

## WELLINGTON BOOT ANYTIME CHALLENGE 2021

### RULES

1. Entry limited to LDWA members only, they must be members at the date of the event
2. Enter the event via [SI Entries](#), fee £6.50 payable at the time of entry.
3. To achieve a completion certificate entrants must cover 100 kilometres on foot in 26 hours elapsed time.
4. **This event is a self supporting event. There will be no checkpoints or support provided by Cornwall and Devon LDWA.**
5. The 26 Hours period may be any continuous 26 hours between 00:01 local time Saturday 17th July 2021 and 23:59 local time Wednesday 30th September 2021.
6. Entrants may start at any time in the above period.
7. Any rest or food stop must not exceed 2 hours.
8. For their own safety entrants must carry the following kit (remember that as it is an anytime 100k there is no official support provided by the LDWA for retirements, injuries etc.):
  - Maps for the entire route.
  - Waterproof Jacket (with hood) and either Waterproof trousers or Waterproof over-trousers.
  - An additional upper body layer to be worn or carried e.g. Long-sleeved Base Layer / Fleece.
  - Hat (not Buff/Bandana) and Gloves.
  - Face covering and hand sanitiser.
  - Compass graduated with degrees on the dial. This can include an electronic device provided adequate power for 48 hours are carried.
  - A working whistle.
  - A working torch with spare batteries sufficient for 1 night and spare bulb if not an LED device.
  - A survival bag or space bag (not a space blanket).
  - First Aid kit, which at a minimum must include plasters, adhesive dressing, antiseptic wipes, fixation tape and low adherent dressing.
  - Emergency food.
  - A re-sealable drinks container, minimum size 0.5 litre.
  - Reflective clothing or reflective markers on backpacks. These must be visible when walking at night.
  - Money/Debit/Credit card or mobile phone for emergency use.
9. To achieve a recognised completion, entrants must submit evidence that they have covered the 100 kilometres in 26 elapsed hours. This evidence may include:
  - Unedited GPX file.
  - Evidence from witnesses that entrant successfully walked 100 continuous miles.
  - Digital photographs with evidence of date and time taken.
  - Receipts from shop purchases or ATMs that contain details of date and time.
10. Deadline for submission of evidence is **Thursday 21 October 2021**
11. I understand that the personal information submitted as part of this entry form will be held by the event organisers for a period of up to three years after the event is held for the purposes of managing the event only. I understand that photographs are likely to be taken at the event, which may be featured in Strider magazine or on LDWA websites. In addition, I understand that Summary Information\* may be published immediately and may be held in perpetuity for the purpose of providing a record of the event. I will have the right to request that all my personal Summary Information is anonymised, should I so request.

\*Summary Information is limited to the participants name, age gender, postal town, email address, LDWA membership number, event name, distance covered, time recorded, as well as any other linked walking achievement

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### EVIDENCE OF COMPLETION

After the virtual event entrants will be in one of three groups:

- a. completed 100 kilometres in 26 hours or less
- b. completed between 80 and 100 kilometres in less than 24 hours
- c. completed less than 80 kilometres

It is important to understand that every single entrant reporting their achievement **WILL** receive a PDF certificate to download regardless of the distance they have walked. So, even if you only walked 10 miles, please complete the evidence form with details of how far you walked and in what time in order that your certificate can be emailed to you.

Because this event, if successfully completed, will be officially recognised by the LDWA, it is essential that evidence is provided by entrants where claims are made for any distance of 50 miles or more. Evidence is only required for those in groups (a) and (b) above, reporting the Start and Finish dates and times, distance covered and group members (if any) is sufficient for those in group (c).

The **deadline** for submission of evidence is 23:59 on the **21<sup>st</sup> October 2021**.

#### Submission of Evidence

Evidence will be submitted by email to [wellingtonboot@cldwa.co.uk](mailto:wellingtonboot@cldwa.co.uk) and will consist of a set of files attached to the email.

It is **essential** that you include your **entrant number** (as shown by Si-entries) and **name** in the subject line of the email.

Where the total size of attached files exceeds about 10MBytes they should be sent in two or more emails. See the notes about reducing JPG file sizes in the Digital Photos section below.

#### Groups of Entrants

Where two or more entrants complete their walk as a group starting and finishing at the same time and keeping together throughout, only one set of evidence needs to be submitted by one member of the group. The members of the group must be identified in the space provided in the Evidence Form and signed by all group members. The evidence should then be photographed or scanned and submitted as a JPG file attached to the email.

## Types of Evidence

Evidence in a variety of forms can be submitted and flexibility has been provided due to the unique nature of the event. Evidence should comprise:

1. A completed Evidence Form, download here as [MS Word](#) or [PDF](#) documents
2. Witness testimonies
3. Digital photographs, GPX files, PDF files,
4. ATM or shop receipts
5. GPX tracks

will all be accepted as evidence. These are described in detail below. The committee strongly recommends that a variety of evidence is submitted where possible and reliance on one type is discouraged just in case a technical issue is experienced (in particular see the [warning](#) in the GPX file section).

### 1. Evidence Form

This can be download here as [MS Word](#) or [PDF](#) documents and can either be photographed or scanned for submission when completed and signed.

### 2. Witness Testimonies

The witness testimonies could be handwritten. You might then wish to either take a digital photograph of the statement or scan it and send as a JPG or PDF file. You can have several witness statements covering different parts of the route.

The following statements are examples of what you might wish to submit.

#### a. **Witness testimony from somebody who saw you walking.**

At 02:10 Hrs on Wednesday 30<sup>th</sup> July 2021 I met Jack Frost at Longdown Village Hall. I saw Jack walk into the village. I was with Jack for 20 minutes and at 02:30 Hrs I saw Jack leave the village hall on foot as he continued his walk.

Signed, Jill Snow (21000F) 0788 111 000, 22 Letsby Avenue, Letsford, Lettishire LE21 12EL

#### b. **Witness testimony from somebody who walked with you for part of your 100 mile walk.**

At 08:00 Hrs on Sunday 29<sup>th</sup> August 2021 I started a walk with Angela Gabriel from Wellington Rugby Club. Angela was starting her 100 kilometre walk and I had agreed to accompany her for part of the way. I walked with Freda for 35 kilometres when we arrived in Holford at 13:00 Hrs. Angela stopped to buy food and drink at the local Co-op and I saw her continue on her way at 13:20 Hrs.

Signed, Lottie Luckily (14852B) 0722 654 123, 22 Cashby Street, Cointown, Bingshire, BK2 2KB

#### c. **Witness testimony from somebody who walked with you for all of your 100 mile walk.**

At 08:00 Hrs on Sunday 29<sup>th</sup> August 2021 I started a 100 kilometre walk with Angela Gabriel, Peter Angel and John Paul from Wellington Rugby Club. We walked the whole route together and stopped to buy food at Norton Fizwarren, Holford, Raleighs Cross and Sampford Peverell. At no point did we accept any form of mechanised assistance and after 20 hours and 15 minutes the four of us returned to Wellington Rugby Club.

Signed, Julie Clubb, (32375) 0739 789 654, 35 Sorefeet Avenue, Heelstown, Sunshire  
HE12 21EH

### 3. Digital Photographs

Regular photos of your route, particularly where they include an identifiable name or feature, are a good way to help evidence your completion as they contain data which means that the validators will know what time and on what date the photographs were taken. In taking your photos, consider how they will help build an understanding of what you have done. Some tips:

- Aim for around 10 photos
- Try to have them reasonably spaced around the route
- Try to include an identifiable feature in the photo, such as a building name / street name (e.g. if you are using the route of another challenge, include a picture with the name of the village halls of the 'checkpoints' that you visit)
- If you are walking with another person/people get them to take a photo with you in it.
- Try to match the photos you take with the written description of the route that you supply (i.e. in your written description include a number of the places you will visit and try to take photos of these).
- Photo quality and composition aren't important (for this part at least!), the aim is to demonstrate that you have visited different places

It is essential that the photographs that you send are NOT larger than 2MBytes each. You might need to compress your digital photographs before you try and upload them and it is your responsibility to resize your images.

There are many ways to resize digital photographs, but perhaps the simplest is to use the Photos app provided in Windows 10.

1. Right click on the picture in the pictures folder
2. Click 'Open' which is top of the options list (see \*\* below)
3. In the top right corner there are 3 dots which reveal 'see more' when you hover over them with your cursor.
4. Click on the 3 dots to reveal drop down menu
5. Click 'resize'
6. There are 4 options: S, M, L, C.
7. Click on M and save picture in a folder of choice.

\*\* If step 2 doesn't open the **Photos** app repeat step 1 and do this alternative:

- 2a. Click 'Open With' which is probably well down the options list and select 'Photos' from the new drop down list. Continue at step 3 above.

Depending on original file size, you will have reduced the file to below 1MB.

### 4. ATM & Shop Receipts

ATM and shop receipts are a good form of evidence as the receipts will contain details of the date and time that a purchase / money withdrawal was made. The receipts will also provide details of a location so will identify where on your chosen route you were when you made the purchase / withdrawal.

As with handwritten testimonies, it is recommended that you either take a digital photograph of your receipt or scan it to a PDF file prior to uploading.

### 5. GPX Files

GPX files are a very useful form of evidence as they can be examined and exact locations identified on specific dates and times. You can either upload one GPX file that covers their entire route or instead might wish to save portions as you walk along your chosen route. Indeed, it is recommended that if you are walking multiple loops that you save a GPX file at the end of each loop.

**Warning:** GPX file(s) covering the whole route would seem to be perfectly adequate as the only evidence needed but there can be problems. The validation team will be using some GPX software that displays tracks and information such as timestamps for each trackpoint. While testing this two members found that GPX files recorded by their SatMap 12 GPS contained incorrect timestamps. We have neither the time nor the equipment to carry out tests on a variety of GPS devices or telephones so our strong recommendation is that you **provide other types of evidence to corroborate your GPX file**.

There are various ways of making GPX files. The most common are with GPS devices but mobile phones and associated apps can also be used. The validators will NOT accept links to Strava, Viewranger or other associated applications. If you use the applications, the onus is on you to send a GPX file and to provide other supporting evidence as described above.

**Important:** a .gpx file can be saved as a route or track. Can you please ensure your file is saved as a **track**.

The following links will provide you with instructions on how to download your GPX files dependant on the application you are using.

**Strava:**

<https://support.strava.com/hc/en-us/articles/216918437-Exporting-your-Data-and-Bulk-Export#GPX>

**Viewranger:**

<https://docs.viewranger.com/article/46-gpx-android#:~:text=You%20can%20export%20GPX%20files,the%20file%20to%20your%20computer>

**Outdoor Active:**

<https://www.outdooractive.com/en/k/what-is-a-gpx-file-/45669912/>

**OS Maps:**

<https://shop.ordnancesurvey.co.uk/os-map-app-faq/>

N.B. – Only premium subscribers can export a GPX file.

**Komoot:**

<https://support.komoot.com/hc/en-us/articles/360022834132-Export-and-import-of-GPX-files>

**Garmin Connect:**

<https://englishcyclist.com/blogs/map-designer-faqs/getting-gpx-files-from-garmin-connect>