

We are really looking forward to seeing you for your marathon challenge, which is now less than three weeks away! Please find below your joining instructions which includes your final instructions for the day of the trek.

We hope that you have enjoyed your fundraising and that you are on track to raise the minimum sponsorship of £250. If you have any concerns with regards to your fundraising or would like to speak to a member of the team to see how we can support you, please feel free to get in touch – we are here to help!

Your Discover Adventure leader is **Steve Gray** and he will be ably assisted by a team of Discover Adventure crew on the day to support you. The St Barnabas House team will also be there at the start to get you going, at the refreshment stops to keep you encouraged and also at the finish line to congratulate you on completing this impressive endurance challenge!

Mark Ward our challenge photographer will be out on route at various points, do give him a wave and big smile as you pass by, all photos will be available on our Facebook page after the event. Our Marketing team will also be out on route to ask you questions, take pictures and see how you are feeling throughout your challenge. If you would like to tell us your story or reasons for taking part and supporting St Barnabas House please come and find a member of staff. If you would prefer not to have your photo taken please let a member of staff know.

## Joining Instructions

### Event Hub – Start & Finish locations

Start: **The Northbrook Metropolitan College, Littlehampton Rd, Worthing BN12 6NU**

Finish: **St Barnabas House, Titnore Lane, Worthing, BN12 6NZ**

### What to do on the day

**Arrival: 06:00 to 06:15**

**Registration: 06:15 to 06:30**

**Briefing and warm up: 06:30**

**Trek start: 07:00**

Please arrive by 06:15 and leave plenty of time for any delays. Please don't be late as you will need to meet our crew, register, join the warm up and listen to our safety briefing, before beginning your trek at 07:00.

Please make sure you arrive with your rucksack, waterproofs, sunscreen, a spare top layer, water bottle filled up (2-3 litres), walking poles (if you wish to use them), a small medical kit and a camera if you wish to take photos. You may not be able to take part in the challenge if the crew do not feel that you have the appropriate clothing, shoes and/or equipment – **please use the kit list as a check list when packing**. You will also need to ensure you are already wearing your walking boots as there won't be anywhere to leave kit behind at the start and we cannot be responsible for any lost items – **please arrive ready to go!**

## Parking

Parking is free for the whole day and accessed by the main gate of Northbrook College. You will be given a parking permit to put in your windscreen. Northbrook College is next door to St Barnabas House so collecting your car will be no problem. We will have volunteers to escort you should you need it.

## Route overview and refreshment stops

Setting off to the North heading up on to the South Downs. We walk along the ridge with fabulous views over this steep V-shaped valley - the UK's deepest dry valley – and the surrounding countryside. Staying on high ground and enjoying the views as we walk West. Our path then dips down to cross the River Adur just South of Steyning, and climb gradually back up onto the ridge again, turning North. We walk uphill for several miles until we reach Chanctonbury Ring at 742ft (240m), this is our highest point and the views are wonderful. Passing our halfway point, we dip down again to cross over a busy road on a footbridge, and then inevitably climb up again – our last big uphill stretch. Heading South on a long, gradual descent towards the coast. Coming back to the outskirts of Goring-by-Sea, we loop back down and finish at St Barnabas House and have time to celebrate with our fellow participants before returning home.

### Refreshment Stop 1

**Mile:** 7

**Timings:** 08:00

**Address:** 2 Tolemare Farm Cottages, Long Furlong, Findon, BN14 0RJ

### Lunch stop

**Mile:** 12

**Timings:** 09:00 to 13:30

**Address:** Washington village Hall, School Lane, Pulborough, RH20 4AP

### Refreshment stop 2

**Mile:** 19.5

**Timings:** 10:00 to 16:00

**Address:** Michelgrove Barn, Angmering Estates, Long Furlong take Michelgrove Lane, keep following the road all the way to the end.

At each refreshment stop there will be tracker bars, fruit, sweets and peanuts. There will be water and cordial juice for drinks. The lunch stop will be sandwiches, tray bakes, crisps and fruit. Water and cordials along with tea and coffee. We do suggest if anyone has any special snacks that they like to have to keep them going that they carry them in their rucksack. If you have any dietary requirements please let us know by 16 September so we can ensure you are catered for.

## Cut off times

To ensure your safety, the Discover Adventure crew will need move you forward if you have not left lunch by 13:30 and the second water stop by 16:00. This is a 26.2 mile challenge with only 12 hours of daylight so please keep this in mind when setting pace and stopping for breaks, you will need to be walking at 2.5 to 3 miles an hour to complete the challenge before dark. Please remember this is not a race but an endurance challenge, feel free to walk at your own pace but do try to stay in small groups if – especially if the weather takes a turn for the worse.

## Navigation

The route will be marked the entire way, with trek leaders at the front, middle and back of the group as well at various check points along the way. We will provide you with an overview route map on the day which will also contain our trek leader contact details so you can reach them at any point during the day (phone signal permitting).

## Finish

The finish event hub is St Barnabas House. You will need to be finished by 19:00. Our crew and volunteers will be there to welcome you in and celebrate your achievement with a glass of bubbly, slice of cake, well deserved complimentary massage and your finishers medal. We will have black boards for you to write a message of how

you are feeling after completing this epic trek and our courtyard gardens and chapel will also be open for those of you wishing to have a quiet moment of reflection.

**Finally...**

We hope you are really looking forward to this amazing challenge – you may be feeling a little bit nervous at this point but we've found that once you get to the start line and meet the rest of the group those nerves will ease!

Congratulations on getting to this point and we hope you have a fantastic time!

Please contact us if you have any last minute questions or if you need any of the information sent out to you again before you depart.

If you have any emergencies on the way to the start point or are running late please contact **Lindsey Horton on 07483 174254**.

Good luck and best wishes,

Sophie Henderson

01903 706354

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