

SUPPORT CREW GUIDE



27-29 SEPTEMBER 2024

TRAILWALKER

4 PEOPLE | 100KM | 30 HOURS


THE
GURKHA
WELFARE
TRUST



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4 PEOPLE | 100KM | 30 HOURS

Welcome to Trailwalker!

As Support Crew, you are the glue for holding your team together and getting them to the start and the finish. As a vital part of the team we have created this guide to cover everything you need to know to get your team across the South Downs in 30 hours.

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Don't forget, your team are taking on this challenge in support of The Gurkha Welfare Trust, helping Gurkha veterans, their widows and communities in Nepal. It's not easy being Support Crew but remember, Trailwalker raises vital funds for the charity and it couldn't happen without you. You're amazing.

For more info, contact the Trailwalker team:
Email: trailwalker@gwt.org.uk
Call: 01722 323955

Your time is now

As your team gets ready for Trailwalker, there's plenty you need to do. Which is hardly surprising - you're a vital part of the team.

To make sure everything runs smoothly on the big day, your support for the team should start long before the event. There's a lot you need to think about:

Form your Support Crew

You must have one named Support Crew member when signing up but we recommend a minimum of two: one to drive and one to navigate.

A crew of four is the ideal so you can form two pairs and work in shifts over the weekend. You'll need adequate rest to drive safely and to support your team properly, so make sure you plan rest breaks. Having one crew for the day and one at night works well.

Support your team's training and fundraising

We encourage teams to carry out at least one training walk on the Trailwalker route and you should definitely join them. It helps you to gain familiarity with the area and work out the location of checkpoints, local shops, fuel stations etc. Use the directions in the second half of this booklet to plan your route.

Why not help out with your team's fundraising too? You could set up an event like a cake sale at work, and help your team to smash their target, so they can focus on their training.

Practise everything

Join your team on training walks to experiment with different foods, ensure you are prepared for their arrival and have everything they need. We recommend that you do not try anything new on event weekend.

TRACK YOUR TEAM

At Trailwalker each team will be issued with a GPS tracker to broadcast their live location on the route.



You will be able to track your team online - details will be provided when you register.

The trackers make Trailwalker safer by helping the event team/ emergency services reach your team quickly if an accident occurs or should they become lost.

Check in on your team as often as you can. We also recommend your team alerts you when they are approaching each checkpoint to give you time to get everything ready for them (mobile signal permitting!)

Support Crew checklist

Please note, as Support Crew you are responsible for carrying your team's additional kit. Please refer to the Map & Event Guide for more information.

For the Support Crew:

Item	Necessity	Comments
<input type="checkbox"/> Support Crew Guide with directions	Essential	
<input type="checkbox"/> Paper and pen	Essential	
<input type="checkbox"/> List of contact numbers	Essential	To include team's mobiles, next of kin, and Event Control
<input type="checkbox"/> Mobile phones and chargers	Essential	
<input type="checkbox"/> Water and food	Essential	
<input type="checkbox"/> Warm clothing	Essential	It gets cold at night so bring a warm coat, hat etc
<input type="checkbox"/> Sun protection	Essential	Hat, suncream, sunglasses
<input type="checkbox"/> Road atlas/ OS map	Essential	We don't provide checkpoint postcodes: do not rely on GPS systems to navigate the route, use a reliable road atlas or OS map and this guide to find your way.
<input type="checkbox"/> 2 x high-visibility vests	Essential	Reflective
<input type="checkbox"/> Torch + spare batteries	Essential	
<input type="checkbox"/> First aid kit	Essential	
<input type="checkbox"/> Book/newspaper/entertainment	Optional	
<input type="checkbox"/> Tent	Optional	
<input type="checkbox"/> Ground mat	Optional	
<input type="checkbox"/> Sleeping bag	Optional	
<input type="checkbox"/> Inflatable travel pillow	Optional	
<input type="checkbox"/> Eye-mask (to help you rest)	Optional	
<input type="checkbox"/> Camera	Optional	
<input type="checkbox"/> Flask	Optional	
<input type="checkbox"/> Lip balm	Recommended	

For the use of your team:

Item	Necessity	Comments
<input type="checkbox"/> Waterproof jacket and trousers	<i>Essential</i>	
<input type="checkbox"/> Numerous pairs of socks	<i>Essential</i>	
<input type="checkbox"/> Team's kit bags/boxes	<i>Essential</i>	
<input type="checkbox"/> First aid kit	<i>Essential</i>	
<input type="checkbox"/> Food	<i>Essential</i>	
<input type="checkbox"/> Large water container	<i>Essential</i>	<i>To refill team's water bottles</i>
<input type="checkbox"/> Isotonic drinks	<i>Essential</i>	
<input type="checkbox"/> Spare clothing and footwear	<i>Essential</i>	
<input type="checkbox"/> Rubbish bags	<i>Essential</i>	
<input type="checkbox"/> Cups, plates, cutlery	<i>Essential</i>	
<input type="checkbox"/> Cooking equipment	<i>Optional</i>	
<input type="checkbox"/> Groundsheet, camping chairs	<i>Optional</i>	
<input type="checkbox"/> Picnic table (and parasol)	<i>Optional</i>	
<input type="checkbox"/> Champagne for the finish (and glasses!)	<i>Optional</i>	
<input type="checkbox"/> Flasks of hot drinks/soups etc	<i>Optional</i>	
<input type="checkbox"/> Cool box	<i>Optional</i>	<i>Plus pre-frozen freezer blocks</i>

To collect at the event:

Item	Necessity	Comments
<input type="checkbox"/> Support Crew vehicle pass: One vehicle pass per team will be issued at registration.	<i>Essential</i>	<i>One permit per team</i>

Transport and logistics

What vehicle(s) will you use?

It's up to you whether you take your own vehicle or hire a minibus, but whatever you decide, you'll need enough space for the whole team (in case of drop-outs), as well as the Support Crew and all equipment.

All drivers need appropriate insurance, and you should also consider breakdown cover so that your team is not stranded in the event of a mechanical problem.

Size restrictions apply; vehicles larger than a 12-seater minibus (2.5m high and 5.5m long) will not be permitted at the event.

Vehicle Pass



Your team will be given one Support Crew vehicle pass which will allow access to the checkpoints. No vehicle larger than a 12 seater minibus allowed.

If you have different Support Crew shifts, please make sure the 'on duty' team have the car pass.

Money matters

Agree a budget in advance to work out who will cover the costs of fuel, insurance, vehicle hire, food, drink and accommodation.



NO CARAVANS

Please note: Caravans will not be permitted at the event and cannot be used for camping at the start or finish.

Parking

No vehicles can be left at Queen Elizabeth Country Park after midday on Saturday.

Vehicles can be left at the finish at Brighton Racecourse from 18:00 on Friday. All vehicles must be collected by 17:00 on Sunday. After this time the exit gate will be locked.

It is your responsibility to find a secure place to park your vehicle. The safety of your vehicle and its contents cannot be guaranteed.

There is also ample parking for friends, family and well wishers at the Brighton Racecourse finish.

Homeward bound

Participants will be exhausted after the event and shouldn't drive themselves home, but you'll also be tired. We recommend you stay overnight in the Brighton area before driving home.



General travel information

Please read the following general information carefully. There are more specific notes about each checkpoint on the following pages.

Over 250 vehicles will be involved in supporting teams at Trailwalker. Please follow the guidelines for your safety and convenience and to minimise disruption to the local communities on whose goodwill Trailwalker depends.

Driving between checkpoints

- Allow plenty of time. The travelling times given in this guide are approximate.
- The directions in this guide deliberately prioritise major roads to minimise disruption to small communities.
- The directions in this booklet are intended to help you plan the best route between checkpoints. You will need to use them in conjunction with the OS map.

SAT NAV: Postcode issue

Please note that for good reason **we do not provide postcodes** other than the start and the finish. The checkpoints en route often use remote farm land which can be difficult to find using sat nav. Please refer to OS maps for precise navigation alongside your road map.



NEW: what3words

We have used **what3words** to give you a more precise location for the entry to each checkpoint. You can download the what3words app on a smartphone and also link it to your satnav.

Please note some checkpoints have **separate entry points** for walkers and vehicles: what3words enables us to give a precise location for each.

At checkpoints

Your vehicle pass must be clearly displayed to allow entry to each checkpoint. If you have an additional Support Crew, make sure you hand over the pass at the end of your shift.

Due to the nature of the terrain on the route, all checkpoints have limited parking. Please help other support teams by arriving just in time to set up and meet your team, and by leaving promptly afterwards. Take extra care in/around the checkpoints as there will be a number of vehicles and pedestrians moving around in a limited area.

- **Approach each checkpoint slowly and follow the event marshal's directions.**
- Access to many checkpoints is via busy roads and through narrow entrances with restricted views, so drive carefully.
- Many checkpoints use one entrance/exit point so be alert to other vehicles and give way to pedestrians at all times.
- Drive well into the checkpoint area before looking for somewhere to park, keeping the access route clear for other Support Crews.
- Drive at 5mph or less at all times inside a checkpoint.
- There will be lots of people moving around at the checkpoints, including volunteers, staff, participants and other Support Crews, so keep your eyes peeled, particularly at night.

- Some fields are prone to waterlogging and the area around the gates can become especially muddy and slippery. Please minimise damage to the soil by driving slowly and in a low gear. If you become stuck in mud, don't try to 'rev' your way out as this will only create deep ruts. Ask for help.
- Parking is limited, so please park your vehicle thoughtfully – parallel and in line with other vehicles, and as close as possible without causing inconvenience.
- For everyone's safety and to keep the roads clear for those not taking part in the event, please park only in the designated areas.
- Use the toilets provided at checkpoints.
- Take your litter home with you.

Health and safety - Cooking

Cookers, BBQs and camping gas stoves are allowed but only if operated safely and with due consideration to others.

Open fires and petrol-type cookers are not permitted due to the increased fire risk.

If you are using a disposable BBQ (foil tray type), please ensure that it is fully extinguished before you leave the site.

Do not position cookers in walkways or between vehicles. Once lit, the cookers or burners must not be left unattended. Before you start cooking make sure you know what to do in an emergency.

In the event of a serious incident, please inform the Checkpoint Coordinator or a member of the event staff immediately.



Accommodation

You're going to need somewhere to rest before, during and after the event – so start planning...

It is mandatory for all walkers/runners to register at the start on the Friday. (See page 11 for further details on Registration).

Start times will be allocated prior to the event. Support Crews do not have to attend registration but you must collect the Support Crew vehicle pass from your team before they start on Saturday morning.

Everyone is invited to experience Gurkha culture in an evening show on the Friday night and free food is provided for all participants. This is a great place to relax, enjoy the pre-event atmosphere and meet other Support Crews and participants. We recommend you sleep either at, or close to, the start on Friday night. Courtesy of Queen Elizabeth Country Park, your team can camp free of charge at the start area on the Friday night. You will need to bring your own tent. Each pitch is for six people. Toilets and water for washing will be available, and we will provide breakfast on Saturday morning from 5am.

Saturday night accommodation

No accommodation is provided on the trail, as teams walk through the night. Support Crews needing somewhere to stay are recommended to use the Youth Hostel near Truleigh Hill. It has 50 beds and you will need to book in advance: www.yha.org.uk/hostel/yha-truleigh-hill.

Alternatively, the National Trail website www.nationaltrail.co.uk/south-downs-way has details of campsites and B&Bs all along the route.

Saturday and Sunday night at the finish

There will be space to camp at the finish on Brighton Racecourse from 12:00 on Saturday until 17:00 on Sunday. All vehicles will need to park in the car park. For health and safety reasons there will be no camping in the car park and vehicles will not be given access to the camping area, except for unloading.

For details of hotels in the Brighton area, visit www.visitbrighton.com



The start

Location

Queen Elizabeth Country Park, Gravel Hill, Horndean, Waterlooville, P08 0QE.

Queen Elizabeth Country Park is four miles south of Petersfield on the A3. Grid ref SU719182.

Arrival times

Please encourage your team to arrive at registration in plenty of time. All teams must complete registration on Friday evening. They will be allocated a Support Crew vehicle pass which they should present to you so you can display it in your vehicle when entering checkpoints.

If you are staying on the campsite on Friday night, please be considerate to other walkers and Support Crews wishing to get a good night's sleep:

- Be as quiet as possible.
- Do not leave car engines running.
- Close car doors quietly.
- Keep conversation to a minimum... even whispers carry a long way at night.

The parking area

- All vehicles need to be left in the parking area.
- No vehicles can be left at Queen Elizabeth Country Park after midday on Saturday.

The camping area

- Please cook well away from any tents.
- Camp in the designated area for your start time.
- Please keep noise to a minimum in the camping area, particularly after 22:00 as some teams will have an early start.
- Please use the portaloos provided.
- Please dispose of rubbish and recycling in the bins provided.

Pre-race dinner and breakfast

See Food and Drink section on page 12.

The start

- Support Crews and spectators are welcome to gather at the start area. Start times will be at 06:00, 06:30, 07:00 and 08:00. Teams will be advised of their start time prior to the event.



Event Weekend

Registration - Friday 22 September 16:00 - 21:30

Registration takes place at the start point: **Queen Elizabeth Country Park, Petersfield PO8 0QE**. All members of the team **MUST** register on the Friday evening. **Registration is open on Friday from 16:00 - 21:30.**

Registration procedure

Step	Who	What	Where
1	Team Leader	Collect Registration Pack, Vehicle Pass and GPS Tracker	Registration desk 1
2	All Team Members	Check your personal details sheet is correct Sign kit disclaimer Sign to agree Trailwalker terms and conditions	
3	Team Leader	Return completed and signed registration forms Collect T shirts	Registration desk 2

Start times

Teams need to be at the start area **15 minutes** before their start time. Teams will be informed of their start time in the month leading up to the event via email.

Start Time*	Arrive at Start Area	Comments
06:00	05:45	Registration mandatory on Friday from 16:00 - 21:30
06:30	06:15	Registration mandatory on Friday from 16:00 - 21:30
07:00	06:45	Registration mandatory on Friday from 16:00 - 21:30
08:00	07:45	Registration mandatory on Friday from 16:00 - 21:30

*Start times are subject to change.

Registration at the start

Registration is mandatory for Trailwalker participants. It includes an equipment disclaimer which must be signed by all team members. If event organisers deem a team to be insufficiently equipped to take part safely they will not be registered.

Support Crews are not required to register, but most will arrive with their team on the Friday night. Support Crews must ensure they collect a vehicle pass from their team leader.

Event control

The Queen's Gurkha Signals will coordinate Trailwalker from a control centre – Event Control. All incidents, requests for first aid/emergency rescue should be reported to Event Control. Please note that the contact numbers for Event Control (on back page) are for emergencies only.

Drop-outs should be reported to checkpoint coordinators.

Food provided on event weekend

Your team will need lots of snacks and favourite foods to keep them going throughout the challenge. You can download the Training Guide from the Trailwalker website trailwalker.gwt.org.uk for more information and advice on nutrition.

Day	Meal	Time	Location
FRI	Pasta party	18:00 - 22:00	Queen Elizabeth Country Park
SAT	Cooked breakfast	05:00 - 10:00	Queen Elizabeth Country Park
	Hot meal	15:00 - 05:00	CP7 - Devil's Dyke
	Evening hot meal	19:00 - 03:00	Brighton Racecourse
SUN	Cooked breakfast	03:00 - 11:00	Brighton Racecourse
	Nepalese Gurkha Curry	11:00 - 16:00	Brighton Racecourse

*There will be vegetarian options available at all food stations, but we cannot guarantee catering for any vegans or those with intolerances. Please see the FAQs on the website for more details.

Catering provides enough food for up to two Support Crew at each food station.



Along the route

There will be water available at every checkpoint. There will be a pasta meal at checkpoint 7. Your team will rely on you for food, hot drinks and topping up supplies at every checkpoint.

Here are some top tips:

- You can download the Training Guide from the Trailwalker website for helpful advice: visit trailwalker.gwt.org.uk.
- Sweets/energy drinks/gels are good for quick energy boosts, but complex carbohydrates like rice, pasta and potatoes are better for a steady supply of energy.
- Food is a good morale booster. Build in treats like hot chocolate for the middle of the night and bacon butties on Sunday morning. Don't forget you need to eat too - you'll need energy to support your team over the weekend.
- Practise preparing food on a training walk, so you get familiar with equipment, ingredients etc.
- Make a plan so you know what to get ready for each walker at every stop.
- Leave a safe distance between your stove and vehicles or other flammable materials while cooking.
- Bring more than you think you need and keep fresh food in a cool box.

Think drinks

Drivers must avoid alcohol to remain alert during and after the event. There's always time for a champagne celebration when you're safely back home!

Top tips for hydration:

- Water – vital to keep you and your team well hydrated. Even if the weather is cool or wet it's still essential.
- On hot days ensure your team takes on a balance of salts by eating a variety of food and drinking isotonic fluids.
- Tea and coffee keep you awake but cause dehydration, so drink water too.



Motivation and support

Top tips to keep your team on top form

- Water is available at checkpoints, but freeze some beforehand so you have nice cold drinks ready for your team.
- Organise everything in the boot of your car so that it is easily accessible. Have individual plastic boxes for each team member and take bin liners/dry bags for dirty clothes.
- Look after yourself, and take enough rest.
- Take a tent/gazebo which is easy to pitch so that you can rest and so that participants can change in privacy and stay dry.
- Make sure you have some of your team's favourite foods. Things like chocolate, jelly babies and bananas are great.
- Gather messages of support and photos from team members' loved ones, and surprising them with a 'message board' en route.
- Have an unexpected fancy dress or themed checkpoint halfway through the course when your team need a good boost to get them through the night section.
- Take lots of photos!

Communications

Being able to contact your team is vital. No single mobile phone network has coverage along the whole course, so take at least a couple of phones on different networks, and keep them charged.

It is important that all participants and Support Crew members have each other's contact numbers and the number for Event Control in case of emergency. When your team registers, we will also ask them for your contact details, and your emergency contacts.

Phone calls drain batteries which could be crucial in an emergency. If you need to speak to the team, keep calls short and text or use messaging apps if you can.

If anyone retires from the event

Trailwalker is an incredibly demanding challenge, and not everyone will make it to the finish. The majority of participants who retire do so at checkpoints 6 and 7.

As Support Crew, it is your responsibility to make the appropriate arrangements for anyone in your team who retires from the event.

- Inform Event Control that someone has retired, by informing a coordinator at the nearest checkpoint, or phoning Event Control on the emergency number (see back page).
- Ensure the GPS tracker remains with the team members who are continuing with the challenge.

If your whole team retires, it is also your responsibility to make sure the GPS tracker is returned to a checkpoint coordinator.



Maps & directions

Part of the challenge is for your team to successfully navigate the course. To help you, the following maps have been designed to describe the route. They are not, however, a substitute for good navigation.

It is essential that your Support Crew carry Ordnance Survey Maps 197 and 198 (1:50,000) and know how to read them. Please note that **we do not provide postcodes** for Support Crews to use with sat nav. The checkpoints often use remote farm land which can be difficult to find using sat nav. Please refer to OS maps for precise navigation. This year we have also provided **what3words** locations for vehicular entry to checkpoints (see page 7 for more information).

The majority of the route is along the South Downs Way. Where the route leaves it, this is clearly indicated in the instructions. The South Downs Way is well signposted with the name and either green or blue arrows.

Food and drink

Water will be available at every checkpoint – bring water carriers or bottles to refill so you are ready when your team arrives.

First aid support will be available at every checkpoint for serious injuries, but please treat minor ailments such as blisters and stings yourself.

Dogs

Please do not bring your dogs to Trailwalker, even as part of a Support Crew. Landowners kindly allow us access to their land and dogs may scare their livestock.

Countryside Code

Please use the toilets, rubbish bins and recycling bins provided at the checkpoints, and if possible take away your own rubbish. This event depends on the continued goodwill of local communities and landowners, so please be considerate and keep noise to a minimum at night.

Map reading

If you're not sure where to start with map reading then have a look at the Ordnance Survey guide: www.ordnancesurvey.co.uk/resources/map-reading.

Notices and corrections

Your team will receive a printed copy of the Support Crew guide at registration.

All maps, direction and figures are intended as a guide only. The course has been measured as 100km and whilst we have endeavoured to ensure that all information is correct at the time of printing, we cannot guarantee that GPS watches or personal fitness trackers will match the distance exactly.

Checkpoints are approximately 10km apart but in order to find suitable locations for checkpoints, distances vary and some sections are longer than 10km. Please plan ahead and review each section of the route carefully on the following pages.

Good luck!

Maps

Map scale: The scale in this booklet varies. The maps used are Landranger 1:50,000 from Ordnance Survey.
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stage 1

Start

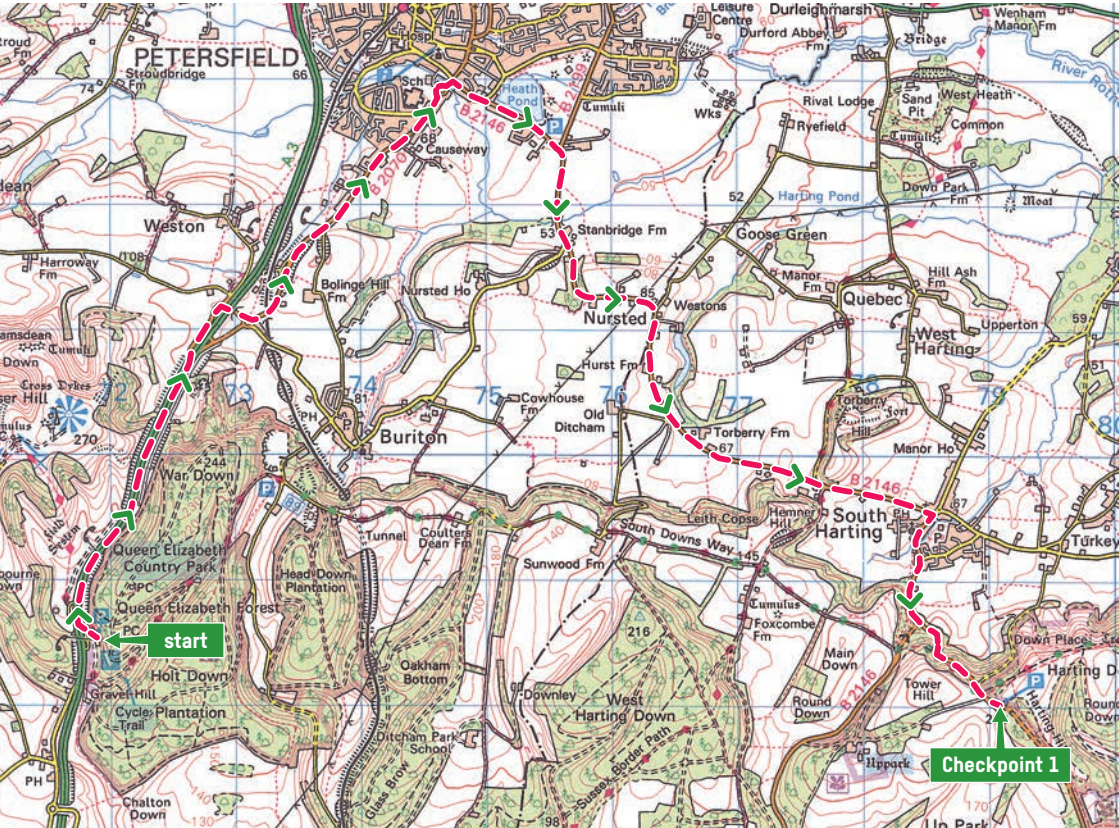


9.6KM

From: Start point (Queen Elizabeth Country Park)
To: Checkpoint 1 (Harting Down)

SU719 182
SU790 181

Finish



The early checkpoints can become very congested. Please help to avoid this by arriving there just before your team do, and leaving immediately after them.

The majority of Support Crews will be travelling from the start to checkpoint 1

at the same time and following the same route as you. To minimise impact on local communities, please keep to major roads as much as possible.

Drive carefully and slowly – the event participants are competing in a race, not you.

**Consider going directly to CP2/CP3
if your team are well trained.**

Travel times	Support Crew vehicle	Teams that complete the course in:			
		12 hours	18 hours	24 hours	30 hours
hours:minutes	00:20	01:09	01:41	02:18	02:53

Leaving the start

- Take everything with you.
- Aim to be packed up and have your vehicle in the parking area 30 minutes before your team's start time.
- The lane between the camping area and the parking area is two-way, and vehicles will be leaving the start point at the same time as others are arriving. Please be patient and follow the traffic marshals' directions.
- You will need to leave the start point onto the A3 heading NORTH towards LONDON and PETERSFIELD.

Directions

1. Head NORTH on A3 towards LONDON and take first exit signposted PETERSFIELD
2. At roundabout, turn LEFT signposted PETERSFIELD.
3. Keep heading towards the town centre.
4. At PETERSFIELD, go past TESCO on your left and turn RIGHT onto B2146 towards SOUTH HARTING.
5. At SOUTH HARTING turn RIGHT at 'The Ship' pub, heading SOUTH towards Emsworth B2146.
6. After ½ mile, turn LEFT for the B2141 and SOUTH-EAST towards CHICHESTER.
7. Follow lane up to the top of HARTING DOWN.

DANGER – Watch for traffic marshals guiding participants across road.

8. Checkpoint 1 is in the National Trust Harting Down car park on the left. There will be a brown National Trust sign at the car park.

Arrival at checkpoint 1

- The entrance to the car park is narrow and at a sharp angle.
- Approach slowly, and follow the marshals' directions.
- Be aware that traffic may be attempting to exit through the same gap.
- Turn right off the parking area through the space between the low wooden posts on the right, and park on the grass.
- This will leave the parking area free for members of the public. The event relies on their goodwill to continue.

THE CUT-OFF TIME FOR THIS CHECKPOINT IS 11:30 SAT. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.

Target times (hrs) 12, 18, 24, 30

Estimated timings for teams attempting to complete the course within a target time. They are calculated using an average pace for each desired time. The calculations do not include time for stops on the route or at checkpoints and these should be factored in when planning your timing.



Start: vaulting.skillet.detail
CP 1: fork.syndicate.mammals

stage 2

From: Checkpoint 1 (Harting Down)
To: Checkpoint 2 (Hilltop Farm)

SU790 181
SU875 167

Start



20KM

Finish



Travel times	Support Crew vehicle	Teams that complete the course in:			
		12 hours	18 hours	24 hours	30 hours
Hours:minutes	00:25	01:14	01:52	02:29	03:07

Special notes

- If you have to meet your team at checkpoint 2, please help us by arriving there just before they do, and leaving immediately after them.
- Most teams are still close together at this point so please minimise disruption to local communities by following the directions below, which direct you away from narrow country lanes.

Departure from checkpoint 1

Be aware of Support Crew vehicles attempting to enter the car park at the same time as you are attempting to leave.

Directions

1. Turn LEFT out of car park onto B2141. Head SOUTH-EAST towards CHICHESTER.
2. 3½ miles beyond CHILGROVE, at T-junction, turn LEFT onto A286. Head NORTH towards MIDHURST, SINGLETON and WEST DEAN.
3. Follow the A286 through WEST DEAN and SINGLETON.
4. Checkpoint 2 is two miles north of SINGLETON in a field on your RIGHT at the point where the South Downs Way crosses the A286, at the crossroads with an 'English Woodlands Timber Ltd' sign.
5. **Do not park in the public car park on the left. Please keep this free for the public.**

Arrival at checkpoint 2

- **DANGER** – Watch out for participants crossing the road from the left.

- **DANGER** – The A286 is a busy main road carrying fast-moving traffic. You will need to turn RIGHT, across the path of oncoming vehicles.
- Approach at a low and controlled speed, and follow the traffic marshals' directions.
- The gateway into the field is narrow and at a sharp angle to your direction of travel. Allow enough room to swing around: approximately 120°.
- **DANGER** – Watch out for participants and other Support Crew vehicles trying to pass through the same gateway at the same time.
- The field can become muddy and slippery. As you enter the field your wheels should be in a straight line and you need enough momentum to drive through the potentially boggy entrance.
- When you enter the field, please drive well away from the entrance before stopping. This will keep the gateway clear for other vehicles and stop you sinking into the mud.
- Travel at a low speed and park your vehicle close to, and in line with, other support vehicles in the area at the lower end of the field.

THE CUT-OFF TIME FOR THIS CHECKPOINT IS 15:00 SAT. TO CONTINUE IN THE EVENT ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.



CP 1: fork.syndicate.mammals
CP 2: weedy.hairspray.zooms

stage 3

From: Checkpoint 2 (Hilltop Farm)
To: Checkpoint 3 (Littleton Farm)

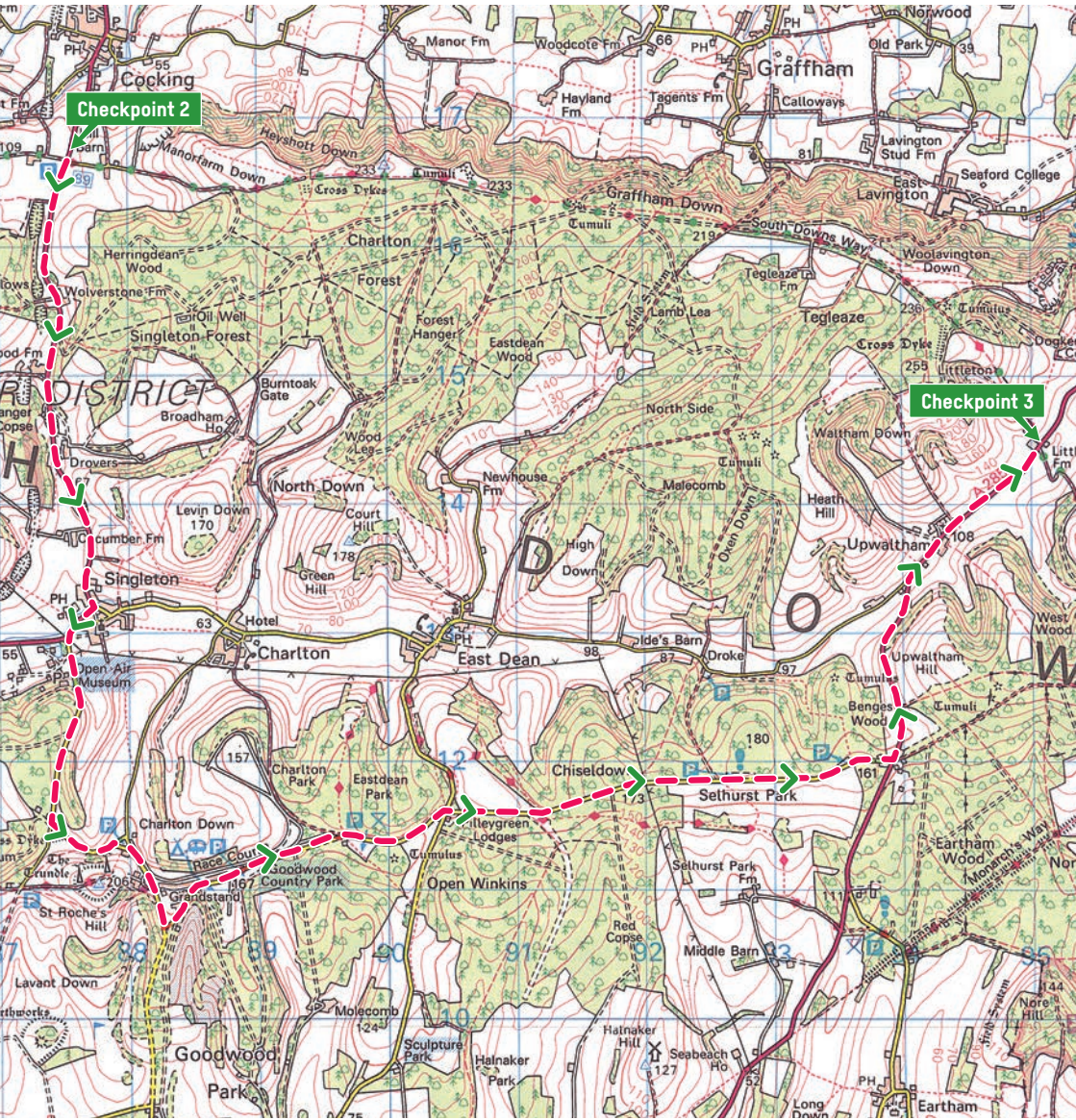
SU875 167
SU951 146

Start



28.3KM

Finish



Travel times	Support Crew vehicle	Teams that complete the course in:			
		12 hours	18 hours	24 hours	30 hours
Hours:minutes	00:20	01:00	01:30	02:00	02:30

Departure from checkpoint 2

- Travel slowly and in a low gear in order to go through the area close to the gate, which can be very muddy.
- **DANGER – Be aware of participants and support vehicles entering the field by the same gate through which you will depart.**
- **DANGER – Take care when driving onto the road. It carries fast-moving traffic.**

Directions

1. Turn LEFT out of gate and head SOUTH down the A286 to SINGLETON.
2. At SINGLETON follow road as it bends right through village; turn LEFT, signposted OPEN AIR MUSEUM and GOODWOOD (brown sign).
3. At the racecourse turn LEFT, signposted PETWORTH. The road entrance has large GOODWOOD signs.
4. Continue on road for 3 miles; at T-junction turn LEFT onto A285 towards GUILDFORD and PETWORTH.
5. Continue for 1.8 miles, checkpoint is on left-hand side of road next to the bus stop, 200m after the cattle crossing signs.
6. Pull into bus stop lay-by on left to be marshalled in to the parking.

Arrival at checkpoint 3

- Checkpoint 3 is in a field, accessed through a narrow gateway.
- You will need to pull off the A285 into a narrow farm track and then turn immediately to your right through a narrow gateway.

- The ground goes sharply uphill and once inside the field can become very muddy.
- **DANGER – Be aware that participants and vehicles may be attempting to leave the field by the same route and that they may be obscured from your view by a high hedge.**
- Approach at low speed and in a low gear, following the directions of the traffic marshal.
- Once inside the field move directly away from the gateway to free the entrance/exit.
- Park your vehicle in an orderly manner close to other vehicles at the lower end of the field.
- The checkpoint is located a short walk away at the top of the field.

THE CUT-OFF TIME FOR THIS CHECKPOINT IS 17:30 SAT. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.

Support advice

- Is your team sufficiently protected from the sun?
- Encourage your team to stretch before they rest.
- Are your team members getting enough fluids?
- Cook well away from any vehicles.



CP 2: weedy.hairspray.zooms
 CP 3: conquests.observers.crowd

stage 4

From: Checkpoint 3 (Littleton Farm)
To: Checkpoint 4 (Houghton)

SU951 146
T0017 118

Start



37.6KM

Finish

Departure from checkpoint 3

- The area by the gateway can become muddy and slippery. Approach in a low gear and at a low speed.

- **DANGER** – Be aware of participants and other support vehicles coming through the gate to the field, and follow the directions of the traffic marshal.

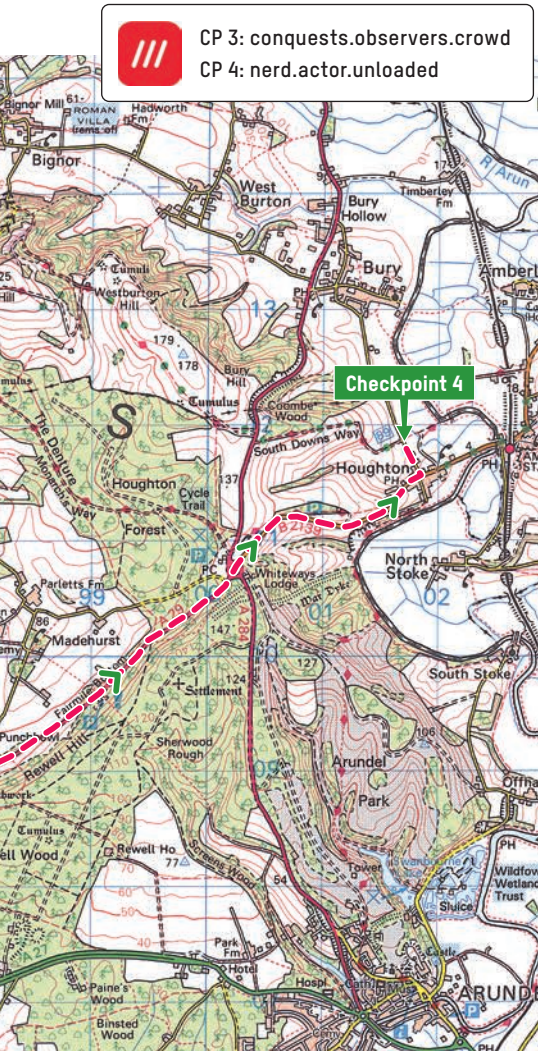


Travel times	Support Crew vehicle	Teams that complete the course in:			
		12 hours	18 hours	24 hours	30 hours
Hours:minutes	00:30	01:06	01:40	02:13	02:47

- **DANGER** – Watch out for fast-moving traffic from both directions on the A285.



CP 3: conquests.observers.crowd
CP 4: nerd.actor.unloaded



Directions

1. Turn **RIGHT** onto A285, head **SOUTH** towards UPWALTHAM and CHICHESTER.
2. At roundabout turn **LEFT** on A27 towards WORTHING and BRIGHTON.
3. At the BOXGROVE roundabout take the second exit straight onto the A27 towards WORTHING and BRIGHTON.
4. At FONTWELL, take the first exit at the roundabout towards A29, signed LONDON and DORKING. Continue on A29 at next roundabout.
5. At the next roundabout, take the first exit on to the A29 towards LONDON and DORKING.
6. At Whiteways Lodge roundabout, take second exit on to B2139 and head **NORTH-EAST** towards STORRINGTON, AMBERLEY and HOUGHTON.
7. At HOUGHTON, after passing the George and Dragon pub, turn **LEFT** towards BURY on B-road. Checkpoint 4 is 300m down the road, after the barns.

Arrival at checkpoint 4

- **DANGER** – Be aware of participants on the road. Approach at low speed.
- Follow the directions of the traffic marshal who will direct you into the checkpoint.
- Park in the field. This area is prone to flooding and can be wet and muddy.

THE CUT-OFF TIME FOR THIS CHECKPOINT IS 20:00 SAT. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.

stage 5

From: Checkpoint 4 (Houghton)
To: Checkpoint 5 (Washington)

T0017 118
T0109 108

Start



50.1KM

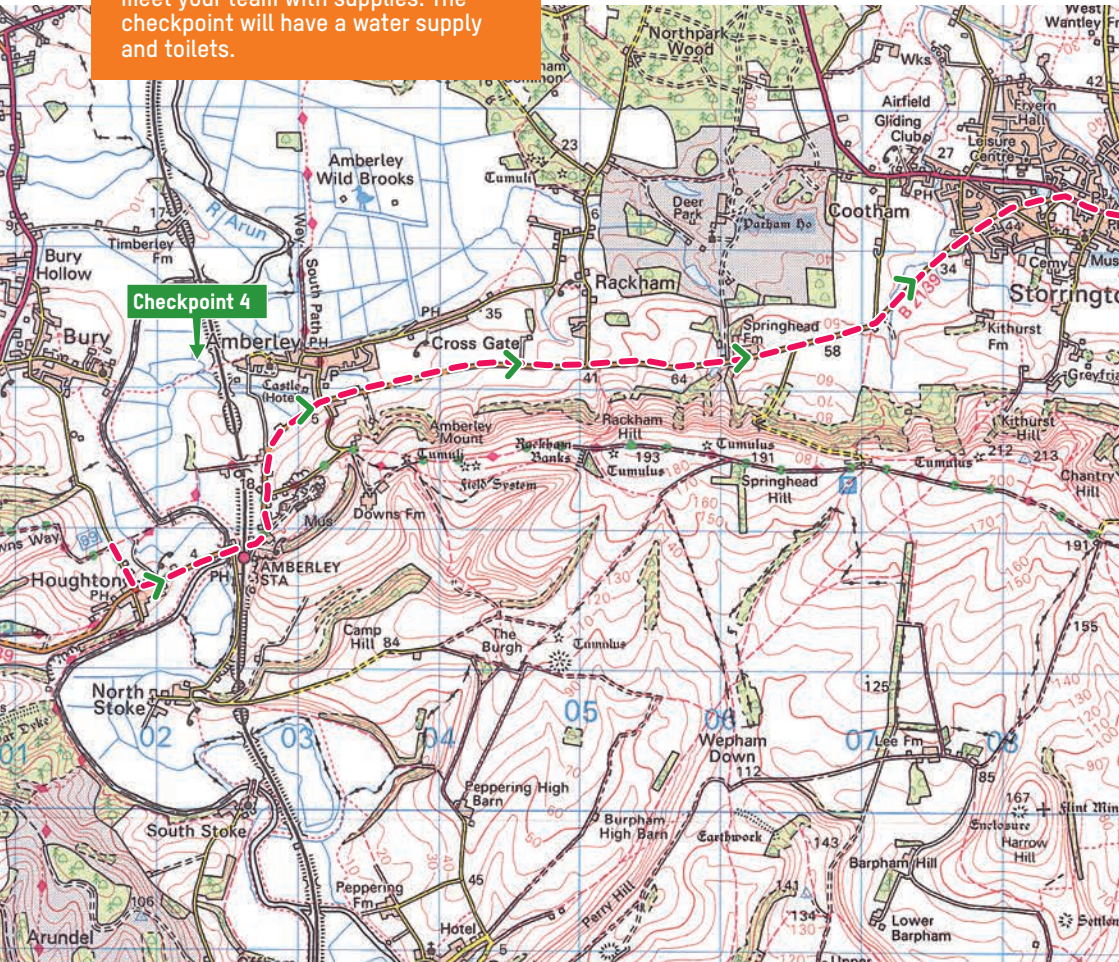
Finish

Please note

In previous years Checkpoint 5 has not been accessible to Support Crews. This year we are immensely grateful to the landowner for allowing access to vehicles, so you will be able to meet your team with supplies. The checkpoint will have a water supply and toilets.

Departure from checkpoint 4

- Be aware of support vehicles heading down the farm track.
- Be aware of support vehicles and other traffic approaching on the B2139 as you turn left onto it.



Travel times	Support Crew vehicle	Teams that complete the course in:			
		12 hours	18 hours	24 hours	30 hours
hours:minutes	00:20	01:30	02:15	03:00	03:46

Directions

1. Exit checkpoint onto B-road back towards HOUGHTON.
2. At T-junction turn LEFT and head NORTH-EAST on B2139 through AMBERLEY towards STORRINGTON.


3. In STORRINGTON, at roundabout next to petrol station turn RIGHT on A283 towards STEYNING and STORRINGTON.
4. Stay on A283 towards STEYNING.
5. At WASHINGTON roundabout, take the THIRD exit onto the A24 heading south towards WORTHING.
6. After approximately 2 miles take the exit towards LONDON/ HORSHAM.
7. Keep left on the sliproad, follow the road round and rejoin the A24 travelling northbound.
8. PLEASE NOTE: there is no right turn from the A24 at this point so you will need to exit to the left and rejoin the A24 heading north.
9. Take the next LEFT and follow the road. You will see Windlesham School on your left.
10. At the T-junction turn LEFT.
11. Follow the road round to the LEFT. The track leading to CP5 is a little way along on the left.



Arrival at checkpoint 5

- Take care when driving onto the field, keeping a lookout for pedestrians and other vehicles.

THE CUT-OFF TIME FOR THIS CHECKPOINT IS 11:30 SAT. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.



CP 4: nerd.actor.unloaded
 CP 5: seemingly.delight.enlighten

stage 6

Start

From: Checkpoint 5 (Washington)

To: Checkpoint 6 (Botolphs)

TQ109 108

TQ191 095



60.1KM

Finish

Departure from checkpoint 5

- Be aware of support vehicles heading down the farm track.
- Be aware of traffic approaching on the A24 as you turn left into it.

Directions

1. Exit the Checkpoint and turn LEFT onto the track.
2. DANGER - do not turn left to return the way you came, as you will block the road for support crews coming in.
3. Turn LEFT onto the A24 towards WASHINGTON.



Travel times	Support Crew vehicle	Teams that complete the course in:			
		12 hours	18 hours	24 hours	30 hours
hours:minutes	00:30	01:12	01:48	02:24	03:00

4. At WASHINGTON roundabout, take the THIRD exit onto the A283 towards STEYNING.
5. At BRAMBER roundabout, take 5th exit signposted STEYNING - Clays Mill Rd.
6. Follow this road and turn LEFT down MAUDLIN LANE, which becomes ANNINGTON ROAD.
7. **DANGER** – Drive carefully through these small hamlets. Watch out for participants emerging onto the road from the right.
8. Drive through BOTOLPHS.
9. Checkpoint 6 is in a large field on the left, 100m past the BOTOLPHS sign.

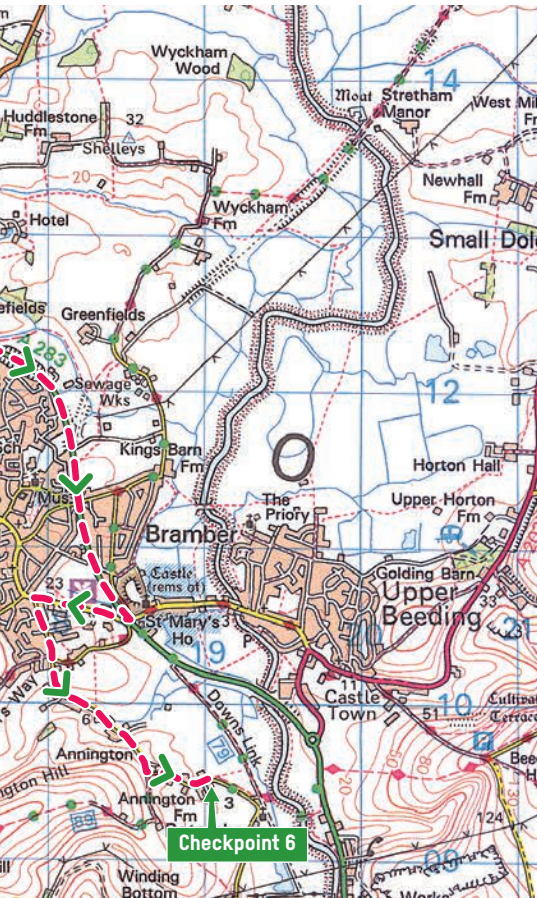
Arrival at checkpoint 6


- Take care when driving through the gateway, keeping a lookout for pedestrians and other vehicles.
- Please **DO NOT** approach checkpoint 6 from the A27

THE CUT-OFF TIME FOR THIS CHECKPOINT IS 02:30 SUN. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.

Support advice

- The next stretch involves a prolonged ascent onto a high ridge, which can expose participants to unrelenting sun, wind, rain, or a drop in temperature.
- Bear in mind the temperature can drop rapidly after sunset.
- The weather at the top can be very different from the conditions at checkpoint 6.
- Ensure that teams leave the checkpoint with plenty of water and adequate protection from the elements.





CP 5: seemingly.delight.enlighten
 CP 6: january.already.choppers

stage 7

Start

From: Checkpoint 6 (Botolphs)
To: Checkpoint 7 (Devil's Dyke)

TQ191 095
TQ258 107



69.5KM

Finish

Special note

- Please follow the directions away from checkpoint 6 to avoid congestion on the narrow B-road.

Departure from checkpoint 6

- **DANGER** – Be aware of pedestrians and vehicles entering field.

Directions

1. Turn LEFT out of field and head SOUTH on B-road towards SHOREHAM for 2½ miles.
2. At the junction with the A27, turn LEFT and head EAST towards BRIGHTON.
3. Continue on A27 through Southwick tunnel.



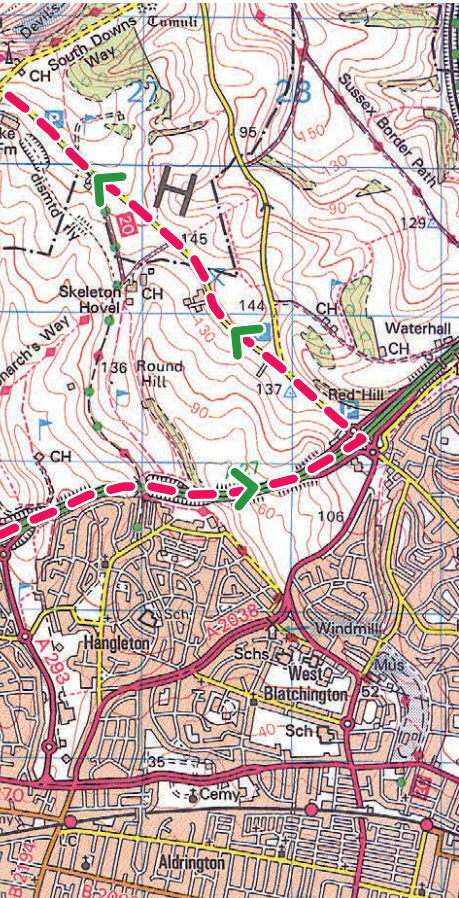
Travel times	Support Crew vehicle	Teams which complete the course in:			
		12 hours	18 hours	24 hours	30 hours
Hours:minutes	00:25*	01:07	01:41	02:15	02:49

- Take exit for A2038 HOVE & DEVIL'S DYKE. At roundabout turn LEFT and follow signs for DEVIL'S DYKE. Where the road bends RIGHT take the LEFT turn (straight ahead) following signs to DEVIL'S DYKE.
- At next right bend exit LEFT towards the gate and enter car park.

Arrival at checkpoint 7

- Approach at a safe speed, bearing in mind the narrow and winding road, likelihood of oncoming traffic and pedestrians. Follow the directions of the traffic marshal who will guide you into the car parking area.

THE CUT-OFF TIME FOR THIS CHECKPOINT IS 04:30 SUN. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.



Support advice

- Hot food and drinks are available at checkpoint 7. Please give priority to participants in need of hot food and somewhere to sit.
- Encourage your team to put on warm clothing before they become cold.
- Checkpoint 7 is a psychological milestone. Your team is now two-thirds of the way along the trail. Many teams will arrive late at night and tired after a full day's walking. There is a fine balance between resting properly and staying too long.
- It can be a real test of teamwork to persuade the team out of the warmth and comfort and back out into the elements!
- To overcome the inevitable inertia, promise to have another treat ready for them at the next checkpoint (such as cake or hot chocolate).



CP 6: january.already.choppers
 CP 7: tenders.vowed.ourselves

stage 8

From: Checkpoint 7 (Devil's Dyke)
To: Checkpoint 8 (Jack and Jill)

TQ258 107
TQ304 133

Start

 76.4KM

Finish



Travel times	Support Crew vehicle	Teams that complete the course in:			
		12 hours	18 hours	24 hours	30 hours
Hours:minutes	00:10	00:49	01:14	01:39	02:04

Departure from checkpoint 7

- **DANGER** – Take care when you rejoin the main road.

Directions

1. Go out of car park and head straight on.
2. At road junction turn LEFT and pass the Dyke Golf Course.
3. At next T-junction, turn LEFT. DANGER – blind summit.
4. DANGER – Beware of participants crossing the road.
5. At roundabout, turn RIGHT towards PYECOMBE.
6. At next roundabout, turn LEFT onto the slip road and join A23 heading SOUTH towards BRIGHTON.
7. Take next exit signed HASSOCKS A273.
8. At junction, turn RIGHT, signposted A273 HASSOCKS, continue under bridge.
9. At T-junction turn LEFT, heading NORTH along A273 signed HASSOCKS.
10. After PYECOMBE GOLF COURSE take next RIGHT on to Mill Lane at brown sign for 'JACK and JILL (Windmills)'. The brown sign may be covered by overgrown tree branches so keep a keen look out.
11. Turn RIGHT into the field opposite the public carpark.

Arrival at checkpoint 8

- Approach slowly and follow the marshal's directions.
- **DANGER** – Be aware of traffic attempting to exit and pedestrians entering and exiting.
- DO NOT park in the public car park. This should be left for members of the public; the event relies on their goodwill.

THE CUT-OFF TIME FOR THIS CHECKPOINT IS 06:30 SUN. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.

Support advice

- Your team is now facing the last quarter and have recently stopped for food and a rest – typically a low point of any endeavour. After the high of passing half way, morale drops as things become tougher, teams are more tired, and the end seems no nearer. Many teams also walk this stretch in the small hours of Sunday morning.
- The next stage is one where teams need extra support – why not join them for this one to keep them going?
- If any member of the team drops out, please ensure that the Race Organisers know, by alerting the staff at the checkpoint or by calling Event Control.



CP 7: tenders.vowed.ourselves
 CP 8: yourself.firm.newlyweds

stage 9

Start

From: Checkpoint 8 (Jack and Jill)
To: Checkpoint 9 (Kingston Hollow)

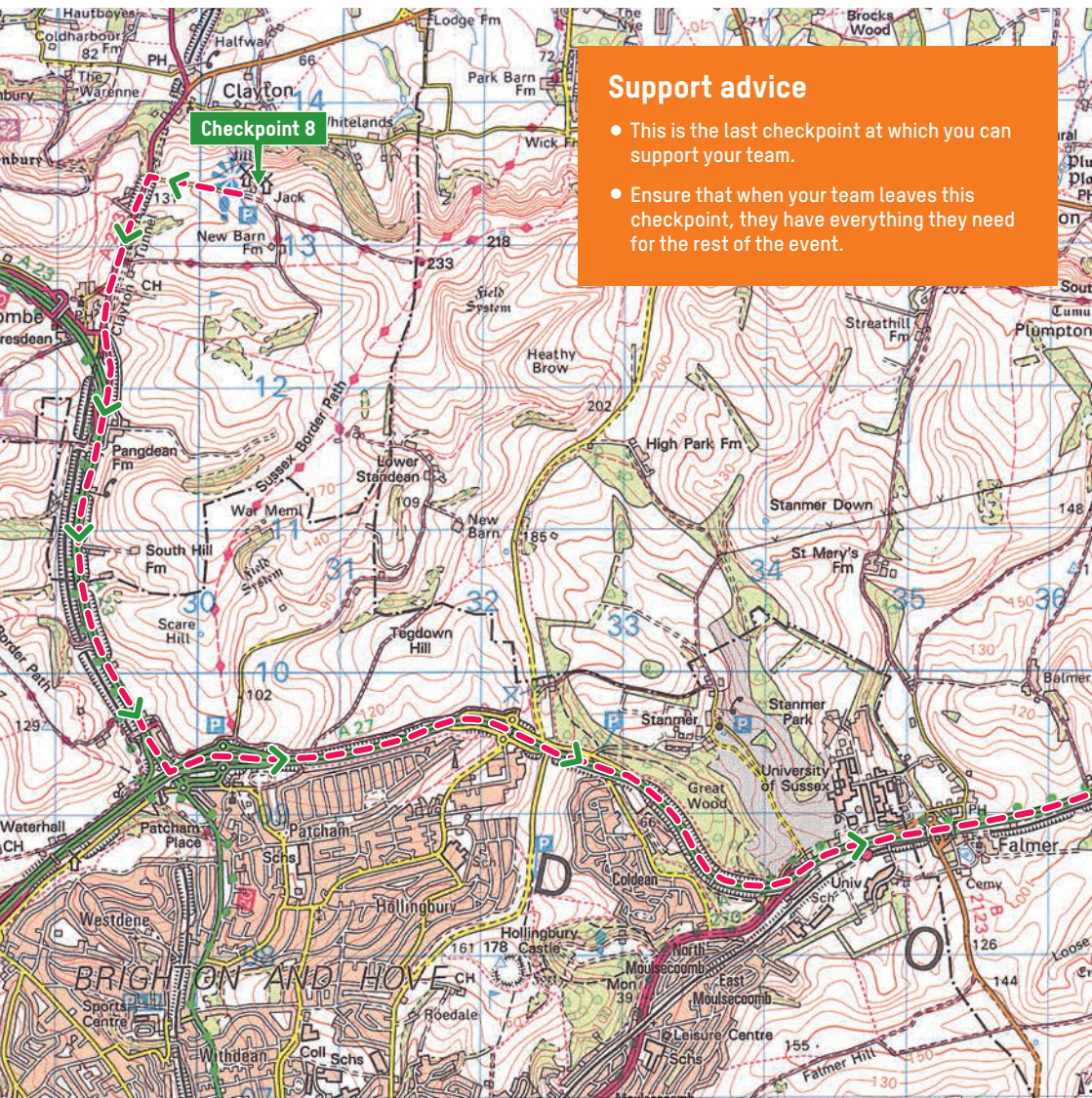
TQ304 133

TQ392 087

90.2KM



Finish



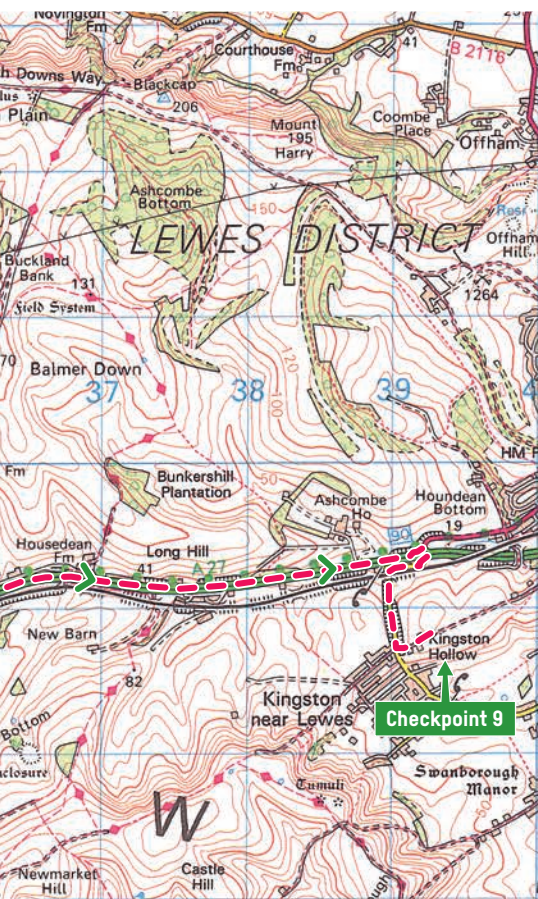
Support advice

- This is the last checkpoint at which you can support your team.
- Ensure that when your team leaves this checkpoint, they have everything they need for the rest of the event.

Travel times	Support Crew vehicle	Teams that complete the course in:			
		12 hours	18 hours	24 hours	30 hours
Hours:minutes	00:25	01:39	02:29	03:19	04:08

Departure from checkpoint 8

- **DANGER** – Be aware of pedestrians using the same exit.
- **DANGER** – Be aware of vehicles attempting to enter the car park at the same time you try to leave it.




Directions

1. Retrace the drive down the hill. At T-junction turn LEFT onto A273.
2. Continue on A23 towards BRIGHTON.
3. After approximately 2½ miles take the slip road signposted A27 LEWES.
4. Continue for 9 miles on A27; after 50mph sign at the roundabout turn RIGHT onto Ashcombe Hollow towards KINGSTON near LEWES.
5. Go under the railway bridge and continue to the crossroad.

Arrival at checkpoint 9

- Turn LEFT and you'll be directed by marshals.
- **DANGER** - this is a single track road, please DO NOT enter until a marshal tells you the track is clear. Cars may be queuing on the road as you approach.
- Drive slowly up the narrow road and follow the marshal's directions.
- **DANGER** – vehicles will be attempting to leave through the same gate.
- **DANGER** – Be aware of participants entering through the same gate.

THE CUT-OFF TIME FOR THIS CHECKPOINT IS 10:30 SUN. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.

 CP 8: yourself.firm.newlyweds
CP 9: herb.exchanges.lonely


stage 10

Start

From: Checkpoint 9 (Kingston Hollow)
To: Finish point (Brighton Racecourse)

TQ392 087
TQ332 052



 CP 9: herb.exchanges.lonely
FINISH: hedge.album.crowd

Travel times	Support Crew vehicle	Teams that complete the course in:			
		12 hours	18 hours	24 hours	30 hours
Hours:minutes	00:20	01:09	01:45	02:20	02:56

Special note

- There is no vehicle access to the water stop at Woodingdean, so Support Crews must travel directly from checkpoint 9 to the Finish.

Departure from checkpoint 9

- **DANGER** – Be aware of pedestrians using the same exit.
- **DANGER** – Be aware of vehicles attempting to enter car park at the same time as you try to leave it.

Directions from checkpoint 9 to finish at Brighton Racecourse, Freshfield Road, Brighton, East Sussex, BN2 9XZ

1. Turn RIGHT out of checkpoint onto ASHCOMBE HOLLOW.
2. Take the first LEFT at roundabout onto A27 and follow signs for BRIGHTON.
3. Turn off A27 at the B2123 FALMER exit.
4. At mini-roundabout, take 1st exit and head SOUTH towards WOODINGDEAN and ROTTINGDEAN.

5. At WOODINGDEAN, turn RIGHT onto Wilson Road at traffic lights (Downs Hotel on right) and follow signs for BRIGHTON RACECOURSE.
6. Continue EAST through the traffic lights on the B-road for 2 miles. Race track is on left.
7. Just beyond the garden centre, turn LEFT onto Freshfield Road and head uphill.
8. At Brighton Racecourse, turn LEFT into Racecourse grounds and only park in the designated area.
9. Make your way on foot to the finish area.

Support advice

- Your team will be exhausted and footsore, and may well be cold if arriving in the early hours of the morning. Be prepared at the finish line with blankets/ coats/ spare shoes or flip flops.
- There will be hot drinks and food available indoors at the finish.
- Remind your team there are also changing facilities if they wish to use these before tucking into a delicious Gurkha curry!

Congratulations!
You just got your team through
the challenge of a lifetime.
You are Trailwalker Strong.

IN AN EMERGENCY

Traffic accidents

First contact the emergency services on 999, then your team.

Unable to reach a checkpoint

If, for any reason, you cannot reach a checkpoint, contact your team directly to make alternative arrangements.

Emergency support

While Trailwalker provides emergency assistance for walkers, there is no backup or transport for Support Crews. We highly recommend that you arrange breakdown cover for the vehicles you use. The Event Control number is the main number for walkers in distress. Support Crews should only use this number if a team member retires, or if you are in serious trouble and unable to contact your team yourself. In this event, a message will be relayed to your team at the next checkpoint.

Retiring from the event

If a member of your team is unable to continue, you must inform an event coordinator at the next checkpoint. If anyone retires between checkpoints please inform Event Control. **THIS IS ESSENTIAL FOR SAFETY REASONS.**

If a whole team withdraws, make sure you do the same, and also hand in the GPS tracker to a checkpoint coordinator.

Unless it is an emergency, it is your responsibility to collect your team. In all circumstances, it is important for you to inform Event Control or the checkpoint co-ordinator of any drop-outs from the event so that search parties are not unnecessarily dispatched.

Teams of three may continue unassisted. Teams of just two members must find another team to formally accept responsibility for them for the remainder of the course. The Checkpoint Coordinator must be notified and give their consent for the team change.

When you contact Event Control, please state:

- Your location: be exact by giving a Grid Reference or an accurate description
- Your mobile telephone number
- What help you require
- Your name and team name
- Time of the incident
- Name of the casualty
- What happened
- What treatment has already been given
- Any other relevant information.

In an emergency during the event, call Event Control:



or

07387 850 280
07437 981 155