

Sussex Landmarks Hike 2019 Frequently Asked Questions

Date: Sunday 13 October 2019

NEW Venue: South of England Showground, Selsfield Rd, Haywards Heath RH17 6TH

Where is the registration point? Registration is inside the barn by the Blue Gate entrance to the show ground. Registration will be clearly signposted on the day.

What time do I need to register? **Registration is open between 9am to 10am.** You will be able to start the walk as soon as you have registered and you must have started by 10.15am. Any walkers who start outside these timings may not have access to the energy and toilet stops on route and will be walking at their own risk.

How old do I have to be to take part? This year, walkers of all ages are welcome to take part. We have a three mile family nature trail route and we advise that all children under the age of 10 take on this distance. All children under the age of 18 must be accompanied by an adult at all times.

How long is the route? You can choose between a 3, 6, 9 or the full circle route which is 13 miles. A minibus pick up service is available for the shorter routes, however, please beware that you may have to wait up to 20 minutes for a ride back to showground. There will be plenty of water stops, energy stations and toilet stops available on the route.

Will there be first aid facilities? Yes, qualified first aiders will be at the event.

Where does the route go? The Route is a 13 mile loop which goes through Ardingly, Staplefield and Balcombe. Maps can be requested by emailing the events team from September 2019. The route will be clearly sign posted on the day with white and orange arrows.

Will it be safe? Your safety is of the utmost importance to us. The event has been organised in conjunction with local authorities and the route will be well marshalled by volunteers. An end walker will also follow the last walkers to ensure that nobody is left behind. All walkers will sign in and out on the day and confirm their contact number on the day to make sure everyone is safe. Please ensure your phone is fully charged.

How long will it take? People of all fitness levels take part in this event. As the terrain of the walk is uneven it will likely the hike will take you longer than your usual miles per hour, so please keep this in mind. You can decide on the day at what point you'd like to drop out and you'll just need to wait with one of our volunteers until the mini-bus picks you up.

Will there be toilets on the night? Yes! There will be plenty of toilets at the registration point – you can use these before the start and at the end of the walk. There will be additional stops on the route.

Do I need to be fit? You can walk at your own pace, whatever your fitness level, but we do recommend that you should train before taking part in the walk, especially if you're taking on the longer route.

Will there be any refreshments? Once you have completed this amazing challenge, you will be greeted with a slice of cake and refreshments. Hot food will also be available to buy at the show ground. There will also be refreshment stops along the route to keep up your energy levels.

Can I bring my dog? Yes, dogs are welcome to join you.

Do I need special footwear or clothing? We recommend that you wear comfortable clothing and well-fitting footwear such as trainers or walking boots.

Will there be parking? Yes, free car parking is available at the Ardingly Showground and our Car Park Marshals will direct you on the arrival.

Will there be lockers/ storage facilities to leave things? Unfortunately there are no lockers or storage facilities available for this event, so we'd advise that you don't bring anything more than you can comfortably carry.

Will it go ahead if it's raining? Yes! As the British weather is notoriously unpredictable please do keep an eye on the weather forecast and come dressed in suitable clothing. The walk will only be cancelled if we think it will be too dangerous for you to take part. In the rare occurrence that this is the case we will contact you by phone and email as soon as we know the event is cancelled.

Can I drop out? If you can't take part in the walk, please call the Events Team as soon as you can. **Please don't give your place away to anybody else.** If you need to drop out on the day, please make your way to the nearer marshal and let them know that you would like to drop out. Alternatively, if you need to drop out immediately, then please call the Event Mobile Number which will be given when you sign in.

Do I have to raise sponsorship money? Although there is no minimum sponsorship we do encourage you to raise as much as you can, as the registration fee only covers the cost of putting the event on.

Every walker who raises £100 or more by 1 October 2019 will receive an exclusive Sussex Landmarks Hike T-shirt which they can collect and wear on the day.

The walk relies on your sponsorship to be successful. Each entrant is asked to raise sponsorship in addition to their entry fee for St Catherine's Hospice. At the registration point you will be asked how much you expect to raise from sponsorship.

You can also send a cheque directly to: Sussex Landmark Hike, St Catherine's Hospice, Malthouse Road, Crawley, West Sussex. RH10 6BH. Please make cheques payable to: St Catherine's Hospice.

Can I Gift Aid my donation? You can ask each person that sponsors you to Gift Aid their donation by ticking the Gift Aid box on your sponsor form, if they are a UK taxpayer or pay Capital Gains Tax. For every £1 they donate, we receive an extra 25p

When can I collect my exclusive Sussex Landmarks Hike t-shirt? We will contact all walkers who have raised £100 after the 1 October. We will need to know your t-shirt size promptly in order to be able to order your t-shirts in before the walk, ready for collection on the day.

I can't find the answer to my question? If your question has not been answered, you can email us at events@stch.org.uk or call on 01293 447355

We look forward to seeing you at **Sussex Landmark Hike 2019!**