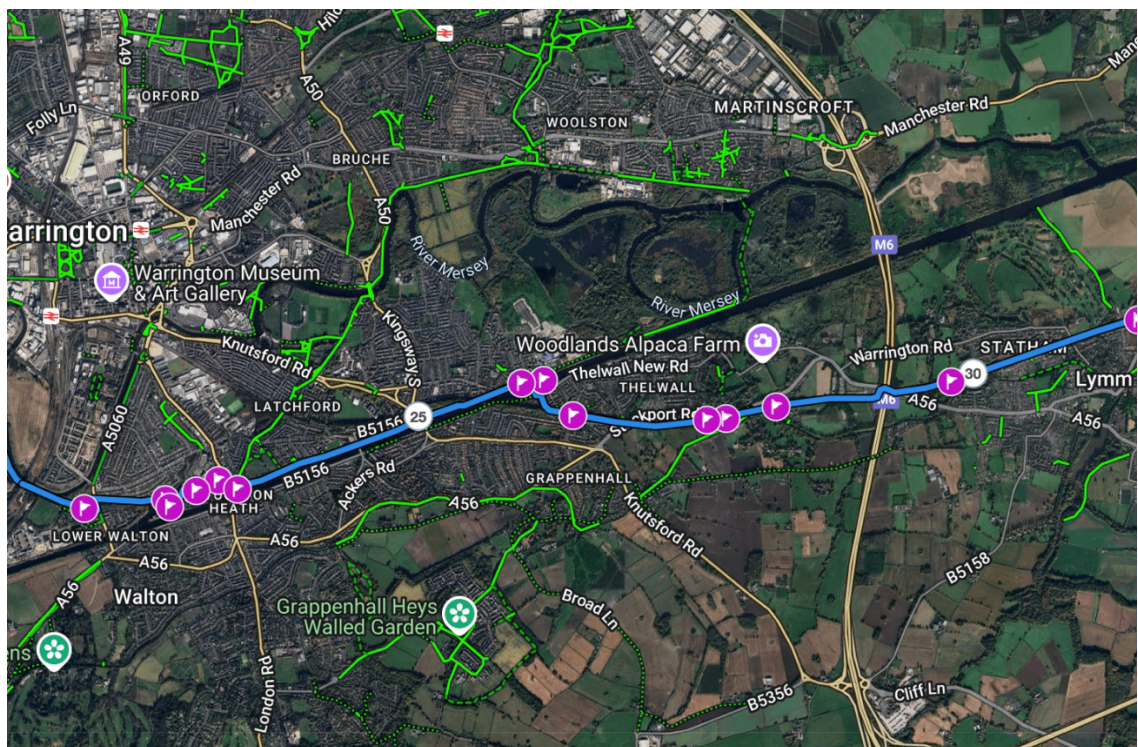
Section 3 – 11km

We stay along the Mersey Estuary before crossing the river twice as we arrive at Stockton Heath for lunch



Section 4 – 8km

Along the shaded Trans Pennine Trail waterside the Ship Canal, we cross at the locks before continuing along the trail to meet the bus at the Star Inn (WC)



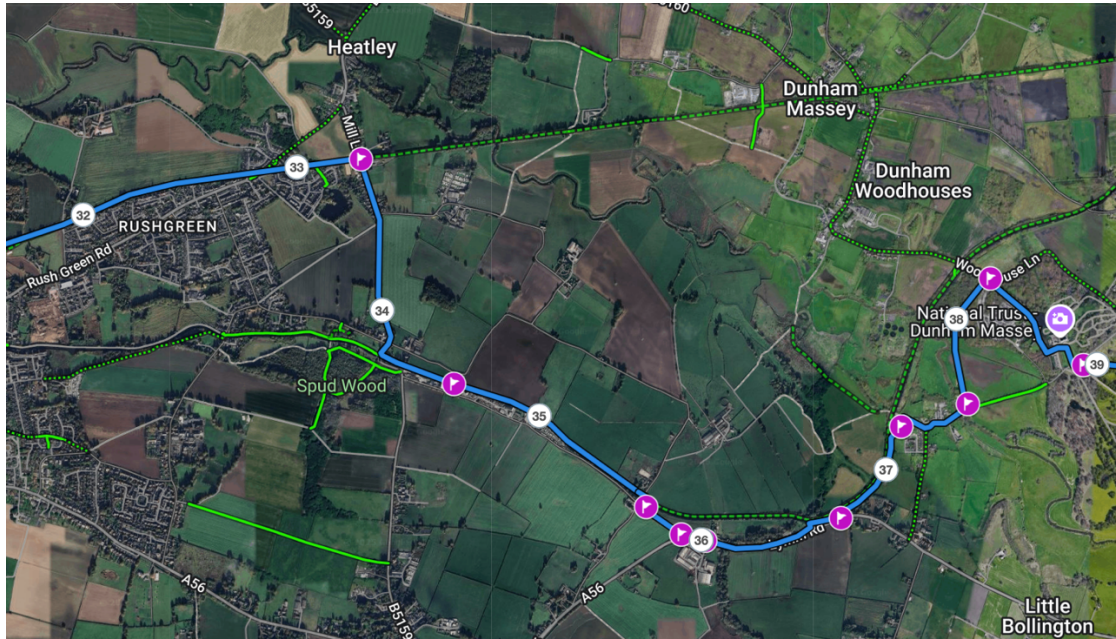
Section 5 – 5km

Eventually leaving the TPT we cross country to join the Bridgewater Canal, before exiting (because it collapsed) and meeting the bus at the A56 outside Lymm, passing Ye Old No 3 (WC)

Section 6 – 1km and Section 7 1km. Regrouping areas

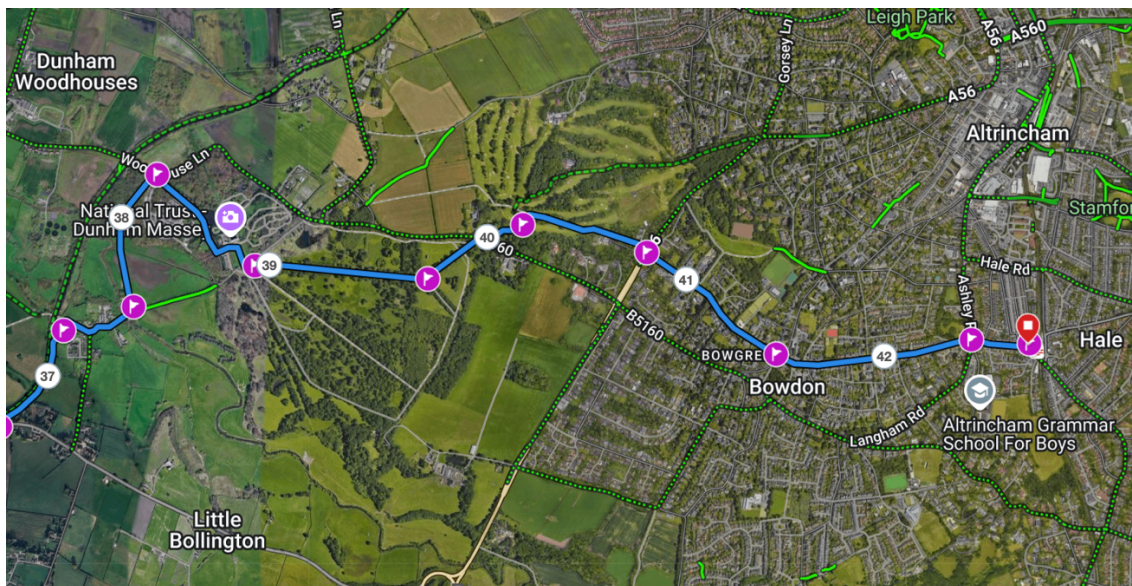
A short stretch to the first re-grouping point – The Swan with Two Nicks (WC) No Bus. The second regrouping point is inside Dunham Massey Country Park (WC and

Bus). Use these areas to rejoin with your team/friends/family, and take a well-earned break. Get a cold drink and an ice-cream



Section 8 – 5km Home Stretch

Through Dunham Forest and across the A56 (use the crossing point), and amble downhill to the Clock, passing the Griffin and Stamford Arms (WC's). This is an accessible final stage.



EVENT CONTROL Bus Rest Stop & Group Change and Cheering Locations

- | | | | |
|----|-------|----------|--|
| 1. | KM 4 | LA24 4AX | Childe of Hale Pub (not open in a.m.) |
| 2. | KM 11 | WA8 0DG | Spike Island Visitor Centre (WC) |
| 3. | KM 22 | WA4 6RN | Stockton Heath Morrisons 30 minutes rest (WC) |
| 4. | KM 30 | WA13 9LN | Star Inn (WC) on the Trans-Pennine Way |
| 5. | KM 35 | WA14 4TE | Intersection with A56 |
| 6. | KM 36 | WA14 4TJ | Swan with Two Nicks (WC) ice-cream stop, regroup area |
| 7. | KM 37 | WA14 4SJ | Dunham Massey Car Park, Ice cream, Tea Rooms and WC |
| 8. | KM 42 | WA14 2RY | Altrincham Grammar For Boys. Will remain here after finish |

Other Cheering points/WCs if marked

- | | | | |
|----|-------|----------|--|
| a) | KM 22 | WA4 6RN | Morrisons WC's and cafe |
| b) | KM 26 | WA4 1LH | Ship Canal Locks |
| c) | KM 29 | WA13 9NL | Pennine Coffee Shop (No WC) on TPT |
| d) | KM 36 | WA14 4TA | Old no 3 Pub (WC) |
| e) | KM 37 | WA14 4TJ | Brick Kiln Lane Rear Entrance to Dunham Massey |
| f) | KM 40 | WA14 2SW | Accessible meeting point |

THESE LOCATIONS ARE SUITABLE CHEERING POINTS FOR FRIENDS AND FAMILY

GETTING STARTED

Initial Groups and wristbands

We are going to begin the event immediately on arrival in the start area by walking a quick warm up in random groups the first 4km loop to the lighthouse, along the coast and then back to the start area. This is intended to be, after which we will hold the main event briefing before setting off in groups. We need you to be very punctual and attentive at the beginning of the day.

You will be allocated groups. The groups will first formally separate at Spike Island (10km)

The first group will be called **Team Cheshire** (Jonny) and paces quicker than the rear group **Team Mersey** (Marc, Jude, & Danni). Groupings have been arranged from your info, friends, charity teams and walking speed. You can change groups at any of the rest stops.

You will be given an ID band with your personal event number. Any medical or emergency information will link to your event number. If possible, wear your ID all day or have it tied to something so that we can easily count you in and out of intersections and rest stops.

When the groups coincide at the rest stops, Team Cheshire's rest will always end, and mentors will immediately lead off leaving space for Team Mersey to use the same facilities. These are also the only times you can change group.

Teams/Charity Groups should take any start photos after the warm-up by the Giant Child of Hale Statue before heading off to the Estuary. Teams need to wait their turn for access to the statue and can take any pictures in the next few minutes and then will start. There are lots of other photo opportunities on the route, where you will find our bike leaders ready to help take pictures.

Steph and Karen are providing event support from bikes and will be carrying a medical kit as well as team sign in/out sheets. The main medical kit and defib remains on the bus. At rest stops, they will need to see your event number to tick off your arrival. You can assist by saying your first name and number if it is not visible.

The event team will have radios, GPX, route cards and access to your medical information. The team will be talking to you all day checking on your welfare. Tell us if you have any personal concerns or are worried about another team member. They also have promotional cards for next year's event if a member of the public asks you what on earth we are doing!

Changing Groups – always head to the Bike to sign in/out

- **Moving forward a Group from Mersey to Cheshire**

If you would be more comfortable at a faster group pace, head to the front of Team Mersey as you approach Event Control/Bus and discuss with the group leader. You will not be getting a break at the stop and will be carrying straight on so be prepared to grab and go. Head to the bike and sign out of one group and into the other. The first opportunity to do this is at the 10 KM marker. We expect a lot of group changes at lunch time so discuss during rest. Do not try and catch the group in front on your own.

- **Moving back a group from Cheshire to Mersey**

This may be your personal decision, or you may be asked by a mentor to be checked. If they ask you to join group Mersey it is because we want you to finish comfortably and we have the skills and training to support you, particularly in Team Mersey. If the switch is simply your choice, at the rest stop, head to the bike and sign in/out and you will have a very quick chat with Marc/Tony. It will mean you will have taken a double rest, providing more recovery time. That's OK, put your feet up! Don't worry about leaving your teammates – we will regroup teams later in the day at the 35/36km markets.

- **Taking a break on the bus**

At any point you can take a break on the bus, if you have an injury, for example. If this is voluntary, you may disembark and continue walking at the next stop. Please sign back into the event with the bikes.

If we have asked you to do this for your safety, you will need to remain on the bus. This decision is final and not only is for your welfare, but it ensures the rest of the group's day is not affected by your circumstances. You will still earn a medal, and be able to finish the event on foot if possible, by disembarking the bus at the final stop.

- **Regrouping with your friends and charities**

At the 36KM and 37KM markers, we are hoping that Teams will regroup, and we finish closely together. Cheshire Team will need to wait and get an ice-cream at the Swan with Two Nicks or visit Dunham facilities, but this break allows us to regroup with your start group/friends/charities.

However, we know that some walkers will want to power walk through to the finish as quickly as possible or have other commitments.

Any walker wanting to walk even faster than the guided groups or leave a rest stop without a mentor will be deemed to have signed out of the event and will be unsupported. No refund will be given.

Weather and Kit List

The weather is now looking fair, but showers can happen at any time so bring a waterproof. The early start will be cool, and there are always gusts along the Mersey estuary. At the lunch rest, you will cool off again, but may be walking in afternoon sun until we get to the shaded parts of the Trans Pennine trail mid-afternoon. The canal stretch will be exposed to the sun.

So, you are going to need a bit of everything, a small rucksack to carry it all, and be able to change/feed/hydrate on the move!

Footwear Gym shoes are too light for this walk, but winter hill walking boots are certainly not necessary either. Choose a good **strong trail running shoe** or a **lightweight walking boot, or both**. Consider changing your shoes on one of the afternoon stops to alter pressure points. You will need walking socks or compression socks, not gym socks. The first 4km maybe a bit soft if it has rained in the previous days.

Clothing Go for a **layered approach**. You will need 4 layers of anything but denim or cotton. We suggest short and long sleeve base/mid layers, a top warm layer for the start and finish and a lightweight waterproof, plus a **rain hat** or a **hooded waterproof?**

Rucksack As the event is a supported day event, only a **small rucksack** is needed, and you can even share between friends. It must be sufficient to carry your **spare layers/waterproofs snacks** and **water** plus any **medication, personal hygiene, wet wipes, sun cream/glasses, snacks** etc

Food and water. There are opportunities to get snacks/drinks on route and a lunch stop is planned at the Stockton Heath Morrisons, but you should be prepared to carry enough with you to last for at least half the day +/- anything you leave on the bus. Keep some sugary snacks on hand at all times.

Energy How will you keep your calories topped up to finish the event strongly? Cereal bars, sweets, drinks, caffeine, gels – there are lots of tried and tested methods. Phone chargers might help you fundraise or navigate. Your battery will not last all day if you are using GPS.

Not necessary but helpful Event control will have a group first aid kit, but you might want to remember your own blister plasters, painkillers etc. Mentors will have the more detailed route maps/GPS but you can upload the GPX route file to your device. There are no hills on the route, but some people like the assistance of a walking pole on long days.

Tips Hand gel or surgical spirit: use this to prevent blisters by soaking your feet in it before to harden skin. Keep your toenails trimmed. Don't wear rings if your fingers swell on long walks. Keep car keys extra safe. At rest stops, sit down, raise your legs to put the blood back in your brain, change shoes perhaps, slow your breathing, have some personal time and re-focus, and then be ready for a quick departure.

A Smile This is intended to be a fun way to earn your marathon medal. There is no chip timing, and we have an inclusive group philosophy. Be well prepared, but also be

honest with yourself, your mentors and Event Control because if you are struggling with something, we can help you and want you to finish! Don't put yourself in danger or feel embarrassed at any time or feel the burden of letting your team or charity down. Meet new people, test yourself and chat all day!

Your safety Your safety is our priority, and this means we have trained and practiced for the event. Some decisions have been made in advance whilst other decisions can change on the day.

- **Briefings** There will be a briefing immediately after the 4km warm up. Please pay full attention. There may be further briefings at rest stops, or by WhatsApp Message.
- **Emergency Info** When you are given your ID card, please fill out the information on the rear if you haven't filled in the online questionnaire. Your ID also contains the group phone number.
- **It's a marathon** We can't avoid this hazard! Walking a marathon is a serious matter. You've heard of the wall? Well, you will hit it in exchange for your medal, but may need us to check on you. Be honest with how you are feeling, and we will assist. Don't hide injuries, dizziness, exhaustion etc. Its ok to get your head down and focus during difficult periods, but talking to others is the best way to be assessed because we can't see hydration, energy and glucose level. If you have blisters or chaffing, better talk about it than hide it.
- **Mentors** are experienced and assist Event Control. They are all volunteering to help you. Some are professionals in their field. Wearing your armband will help mentors see you amongst members of the public.
- **Your responsibility** Ultimately you are responsible for your own safety, so please take every possible step to ensure that the team can offer you advice and assistance. We will encounter risks, hazards, weather, navigation issues – this is normal for a trek and is always dynamically assessed and your input is appreciated.
- **Road Safety** We are a hazard for the public, walking in such a large group. Don't fill the width of any footpath, walk to the left, cross in small numbers, and call out if a bike is approaching from behind. Don't bunch together where tree roots are a trip hazard so you can all see ahead. The Mentors and Leaders will assist you cross busy roads with the command: **"Ready? 3,2,1 CROSS"**
- **Photographs** Unless you say otherwise, you may be photographed, and these may be published online. Please let us know asap if you do not want to be.
- **Countryside Code** Please stick to the countryside code. A great example of how to follow the code has been filmed by the *"Muslim Hikers"* on [YouTube](#)

Finish arrangements

At the finish area, we will give you a unique H2H bamboo marathon medal, and let you take pictures in your group with the Hale-to-Hale banner in front of the Hale Millennium Clock where we have a finish area on private land. This is where you can meet your family and enjoy the finish atmosphere

Jonny (Team Cheshire mentor) has a business making wood-fired pizza. His oven will be situated along with a bar, choir and physios. From the 40KM Marker at the top of Green Walk the remainder of the walk is wheelchair accessible.

Fundraising during the day

We have found that fundraising using social media on the day during the walk is very powerful so remember to take lots of pictures as your marathon unfolds. There will be a WhatsApp group set up to share pictures during the day and communicate any important group messages. Always use the **#hale2hale** and **#giantwalk** and tag us and your chosen charity in your posts as we will pick them up and repost them. You will be surprised how many messages of support you will get during the day if you do this.

If you are not fundraising for a particular cause, please be reminded that Regenesiis is fundraising itself for a lightweight defib and to subsidise educational foreign treks for youth workers and there is a donation option back at our main website giantwalk.org or on [Just Giving](https://www.justgiving.com/). We would appreciate your support.

If you are fundraising on the day with cash buckets for your charity, make sure the registered charity number is visible, do not overly harass the public, and do not delay your group pace whilst you talk to members of the public. Don't spend your entire rest stop fundraising. The two SAR teams are kindly asked to fundraise in Stockton Heath on opposite sides of the road. No shops have given permission to enter in advance.

If a member of the public makes a cash donation on the day and you are not fundraising, please kindly place this in the SAR Team buckets.

Rules and Conduct

Our volunteers are experienced guides and assistants and who will keep an eye out for risks but will rely on your group conduct and support. Some are also Outdoors or Training professionals. The mentors will set different paces, so please find your most suitable pace and always walk with others.

Your pace will naturally change during the day, so enjoy meeting new people. Changing group is not a criticism but an opportunity.

No muddy boots on the bus as we cannot afford a cleaning charge.

You should not be alone at any point of the day or be left on your own. Please don't be offended if you are asked to change groups or are supported. Anyone unable to continue or remain with the group will be asked to wait with the bus and a chaperone added if necessary. This decision will be final, and in the interests of the whole group, in accordance with our insurance risk assessment, and to ensure event success.

Respect other people, consider local community, environment and do not litter. Do not be under the influence during the walk. Dogs are only allowed on the Stockton half

Best wishes to you all, and stay safe!

The Giant Walk Team