



St Barnabas House | South Downs Trek

Saturday 26 March 2022

Frequently Asked Questions



When is the South Downs Trek?

Saturday 26 March 2022

I can't do that date, what else can I do?

We are sorry this date does not work for you. We have lots of other challenges on our website that you can get involved in, or have you thought about planning your own challenge? We can support you in whatever way you decide. Pop us a call on 01903 254777 or email us at events@stbh.org.uk and we can talk through your options.

When do I need to register by?

Sunday 13 March 2022

How do I register?

Online - www.stbh.org.uk/south-downs-trek

Phone – 01903 254777

How old do I have to be?

Entrants must be 14 years and over. Any participant 16 or under must be accompanied by a guardian for the duration of the challenge. Children and Guardians must be on a ratio of 1:1.

Can I reserve a place?

No, registration is on a first come first served basis.

How much is it to register?

Registration - £40 per person

What's included in my registration fee?

Event fundraising pack

GPS tracking

Chip timing results

Medal upon completion

Refreshments and lunch on route

Kit list

Full Event support – marshals, support walkers, medics

Fundraising and training advice and support from St Barnabas House, please visit our [information hub](#).

How do I know if I have got a place?

When you register and pay successfully, you will receive an automatic email from the St Barnabas House Events Team, confirming your registration and starting you off on your fundraising journey.

You will then receive a full fundraising pack in the post.

Is there a minimum sponsorship?

We ask that you raise a minimum sponsorship of £250. We will be supporting you every step of your fundraising journey.

Can I hand in my sponsor money on the day?

Unfortunately not, we do not have the facilities to take money on the day, so please do not bring your sponsor money with you.

How to 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 254777
- ✧ BACS - clear reference of: (STBSDT22**YOURNAME**) to account no: 70574790 Sort code: 60-03-38 Natwest bank St Barnabas Hospices.
- ✧ [Donate online](#)
- ✧ Set up a [JustGiving page](#) and add your donations on your page

We strongly advise not to send cash in the post.

When do I need to have raised the sponsorship?

- ✧ 60% of the minimum sponsorship (£150) for the charity at least four weeks before the date of the challenge (26 February 2022) with proof of confirmed pledges for all additional sums pledged
- ✧ To raise the remaining 40% (£100) no later than four weeks after the date of the challenge (23 April 2022)

I haven't fundraised before?

The team will be here every step of the way to help you with your fundraising. A good place to start is the fundraising hints and tips on our website www.stbarnabas-hospice.org.uk/fundraising/fundraising-hub/, here you will also find a whole host of fundraising advice and tools to download and hints on how to set up a JustGiving page. Talk to us if you are thinking about starting your fundraising, we are here to help!

Why do I need to raise sponsorship?

The South Downs Trek is a fundraising event and all monies raised will help to provide local people and their families with the vital care they need, either in the comfort of their own homes or at the hospice.

Can I gift aid my donation?

We would love you to gift aid your donation! You can ask all your sponsors to gift aid their donation by ticking the box on the sponsorship form or by donating to your JustGiving page, this will help St Barnabas House raise an extra 25p for every £1 you are sponsored. Please note we are unable to put GiftAid towards your minimum sponsorship target. Find out more on our [website](#).

I am walking in memory of a loved one, what is in place for me and can I make a dedication?

Absolutely! We will give you lots of opportunities to make your dedication and remember your loved ones. You will receive the following in your event pack:

- Dedication t-shirt sticker
- A heart, handmade by our lovely volunteers to keep us with you on the challenge
- Details of how to light a virtual candle, visit - www.stbarnabas-hospice.org.uk/fundraising/our-current-campaigns-and-activities/light-a-virtual-candle/

What resources can I download?

To view all of our fundraising and event resources including; kit lists, training support, guides to plan your own routes, fundraising support visit our [Information Hub](#)

What time can I arrive?

You will be given a time slot to arrive on the day. Please respect this time slot and do not arrive before or after the time given.

Will there be parking facilities?

Yes, all day free parking at Northbrook College, Goring by Sea.

How many walkers will there be?

We are hoping for around 200 walkers this year.

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 4.5 - 8 hours to complete. Please no runners, or joggers and please don't pass our lead walkers – all walkers must be back to St Barnabas House by 6.30pm.

What are Lead and End Walkers?

To ensure your safety on the trek we have Lead and End Walkers in place. The Lead Walker will mark the front of the group, ensuring the correct route is followed, all signage is still in place and that there are no hazards route. If you overtake the Lead Walker then you are no longer supported by the event and event facilities may not be in place by the time you reach them, this includes rest stops and first aid.

End Walkers are the very last trekker on route. They are the 'sweeper' ensuring no trekker is left behind and the route is left as we found it. The End Walker will never overtake trekkers and will keep all trekkers on time.

What if I am not back at St Barnabas House by 6.30pm?

We have several support vehicles out on route that will bring you forward on the route if you have not reached the rest stops by the time specified below.

08:00 to 11:00	Refreshment Stop 1
09:30 to 13:00	Refreshment Stop 2
10:00 to 16:00	Refreshment Stop 3

Are there refreshment points?

Yes! We have three stops on route to help you keep fed and watered throughout the challenge. Please do bring other snacks to keep you topped up in between stops. Please follow safety measures in place at all time and wash your hands or use hand sanitiser before entering the refreshment stop.

08:00 to 11:00	Refreshment Stop 1	Findon Village Hall	Mile 7 approx.	Light refreshments
09:30 to 13:00	Refreshment Stop 2	Washington Village Hall	Mile 13 approx.	Lunch
10:00 to 16:00	Refreshment Stop 3	Angmering Park Estate	Mile 19 approx.	Light refreshments

Can I volunteer?

If you don't want to walk you can still get involved through volunteering to support the event on the day. Shifts available:

- ✧ Morning – 6am to 8.30am
- ✧ Afternoon – 11am to 7pm

To volunteer please contact: 01903 706326 or fundraising-volunteers@stbh.org.uk

What do I need to wear?

This is a marathon, so It is imperative that you wear comfortable, walking boots that have been worn in and appropriate socks for the walk. We advise walking boots with sufficient ankle support. We suggest you wear comfortable clothes, with plenty of layers to help you maintain a good body temperature. Unfortunately, we are dependent on the English weather, so don't forget you may need wet weather gear! For a full kit list please [visit the website](#).

Will I get a t-shirt?

Unfortunately, we will not be doing bespoke t-shirts this year. If you would like a St Barnabas House t-shirt to wear on the day, please let us know and we can arrange that for you.

01903 254777 | Events@stbh.org.uk

Do I have to wear a facemask?

You are more than welcome to wear a facemask, but they are not compulsory. PPE will be available at registration and the rest stops.

Can I bring pets?

You are more than welcome to bring your dog, but we cannot accept any other pets. Although you will need to sign a separate declaration stating your dog's ability to complete the walk. If for any reason your dog cannot continue the challenge this means that you will also be unable to complete the challenge. All dogs must be kept on leads for the duration of the challenge and please be respectful of other participants – not everyone is a dog lover. If you are considering bringing your dog on the South Downs Trek, please contact the team and we can talk you through what's needed.

01903 254777 | Events@stbh.org.uk

Can I speak to anyone from the Events Team?

We would love to speak to you! We can be contacted by phone or e-mail Monday-Friday, between the hours of 9am-5pm or alternatively drop us an email.

01903 254777 | events@stbh.org.uk

Do I need to walk with my phone?

Your phone is essential for the walk – you will not be allowed to take part without it, fully charged and with credit, with you in case of an emergency. Please also bring a battery pack to re-charge your phone. We will be supplying GSP trackers with the route, which we advise you to follow and check in with to make sure you are following the route.

What will I need to have on my phone for the walk?

You will need to have downloaded the GSP route file onto your phone, this will be sent to you the week before the walk.

Please also download What3Words. What3Words is an app that has been created to help in specific navigation and precise locations. Every 3-metre square of the world has been given a unique combination of three words. Download [What3Words](#) to your mobile phone to be able to use this function on the day. It is strongly recommended for ease of use and your safety. We advise you to have a play before the day, so you are familiar with how it works. A good practise is to find your own house!

In an emergency, you can find your three words and call them into Event Control. This way we will know exactly where you how to get to you as fast as possible.

To download click here on your mobile - www.what3words.com/products/what3words-app/

Will there be a training walk?

Unfortunately, we will not be doing a training walk this year.

Can I cancel my place on the challenge?

You can cancel your place on the event, but your registration fee is non-refundable.

Is there anywhere for my family to watch?

With the GPS tracking system you will be able to share the route with your family so they can watch you complete your challenge. You could even ask them to cheer you on from the rest stops and they are welcome to come along to the start and finish venue to see you off and celebrate your return.

Can I walk if I am visually impaired?

Yes, provided you can walk safely and without impairing the safety of yourself, other walkers or members of the general public. We suggest you wear a high visibility jacket / shirt to inform others that you are visually impaired and suggest that you bring a buddy with you. Please inform the team if you are visually impaired.

Can I walk if I am hearing-impaired?

Yes, provided you can walk safely and without impairing the safety of yourself, other walkers or members of the general public. We suggest you wear a high visibility jacket / shirt to inform others that you are hearing-impaired and suggest you bring a buddy. Please inform the team if you are hearing impaired.

What happens if it is raining?

We are reliant on the great British weather! If it is raining the event will continue. Please make sure you bring suitable clothing. And view the [kit list](#) if in any doubt.

What happens if I hurt myself on my walk?

We hope that doesn't happen, but if it does don't worry, we have first aid on hand throughout the route. If you do injure yourself, please stop where you are and the end walker will catch up with you and will be able to call for help. Within your lanyard there are essential contact numbers which include a number for Event Control. If you can please call this number or ask another walker to do so for you. Stating your walker number and What3Words location– we will also be able to identify you on our GPS tracking system to send help.

What happens if I cannot complete the walk?

Don't worry, if you can get to the next rest stop that would be great if not make your way to the access point and call the Event Control to arrange for 4x4 support to be deployed to your location.

Is there a time limit to complete the challenge?

We have arranged the start time so that you should be able to finish your challenge in daylight, so we ask that you aim to reach the last refreshment point by 4pm. And the route officially closes at 6.45pm.

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

We have a End Walker for the trek and if you are struggling and haven't reached the last refreshment point by 4pm we will bring you forward on the route to ensure you finish the challenge by 6.45pm.

Covid-19

While there are no government guidelines currently in place, the safety of all our trekkers, volunteers, staff, and suppliers are paramount. You are free to wear a mask if you so wish but it is not compulsory. Please respect others. There will be PPE available at registration and the rest stops.

Please do not attend the South Downs Trek if you are experiencing any symptoms of Covid-19 or you or a member of your household has tested positive in the last 7 days. If you are in any doubt please test before arrival.

The South Downs Trek lends itself to social distancing with all event activities such as registration, rest stops, and the challenge itself all outside. Once you set off you will naturally separate from other trekkers while on route.

Remember, Hand – Face – Space.

I still have a question – what do I do?

We are sorry that your question was not answered here – please contact the Events Team to discuss your question.

01903 254777

events@stbh.org.uk

www.stbh.org.uk/south-downs-trek