



This multi-discipline challenge was the brain child of a team from Natwest RBS who trialled it as a team building day. St Richard's Hospice opened up the challenge to their supporters and over the years it has proven to be a huge success.

So, who will be crowned "PPP Champions of 2019"? ...

Paddle, Plod and Pedal follows a circular route through beautiful Worcestershire countryside along the River Avon and quiet country lanes. With a total route of approximately 35 miles, this is no easy feat.



This is an all-day challenge, but not a race. Teams of 8-10 people will set off in the bell boats from 7am. Each element of the challenge is between 10 and 12 miles, which will be completed as a team at their own pace. Challengers will then be welcomed back in Pershore at the end of the challenge for well deserved refreshments and a medal to celebrate their success.

Challengers will:

**Paddle** from Pershore to Tewkesbury

**Plod** from Tewkesbury to Severn Stoke

**Pedal** back to Pershore

There is no entry fee for this challenge however we would like you to pledge to raise £1,500 or more per team.

## **FAQs**

### **What is included?**

We will provide the boats, paddle training sessions, lifejackets, hospice t-shirts for each team member, sweets and snack sized treats along the route, celebratory pig-roast and medal at the finish. A cash-bar is also available.

### **What must I provide?**

Lunch, snacks, a water bottle (which can be refilled throughout the day), a roadworthy bike and helmet and suitable footwear for walking 10 miles on rough terrain.

### **What time does it start?**

Depending on how many teams are taking part, the first boat will set off between 7-7.30am followed by a staggered start at short intervals.

### **How do I get my bike to the start of the cycle element of the route?**

Challengers are asked to drop their bikes off at Severn Stoke Village Hall (WR8 9JP) the day before the event and between 4-6pm. Here they will be stored securely inside overnight ready for the ride the following day.

### **Will there be a support vehicle so we can take change of clothes, etc.,**

At the start of the challenge, each participant can put one bag containing a change of clothes, lunch, snacks, etc., into the support vehicle which will meet teams at each scheduled stop. Helmets and cycle safety equipment can be left with the bikes.

### **How do I raise the money?**

Most challengers for St Richard's ask friends, family and colleagues to sponsor them for the event. Setting up an online Just Giving page makes this process easier and we can also supply paper sponsorship forms. Some people decide to organise other activities to raise funds. The experienced fundraising team at St Richard's will advise you and support you wherever possible to make your chosen fundraising method possible.

### **How fit do I need to be?**

The event is well attended with people of mixed abilities and fitness levels. That said it is a fair old challenge and so we do advise you do some physical activity in preparation for the day. It is often underestimated just how far the walk is, so some lengthy practice sessions are recommended.

**I'm unsure about the boat element, is there any opportunity to practice?**

We will be putting on a number of practice sessions in readiness for the event to allow challengers opportunity to get used to paddling the boats. Details of these will be issued once your team has registered.

**What have previous year's challengers thought about the event?**

"The PPP was fantastic! One of the hardest but most rewarding things I have done. So great to be with a team of friends and encourage one another on when we hit tough points. I made deep friendships and we still talk about it all now. Will deffo do it again!"

**The Rev David Southall, Worcestershire Royal Hospital**

**Team "Sky Warriors"**

"Testing, hard work and tiring but an awesome day exploring the river and countryside and enjoying time with friends. We have done the PPP for two years running and we're currently putting a team together for next year!"

**Sara Wild, Evesham**

**Team "WTF! .. Where's The Finish?!"**

**Challengers for 5 years running & 2018 Champions!**

"The PPP is the best event I have ever been involved in. I loved the team spirit that developed between us prior to and during the big day. I would recommend this event to anyone and everyone that is thinking of getting involved in supporting such an amazing charity as St Richards."

**Darren Ward**

**Team "pppgirlsplusbloke"**

"Wow, what a day!! A beautiful and stunning early morning start rowing down the Severn followed by a cross country plod across the beautiful Worcestershire countryside! A stunning team finish cycling in the rain. Elation, pride, taking part in a fantastic cause, blisters, wet undies all part of the fun! Loved every minute of it!!!

**Irene Surridge**

**Team BMF (2012) & Surr-Fit Soldiers (2018)**

“A very well organised event with plenty of support and refreshments during the day and the bacon butty stop was especially appreciated! The day is hard work but very enjoyable and we had a great sense of personal achievement having completed the course and at the same time raising funds for a great charity”.

**Richard Connolly**

**Solicitor - Partner**

**mfg Solicitors LLP**

“Paddle Plod & Pedal is a fantastic event to share with friends or colleagues. The well prepared route is an exciting way to see parts of Worcestershire you’ve probably never seen before. The three disciplines are challenging but not impossible for all abilities and fitness levels. I really enjoyed the atmosphere of the day, and would definitely take part again.”

**Andrea Borwell-Fox**

**Director**

**Borwell**

“We entered Paddle Plod Peddle with a group of friends. We really had to work together, especially in the paddle section, in order to get anywhere! The day was so well organised which made it even more enjoyable. At every stop point there was a happy team who encouraged us and carried our gear from one point to another meaning there was always a dry change of clothes. I can highly recommend this event, it was a lot of fun and whilst you will need a reasonable level of fitness, you don’t need to be super-fit.”

**Colette Hardiman**

**Part of “Team Sutton”**