

MAP & EVENT GUIDE

TEAMS

27-29 SEPTEMBER 2024

TRAILWALKER

4 PEOPLE | 100KM | 30 HOURS



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WELCOME TO TRAILWALKER!

You are about to embark on the most incredible adventure. Taking on an epic trek across the South Downs Way with your fantastic teammates and Support Crew.

This is your all-important guide to event weekend with information about registration, camping, facilities, food and keeping safe on the course. At the end of the booklet you will find detailed maps and instructions for every stage of the course.

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.

EVENT WEEKEND

REGISTRATION - FRIDAY 27 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. **Registration is open on Friday from 16:00 - 21:30.**

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

Please note, you are expected to be at the start area **15 minutes before your 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 your support crew and friends to follow your live location on the route. When you register you 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 28th 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 and two additional water stations (see map on page 10.) We aim to provide hot water at checkpoints but can't guarantee

this - please make sure your Support Crew has a portable stove to make hot drinks and soup.

You will need to bring extra food and drink to fuel your team - most of it will be carried in your support vehicle so you can refuel at checkpoints. You should also carry some snacks with you, such as sweets, energy gels or electrolyte drinks. For more information 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!

FACILITIES

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

No accommodation is provided on the trail, as teams walk through the night. For Support Crews looking for a place to stay near the route, 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 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.



COMPULSORY KIT LIST

You must bring **ALL** of the compulsory items on the kit list, and we will ask you to sign an equipment disclaimer at registration. This is for your own safety and that of your team. Please be reminded it is your responsibility to check the weather forecast at each checkpoint and make sure you are prepared for the next stage. **It is compulsory to wear a head torch between the hours of 8pm on Saturday and 6am on Sunday.**

COMPULSORY ITEMS - TO CARRY - PER PERSON	
<input type="checkbox"/>	Rucksack
<input type="checkbox"/>	1 litre water bottle or hydration bladder (full)
<input type="checkbox"/>	Participant number (you'll receive this at registration)
<input type="checkbox"/>	Whistle
<input type="checkbox"/>	Sun hat
<input type="checkbox"/>	Head torch + spare batteries
COMPULSORY ITEMS - TO CARRY - PER TEAM	
<input type="checkbox"/>	Trailwalker Map and Event Guide (you'll receive this at registration)
<input type="checkbox"/>	2 x Ordnance Survey maps (OS Landranger 197 and 198)
<input type="checkbox"/>	Compass
<input type="checkbox"/>	Notebook and pen (for recording details in an emergency)
<input type="checkbox"/>	2 x mobile phones (for different networks)
<input type="checkbox"/>	First aid kit
<input type="checkbox"/>	Survival bag
<input type="checkbox"/>	2 x high-visibility vests
<input type="checkbox"/>	Suncream
COMPULSORY ITEMS - IN SUPPORT VEHICLE	
<input type="checkbox"/>	Mug or flask for hot drinks
<input type="checkbox"/>	Warm hat and gloves
<input type="checkbox"/>	Fleece or warm jacket
<input type="checkbox"/>	Waterproof jacket and trousers
<input type="checkbox"/>	2 x sets of spare clothing
<input type="checkbox"/>	Min 4 x pairs of spare socks

ON THE ROUTE

NAVIGATION

The majority of the route is along The South Downs Way which is signposted - but do not rely on these signs alone.

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 maps and instructions on the following pages will help you to navigate the course. Don't rely on signposts, particularly at night.

Please note: all maps, directions and figures are intended as a guide only. The course has been measured as 100km but GPS watches or trackers may not match the distance exactly.

Course information is accurate at the time of printing, however in exceptional circumstance we may be required to re-route part of the course following a route recce. If this happens we will ensure there is adequate signage to assist you.

SUPPORT CREWS

Support Crews will receive a separate guide with maps and instructions for driving to each checkpoint.

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.

WHAT3WORDS

We use **what3words** to give you a precise location for each checkpoint. You can download the what3words app on a smartphone.



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.

THE COUNTRYSIDE CODE

Be aware that over 2,000 people will be involved with Trailwalker. The event depends on the continued goodwill of local communities so please be considerate and follow the countryside code:

- Keep to footpaths and do not enter private land.
- Close gates behind you.
- Use toilets and rubbish bins provided at checkpoints, or carry litter with you.
- Be quiet when walking through residential areas at night.

MEDICAL EMERGENCIES

Emergency Medical cover is provided across the course. In the event of a medical emergency call Event Control - the number is printed on the back of this guide. They will dispatch an ambulance or arrange medical evacuation as necessary.

Make sure you have a full first aid kit so that you can treat minor injuries such as blisters, stings and insect bites yourself.

YOUR TEAM EVENT PLAN

Fill in the Event Planner below with your estimated time to complete each stage and planned time for a rest break at each checkpoint. It will help keep you on track and enable your Support Crew to be ready for your arrival at checkpoints. When making your plan, take into account you will most likely be slower in the later stages!

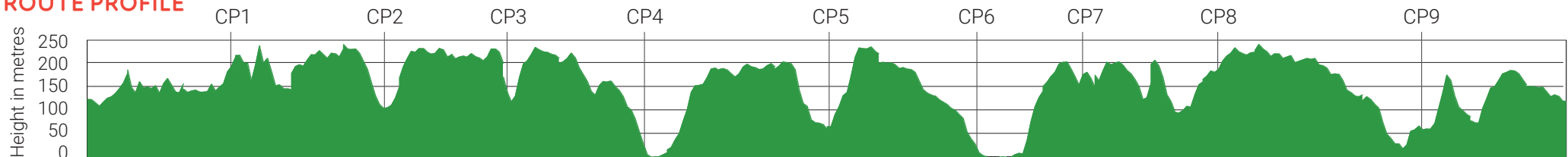
CUT OFF TIMES. You have 30 hours to complete Trailwalker. There is a cut-off time for each checkpoint - **to continue in the event you must leave the checkpoint before the cut-off.** A 'Sweeper Team' from QGS will follow the last team.

TARGET STAGE TIMES. These are intended as a guide only. They are based on average pace and include time for stops en route and at checkpoints. You should aim to arrive at the checkpoint at least 15 minutes before the cut off time.

	STAGE	STAGE DISTANCE (km)	↑ ASCENT (m)	↓ DESCENT (m)	TOTAL DISTANCE (km)	Estimated stage time	Arrive at CP clock time	Break	Depart CP clock time	CUT OFF TIME FOR THIS STAGE	
	START TIME:										
1	Start to CP1 Harting Down	9.6	300	210	9.6					SAT 11:00	
2	CP1 - CP2 Hilltop Farm	10.4	290	390	20.0					SAT 14:00	
3	CP2 - CP3 Littleton Farm	8.3	190	175	28.3					SAT 16:30	
4	CP3 - CP4 Houghton	9.3	180	300	37.6					SAT 19:15	
5	CP4 - CP5 Washington	12.5	280	220	50.1					SAT 23:00	
6	CP5 - CP6 Botolphs	10.0	210	270	60.1					SUN 02:00	
7	CP6 - CP7 Devil's Dyke	9.4	330	130	69.5					SUN 04:50	
8	CP7 - CP8 Jack and Jill	6.9	190	230	76.4					SUN 06:45	
9	CP8 - CP9 Kingston Hollow	13.8	264	325	90.2					SUN 11:00	
10	CP9 - Finish	9.8	266	160	100			-	-	SUN 14:00	

	TARGET STAGE TIMES (hh:mm)			
	12 hrs	18 hrs	24 hrs	30 hrs
1	1:09	1:44	2:18	2:53
2	1:15	1:52	2:30	3:07
3	1:00	1:30	2:00	2:30
4	1:07	1:40	2:14	2:47
5	1:30	2:15	3:00	3:45
6	1:12	1:48	2:24	2:50
7	1:08	1:41	2:15	2:49
8	0:50	1:14	1:39	2:04
9	1:39	2:30	3:19	4:08
10	1:10	1:46	2:21	2:56

ROUTE PROFILE



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)**



1. From the start line, head down the paved road, keeping the buildings on your left.
2. At the turning circle, follow signs towards 'Forest Drive Car Parks'.
3. At the left hairpin bend turn off the road towards 'Bernham Bushes'.
4. Continue on the track. When main track merges from the right after 800m, bear left, then after 40m take the right hand fork over brow of hill.
5. Continue downhill for 700m to small car park. Go straight across crossroads towards 'Dean Barn'.
6. When the road ends after 500m, continue to the left on South Downs Way, keeping the hedge to your right.
7. After 1.2km join road, follow to T-junction and turn left.

8. The road bends left after 650m, as you pass Sunwood Farm on your right.
9. After bend turn right onto South Downs Way track.
10. At top of hill at track junction go straight on for 1.2km.
11. Cross road and continue on track opposite for 1.2km.
12. Cross the B2146 road.
13. Continue up track then after 600m cross the B2141 road.

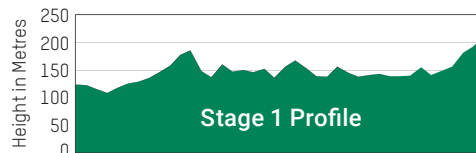
Danger – fast moving traffic.

Danger – fast moving traffic.

Checkpoint 1 is just up the track ahead of you.

THE CUT-OFF TIME TO LEAVE CHECKPOINT 1 IS 11:00 SAT.

	OS map ref	what3words
START	SU717 187	boardroom.flattens.feelers
CP1	SU790 181	aunts.garden.touchy



stage 2

20KM

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



1. Follow worn grass track to bridle gate.
2. Go over brow of hill and past small copse of trees on left.
3. As you descend, take the left path through the hedgerow.
4. Pass a signpost, go up very steep hill straight ahead, and pass through bridle gate.
5. After 200m, take left fork beside bushes onto grass track close to hilltop.
6. Go over brow of hill and 300m down far side.
7. Continue straight ahead, joining major track. Go up hill keeping wire fence on right.
8. Go over brow of hill and down on grass track for 400m. Turn right onto the first track at signpost in corner of hedge.
9. Stay on the narrow track around the edge of the field to the far side.
10. At end of field, follow track left into trees.
11. After 300m pass between fences then after 250m turn left at T-junction.
12. After 25m turn right onto track between hedges.
13. After 800m, pass gate on left-hand side (signed West Dean Estate). Continue on track into woodland.
14. After 600m turn left at crossroads.
15. Continue for 800m past wire fence and scrub woodland, into open land.
16. Continue for 4km, past barn complex on right.
17. Follow track to main road (A286) and cross road to track opposite.

Do not go as far as the trig point on right.

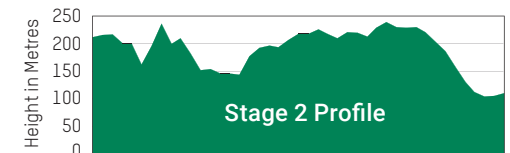
Do not take grass track to left.

Danger – fast moving traffic.

Checkpoint 2 is in field on right.

THE CUT-OFF TIME TO LEAVE CHECKPOINT 2 IS 14:00 SAT.

	OS map ref	what3words
CP1	SU790 181	aunts.garden.touchy
CP2	SU875 167	haunt.mimes.sprayed



stage 3

 28.3KM

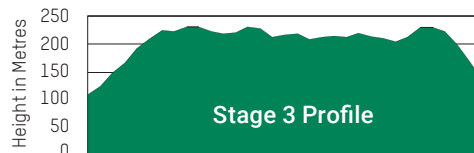
From: **Checkpoint 2 (Hilltop Farm)**
To: **Checkpoint 3 (Littleton Farm)**



1. Go through gate at top of field and rejoin track.
2. Heading between the buildings, go past 'Manor Farm' and through gate with 'No Vehicular Access' sign.
3. After 1km pass woodland on right and follow track for 2km with woodland on right, ignoring footpath to the left.
4. After sharp left and right bends within 10m of each other, track enters woodland. Continue straight for 3km, along South Downs Way.
5. At end of woods go straight on at major track crossroads, along South Downs Way towards Upper Waltham.
6. Continue straight along South Downs Way, across arable land.

7. After 1.6km reach track crossroads and continue straight on into scrub and woodland.
8. After 300m go through gateway, and head straight across arable field (compass bearing 140°).
9. Go through bridle gate, continue for 500m to second bridle gate.
10. Go through second bridle gate into trees, and turn left.
10. After 25m turn right into top of field. Checkpoint 3 is in the field.

THE CUT-OFF TIME TO LEAVE CHECKPOINT 3 IS 16:30 SAT.



	OS map ref	 what3words
CP2	SU875 167	haunt.mimes.sprayed
CP3	SU951 146	rebounder.rebel.boots


stage 4

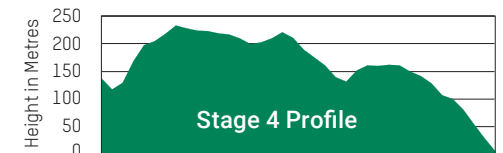
 37.6KM

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



1. Exit field by bottom gate, cross road and take track opposite up the hill.
 2. Follow main track as it bends left then right. Do not enter field.
 3. Enter woods and take the right-hand fork.
 4. After woodland, follow track alongside and then through fields.
 5. At fork, take right track between fences along South Downs Way.
 6. Go over track crossroads and through gate (National Trust Slindon Estate). Continue for 800m along the edge of field past radio masts on left and go through bridle gate.
 7. After 150m, follow the South Downs Way to the left.
 8. After 200m turn right onto broader track.
 9. Continue for 250m to reach small car park. After further 50m, fork right up track towards Bignor Hill, on right side of gravelled road.
 10. Go over hill and continue straight on with fence on left.
 11. Go downhill for 700m, track curves right and levels out. At track junction turn sharp left, round hairpin bend.
 12. Follow downhill track for 500m, then turn right leaving 'Black Barn' on left.
 13. Continue on track (uphill at start) for 2km bearing left at junction of paths to reach A29.
- Danger – fast moving traffic.**
14. Turn right along path on edge of A29. After 50m turn left and cross road onto stony track downhill.
 15. After 1.4km, cross lane, and continue straight on.
- Checkpoint 4 is on the right.
- THE CUT-OFF TIME TO LEAVE CHECKPOINT 4 IS 19:15 SAT.**

	OS map ref	 what3words
CP3	SU951 146	rebounder.rebel.boots
CP4	TQ017 118	tribune.amplified.fairness



stage 5

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

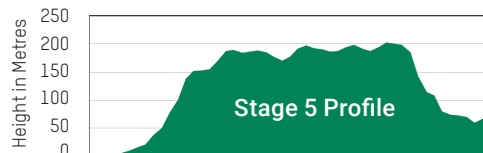


- Exit checkpoint and follow directions towards the river; turn right along river.
- Cross the bridge and turn right on the other side of the river.
- After 190m, turn left through gate. Follow track round to right, cross railway bridge and go down to main road.
- Turn right along footpath and after 100m, cross road at the South Downs Way signpost.
- Follow path on opposite side of road for 100m then turn left following road uphill ('High Titten' Road).
- After 600m, follow road right at fork, then take path left after 60m, as road bends right.
- After 20m reach bridle gate with wire fence each side.
- Go straight up steep hill ignoring track on right. After 400m go through gate.

- Go straight on for 1km passing trig point on right, and after 800m pass through clump of trees. After 800m continue past small car park.
- Go straight on for 1.7km to road with signpost marked 'Chantry'. Continue on track towards Washington and into fields.
- After 700m, take right fork just after the old barn, leaving the South Downs Way.
- After 750m bear right at track junction to keep woodland on your left, then follow track past the woods and through a field.
- Go 450m past the woodland and continue to follow track as it turns left.
- As you pass through the row of trees, turn left at track junction, then after 50m turn right into field and follow grassy path to checkpoint 5.

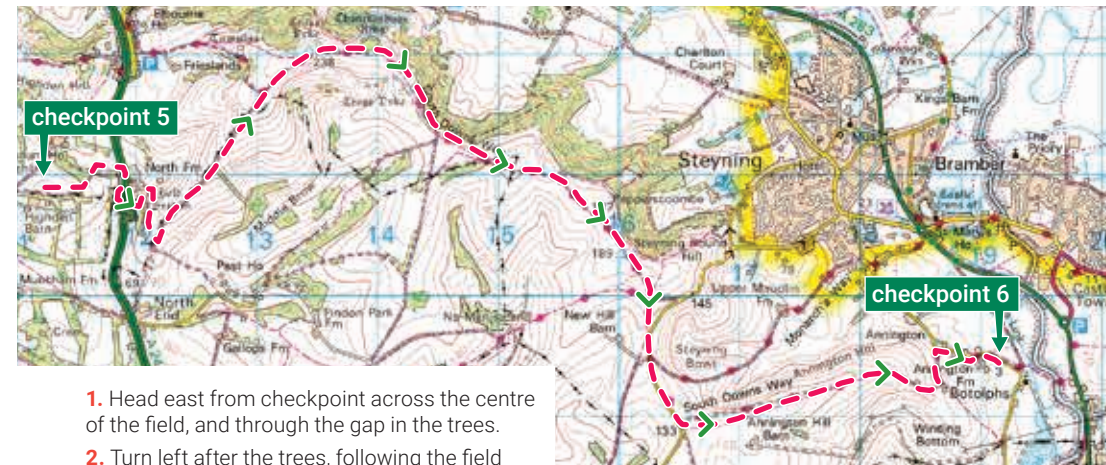
THE CUT-OFF TIME TO LEAVE CHECKPOINT 5 IS 23:00 SAT.

	OS map ref	what3words
CP4	TQ017 118	tribune.amplified.fairness
CP5	TQ109 108	since.prevents.relocated



stage 6

From: **Checkpoint 5 (Washington)**
To: **Checkpoint 6 (Botolphs)**



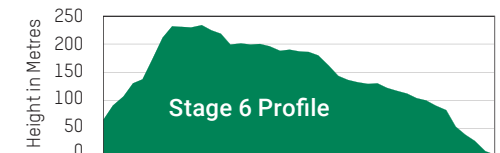
- Head east from checkpoint across the centre of the field, and through the gap in the trees.
 - Turn left after the trees, following the field edge and keeping the woodlands on your left.
- Watch out - there is an electric fence to the right.**
- At the bottom of the field, turn right onto the tarmac lane.
 - At the T-junction, turn right and follow the road over the bridge, using the pavements.
 - Immediately after bridge, turn left.
 - Just before you reach the buildings, turn right onto the track.
 - When the track bends right after 40m, continue straight on, through gate, then turn right onto footpath.
 - Follow the path for 500m.
 - Turn left at the track junction and go uphill for 1.8km to track junction.
 - Continue over cattle grid and past 'Chanctonbury Ring' on left.
 - 400m after cattle grid and bridle gate, fork left on South Downs Way.
 - After 2km, past trig point and memorial

- stone on right, continue on track.
- At track crossroads beside concrete bunker, turn left and continue for 30m to road.
- Cross road then turn right, following path alongside road for 850m, passing through two gates.
- Immediately after second gate turn left, keep the fence to your left.
- After 650m, when fence bends away to the left stay on well-trodden path over brow of hill.
- After 1.1km go through bridle gate keeping wire fence on right.
- After 1.1km pass through bridle gate.
- Descend track and turn right at tarmac road.
- Go down road past 'Botolphs' sign, into village.

Checkpoint 6 is in field on the left.

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

	OS map ref	what3words
CP5	TQ109 108	since.prevents.relocated
CP6	TQ191 095	sprouts.pizzeria.graver



stage 7

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

 **69.5 KM**




1. Exit field at bottom left-hand corner and turn right along track.
2. Follow the path parallel to the checkpoint.
3. Turn left onto the South Downs Way towards river.
4. Turn right along river then left over bridge.
5. On other side, turn left onto footpath beside river towards 'Steining'.

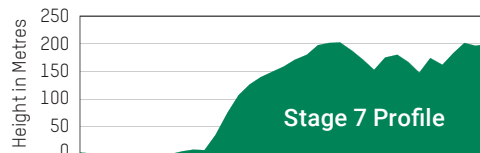
DANGER – Do not continue on South Downs Way and attempt to cross A283 or your team will be disqualified.

6. Continue along river under road bridge, and over small concrete slipway. 150m after slipway, turn right towards houses and gardens.
7. Follow path between hedges and houses onto road, and turn right.
8. At T-junction turn right, cross road after bus stop.
9. At roundabout with the 'Rising Sun' pub, turn left along 'Henfield Road' then when pavement ends cross the road.

10. Continue on other side past 'Valerie Manor', then turn right up track named 'The Bostal'.
 11. Follow track uphill past houses, at car park at top turn left along road.
 12. After 1.6km, pass youth hostel and continue up track for 700m past radio masts and barn on left.
 13. After 600m go past National Trust sign and through bridle gate.
 14. Follow track with fence on right for 1.2km, then through bridle gate.
 15. Continue over hill under pylon lines, following fence for 1km.
 16. Head straight across field on green track, compass bearing 110°.
 17. Go through bridle gate and continue along green track, compass bearing 100°.
- Checkpoint 7 is 250m further on in field.

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

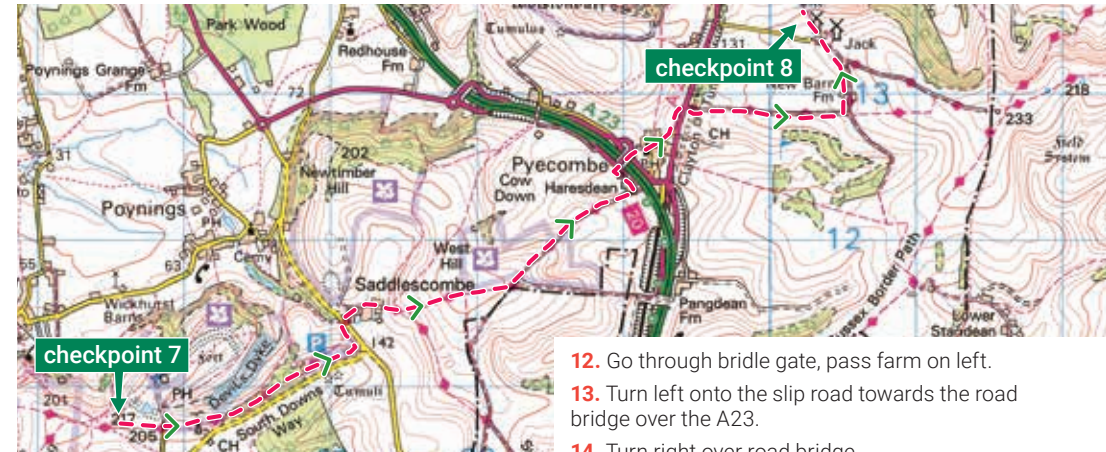
	OS map ref	 what3words
CP6	TQ191 095	sprouts.pizzeria.graver
CP7	TQ258 107	ratty.debt.adjusting



stage 8

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


 **76.4KM**

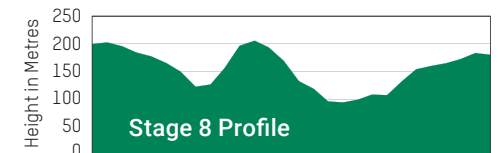


1. Leave field by bridle gate, cross road and go through second bridle gate.
2. Follow main track, bearing left at junction.
3. Go through bridle gate and continue for 1.1km, parallel to road on right. At open area 30m before car park, follow track left.
4. After 200m, pass covered reservoir.
5. Go down steep track for 300m to road and cross over to track signed 'Saddlescombe Farm'.
6. Pass house on right and go through bridle gate straight ahead, signed 'New Timber Hill'.
7. Join broad track heading right, continue through gate and past cottages and barns.
8. Go through bridle gate marked South Downs Way; follow sunken track under the trees.
9. After 200m, take left of two bridle gates, go uphill for 650m keeping fence on right.
10. Go through bridle gate at top of field then follow track downhill keeping fence on right
11. After 1km, go through bridle gate and continue down track.

12. Go through bridle gate, pass farm on left.
 13. Turn left onto the slip road towards the road bridge over the A23.
 14. Turn right over road bridge.
 15. Cross bridge; on other side turn right at flower box and 'Church Hill' sign.
 16. Follow road uphill, go past church and straight on down 'School Lane'.
 17. At T-junction with major road turn left along footpath beside road.
 18. After 200m, cross road and turn right up track past 'Pyecombe Golf Club'. Track continues between two halves of golf course.
 19. After 1.1km, pass through bridle gate. Golf course ends on right.
 20. After 30m turn left at track crossroads, through bridle gate, and continue along South Downs Way, past farm buildings.
 21. At track junction go straight on towards windmills.
- After 250m turn left through the gate into Checkpoint 8.

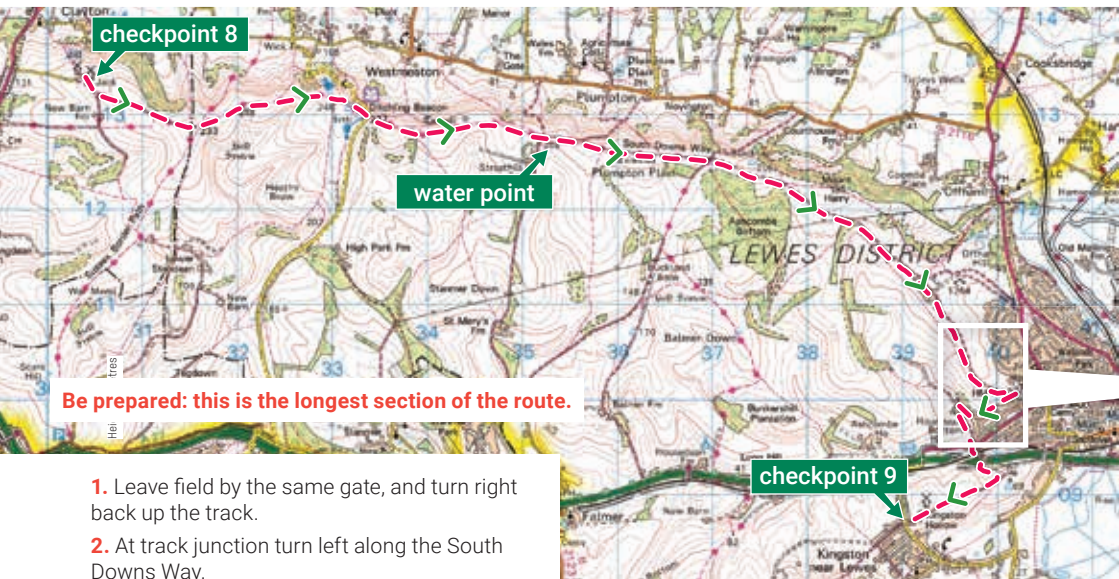
THE CUT-OFF TIME TO LEAVE CHECKPOINT 8 IS 06:45 SUN.

	OS map ref	 what3words
CP7	TQ258 107	ratty.debt.adjusting
CP8	TQ304 133	alongside.noisy.wasp



stage 9

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



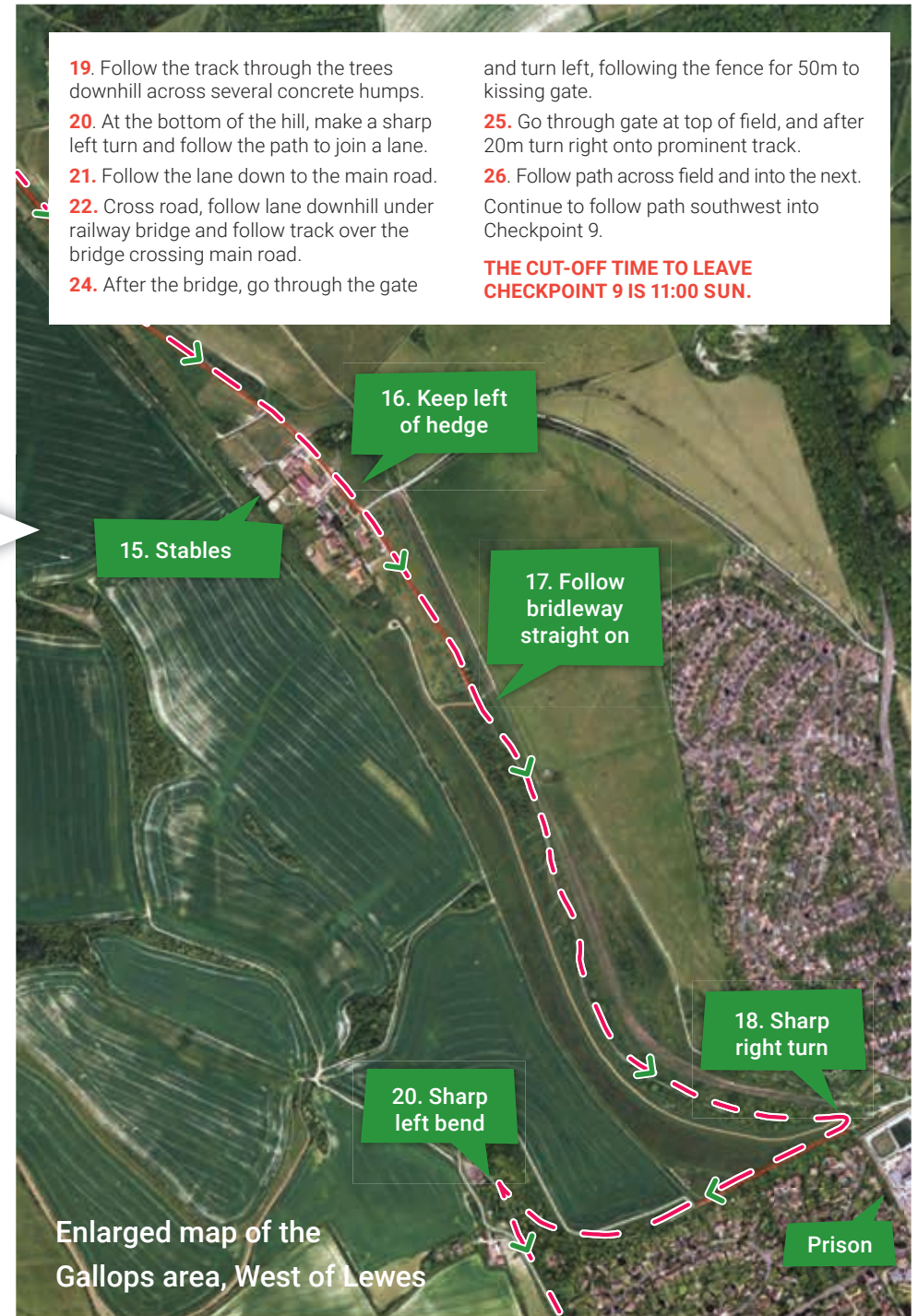
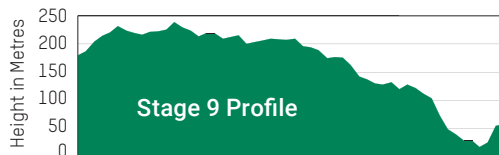
Be prepared: this is the longest section of the route.

1. Leave field by the same gate, and turn right back up the track.
 2. At track junction turn left along the South Downs Way.
 3. Continue straight on through bridle gate.
 4. At next bridle gate go straight on, leaving 'Keymer' signpost to left.
 5. After 400m, go straight through bridle gate, past dew pond on left.
 6. After 800m, go through bridle gate.
 7. Go through 'Sussex Nature Reserve', keeping fence line on right.
 8. 1.1km later go past 'Ditchling Beacon' car park, cross road, through bridle gate.
 9. Follow track for 1.7km to bridle gate and cross narrow road.
- Water point is located here.**
10. Continue on broad track, ignore fork on left after 400m.
 11. Continue for further 1.3km to gate.

Do not go right, the rest of the route does not follow the South Downs Way.

12. Go through gate and cross field, following bridleway for 'Lewes'.
13. After 75m take right fork to electricity pylon.
14. After 1km veer right off the main path past the information board and towards the stables.
15. Follow the track between two fences, then pass the stables on your right-hand side.
16. After the stable buildings take the bridleway to the left of the conifer hedge.
17. At path crossroads, carry straight on through trees.
18. Make a sharp right turn joining a larger track, just before the prison wall.

	OS map ref	what3words
CP8	TQ304 133	alongside.noisy.wasp
CP9	TQ395 087	branded.basis.toys



Enlarged map of the Gallops area, West of Lewes

stage 10

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

100KM



1. Exit checkpoint through wooden gate and follow track to the road.
- DANGER – fast-moving traffic.**
2. Cross the road and follow the private road.
3. At the end of the road follow prominent track; after metal gate take first track left, continue to top of hill.
4. At the top of the hill turn left through wooden gate.
5. Continue for 100m, turn right, cross cattle grid and head downhill (south easterly direction).
6. At barn on right track ends, go through bride gate to left.
7. Track continues down valley on compass bearing 250°. Follow valley as it curves around to the left then right, and then go through bride gate.
8. Go 300m through arable field then through bride gate.
9. Go 400m through another arable field and through bride gate to barn. Go through gate on left on to track.
- The Water point is 300m further on, just before cross tracks and small copse of trees. Please note there is no Support Crew Access at the Water Point.**
10. Exit the water point taking the uphill track bending right (bearing 160°).
11. Continue on track as it reaches the crest of the hill.
12. 1.2km after the checkpoint, another track merges from the left. Continue straight on the main track towards the houses and radio mast.
13. Continue along track, 700m after mast, you reach a small carpark. Cross the road.
- DANGER – fast-moving traffic.**

14. Go straight on along track behind houses for 1.3km, until track ends at road.
15. Turn right along pavement beside main road.
16. After 200m turn left and cross road at pedestrian crossing.
17. Turn right beside 'Wilson Avenue' sign along path.
18. Walk beside racecourse and enter through small pedestrian gate.
19. Continue alongside race track.
- Do not walk on race track between white fences.**
20. The finish is now only 700m away, at the Brighton Race Course grandstand.

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

**4 PEOPLE | 100KM | 30 HOURS
CONGRATULATIONS - YOU DID IT!
YOU ARE TRAILWALKER STRONG**



	OS map ref	what3words
CP9	TQ395 087	branded.basis.toys
FINISH	TQ332 052	hedge.album.crowd

IN AN EMERGENCY

Emergency procedure

- Seek help. Call Event Control on the number below and follow their instructions. They will dispatch an ambulance if necessary.
- Ensure that you and your team mates are not in any further danger.
- Make an initial assessment of the situation and any injuries.
- Use first aid to treat the casualty appropriately until help arrives.
- At least one person should remain with the casualty at all times.

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.

If you cannot phone for help:

- You may find a stronger telephone signal on the top of a hill or ridge.
- Use these recognised distress signals to call for help:
 - Blow six blasts on a whistle. Repeat after a gap of one minute.
 - Wave bright clothing above your head.
 - Wave your torch up and down.

As a last resort two people should head for the nearest checkpoint or habitation. If you are unsure of your location, go back to the last checkpoint. **MAKE SURE YOUR TEAM'S GPS TRACKER STAYS WITH THE CASUALTY.**

Retiring from the event

If a member of your team is unable to continue, you must inform a Checkpoint Manager. If anyone retires between checkpoints please contact Event Control. If the whole team withdraws, make sure you hand in your 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.