

Dell Corporate Challenge 2014

Initial timetable (this may change slightly by early September)

	Day 1	Day 2
Arrival	Arrive at Christ College Brecon no earlier than 0730, no later than 0800 for team briefing and safety checks. Teams will be started off between 0830 and 0900	Arrive at Garwnant no earlier than 0830 and no later than 0900
Stage 1	Canoeing and running along Brecon and Monmouth Canal. Distance is 5.5km (Buoyancy Aid and brief instruction will be provided – see FAQ)	Bike and Trig Hike
Stage 2	Running 2.2 km	Biking 10km
Stage 3	Mountain Biking stage along forest tracks Distance 15km All teams must begin stage 3 by the cut off time of 1500 for safety reasons	Bike Hike Tandem Canoeing
Stage 4	Hiking/ Fell running stage across Brecon Beacons and taking in summit of Pen y Fan, ending at Pont ar Daf car park (near Storey Arms) on A470 where your support vehicle will be waiting for you 1500 and 1730 (<i>this route will be marshalled</i>). Team will return to accommodation to freshen up and change clothes before returning to Christ College for 1830	Bike Hike 5km
Post race	<p>Networking, social and management event</p> <p>1830. Arrive at the Neuadd, Christ College Brecon for pre-dinner drinks.</p> <p>1900 Dinner served in School refectory</p> <p>2000 Management event, including</p> <ul style="list-style-type: none"> • Welcome by Dell UK & Ireland • Cardiff Business School on relevance of teams to organisation • Andy McCann, Mental strength coach • Nicole Cooke, MBE • Q and A <p>2100 Networking and socialising over a beer/ wine / soft drink</p> <p>2230 End of evening</p> <p>From past experience, after a tough first day of competition, team members are 'desperate' for their beds ahead of a challenging second day .</p>	<p>End of race between 3-4pm</p> <ul style="list-style-type: none"> • Buffet/ BBQ • Award ceremony • Depart Garwnant