

VOLUNTEER GUIDE



19-21 SEPTEMBER 2025
TRAILWALKER
4 PEOPLE | 100KM | 30 HOURS



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RAISING FUNDS FOR THE GURKHA
WELFARE TRUST

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VOLUNTEER GUIDE

WHAT IS TRAILWALKER?

Trailwalker is the ultimate team endurance event. The challenge is to walk, jog or run 100km non-stop across the South Downs Way in under 30 hours in a team of four, with a support crew of two. Both military and civilian teams participate; the fastest completion time to date was set at 9 hours 23 minutes in 2024 by a team from the Gurkha Allied Rapid Reaction Corps. Each team has pledged to raise a minimum of £1,200.

GWT organises Trailwalker in sole partnership with the Queen's Gurkha Signals and all sponsorship will help to fund our vital work in Nepal.

WHAT DO PARTICIPANTS GET?

- Printed Map & Event Guide - collected at registration on Friday evening.
- Cross country course with checkpoints and water points.
- Medics available across the course, and sports massage at CP6 & the finish line.
- Meals available at Queen Elizabeth Country Park, CP7, and Brighton Racecourse.
- Free camping at Queen Elizabeth Country Park and Brighton Racecourse.
- GPS trackers to monitor each team's progress along the route. Each team will be issued with one tracking device.
- An all-important participant t-shirt and finishers medal.

WHAT DO VOLUNTEERS GET?

- A great day out with the GWT team, working alongside serving personnel from the Brigade of Gurkhas.
- A chance to meet our incredible supporters, including civilian and military participants who are travelling from far & wide – as far away as Hong Kong!
- Food, hot drinks and free camping at the checkpoints.

We expect over 250 teams to sign up - so with their support crews we'll have around 1,500 participants on site alongside GWT staff, soldiers from the Brigade of Gurkhas and over 100 volunteers. The focus of your role as a volunteer is to ensure the smooth running of the event, and the welfare of participants.

If you have any queries in the lead up to the event, please phone the Gurkha Welfare Trust office on **01722 323955**.

Prior to event weekend we'll confirm your location and shift time, and will supply you with emergency contact numbers for the event itself.

THANK YOU so much for giving up your time to help – it's really appreciated!

Above all, enjoy the weekend and remember to take lots of photos! If you can, please share your photos on social media and tag us or use the event hashtags.

@trailwalkeruk @gurkhawelfaretrust #Trailwalker2025 #TrailwalkerStrong

LOCATION & PARKING

The 100km route takes participants along the South Downs Way, from Queen Elizabeth Country Park to the finish at Brighton Racecourse. There are nine checkpoints along the course, spaced between 6-13km apart, where participants rest and meet their support crews.

Start area - Queen Elizabeth Country Park, PO8 0QE (///boardroom.flattens.feelers)

Checkpoint 1 - Harting Down, GU31 5NG (///fork.syndicate.mammals)

Checkpoint 2 - Manor Farm B&B, GU29 0HS (///weedy.hairspray.zooms)

Checkpoint 3 - Littleton Farm Campsite, GU28 0LX (///conquests.observers.crowd)

Checkpoint 4 - Houghton Lane, Amberley, BN18 9LW (///nerd.actor.unloaded)

Checkpoint 5 - Windlesham House School, RH20 4BA (///dared.unfolds.yelled)

Checkpoint 6 - Botolphs, BN44 3WB (///january.already.choppers)

Checkpoint 7 - Devil's Dyke, BN1 8YL (///tenders.vowed.ourselves)

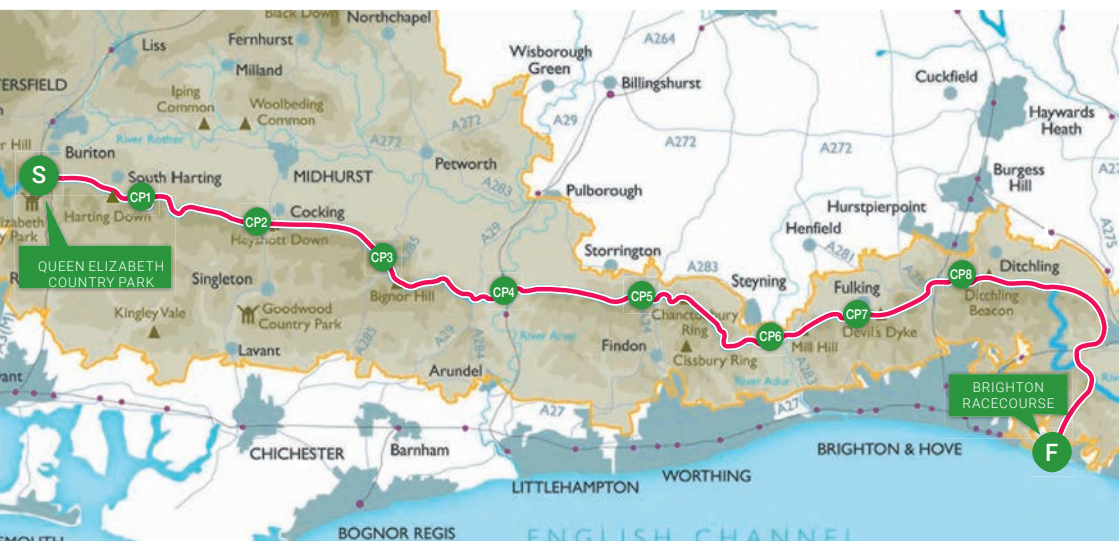
Checkpoint 8 - Jack & Jill Windmills, BN6 9PG (///yourself.firm.newlyweds)

Checkpoint 9 - Kingston Hollow, BN7 3JT (///herb.exchanges.lonely)

Finish area - Brighton Racecourse, BN2 9XZ (///goals.fear.burns)

PLEASE NOTE:

The checkpoint postcodes are provided for guidance only. Checkpoints can be in remote locations on farm fields, and postcodes may not get to you to the exact location. We recommend you use the What3Words app on your smartphone to find the location. What3Words will connect to a sat nav app (e.g., Google Maps or Waze) for directions.



CAR PARKING

Free car parking is available at the start area, finish area, and each of the checkpoints. No passes are required for access. Parking will be off-road in fields, but vehicles will generally be directed to high ground in case of rain.

WHAT TO WEAR

All volunteers will be issued with a GWT hi-vis jacket. British weather is notoriously unpredictable, so be prepared! Ideally wear light comfortable layers, and don't forget waterproofs (or a change of clothes) and sun cream. Remember it will be cooler in the mornings and overnight, and may be wet underfoot. **Sensible footwear is essential – sturdy trainers, hiking shoes or boots are recommended.**

PARTICIPANT REGISTRATION

Participants will register at Queen Elizabeth Country Park from 16:00 - 21:30 on Friday 19th September. For any teams who are unable to attend registration on Friday, we will re-open at 05:30 on the Saturday. Any teams registering on Saturday have been advised that they must start in the last wave (at 08:00).

RACE TIMINGS

Teams will be allocated to a staggered start time, at 06:00, 06:30, 07:00, 07:30 or 08:00 on Saturday 20th September. They must finish in under 30 hours, and must arrive at each checkpoint before the cut-off time in order to proceed with the challenge.

A Sweeper Team will follow all participants across the course. Checkpoints should not close down until the Sweeper Team has passed through AND clearance has been issued by EXCON (usually approx. 30 minutes after the Sweeper Team).

The table shows estimated time for the first team to come through each checkpoint. The cut-off allows for the slowest team to start at 8:00am and take 30 hours to finish.

Location	First Teams Expected	Cut-off Time
Start Line	SAT 06:00	SAT 08:00
Checkpoint 1	SAT 06:30	SAT 11:30
Checkpoint 2	SAT 07:30	SAT 15:00
Checkpoint 3	SAT 08:30	SAT 17:30
Checkpoint 4	SAT 09:30	SAT 20:00
Checkpoint 5	SAT 10:30	SAT 23:30
Checkpoint 6	SAT 11:30	SUN 02:30
Checkpoint 7	SAT 12:25	SUN 04:30
Checkpoint 8	SAT 13:00	SUN 06:30
Checkpoint 9	SAT 14:20	SUN 10:30
FINISH	SAT 15:20	SUN 14:00

EVENT WEEKEND

EMERGENCY SUPPORT

Medical support will be available across the course, and full instructions on emergency procedures are printed on the back page of the Team Map & Event Guide. In the event of a serious injury, illness, or fire, please take the quickest course of action to request support. In the first instance, alert the Gurkha or Volunteer Checkpoint Lead. If they are not available, then contact Exercise Control- you will be given the emergency number on event weekend. If you cannot reach Exercise Control, call 999.

REFRESHMENTS

Please bring a refillable water bottle and travel mug/flask with you. Water refill stations will be available at all checkpoints and the start/finish areas. Catering will be available across the weekend for volunteers and participants, as outlined below.

Vegetarian options will be available. If you have any dietary requirements that you have not declared already, please notify us. For those stationed at checkpoints, GWT will deliver food or QGS will collect meals for you from the closest catering point.

Day	Time	Meal	Location
FRIDAY Dinner	18:00 - 22:00	Pasta	QE Country Park
SATURDAY Breakfast	05:30 - 08:00	Cooked Breakfast	QE Country Park
SATURDAY Lunch	13:00 - 14:00	Sandwiches (from GWT) Hot meal (by Gurkhas)	Checkpoints 1-5 Checkpoints 6-9
SATURDAY Dinner	13:00 - 04:00	Paella	Checkpoint 7
SATURDAY Dinner	19:00 - 03:00	Hot meal	Brighton Racecourse
SUNDAY Breakfast	03:00 - 11:00	Cooked Breakfast	Brighton Racecourse
SUNDAY Lunch	11:00 - 16:00	Gurkha Curry	Brighton Racecourse

RUBBISH

Please dispose of any rubbish in the bins provided or take it away with you. We are aiming to make Trailwalker disposable cup free, and compostable plates and cutlery will be used at the catering stations, where possible.

CAMPING

Camping is available free of charge:

- At Queen Elizabeth Country Park from 16:00 on Friday until 12:00 on Saturday.
- At Brighton Racecourse from 12:00 on Saturday until 17:00 on Sunday.
- At all checkpoints on Saturday.

All vehicles will need to park in designated parking areas. There will be a designated camping area separate from the car park and campervans and caravans can be accommodated. There are portable toilets at all locations and showers at Brighton Racecourse.

PLEASE NOTE: dogs are not permitted anywhere on the Trailwalker course.

VOLUNTEER ROLES

REGISTRATION - Friday 19 September

Assisting teams on arrival at Queen Elizabeth Country Park. They will need to collect their paperwork from the Registration Desk, and check/complete their documents. Once their paperwork is finalised, they will return their documents and be issued with their GPS tracker and t-shirts. We have collected preferred t-shirt sizes from all participants, but there is flexibility to swap if necessary. Military Teams will need to complete additional checks at the military registration desk.

START LINE - Saturday 20 September

The start line is located approx. 5 minutes' walk from the registration, and camping area. Participants will need to be ushered to leave breakfast, to arrive in good time for their allocated start wave. Start waves are 30 minutes' apart, from 06:00 to 08:00 on Saturday morning. Participants should be wearing a wristband showing the correct start time and must have their GPS tracker switched on when they enter the start area.

Saturday 19 - Sunday 21 September

CHECKPOINT MARSHALLS

Direct support vehicles to the parking area and ensure they park sensibly. Checkpoints will be busy and teams are likely to be arriving in quite close succession at the start of the route. Participants may be required to enter/exit a checkpoint through the same gateway, so vehicles and pedestrians will need to be directed alternately.

At some checkpoints, it will be necessary to marshal participants as they cross a public road before entering the checkpoint. Volunteers should not attempt to direct traffic, but instead warn teams of approaching vehicles, and direct teams as to when they should wait or cross.

CHECKPOINT ARRIVAL

Each team must 'check in' when they enter the checkpoint. The teams' GPS device will automatically notify Exercise Control that they have arrived, but they also need to be checked in manually as a failsafe. A volunteer or CP coordinator will need to assist with checking-in teams in and dealing with participants or teams retiring.

PARTICIPANT WITHDRAWAL

If a participant needs to withdraw, the GPS device must stay with the remainder of the team. If a whole team withdraws, the GPS device should be returned to the Checkpoint Manager. The Support Crew is responsible for transporting retiring team members.

Teams of three may continue unassisted. **Teams of two must find another team to formally accept responsibility for them for the remainder of the course.** The Gurkha Checkpoint Manager must be notified of team changes, and consent granted from Exercise Control before they continue.

VOLUNTEER ROLES

CHECKPOINT EXIT

There should be one person on duty at the exit to the checkpoint.

All members of a team must leave the checkpoint together. If a group of less than three attempt to leave your checkpoint, please hold them at the exit until the rest of their team is present.

HOUSEKEEPING

Water will be provided by the Gurkhas at each Checkpoint. Volunteers will be required to make sure water is available for participants. From Checkpoint 3 onwards, hot drinks will be on offer. This area should be kept stocked up with tea, coffee, and milk, and the urns should be topped up. Please ensure the area is clean/tidy, and empty the bins when needed. Each checkpoint will have several portaloos. You are not expected to clean them, but should ensure loo rolls are topped up please!

CHEERING & WELLBEING

This is what our volunteers excel at - a vital role! Our main focus is to ensure the safety and welfare of the teams - supporting them along the route and making them feel really well looked after by The Gurkha Welfare Trust.

The encouragement that you give will lift the spirits of the walkers and runners and help them to keep going. Participants may need to be ushered towards check-in, or directed to the water point and medics. Keep a particular eye out for any participants who look to be in distress.

The support crews are likely to be parked up for some time waiting for their teams. If possible, take time to walk around the car park and chat to the support crews – they might be interested to hear about the Trust's work in Nepal, or just happy to chat to a friendly face!

**WE COULDN'T RUN THIS EVENT WITHOUT OUR
BRIGADE OF VOLUNTEERS - THANK YOU!**





ABOUT THE GURKHA WELFARE TRUST

The money raised from Trailwalker sponsorship will go to support the work of The Gurkha Welfare Trust.

We enable people to live with dignity by delivering essential financial and medical aid and work with local communities to provide access to clean water and education.

Supporting Impoverished Gurkhas

We deliver a package of care to Gurkha veterans and widows to ensure they can live with dignity. Our Pensioner Support Teams journey into the hills of Nepal on motorbikes, in 4x4 vehicles and on-foot to pay them a pension, check their health and deliver medication in their own homes.

School Projects

Our schools' programme builds, repairs and improves schools in remote regions of Nepal and in turn provides access to education and a better future for Nepali children.

Clean Water And Sanitation

Our water projects bring clean water and sanitation to remote communities in Nepal. We install individual tap stands and toilets to households and schools.

Medical Aid

We provide an international standard of healthcare and medication to Gurkha veterans and their families, through our regional medical clinics, via home visits by specialist staff and by arranging subsidised treatment at carefully selected national hospitals.

We also provide free Medical Camps for people living in the most remote regions of Nepal - for some this is the only medical treatment they receive.

Earthquake Resilient Homes

It's not if another earthquake hits Nepal, it's when. We are taking pre-emptive action by building earthquake-resilient homes for Gurkha veterans and widows.

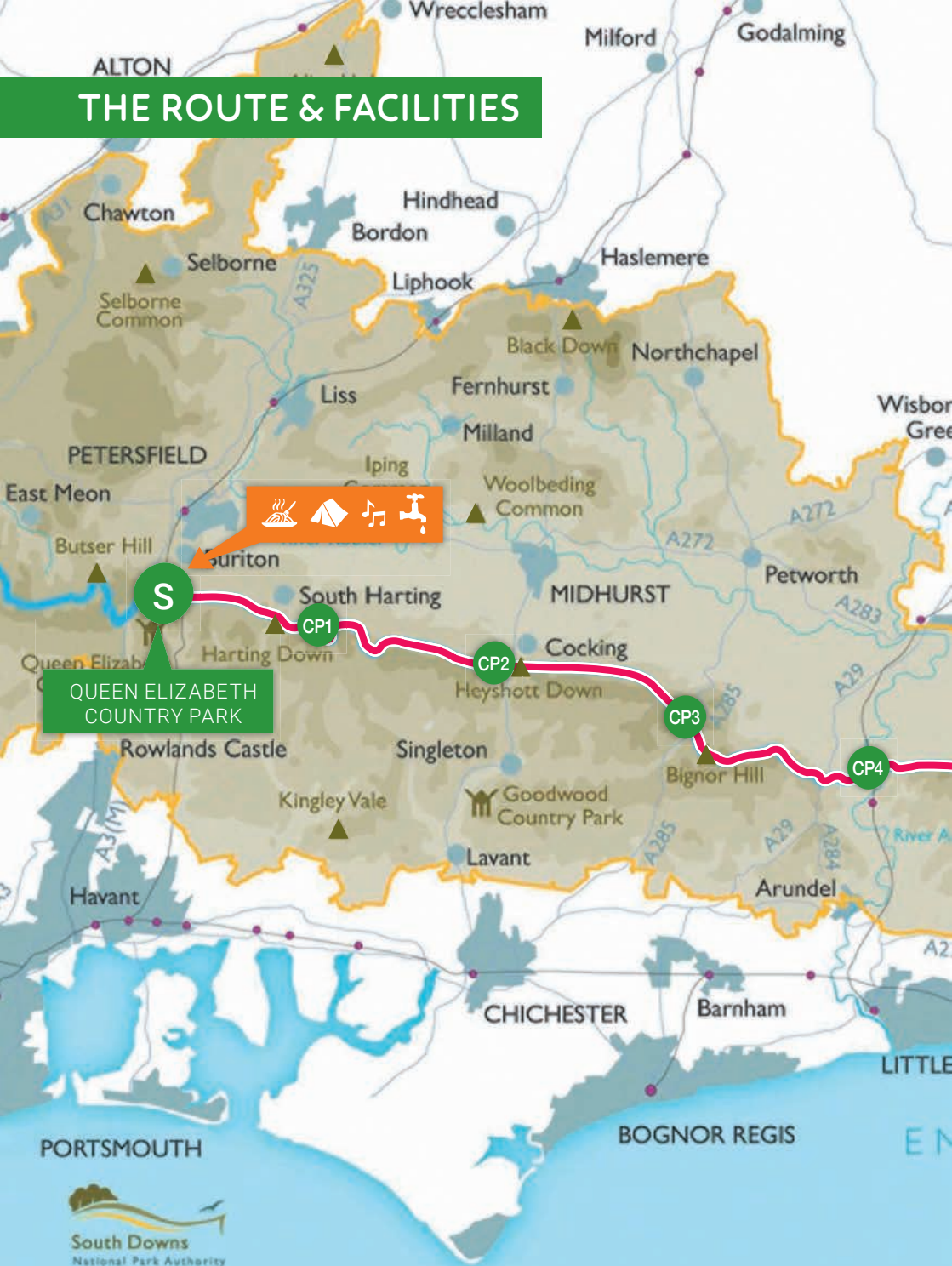
Residential Homes

Our two Residential Homes provide round-the-clock care to Gurkha veterans and widows who would otherwise struggle to live alone. With no comparable facility in Nepal, they set the standard of care for the elderly.

With your support, we can continue to provide vital support to Gurkha veterans, their families and communities in Nepal.

www.gwt.org.uk

THE ROUTE & FACILITIES





KEY

S

Start

F

Finish

CP

Checkpoint



Hot food available



Cultural show



Massage available



Camping



Water station



Showers



South Downs National Park



South Downs Way



Railway



Countryside sites



Settlement

NB: All checkpoints will provide toilets and water. Support Crew access and parking is available at all checkpoints. Medical Support will be available at all times across the course.

YOUR ADVENTURE STARTS HERE!



trailwalker.gwt.org.uk

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