



Celebrating the Olympics

Your guide to...

Wiltshire's Big Pledge – The Road to Rio Challenge

What will you achieve to
make a difference to your
health and wellbeing in
2016?



 #BigPledge

 [Facebook.com/WiltshireBigPledge](https://www.facebook.com/WiltshireBigPledge)

Wiltshire Council
 Where everybody matters



Getting involved – 2016 Rio Olympics and Paralympics

As the 2016 Rio Olympics and Paralympics are taking place this year, Wiltshire will be hosting a variety of events and activities to celebrate. Carnival themed entertainment along with vibrant colours and Brazilian music will be part of the excitement in encouraging people from all ages to become more active and to get involved in the Olympic year celebrations.

So, what's happening?

- The Big Pledge 'Road to Rio' – as you will have read so far, The Big Pledge for 2016 is all about getting active and facing your sporting challenges so get involved and give it a go!
- School games will be held across the county, get in touch with your local school to find out what they are doing. Individual and multiple schools put on outdoor athletic events for their children, interschool games allow children from different schools to compete against each other, meet new people and have fun doing sport.
- Cycle Wiltshire will once again take place in Salisbury on 7 and 8 May and the event village will have a Rio theme for this year. Why not take on your own sporting challenge and participate in the sportive or enjoy a great family fun day out at the event?
Visit www.cyclewiltshire.org.uk.
- Wiltshire Council will once again be handing out grants to up and coming athletes in the county through Funding Future Olympians and Paralympians grant scheme. The annual fundraising dinner will take place in March, could you donate a raffle or auction prize for this fantastic cause? Contact events@wiltshire.gov.uk if you would like to contribute and item or experience.
- The annual Wiltshire Sports Awards will take place in October and will be an opportunity to showcase Wiltshire athletes who have competed in Rio.

2016 will be an opportunity to bring together communities from across Wiltshire and celebrate the success of our Olympians and Paralympians.

Wiltshire's athletes to look out for

Ed McKeever – Sprint Kayak – Bradford on Avon

Who can forget Ed McKeever's Gold medal win in London 2012 in the K1 200m and his homecoming celebration in Bradford on Avon! He now has his sights set on retaining his Olympic title in Rio!

Stephanie Millward – Swimming – Corsham

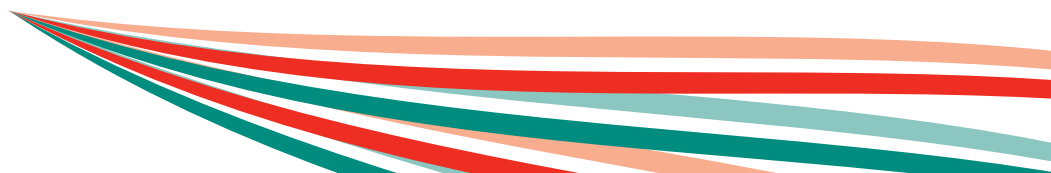
Corsham's Stephanie Millward medal haul at the London 2012 Paralympics included four silver medals and a bronze. The following years she has won multiple medals at World and European Championships. In September 2015 Stephanie was selected for the Rio and is now in training with her sights set on more Paralympic glory!

Aaron Moores – Swimming

Trowbridge's Aaron Moore had an international breakthrough game at the London 2012 Paralympics when he won a silver medal in the men's S14 100m Backstroke. Two bronze medals at the World and European Championships. He is now focussed on gaining team selection for Rio.

Laura Halford – Rhythmic Gymnastics

Cricklade's Laura Halford is the reigning British Rhythmic Gymnastics champion and three medals at the 2014 Commonwealth Games in Glasgow. Laura was named 2014 Wiltshire Sports Personality of the Year and also won the Carwyn Jones Welsh Young Sportswoman of the Year.



Tom Reed – Judo

Tom Reed from Devizes won a silver medal in the Men's 81kg at the 2014 Commonwealth Games in Glasgow. He recently had to undergo surgery on his elbow but is now back in training and will be hoping to gain selection for Rio.

Danny Talbot – Athletics

Trowbridge's Danny Talbot is a 200m sprinter who won a bronze at the 2012 European Championships. He became British 200m Champion in 2014 and won 4 x100m gold at the 2014 European Championships and 4 x 100m at the Commonwealth Games. He will be aiming to gain team selection for the Rio Olympics.

Hannah Brown – Sprint Kayak

2015 saw Melksham's Hannah Brown's best season yet racing K1 and K2. She was named 2015 Wiltshire Sports Personality of the Year. Hannah is a member of the GB Canoeing senior team who are aiming to compete at the Rio Olympics in 2016.



Philip Marsh – Fencing

Bradford on Avon's Phillip Marsh exploded on the international scene in 2011 when he won the World Junior Championships, the first British fencer to do so in 30 years! Having taken a year out in 2013 to train at the elite fencing academy in Paris, Philip is now ranked British Number 2 and will be aiming for Rio selection this year.

Lauren Booth – Cycling

Chippenham's Lauren Booth is one to watch for the future in the world of para cycling. She is a member of the British Cycling GB Academy. Her successes include a National Champion title and British and World records. At only 15 years old she is too young to compete in Rio this year so has her sights firmly set on Tokyo in 2020.

Dan Bethell – Badminton

Chippenham's Dan Bethell is the British and World Number 1 in singles and is a member of the Elite England Squad. In 2014 he became European Champion in the Men's singles. Last year's announcement that para badminton will be included at the Tokyo Paralympics Dan is now focused long-term on 2020.

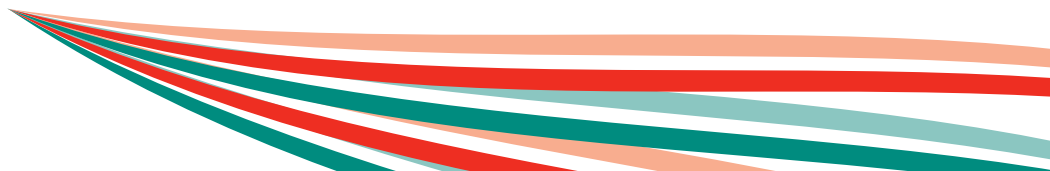


Supporting Wiltshire's talented sports people

Many of Wiltshire's future Olympians and Paralympians have benefitted from the Funding Future Olympians and Paralympians programme. To see the full list of athletes who have benefitted from this fantastic grant scheme visit:

www.fundingfutureolympians.org.uk/grant-recipients

To follow our athletes progress follow **@Sport4Wiltshire** on Twitter.



Wiltshire's Big Pledge is now in its third year and is your opportunity to get active and achieve something big!

The Big Pledge returns in 2016 and with it being an Olympic year, you can really make a difference to your health and wellbeing. You can take part on your own, as part of a team and as part of your community. Wiltshire's Big Pledge is a campaign endorsed by Wiltshire Council's Legacy Board and is part of the ongoing work to encourage thriving local communities and for Wiltshire residents to lead healthier and more active lives.



The aim of the campaign is to:

- make a difference to an individual's health and wellbeing
- make a difference to the health and wellbeing of the local community.

In this guide you will find:

- Getting started and how to sign up for Wiltshire's Big Pledge
- Details of Wiltshire's Big Pledge Road to Rio Challenges
 - Sprint Row Championships
- How to get your community involved
 - Checklist



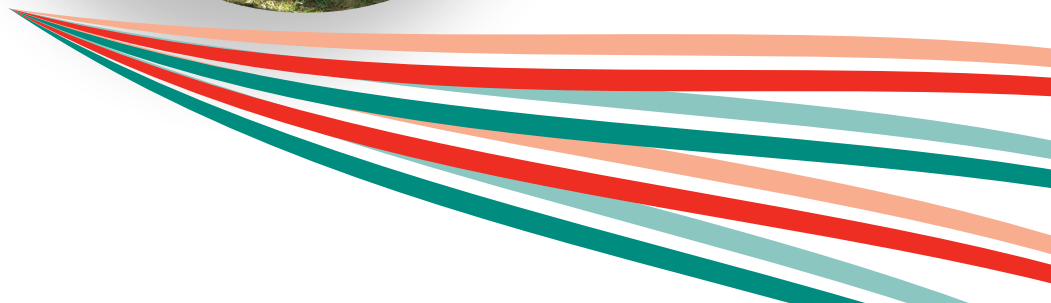
**Keep in touch by
social media**



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[www.Facebook.com/
WiltshireBigPledge](http://www.Facebook.com/WiltshireBigPledge)



Getting started

To make it easier for you to take part in the Big Pledge, we have produced this simple guide to help you and your community get involved.

As it is an Olympic year the theme for this year's Big Pledge is The Road to Rio and you can participate from 4 June – 29 July 2016.

You can enter as an individual or team from 2 May 2016, and this year all 18 community areas in Wiltshire will be in competition to see who can travel the furthest and make it all the way to Rio de Janeiro.

When signing up you will be asked to enter your postcode, this will allow all your activity to be added to your community and contribute towards your community area's distance. As the challenges progress you will be able to see how your area is doing.

For all challenges there is a gold, silver and bronze level – so why not test yourself and go for gold in 2016.





Sign up for The Big Pledge Road to Rio challenge

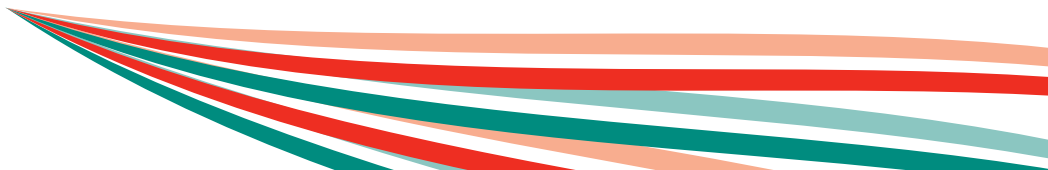
Registration will open in 2 May 2016 and you can enter online by visiting www.wiltshire.gov.uk/bigpledge.

Individuals can sign up for the Running, Cycling, Swimming, Walking, Junior Sports and Ultimate Sports Challenges to take part in a virtual journey to Rio.

Teams can sign up for the Road to Rio challenge to complete the actual distance between London and Rio by running, swimming, cycling or walking as a combined entry.

Whether you decide to take part as an individual or as part of a team you may wish to use the Big Pledge as an opportunity to raise money for a local charity or cause. This can help give you the extra motivation and support you need to help reach your goal.

Once you have entered, you can continue to log your activity online to keep a record of your individual achievement. To measure your distance you can use a health/activity tracker or download a free smartphone app. As you add your distance you will be able to see how far you have travelled, along with how far your community has gone. You will also be able to see how your community is getting on compared to the other 17 areas.





The Big Pledge challenge

The challenges and distances are:

Challenges	Bronze distance	Silver distance	Gold distance
Road to Rio (club, business, community group or school – Team only)	3000km	6000km	9281km
Running Challenge (Individuals)	50km	120km	200km
Cycling Challenge (Individuals)	200km	400km	600km
Swimming Challenge (Individuals)	20km	35km	50km
Walking Challenge* (Individuals)	100km	200km	300km
Junior Sports Challenge* (Individuals 15 years and under)	80km	150km	200km
Ultimate Sports Challenge* (Individuals or Team)	800km	1500km	2016km

*The first 1,000 people to register for this challenge you will receive a free pedometer.

All participants that achieve at least the bronze level of their challenge will receive a certificate and will be invited to a presentation event. All of the individual participants who achieve the gold distance in their challenge will be entered in to a prize draw for the chance to win a year's free leisure centre membership. The community that travels the furthest will win an award – could your community be awarded the Big Pledge Community Challenge Winners in 2016?

The 20 stages of the Big Pledge journey starts in London and stops at a number of previous Olympic host cities including Athens, Paris, Munich, Moscow, Beijing, Sydney, Los Angeles and finishes at the 2016 host city Rio de Janeiro



Road to Rio sprint row championships

In addition to the Big Pledge challenge you can also take part in a Sprint Row Championships at your local leisure centre. This is a knock out competition over 2016 metres with heats, semis and a final.

Date	Stage	Venue
4–26 June 2016	Heats	Individual leisure centres
9–10 July 2016	Semis	Springfield, Corsham (North), Five Rivers, Salisbury (South) and Calne (East) Castle Place (West)
23 July 2016	Final	Atrium, County Hall (TBC)

For more information on when the stages will take place at your local leisure centre and to enter visit www.wiltshire.gov.uk/bigpledge



How to get your community involved

Why not contact family, friends, colleagues and neighbours and encourage them to sign up to take part?

If you usually exercise on your own or at the gym, why not arrange a group activity to run, walk or cycle in the beautiful Wiltshire countryside as part of a group.

If you would prefer to join an existing club or group visit www.activewiltshire.org.uk and search for an activity taking place in your local area. This is a great way to socialise and meet new people whilst keeping active.



Checklist

<input type="checkbox"/>	Select your challenge and enter your challenge online
<input type="checkbox"/>	Get active and start your challenge
<input type="checkbox"/>	Upload your progress online
<input type="checkbox"/>	Get others involved – how is your community doing compared to the other community areas?
<input type="checkbox"/>	Complete your challenge
<input type="checkbox"/>	Attend award presentation evening
<input type="checkbox"/>	Feel proud for what you have achieved – well done!
<input type="checkbox"/>	See how else you can get involved and support the Olympics and Paralympics 2016







**A legacy
for Wiltshire**

A legacy for Wiltshire

2012 was a fabulous year for Great Britain; it was also a great year for Wiltshire. Our communities came together and celebrated the Queen's Diamond Jubilee, the Olympic Games and followed the Olympic Torch relay as it travelled through the county.

These events had a huge impact on our communities and the local economy. A Legacy Steering Board was established to make sure we built on the successful relationships that were developed and to ensure that a real legacy for the future was created with the following aims:

- **bringing communities together to deliver events and activities**
- **keeping the economy invigorated**
- **getting more people more active through sport and leisure**
- **increasing the access to arts and culture across the county.**