



South Downs Trek – Saturday 28 September 2019



Frequently Asked Questions

Where does it start?

Northbrook College, Littlehampton Rd, Worthing BN12 6NU

Where does it finish?

St Barnabas House, Titnore Lane, Worthing, BN12 6NZ

What time can I arrive?

Please arrive at 6am to park, get registered in, participate in the warm up and listen to the safety briefings.

What time does the walk start?

Promptly at 7am.

What time does it finish?

All walkers must have returned to St Barnabas House by 7pm

Will there be parking facilities?

Yes, all day free parking at Northbrook College, BN12 6NU

Are there any lockers or bag drops available?

No, please only bring what you will need throughout your challenge.

How long is the route?

26.2 miles (full marathon)

Are the routes wheelchair accessible?

No, due to the terrain and nature of the event we are unable to accept wheelchairs on the route.

How long will the walk take?

The walk is definitely not a race and participants are encouraged to walk at their own pace. We anticipate that the walk will take between 8 and 11 hours to complete. No walkers are allowed to run, or jog and no walker must pass our lead walkers – all walkers must be back to St Barnabas House by 7pm.

What do I need to wear?

It is imperative that you wear comfortable, flat walking shoes and appropriate socks for the walk. We advise walking boots with sufficient ankle support. Please wear comfortable clothes, with plenty of layers to help you maintain a good body temperature. Unfortunately, we are dependent on the English summer, so don't forget you may need wet weather gear!

Please use the kit list provided to ensure you bring everything you need – if you have misplaced your kit list please let us know and we will send you a new one.

01903 706354 – events@stbh.org.uk

When will I get my bespoke eye catching South Downs Trek t-shirt?

If not already collected, at registration on the day of the event.

Will refreshments and lunch be provided?

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.

Where are the refreshment stops?

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

Can we walk as a group?

Yes, the more the merrier, lots of our walkers participate as a team. Teams of 6 and over will receive 10% off their sponsorship target.

Can I bring pets?

No. Except guide dogs.

Can I hand in my sponsor money on the day?

No, we do not have the facilities to take money on the day, so please do not bring your sponsor money with you.

How can I pay in my sponsor money?

- Cheques - made payable to St Barnabas House to 'Freepost RSL-CHXE-CGZR, St Barnabas House Events Team, 2 Titnore Lane, Worthing, BN12 6NZ.
- Call us and pay over the phone – 01903 706354
- BACS - clear reference of: (STBSDL19**YOURNAME**) to account no: 70574790 Sort code: 60-03-38 Natwest bank St Barnabas Hospices.
- Cash – pop in and see us!

We strongly advise not to send cash in the post!

Can my family and friends support me along the way?

Yes, absolutely! Seeing a friendly face along the route will definitely spur you on! We suggest for them to meet you at the refreshment stops. And they are welcome to come to the start and finish line.

Can I cancel my place on the challenge?

Yes, but your registration fee is non-refundable.

Can I transfer my place to a friend?

No, all places are non-transferable.

If you have any questions that we have not covered please do not hesitate to call Sophie in the events team on 01903 706354, who will be more than happy to talk to you.