

Steps for Stephen

Darbs Goes Home

August 2020



"290 socially distant miles in a journey from Swindon Town to Liverpool where Darbs Goes Home"



Fundraising in support of the Darby Rimmer MND Foundation

The Motivation



To Bradford City

To Rochdale

Supporting the Darby Rimmer MND Foundation

To Bolton Wanderers

To Liverpool





Introduction

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Before the Coronavirus hit the UK, we had a complex plan of five national sports tours to be part of this year's Steps 4 Stephen programme. These events are now looking very unlikely this year. We have already moved three to later in the year and it now seems likely that some form of social distancing will be in place up to and possibly beyond the end of the year. This will leave a big hole in the fundraising plan for the Darby Rimmer MND Foundation as it has for many charities. We wanted to see if we can stage an event that will be possible under current regulations.

"Darbs Goes Home" will be a virtual journey from Swindon Town to Liverpool. The aim is to get as many people taking part within their family groups walking distances similar to stages of a walk from of 290 miles. Our biggest fundraising plan may now have to wait for next year. But we hope that many of those planning to join the UK Sports tour will join our 2020 virtual walk. If we can raise a small sum of money for the Darby Rimmer MND Foundation while continuing to bring people together to #AttackMND, this will be a success.

Mike Wilson
Redwood Events





The Darby Rimmer MND Foundation

Former Liverpool, Bradford City and Bolton Wanderers footballer Stephen Darby and close friend and British Forces Veteran Chris Rimmer have partnered together to launch the Darby Rimmer MND Foundation.

Stephen and Chris both have Motor Neurone Disease and have created a Foundation to create awareness of MND, to fund and assist research into the illness with the quest of finding a cure for the illness, to raise funds and offer grants to those with MND, as well as creating a network to help provide information and emotional support network for those diagnosed with the disease.

Click to read
Stephen's Story

Click to read
Chris's Story

www.darbyrimmermnd.co.uk



Steps for Stephen



The Event



To Bradford City

To Swindon Town

Supporting the Darby Rimmer MND Foundation

To Notts County

To Liverpool





Basis for the Event

Our events are traditionally based on teams of walkers completing stages of a journey along a route with small groups walking each stage. Social distancing rules prevent this at present. However this time, we will complete these stages virtually by walking in family groups following a time schedule that would mirror a standard walk over similar distances. The difference this time will be that these stages could actually be walked all over the country.

Darbs played for 6 clubs in his career. It would be a journey of 290 miles to walk from Swindon Town to Liverpool calling at Notts County, Bradford City, Rochdale and Bolton Wanderers along the way. So on the weekend, our plan is to complete that journey virtually with groups coming together to walk the full 290 miles. The event is virtual so there is no time schedule, we just have to complete the distance on the weekend of Saturday August 29 and Sunday August 30. We have walkers signed up from all around the world so with no specific time schedule, time zones don't matter.

So we may have groups allocated to stages in Nottingham or Oxford. But they will walk those stages in more convenient locations. At the end of the weekend, all 290 miles will have been completed

We can still work together and walk together and ultimately #AttackMND together!





How the Event Works

The Plan

LEG	FROM	TO	KMs
1	Swindon Town	Notts County	137.0
2	Notts County	Bradford City	85.0
3	Bradford City	Rochdale	26.5
4	Rochdale	Bolton Wanderers	18.0
4	Bolton Wanderers	Liverpool	23.5
Total			290.0

The route is planned over two days with stages largely of 5 miles. Each of these stages is planned in a schedule as if we were walking them across the country. Walkers can volunteer to walk a stage or a number of stages. They will then be allocated a notional stage or set of stages in the overall journey.

They can choose the time and location for their walk. Once they complete the walk they should advise the organisers that their route is complete and share photos of their experience.

Once we have names against all virtual stages, we can still add more to the event. Multiple teams in multiple locations can take on the same stage. This is an event to show our support to Stephen, to Chris and to all those fighting Motor Neurone Disease.

We will join together to #AttackMND





What We Will Need

Walkers

We need teams of walkers allocated to each an every stage. These groups need to conform to the social distancing rules namely

- Members of the same family / residential group
- Very small groups of friends maintaining the two metre distancing rules.

Walkers will need to plan their own logistics / support vehicles etc.

Routes

With the exception some routes at the end of each leg, all route sections are 5 miles long. We recommend that these are planned as loops as it makes travel logistics much easier. Routes that start and end where you live or where you have parked your car will simplify any plans. If you choose to walk two stages consecutively, you can walk one five mile stage and then the same stage on reverse. It is crucial to support the timings that the routes are properly planned as five miles, or smaller in connection with the last stages on each day.

T-shirts

We want to maintain the Steps 4 Stephen branding for this event. Anyone with a Steps 4 Stephen t-shirt or hoodie from previous or other planned events should wear these. In addition to this, **White Lodge Group** will be selling bespoke 'Darbs Goes Home' t-shirts which can be bought online in a number of different colours. All purchases include a donation to the Foundation.

Social Media / Internet

We will publicise the event using numerous sources

- Twitter – Under hashtag #Steps4Stephen
- Facebook Group – Steps 4 Stephen
- Internet via www.redwoodevents.co.uk





Fundraising for the Foundation

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We are realistic about this. Its not the major accomplishment of a five city five day sports tour. This is a difficult period for many and money is short for so many of us. Our aim is to promote the Foundation and the need to #AttackMND. MND has not gone away during lockdown and so its crucial that we keep supporting the Darby Rimmer MND Foundation. The current 100k in May campaign has been a massive success.

We will look to raise money as part of this event but we wont set a target. We will encourage walkers to try raise money where possible. We want as many people taking part as possible and if they want to make a small donation themselves instead of trying to raise money more widely, that's fantastic. If you actively took part in 100k in May, we cannot expect you to do more fundraising here but we would still love you to participate and show support for Stephen, Chris and the Foundation. Any purchases of our bespoke 'Darbs Goes Home' t-shirts will include a small donation to the Foundation.

We have set up and [online donation page](#) within the Steps 4 Stephen team page and we can use that. Lets do what we can to support this amazing charity



Steps for Stephen



The Route



To Swindon Town

To Bradford City

Supporting the Darby Rimmer MND Foundation

To Bolton Wanderers

To Liverpool





Leg 1 – Swindon Town to Notts County

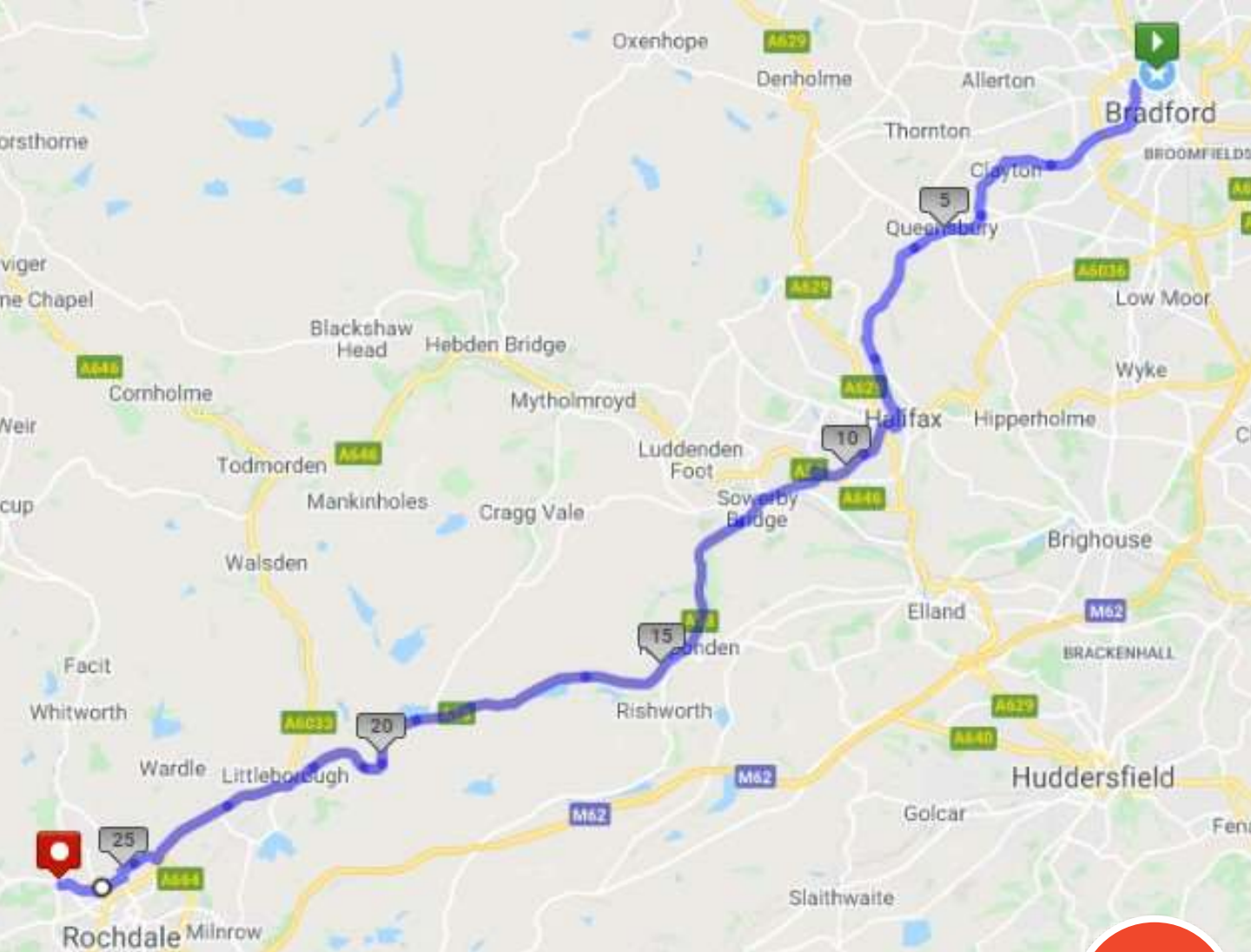
Stage	From	To	Miles	Tot Miles
1	SWINDON TOWN	Shrivenham	5	5
2	Shrivenham	Fernham	5	10
3	Fernham	Pusey	5	15
4	Pusey	Netherton	5	20
5	Netherton	Cumnor	5	25
6	Cumnor	OXFORD	5	30
7	OXFORD	Betchingdon	5	35
8	Betchingdon	Chesterton	5	40
9	Chesterton	Barnard's Green	5	45
10	Barnard's Green	Adderley	5	50
11	Adderley	BANBURY	5	55
12	BANBURY	Mollington	5	60
13	Mollington	Watergall	5	65
14	Watergall	Southam	5	70
15	Southam	Princethorpe	5	75
16	Princethorpe	Whitley	5	80
17	Whitley	Longford	5	85
18	Longford	NUNEATON	5	90
19	NUNEATON	Afferton	5	95
20	Afferton	Twycross	5	100
21	Twycross	ASHBY-DE-LA-ZOUCH	5	105
22	ASHBY-DE-LA-ZOUCH	Heath End	5	110
23	Heath End	Stanton By Bridge	5	115
24	Stanton By Bridge	DERBY	5	120
25	DERBY	Spondon	5	125
26	Spondon	Sandiacre	5	130
27	Sandiacre	Lenton Abbey	5	135
28	Lenton Abbey	NOTTS COUNTY	2	137



Leg 2 – Notts County to Bradford City

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Stage	From	To	Miles	Tot Miles
29	NOTTS COUNTY	Arnold	5	5
30	Arnold	Ravenshead	5	10
31	Ravenshead	MANSFIELD	5	15
32	MANSFIELD	Glapwell	5	20
33	Glapwell	Corbriggs	5	25
34	Corbriggs	CHESTERFIELD	5	30
35	CHESTERFIELD	Dronfield	5	35
36	Dronfield	SHEFFIELD	5	40
37	SHEFFIELD	Grenoside	5	45
38	Grenoside	Birdwell	5	50
39	Birdwell	BARNLEY	5	55
40	BARNLEY	Hall Green	5	60
41	Hall Green	WAKEFIELD	5	65
42	WAKEFIELD	Rothwell	5	70
43	Rothwell	LEEDS	5	75
44	LEEDS	Pudsey	5	80
45	Pudsey	BRADFORD CITY	5	85



Leg 3 – Bradford City to Rochdale

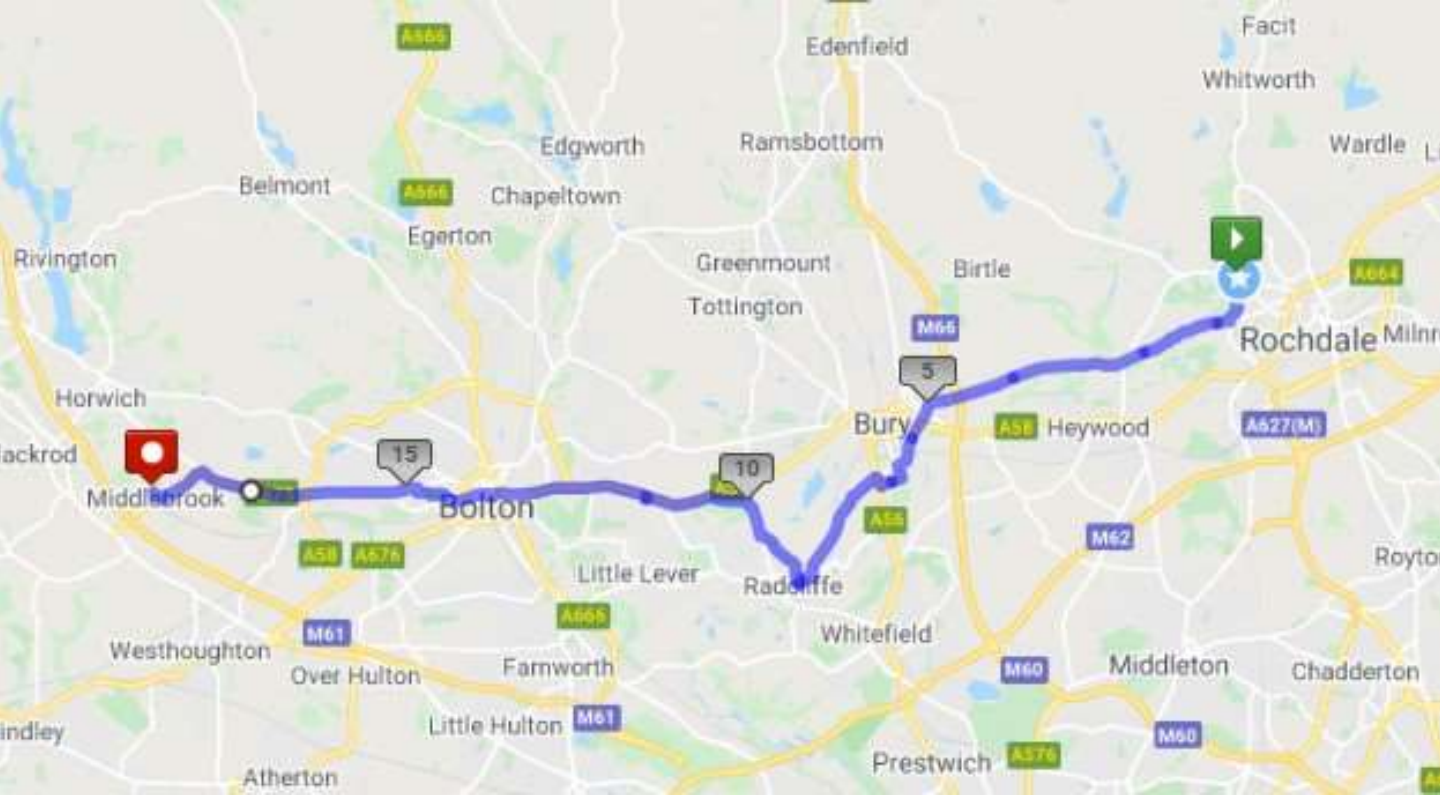
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Stage	From	To	Miles	Tot Miles
46	BRADFORD CITY	Queensbury	5	5
47	Queensbury	HALIFAX	5	10
48	HALIFAX	Ripponden	5	15
49	Ripponden	Littleborough	5	20
50	Littleborough	Buckley	5	25
51	Buckley	ROCHDALE	1.5	26.5



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Leg 4 - Rochdale to Bolton Wanderers

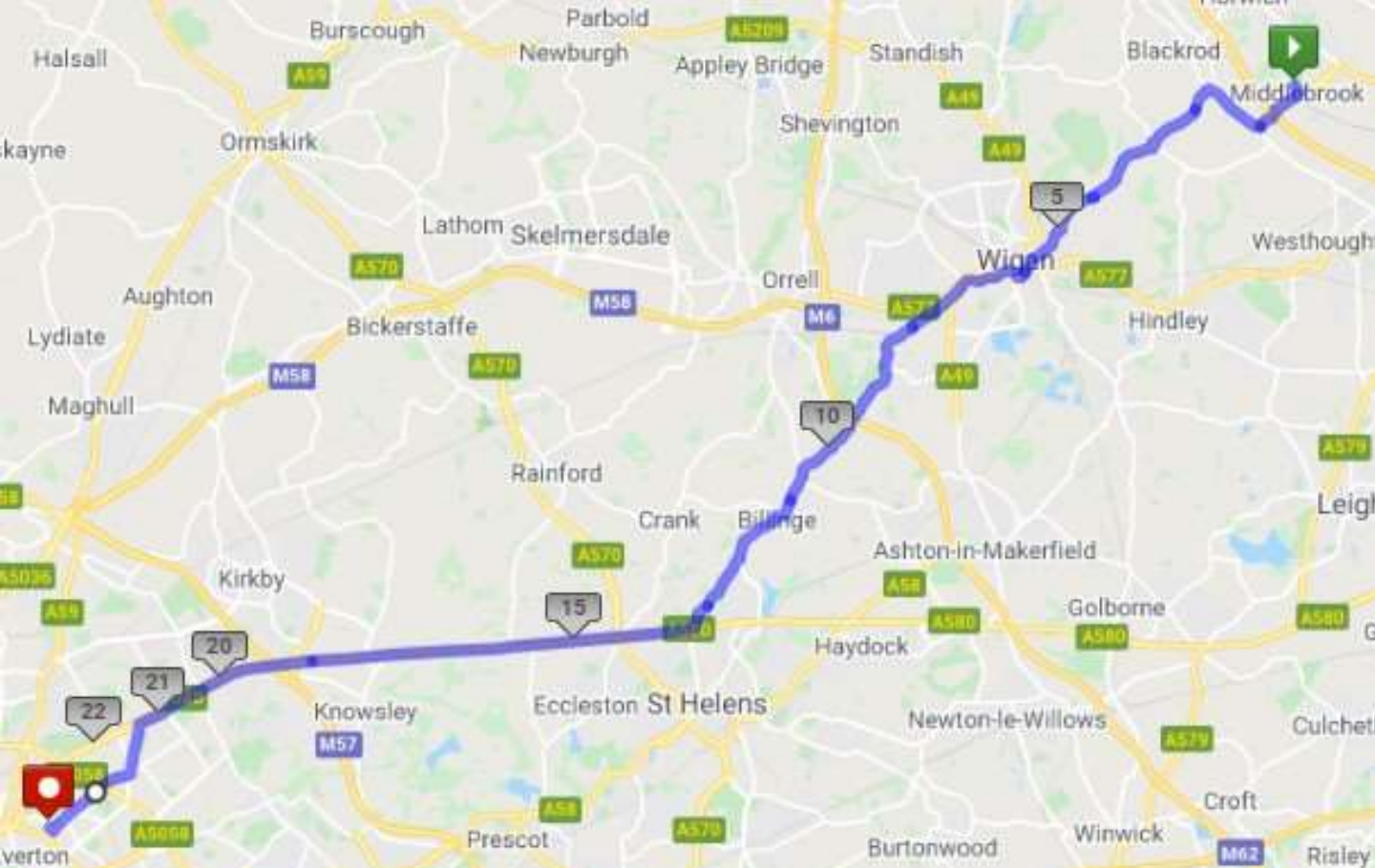
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Stage	From	To	Miles	Tot Miles
52	ROCHDALE	BURY	5	5
53	BURY	Radcliffe	5	10
54	Radcliffe	Bolton	5	15
55	Bolton	BOLTON WANDERERS	3.5	18.5



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Leg 5 – Bolton Wanderers to Liverpool

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Stage	From	To	Miles	Tot Miles
56	BOLTON WANDERERS	WIGAN	5	5
57	WIGAN	Billinge	5	10
58	Billinge	Windle Island	5	15
59	Windle Island	Knowsley	5	20
60	Knowsley	LIVERPOOL	3.5	23.5



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