

MAP & EVENT GUIDE

SUPPORT CREWS

19-21 SEPTEMBER 2025

TRAILWALKER

4 PEOPLE | 100KM | 30 HOURS



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WELCOME TO TRAILWALKER!

As Support Crew, you are the glue that holds your team together, carries their spare kit, refuels them at checkpoints and provides the support and encouragement that will keep them going. As a vital part of the team this guide is for you, and covers everything you need to know to get your team across the South Downs in under 30 hours.

Good Luck!

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We would like to thank the following for their continued support of Trailwalker: the Queen's Gurkha Signals, The Gurkha Welfare Trust, Queen Elizabeth Country Park and Brighton Racecourse.

REGISTRATION - FRIDAY 19 SEPTEMBER 16:00 - 21:30

Registration takes place at the start: **Queen Elizabeth Country Park, Petersfield PO8 0QE.** All members of the team **MUST** register on the Friday evening. Support Crews are not required to register on the Friday, although most will travel with their team. Either way please ensure you collect your vehicle pass from the Team Leader.

REGISTRATION PROCEDURE

Step	Who	What	Where
1	Team Leader	Collect Registration Pack & Vehicle Pass.	Registration Desk 1
2	All Team Members	Check details and sign registration form.	
3	Team Leader	Return completed forms. Collect GPS tracker.	Registration Desk 2
4	Any Team Member	Collect T shirts	T Shirt Tent

There will also be GWT and Trailwalker merchandise available to purchase at registration.

START TIMES

Teams must be at the start area **15 minutes before their start time.** The start line is 5 minutes walk from the Registration area. Teams will be informed of their start time by email prior to the event.

Start Time	Arrive at Start
06:00	05:45
06:30	06:15
07:00	06:45
07:30	07:15
08:00	07:45

GPS TRACKING

Trailwalker uses GPS trackers to monitor each team's progress. The trackers help us reach teams quickly in the event of an accident or emergency. They also allow the support crew to follow their live location on the route. At registration the team will receive information on how to view the live tracker via the Trailwalker website.



GETTING TO THE START / REGISTRATION

Please note: registration and parking is in a field on the **west** side of the A3, close to Queen Elizabeth Country Park. **Please do not park in the public car park.**

From the north: Follow the A3 south from Petersfield for approx. 4 miles. When you see the sign for QE Country Park take the slip road to the left. Keep left, following the road round and under the A3. Take the track to the left before the slip road rejoins the A3.

From the south: Follow the A3 north from Horndean for approx. 4 miles. When you see the sign for QE Country Park take the slip road to the left. Drive slowly and look for the track a short way along on the left.

Look for the marshalls who will direct you where to park.

The car park is in the field next to the registration area. **Please note all vehicles MUST be removed from the car park by 12:00 Saturday 20th September.**

FACILITIES

FOOD & DRINK

Some catering is provided at the event - there will be enough for the four team members and two Support Crew. There will be vegetarian options but we cannot guarantee to cater for vegans or those with intolerances.

Water taps are provided at all checkpoints so you can top up your water containers. There are two additional water stations on

the route for walkers (not accessible to Support Crews.)

We aim to provide hot water at checkpoints but can't guarantee this - please make sure you have a portable stove to make hot drinks for your team.

You will be carrying extra food and drink to refuel your team at checkpoints. For more information on nutrition and what to bring, download the Training Guide from trailwalker.gwt.org.uk/resources.

Day	Time	Meal	Location
FRIDAY	18:00 - 22:00	Pasta	Queen Elizabeth Country Park
SATURDAY	05:00 - 09:00	Cooked breakfast	Queen Elizabeth Country Park
	15:00 - 05:00	Hot meal	CP7 - Devil's Dyke
	19:00 - 03:00	Hot meal	Brighton Racecourse
SUNDAY	03:00 - 11:00	Cooked breakfast	Brighton Racecourse
	11:00 - 16:00	Nepalese Gurkha Curry	Brighton Racecourse

TRANSPORT & PARKING

Choosing your vehicle

Whether you take your own vehicle or hire a minibus, you will need enough space for the whole team (in case they have to retire) as well as your Support Crew and all your equipment.

It is a good idea to do at least one training walk with your Support Crew and all your kit, so you can make sure everything fits in the vehicle.

Size restrictions apply: vehicles must be no larger than a 12-seater minibus (2.5m high and 5.5m long).

Your team will be given one vehicle pass for your Support Crew - this must be displayed to give you access to each checkpoint.

Please note: most checkpoints are located on farm fields and access may be via a narrow track. Also entrance and exit points can get very muddy. Be prepared!

Parking

There is parking in the field next to the Registration area overnight Friday and on Saturday morning. Do not drive into the camping area.

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

Parking is available at Brighton Racecourse from 18:00 on Friday until 17:00 on Sunday. After this time the exit gate will be locked.

There is also ample parking for friends, family and supporters at Brighton Racecourse - all are welcome to come and cheer you through the finish!



ACCOMMODATION

You're going to need somewhere to rest before, during and after the event – plan well in advance, particularly if you need to book local accommodation.

All participants must register on the Friday evening so will need to sleep at, or close to, the start on the Friday night.

All are invited to a performance by the Band of the Brigade of Gurkhas on the Friday night, followed by a pasta party. It's a great opportunity to relax, enjoy the pre-event atmosphere and meet other participants.

Friday night camping at the start

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 and camping gear. Toilets and drinking water will be available.

Saturday night accommodation

A Support Crew of four is ideal so you can work in shifts over the weekend. You will need to sleep at some point! Many people will manage to sleep in their vehicle, but if you need local accommodation visit:

www.nationaltrail.co.uk/en_GB/trails/south-downs-way/accommodation/

Saturday night camping at the finish

Courtesy of Brighton Racecourse there will be free camping at the finish from 12:00 on Saturday until 17:00 on Sunday.

No vehicles are permitted in the camping area - please park your vehicle in the car park after unloading. Camping is not permitted in the car park.

Please note the site must be clear by 17:00 on the Sunday and there is no facility for camping on the Sunday night.



Sunday night accommodation

Participants will be exhausted after the event, and it's likely Support Crews will have had very little sleep too! We recommend you stay overnight in the Brighton area before travelling home.

For details of local accommodation see:

www.visitbrighton.com



TOILETS & SHOWERS

There will be portable toilets at Queen Elizabeth Country Park, at every checkpoint and at Brighton Racecourse.

There will also be showers at the finish and space inside the main building for teams to change, rest and eat.



LOST PROPERTY

If you mislay anything at the event please email trailwalker@gwt.org.uk with a description of the item. After three months any unclaimed items will be disposed of or donated to charity.

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



SUPPORT CREW CHECKLIST

As Support Crew you are responsible for carrying your team's spare kit as well as enough food and drink to fuel them across the course. Use the checklist below to ensure you have everything needed for your team and for yourselves (remember Support Crews need to eat too!) There's space to add any extras to meet your team's specific needs.

It can get very cold at night and you may be waiting around at checkpoints so make sure you have warm and waterproof clothes for yourself.

You must have a minimum of two in your Support Crew, ideally you will take it in turns to drive. Bring a pillow/ sleeping bag/ blanket so you can rest when you're not on duty.

IN SUPPORT CREW VEHICLE	
<input type="checkbox"/> Support Crew Guide (supplied at registration)	<input type="checkbox"/> Rubbish bags
<input type="checkbox"/> Vehicle Pass (supplied at registration)	<input type="checkbox"/> Portable gas stove
<input type="checkbox"/> 2 x Ordnance Survey maps (OS Landranger 197 and 198)	<input type="checkbox"/> Cooking equipment
<input type="checkbox"/> Paper and pen	<input type="checkbox"/> Cups, plates, cutlery
<input type="checkbox"/> List of contact numbers	<input type="checkbox"/> Travel pillow and sleeping bag
<input type="checkbox"/> Mobile phones and chargers	<input type="checkbox"/> Champagne for the finish!
<input type="checkbox"/> Warm and waterproof clothing	<input type="checkbox"/> A surprise for your team...
<input type="checkbox"/> Sun protection	<input type="checkbox"/>
<input type="checkbox"/> 2 x high visibility vests	<input type="checkbox"/>
<input type="checkbox"/> Torch & spare batteries	<input type="checkbox"/>
<input type="checkbox"/> First Aid kit	<input type="checkbox"/>
<input type="checkbox"/> Tent or gazebo	<input type="checkbox"/>
<input type="checkbox"/> Ground mat / picnic blanket	<input type="checkbox"/>
<input type="checkbox"/> Camping chairs	<input type="checkbox"/>
<input type="checkbox"/> Picnic table	<input type="checkbox"/>
<input type="checkbox"/> Blankets	<input type="checkbox"/>
<input type="checkbox"/> Large water container	TEAM SPARE KIT
<input type="checkbox"/> Cool box	<input type="checkbox"/> Team's kit bags
<input type="checkbox"/> Thermos flask	<input type="checkbox"/> Waterproof jacket and trousers
<input type="checkbox"/> Isotonic drinks	<input type="checkbox"/> Fleece or warm jacket
<input type="checkbox"/> Food	<input type="checkbox"/> Spare clothing & footwear

NAVIGATION

It is essential that your team and Support Crew carry Ordnance Survey Landranger Maps 197 (Chichester & the South Downs) and 198 (Brighton & Lewes) and that you know how to read them.

The directions in this booklet are intended to help you plan the best route between checkpoints. We deliberately prioritise major roads to minimise disruption to local communities.

Please note we don't provide postcodes for Support Crews because most checkpoints are on farmland or in rural locations and SatNav will not get you to the exact location. Please follow the printed guide or use what3words.

Driving instructions are accurate at the time of printing, but do be prepared for unexpected road works or road closures and allow extra time to travel between checkpoints.

AT CHECKPOINTS

Checkpoints will be manned by soldiers from the Queen's Gurkha Signals, GWT staff and volunteers. Please follow their instructions at all times.

- Your vehicle pass must be clearly displayed to allow entry.
- Some checkpoints have separate entry points for walkers and vehicles - please follow marshall instructions.
- Early checkpoints will be very busy - be alert to other vehicles and give way to pedestrians at all times.
- Some fields are prone to waterlogging and entry/ exit points can become very muddy and slippery. Please minimise damage by driving slowly in a low gear.
- If you become stuck DO NOT rev the engine - ask for help!

WHAT3WORDS

We use **what3words** to give you a precise location for each checkpoint. You can download the app on a smartphone and can also link it to your SatNav app.

DOGS

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

KEEP YOUR TEAM MOTIVATED...

One of the most important roles of the Support Crew! Here are a few ideas:

- Gather messages of support from family and friends, and put up a 'message board' at checkpoints.
- Play their favourite song or write a song for them!
- Surprise them with a fancy dress or themed checkpoint to give them a boost to get them through the night section.
- Prepare a foodie surprise, whether it's a bacon sandwich, home-made cake or their favourite sweets
- Head out to meet the team and walk into the checkpoint with them.
- Accept that there may be times when team members need their own space and are best left alone!

COOKING SAFETY

Camping gas stoves are allowed but only if operated safely and with due consideration to others.

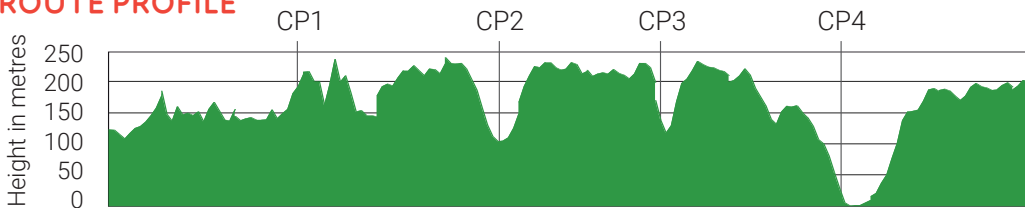
Open fires, BBQs and petrol-type cookers are not permitted due to the increased fire risk.

YOUR TEAM EVENT PLAN

You should have already made an Event Plan with your team with estimated time to complete each stage and planned time for rest breaks at each checkpoint. It will help you to be ready for your team's arrival at checkpoints.

	STAGE	STAGE DISTANCE (km)	↑ ASCENT (m)	↓ DESCENT (m)	TOTAL DISTANCE (km)	Estimated stage time
	START TIME:					
1	Start to CP1 Harting Down	9.6	300	210	9.6	
2	CP1 - CP2 Hilltop Farm	10.4	290	390	20.0	
3	CP2 - CP3 Littleton Farm	8.3	190	175	28.3	
4	CP3 - CP4 Houghton	9.3	180	300	37.6	
5	CP4 - CP5 Washington	12.5	280	220	50.1	
6	CP5 - CP6 Botolphs	10.0	210	270	60.1	
7	CP6 - CP7 Devil's Dyke	9.4	330	130	69.5	
8	CP7 - CP8 Jack and Jill	6.9	190	230	76.4	
9	CP8 - CP9 Kingston Hollow	13.8	264	325	90.2	
10	CP9 - Finish	9.8	266	160	100	

ROUTE PROFILE

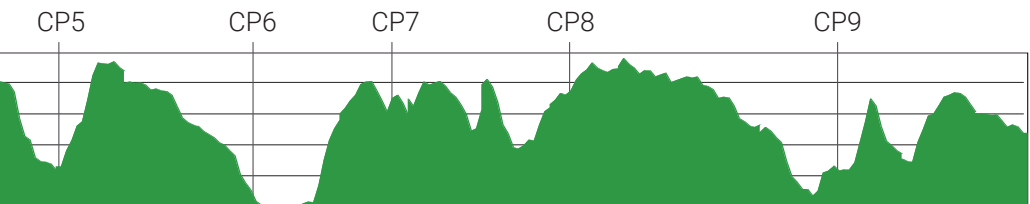


CUT OFF TIMES. Teams have 30 hours to complete Trailwalker. There is a cut off time for each checkpoint. **To continue in the event your team must leave each checkpoint before the cut-off.** A 'Sweeper Team' from QGS will follow the last team.

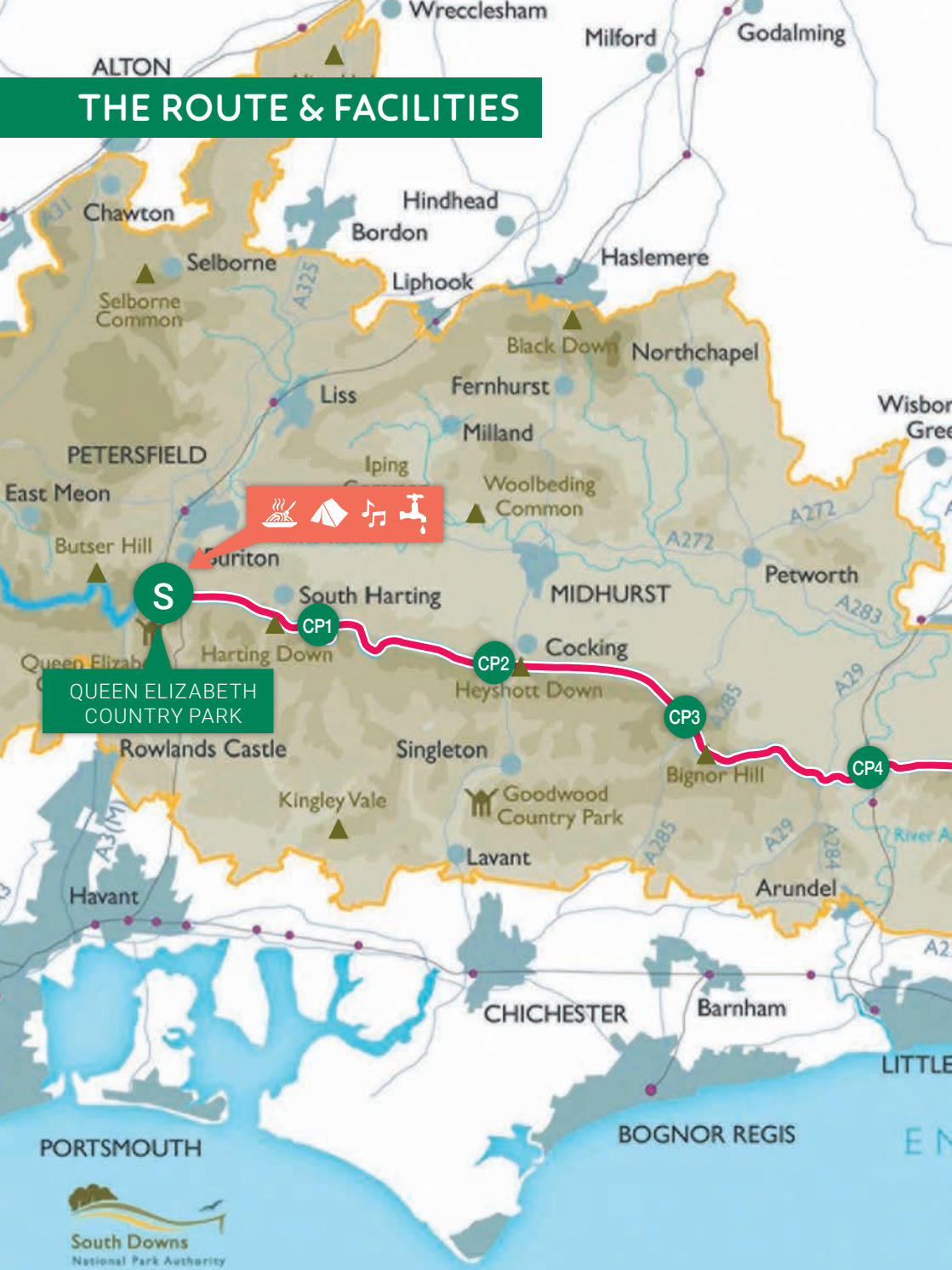
TRAVEL TIME - SUPPORT CREWS. These are estimated based on normal weekend road conditions. You should check the travel news regularly: in case of an accident or road closure you will need to allow extra time to re-route

Arrive at CP clock time	Break	Depart CP clock time	CUT OFF TIME FOR THIS STAGE
			SAT 11:00
			SAT 14:00
			SAT 16:30
			SAT 19:15
			SAT 23:00
			SUN 02:00
			SUN 04:50
			SUN 06:45
			SUN 11:00
	-	-	SUN 14:00

TRAVEL TIME BETWEEN CHECKPOINTS (hh:mm)	
1	00:30
2	00:25
3	00:20
4	00:30
5	00:20
6	00:30
7	00:25
8	00:10
9	00:25
10	00:20














THE ROUTE & FACILITIES





KEY

- | | |
|--|---|
| S Start |  South Downs National Park |
| F Finish |  South Downs Way |
| CP Checkpoint |  Railway |
|  Hot food available |  Countryside sites |
|  Cultural show |  Settlement |
|  Massage available | |
|  Camping | |
|  Water station | |
|  Showers | |

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.

stage 1



9.6KM

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

TRAVEL TIME FOR SUPPORT CREW: 30 MIN



Consider going directly to Checkpoint 2 if your team aims to finish stages 1-2 in under 4 hours

IMPORTANT INFORMATION

- The majority of Support Crews will be travelling from the start to checkpoint 1 at the same time and following the same route. To minimise impact on local communities, please keep to major roads as much as possible.
- 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.
- You may choose to skip checkpoint 1 if you have a fast/ well trained team. Team members will still be able to top up on drinking water at the checkpoint.
- Drive carefully and slowly – you have ample time to travel between checkpoints as you will be going faster than your team!

LEAVING THE START

- Take everything with you. There will be no access to the start area after midday on Saturday.
- If you have camped overnight, aim to have your vehicle be packed up and ready to leave 30 minutes before your team's start time.
- Please note: vehicles are not allowed in the camping area. Please carry everything to your vehicle in the car park.
- The exit from the start area will be very busy - please be patient and follow the traffic marshals' directions.

DIRECTIONS

1. Follow marshal's directions out of the car park.
2. Head NORTH on A3 towards LONDON and take first exit signposted PETERSFIELD
3. At roundabout, turn LEFT signposted PETERSFIELD.


4. Keep heading towards the town centre.
5. At PETERSFIELD, go past TESCO on your left and turn RIGHT onto B2146 towards SOUTH HARTING.
6. At SOUTH HARTING turn RIGHT at 'The Ship' pub, heading SOUTH towards Emsworth B2146.
7. After 0.5 mile, turn LEFT for the B2141 and SOUTH-EAST towards CHICHESTER.
8. Follow lane up to the top of HARTING DOWN.
9. DANGER – Watch for traffic marshals guiding participants across road.
10. 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.

Please leave the main parking area free for members of the public.

THE CUT-OFF TIME FOR CHECKPOINT 1 IS 11:00 SAT. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.

	OS map ref	 what3words
START	SU717 187	vaulting.skilllet.detail
CP1	SU790 181	fork.syndicate.mammals

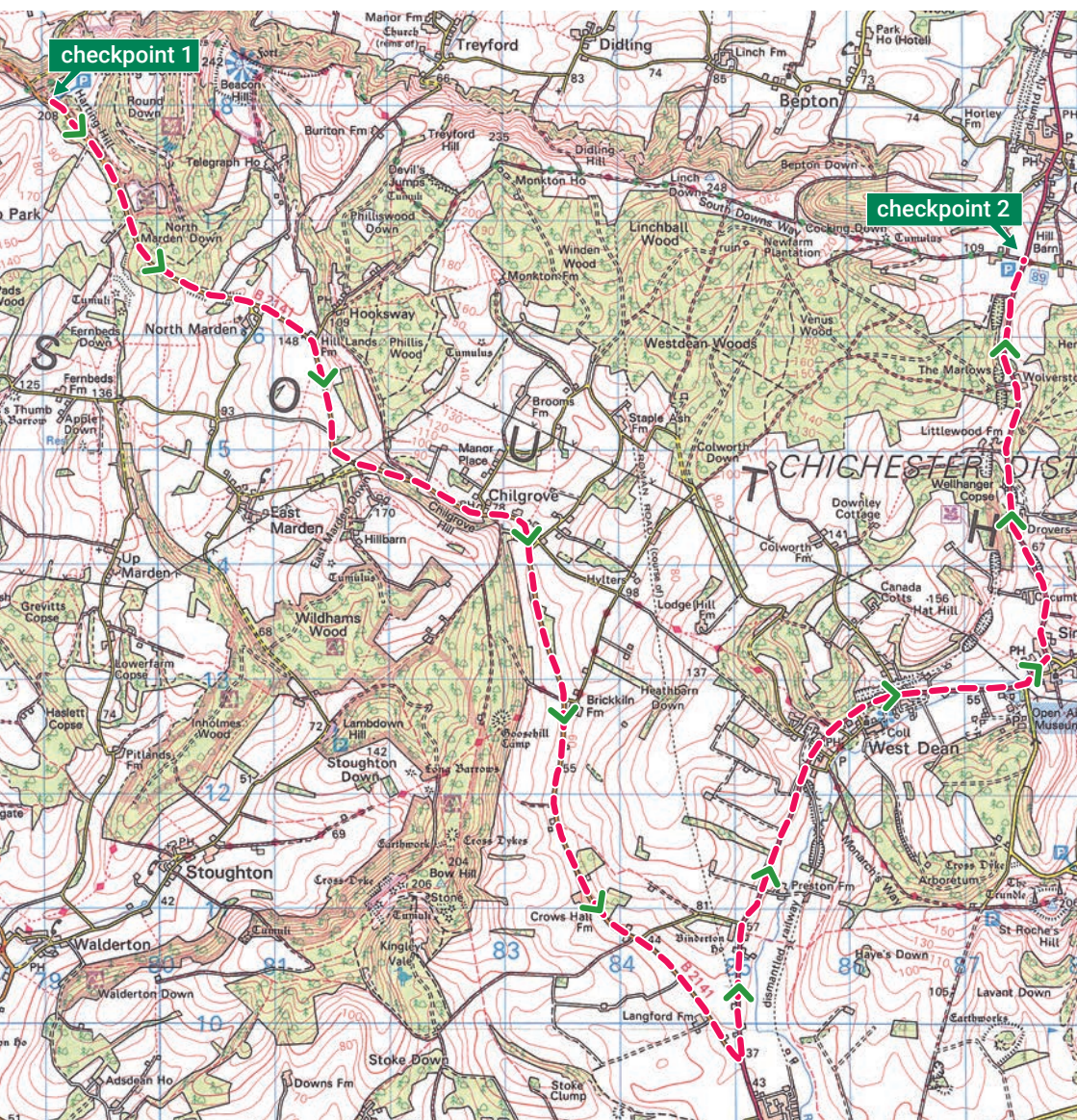
stage 2



20KM

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

TRAVEL TIME FOR SUPPORT CREW: 25 MIN



IMPORTANT INFORMATION

- 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.
- 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.

DEPARTING 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.
5. Where the South Downs Way crosses the A286, you'll see a crossroads with an 'English Woodlands Timber Ltd' sign. Checkpoint 2 is in the field on the RIGHT.

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 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 if it's muddy.
- 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 TO LEAVE CHECKPOINT 2 IS 14:00 SAT.

SUPPORT CREW ADVICE

If traffic is light you may have time on your hands before your team arrive, and probably won't need to rest yet!

Use the time to check your Team Event Plan, organise your supplies and think about what you will need at the next checkpoint.

	OS map ref	 what3words
CP1	SU790 181	fork.syndicate.mammals
CP2	SU875 167	weedy.hairspray.zooms

stage 3

From: Checkpoint 2 (Hilltop Farm)

To: Checkpoint 3 (Littleton Farm)



28.3KM

TRAVEL TIME FOR SUPPORT CREW: 20 MIN



IMPORTANT INFORMATION

- 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.
- 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.

DEPARTING 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

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

DANGER – Be aware that participants and vehicles may be leaving the field by the same route and that they may be obscured from 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 TO LEAVE CHECKPOINT 3 IS 16:30 SAT.

SUPPORT CREW ADVICE

Check the weather forecast - do you need to be prepared with sun cream or wet weather gear?

Encourage your team to stretch before they rest.

Top up water bottles and make sure the team are getting enough fluids.

	OS map ref	 what3words
CP2	SU875 167	weedy.hairspray.zooms
CP3	SU951 146	conquests.observers.crowd

stage 4

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



37.6KM

TRAVEL TIME FOR SUPPORT CREW: 30 MIN



DEPARTING 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.



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

DIRECTIONS


- Turn RIGHT onto A285, head SOUTH towards UPWALTHAM and CHICHESTER.
- At roundabout turn LEFT on A27 towards WORTHING and BRIGHTON.
- At the BOXGROVE roundabout take the second exit straight onto the A27 towards WORTHING and BRIGHTON.
- At FONTWELL, take the first exit at the roundabout towards A29, signed LONDON and DORKING. Continue on A29 at next roundabout.
- At the next roundabout, take the first exit on to the A29 towards LONDON and DORKING.
- At Whiteways Lodge roundabout, take second exit on to B2139 and head NORTH-EAST towards STORRINGTON, AMBERLEY and HOUGHTON.
- 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 TO LEAVE CHECKPOINT 4 IS 19:15 SAT.

	OS map ref	 what3words
CP3	SU951 146	conquests.observers.crowd
CP4	TQ017 118	nerd.actor.unloaded

stage 5

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

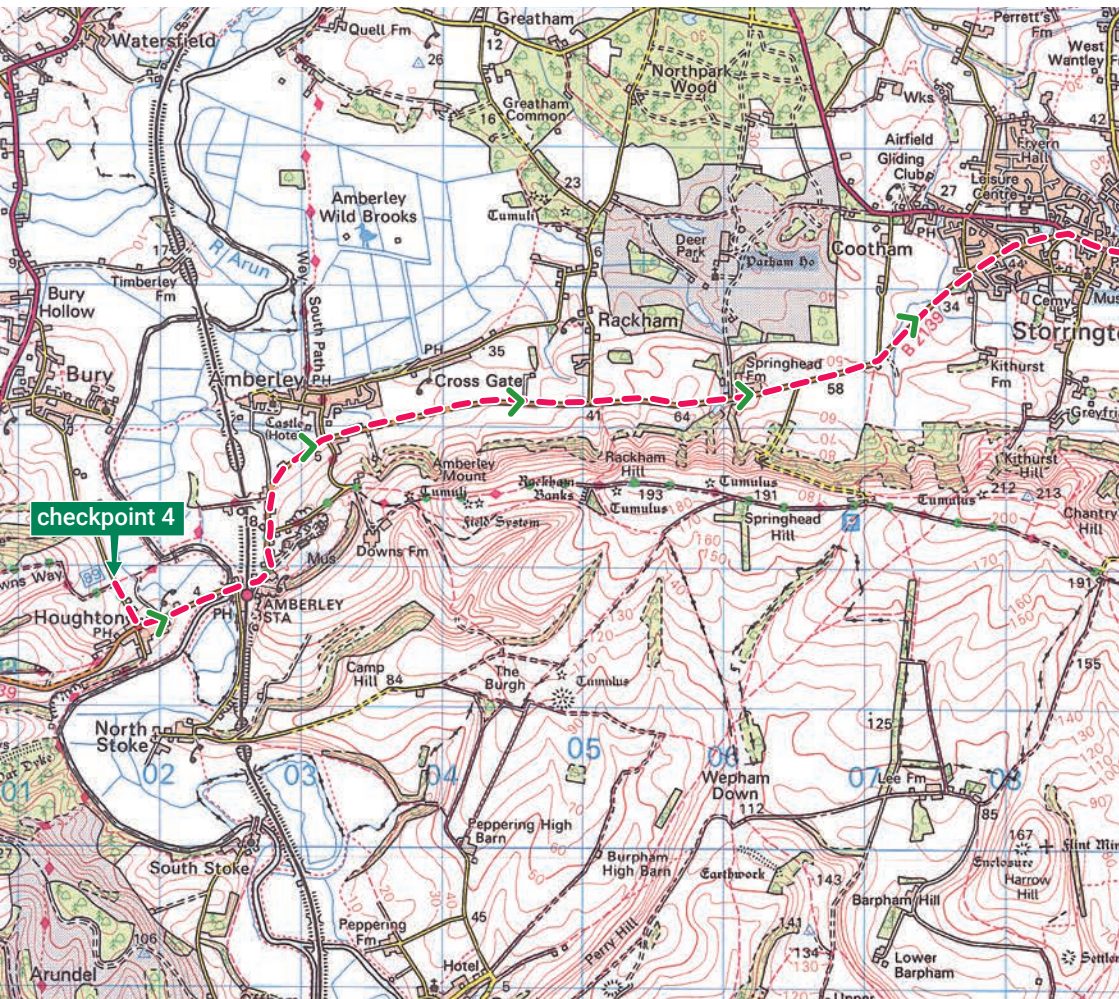


50.1KM

TRAVEL TIME FOR SUPPORT CREW: 20 MIN

HALFWAY THERE!

Congratulate your team - they have just passed the halfway mark. Have a special treat ready for them - a home-made cake or their favourite snack.



DEPARTING 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.

DIRECTIONS

- Exit checkpoint onto B-road back towards HOUGHTON.


- At T-junction turn LEFT and head NORTH-EAST on B2139 through AMBERLEY towards STORRINGTON.
- In STORRINGTON, at roundabout next to petrol station turn RIGHT on A283 towards STEYNING and STORRINGTON.
- Stay on A283 towards STEYNING.
- At WASHINGTON roundabout, take the THIRD exit onto the A24 heading south towards WORTHING.
- After approximately 2 miles take the exit towards LONDON/ HORSHAM.
- Keep left on the sliproad, follow the road round and rejoin the A24 travelling northbound.
- 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.
- Take the next LEFT and follow the road. You will see Windlesham School on your left.
- At the T-junction turn LEFT.
- 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 TO LEAVE CHECKPOINT 5 IS 23:00 SAT.



	OS map ref	 what3words
CP4	TQ017 118	nerd.actor.unloaded
CP5	TQ109 108	seemingly.delight.enlighten

stage 6

From: Checkpoint 5 (Washington)

To: Checkpoint 6 (Botolphs)



60.1KM

TRAVEL TIME FOR SUPPORT CREW: 30 MIN

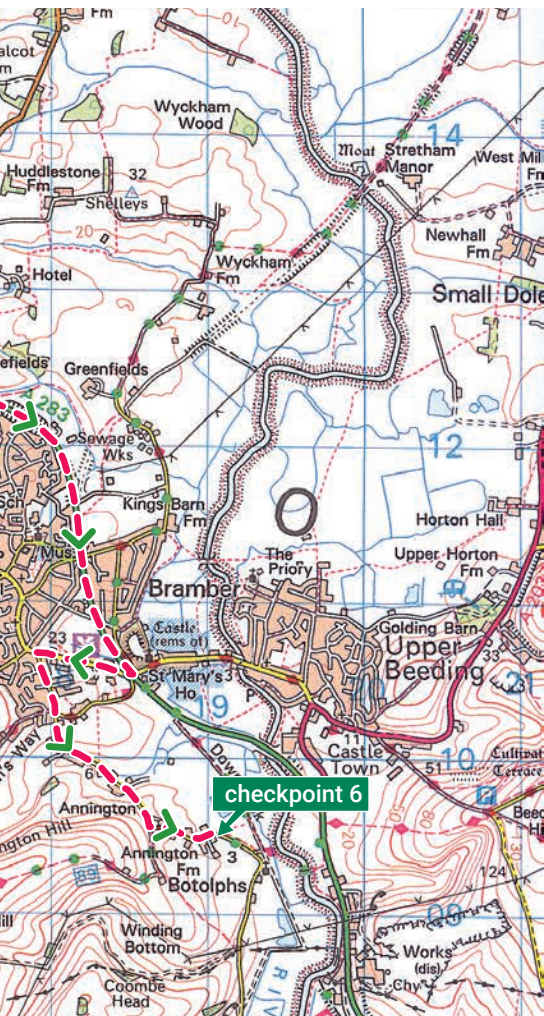
LAYER UP! The next stretch involves a prolonged ascent onto a high exposed ridge - make sure your team are carrying warm/ windproof clothing. Bear in mind the temperature can drop rapidly after sunset.



DEPARTING CHECKPOINT 5

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

Please follow the directions exactly and enter Botolphs from the north. Keep the road south clear for traffic exiting the checkpoint.



DIRECTIONS

- Exit the Checkpoint and turn LEFT onto the track.

DANGER - do not turn right to return the way you came, as you will block the road for support crews coming in.

- Turn LEFT onto the A24 towards WASHINGTON.
- At WASHINGTON roundabout, take the THIRD exit onto the A283 towards STEYNING.
- At BRAMBER roundabout, take 5th exit signposted STEYNING - Clays Mill Rd.
- Follow this road and turn LEFT down MAUDLIN LANE, which becomes ANNINGTON ROAD.

DANGER – Once you leave the main road, drive slowly and carefully as they are narrow country roads.

As you come into Botolphs slow down and watch out for participants emerging onto the road from the right. They will follow the road for a short while before entering the checkpoint.

- Drive through BOTOLPHS.
- Checkpoint 6 is in a large field on the left, 100m past the BOTOLPHS sign.

ARRIVAL AT CHECKPOINT 6

- The entrance to checkpoint 6 can get very muddy - drive in carefully in a low gear.
- When driving through the gateway, keep a lookout for pedestrians and other vehicles.

THE CUT-OFF TIME TO LEAVE CHECKPOINT 6 IS 02:00 SUN.

	OS map ref	 what3words
CP5	TQ109 108	seemingly.delight.enlighten
CP6	TQ191 095	january.already.choppers

stage 7

From: Checkpoint 6 (Botolphs)

To: Checkpoint 7 (Devil's Dyke)



69.5 KM

TRAVEL TIME FOR SUPPORT CREW: 25 MIN



DEPARTING CHECKPOINT 6

Please follow the directions out of checkpoint 6 - do not go back the way you came in as the road is too narrow for two-way traffic.

DANGER – Be aware of pedestrians and vehicles entering field.

DIRECTIONS

- Exit from the top of the field and turn LEFT onto the road.
- Head SOUTH on B-road towards SHOREHAM for 2½ miles.
- At the junction with the A27, turn LEFT and head EAST towards BRIGHTON.
- Continue on A27 through Southwick tunnel.
- 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

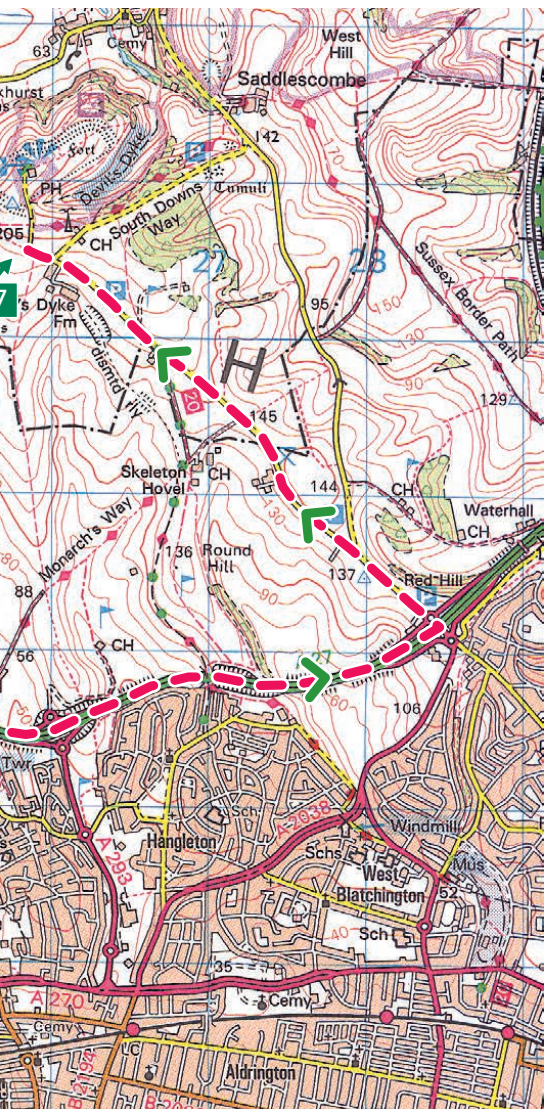
- Approach at a safe speed, bearing in mind the narrow and winding road, likelihood of oncoming traffic and pedestrians.
- Follow the directions of the traffic marshal who will guide you into the car parking area.

THE CUT-OFF TIME TO LEAVE CHECKPOINT 7 IS 04:50 SUN.

SUPPORT CREW ADVICE

Hot food and drinks are available at checkpoint 7 - allow extra time for your team to sit down and eat.

It can be a real test of teamwork to overcome the inertia and get the team going again, so promise a special treat at the next checkpoint!



	OS map ref	 what3words
CP6	TQ191 095	january.already.choppers
CP7	TQ258 107	tenders.vowed.ourselves

stage 8

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



76.4KM

TRAVEL TIME FOR SUPPORT CREW: 10 MIN



DEPARTING CHECKPOINT 7

- Be aware of pedestrians and other vehicles as you leave the checkpoint.

DANGER - watch out for traffic when you rejoin the main road.

DIRECTIONS

- Go out of car park and head straight on.
- At road junction turn LEFT and pass the Dyke Golf Course.
- At next T-junction, turn LEFT.

DANGER – blind summit.

DANGER – Beware of participants crossing the road from the left.

- At roundabout, turn RIGHT towards PYECOMBE.
- At next roundabout, turn LEFT onto the slip road and join A23 heading SOUTH towards BRIGHTON.
- Take next exit signed HASSOCKS A273.
- At junction, turn RIGHT, signposted A273 HASSOCKS, continue under bridge.
- At T-junction turn LEFT, heading NORTH along A273 signed HASSOCKS.
- After PYECOMBE GOLF COURSE take next RIGHT on to Mill Lane. Look for the brown sign for 'JACK and JILL (Windmills)'. The brown sign may be covered by overgrown tree branches so keep a keen look out.
- Turn RIGHT into the field opposite the public carpark.

ARRIVAL AT CHECKPOINT 8

DO NOT park in the public car park. This should be left for members of the public. Remember the event relies on the goodwill of local communities.

- Approach slowly and follow the marshal's directions.

Be aware of both pedestrians and traffic entering and exiting the checkpoint.

THE CUT-OFF TIME TO LEAVE CHECKPOINT 8 IS 06:45 SUN.

REMINDER: TO CONTINUE IN THE EVENT ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.

SUPPORT CREW ADVICE

Your team is facing the last quarter and many will be walking in the early hours of the morning. As they get more tired and the end still seems a long way off, they will need your support more than ever!


Make sure you have hot drinks, chairs and blankets ready, and encourage them to eat as they will need energy for the next stage.

If a member of the team drops out, make sure you inform staff at the checkpoint, or call Event Control (number on the back of this booklet).

Teams will not be allowed to continue with less than three participants. If more than one person retires, the remaining must find another team willing to take responsibility for them.

Give your team a boost by walking out to meet them at the 1km marker.



	OS map ref	 what3words
CP7	TQ258 107	tenders.vowed.ourselves
CP8	TQ304 133	yourself.firm.newlyweds

stage 9

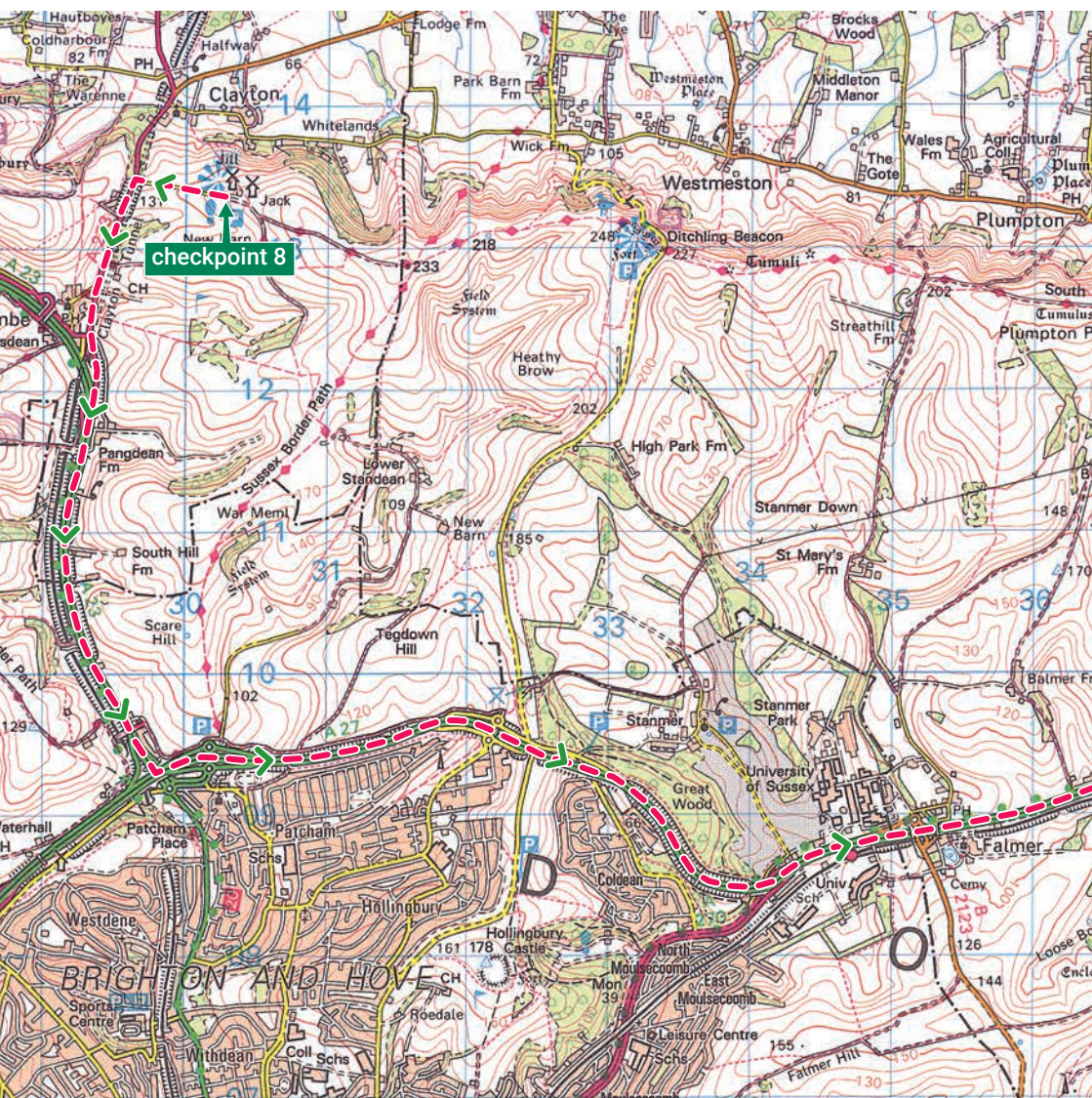
From: Checkpoint 8 (Jack and Jill)

To: Checkpoint 9 (Kingston Hollow)



90.2KM

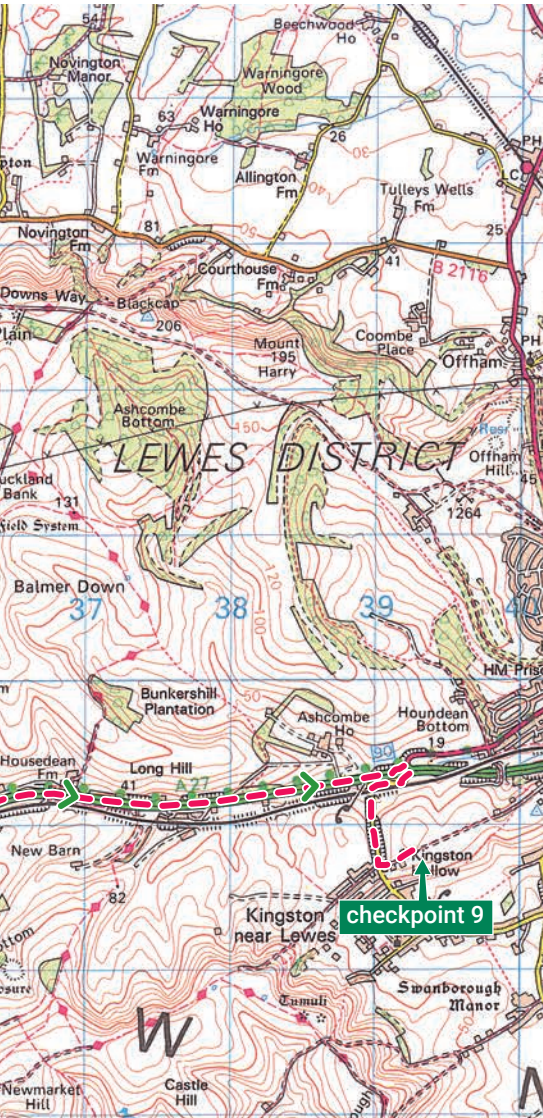
TRAVEL TIME FOR SUPPORT CREW: 25 MIN



DEPARTING CHECKPOINT 7

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

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

ARRIVAL AT CHECKPOINT 9

- Turn LEFT onto track and you'll be directed by marshals.

DANGER - this is a single track road, and vehicles will be entering/ leaving through the same gate.

Please DO NOT enter until a marshal tells you the track is clear. Cars may be queueing on the road as you approach.


- Drive slowly up the narrow road and follow the marshal's directions to park.
- Be aware of participants entering through the same gate.

THE CUT-OFF TIME TO LEAVE CHECKPOINT 9 IS 11:00 SUN.

SUPPORT CREW ADVICE

This is the last checkpoint at which you can support your team. Ensure that when they leave they have everything they need for the last stage (some teams pack a flag or banner to carry through the finish!)

The water station 4km further has **no access** for Support Crews.

	OS map ref	 what3words
CP8	TQ304 133	yourself.firm.newlyweds
CP9	TQ392 087	herb.exchanges.lonely

stage 10

From: Checkpoint 9 (Kingston Hollow)
To: FINISH (Brighton Racecourse)

100KM



TRAVEL TIME FOR SUPPORT CREW: 20 MIN



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

DEPARTING CHECKPOINT 9

- Be aware of pedestrians using the same exit.
- Be aware of vehicles attempting to enter the car park at the same time as you are leaving.

DIRECTIONS

- Turn RIGHT out of checkpoint onto ASHCOMBE HOLLOW.
- Take the first LEFT at roundabout onto A27 and follow signs for BRIGHTON.
- Turn off A27 at the B2123 FALMER exit.
- At mini-roundabout, take 1st exit and head SOUTH towards WOODINGDEAN and ROTTINGDEAN.
- At WOODINGDEAN, turn RIGHT onto Wilson Road at traffic lights (Downs Hotel on right) and follow signs for BRIGHTON RACECOURSE.
- Continue EAST through the traffic lights on the B-road for 2 miles. Race track is on left.

- Just beyond the garden centre, turn LEFT onto Freshfield Road and head uphill.
- At Brighton Racecourse, turn LEFT into Racecourse grounds and follow marshal directions to park in the designated area.
- Make your way on foot to the finish area.

FINISH LINE:


Brighton Racecourse, Freshfield Road, Brighton, BN2 9XZ

THE CUT-OFF TIME FOR THE FINISH IS 14:00 SUN.

SUPPORT CREW ADVICE

Your team will be exhilarated to finish, but will very soon get cold and stiff. You may be parked some way from the finish area, so make sure you are prepared with blankets, coats and spare shoes or flip flops for your team. There will be showers and changing facilities at the finish.

Then head indoors, rest up and tuck into a delicious Gurkha curry!

	OS map.ref	 what3words
CP9	TQ392 087	herb.exchanges.lonely
FINISH	TQ332 052	hedge.album.crowd

**CONGRATULATIONS - YOU GOT
YOUR TEAM THROUGH IT!
YOU ARE TRAILWALKER STRONG**

IN AN EMERGENCY

Traffic accidents

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

Unable to reach a checkpoint

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

Emergency Support

While Trailwalker provides emergency assistance for participants, there is no backup or transport for Support Crews. Make sure you have breakdown cover for all Support Crew vehicles.

The Event Control number is for participants out on the course. Support Crews should only use it if a team retires, or if you are in trouble and cannot reach your team (no mobile signal). In this case call Event Control and they will relay a message to your team at the next checkpoint.

Retiring from the event

If a member of your team is unable to continue, you must inform the next Checkpoint Manager. If anyone retires

between checkpoints please contact Event Control. If the whole team withdraws, make sure they hand in their GPS tracker.

THIS IS ESSENTIAL FOR SAFETY REASONS.

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 Checkpoint Manager must be notified.

Unless it is an emergency, it is your responsibility to collect your team. In all circumstances you must inform a Checkpoint Manager or Event Control of any drop-outs to avoid a search party being dispatched!

When you contact Event Control, please state:

- Your location. Be exact - give grid reference or what3words location.
- Your mobile telephone number.
- Your name and team name.
- Time of the incident.
- Name of the casualty.
- What happened.
- What treatment has already been given.
- Any other information e.g. allergies.