

St Barnabas House South Downs Trek FAQs

Can I register on the day?

Unfortunately not.

I've changed my mind can I decide to swap to the walk / run on the day?

Yes. We would really appreciate knowing in advance whether you intend to take on the challenge as a walk or a run, but don't worry you can change your mind on the day. Either way be prepared to train for which ever you decide to do.

My friend can't walk/run; can I take part in their place?

Sorry, but this is not possible. So sorry for the inconvenience, but all participant information has been tracked against the participants name for health and safety purposes. Each participant has also signed a disclaimer.

Where are the toilets?

- Northbrook college (registration)
- At the lunch stop in Washington
- St Barnabas House (finish)

Where are the refreshment stops?

On the route there are refreshment stops:

- 5 miles
- 12 miles (lunch)
- 17 miles

Is there a baggage storage area?

Unfortunately there is nowhere secure for participants to leave their possessions or valuables at St Barnabas House

How long is the route?

Approximately 21 miles

What time does the carpark have to be vacated by?

7pm

How will I know which way to go?

There will be plenty of signage along the route. There are also check points to ensure that all participants stay on track.

What happens if I don't reach the last check point by 4pm?

The Discover Adventure team will transport you to closer to St Barnabas House, so that you can still cross the finish line and receive your finishers medal.

What is the minimum age to take part?

Entrants must be at least 14 years of age on the day of the event, 7 October 2017.

Can I bring sponsor money on the day?

Please can you pass any sponsor money to Sophie or Lucy from the St Barnabas House Events Team.

Can I have a South Downs Trek t-shirt?

Yes! All participants can have a South Downs Trek t-shirt. This can be collected from Sophie from The St Barnabas House Events Team at registration.