

To print Entry Form as an A5 Flyer – print draft, double sided, short edge / 2 pages to 1 sheet & fold



## SAFETY INFORMATION SHEET



### Seven Sisters South Downs Way Walk

By participating in this event, you agree to abide by the rules and safety information as detailed below.

- No walker should just “drop out”. Walkers may retire at any checkpoint and must return their walk pass to the Check Point Controller. The walker will be transported to the start point at the organiser’s convenience.

**IT IS MOST IMPORTANT THAT WALKERS DO NOT JUST GO HOME. THEY MUST REPORT TO A CHECK POINT CONTROLLER.**

- Each walker or group must carry the minimum of: Suitable waterproofs, First Aid Kit, and we recommend a 1:25:000 scale OS 123 Explorer Map, waterproof case, Compass whistle, and Torch;
- A trace overlay map/route card, with Checkpoints and emergency contacts on a lanyard will be issued on day
- Cold drinks will be available at all checkpoints marked \*\* All participants should rehydrate at frequent intervals especially in high humidity or warm weather conditions. Walkers are responsible for carrying their own food/snacks and must take home their litter.
- All participants to observe the Country and Highway Codes. Do not move or alter any route markings.
- Children less than 13 years of age must be under adult supervision and if starting as a group, you need to be aware of the location of your entire group members always (stay together) there will be cliff edges close to routes.
- Runners are not allowed to take part in this event, but dogs if taken, must be kept under control at all times.
- In case of an accident, render all possible assistance. Leave somebody with the casualty and notify the nearest checkpoint, giving all details including an accurate map reference. The First Aid Officer will be in radio contact with all checkpoints with the kind assistance of Raynet.
- Walkers taking part in this event do so at their own risk. N.B. The chalk cliffs of the Seven Sisters have no fences therefore great care should be taken and paths used staying at least 10 Metres from the cliff edge always.
- Any walker arriving at Birling Gap check point after 1630 hrs will be automatically retired and transported from Birling Gap to the finish. All walkers on any of the three distances must aim to arrive at the finish by 18:00.
- The final decision regarding any parts of the route, walk cancellation, or walker’s ability to continue, will be made by the Race Director, but please accept the advice of any of our (on the ground) volunteer and Walk Safety Staff.
- Every checkpoint has radio communications, walkers experiencing difficulties or in need of assistance or advice should make their way to the nearest checkpoint where assistance can be rendered quickly via the control point back at the start/finish location. If this is not possible then contact should be made direct to the Race Director or in their absence the Entry Secretary/Course advisor or Volunteer Coordinator on the numbers listed below;  
 Race Director - 07940176293 - Verna  
 Entry Secretary - 07505467212 - Ludo Macaulay

In an emergency **only** - contact East Sussex Fire & Rescue Service - 01323 462462 or dial 999 and mention Fire Services event., ensuring that details are passed to the Race Director, or race Official as soon as possible.

### **CHECK POINTS – distances approximate**

<b>Registration and Start 25.3 miles</b>	Eastbourne University Denton Road	Toilets	<b>MR 600980</b>
<b>Also Start of Half Hike 15.3 miles</b>			
	** Jevington ~		561012
	** Alfriston ~ Adjacent to Longbridge		525035
	** Bostal Hill ~ Bopeep Car Park		494050
	** Litlington ~ Plough & Harrow PH	Toilets	522016
<b>Start of Saunter 8.7 miles</b>	** Exceat ~ Rangers Cottage	Toilets	519995
	** Birling Gap ~ Car Park	Toilets	554960
<b>Finish</b>	Eastbourne University Denton Road	Toilets	600980

# FIRE SPORT - UK

Hosted by East Sussex Fire & Rescue Service ~ Communications by RAYNET

[www.firesportuk.com](http://www.firesportuk.com)

## Saturday 1<sup>st</sup> June 2019



# Seven Sisters

## South Downs Way Walk

FIRE SPORT UK ~ LDWA ~ & OPEN TO ALL

### A Classic Walk in the South Downs National Park

Choose from: 8.7, 15.3, or 25.3 Mile routes

Adult Entry just £12 (£6 if U16) and includes a Medal to all finishers

START/FINISH at Eastbourne University Sports Complex BN20 7SR



In aid of The  
**Fire Fighters**  
Charity

Charity registered  
in England & Wales (1093387) and Scotland (SC040096)

For more details visit [www.firesportuk.com](http://www.firesportuk.com) or email [ludomacaulay@hotmail.com](mailto:ludomacaulay@hotmail.com)

# ENTRY FORM:

Form Revised 23:12:18

## Seven Sisters South Downs Way Walk

# Saturday 1<sup>st</sup> June 2019

From Eastbourne University Sports Complex Denton Road BN20 7SR

**Please State your Chosen Distance ( ) NB. Distances approximate**

**25.3 Mile Red Route** Walk starts 8-8:15 am for the from Sports Complex

**15.3 Mile Green Route** Walk starts 9:00-9:15 am for the 'Half Hike'

Then transport will be provided for **8.7 Mile Blue Route** 'Saunter' from Race HQ to the 11:00 am Start at Exceat Rangers Cottage

**Mr/Mrs/Miss** (Surname).....

**First Name** .....

**Address** .....

.....Postcode.....

**Telephone**.....

**E-mail**.....

**Date of Birth**.....**Age on Event Day ( )years**

1) Are you walking as part of a group? \*No\*Yes +(name)

2) Are you a Member of a Fire Service or other Emergency Service, if so which?

.....

3) Do you have any health condition that the organisers need to be aware of?

.....

**Entry Fee** Adult Walkers **£12** (in advance) **Discounts** Children U16 = **£6:00**

Family Entry **£30** (2 adults + 2 Children) **Groups of 5** or more **10%** off above fees.

**Cheques payable to: Seven Sisters SDW Walk' Add £3** if entering after 26<sup>th</sup>May or **On the Day**

**Now Please Return to: Ludo Macaulay Entry Secretary 15 Ashley Road  
Salisbury Wiltshire SP2 7BZ**

*I accept the Walk rules contained in the Safety information sheet supplied and declare that I will compete on foot and at my own risk and no way hold the organisers responsible for any injury, illness, or accident (including death) to my person and property.*

*NB. We are unable to accept entries from anyone who does not want their name and allocated walk number entered on a computer and be advised we may keep your data for up to four years and use only to contact you about this and future events and that photographs may be taken on the walk and you should advise us if you don't want your image used in any possible future publicity.*

Signature.....Date.....

Would you like to request a fundraising pack in support of the Fire Fighters Charity?  
In which case are you happy for us to pass contact address to the FFC to post out?

A UK Fire Services organised Challenge Walk

# Seven Sisters South Downs Way Walk

## Saturday 1<sup>st</sup> June 2019

*The Seven Sisters South Downs Way Walk* is an event suited to all the family, with a choice of distances from **8.7Miles** 'Saunter', **15.3 Miles** 'Half Hike' to the more demanding undulating **25.3 Miles**. The routes will be over footpaths, many sign-posted bridleways and quiet country roads in the newly formed South Downs National Park, East Sussex.

**Entries** can be accepted on the form overleaf or **On-line** @ [www.firesportuk.com](http://www.firesportuk.com) or <https://www.active.com/eastbourne-eastsussex/running/distance-running/seven-sisters-south-downs-way-walk-2019>

**Please return Entry Form by post, with payment to: -**

Ludo Macaulay FIRE SPORT UK 15 Ashley Road Salisbury Wiltshire SP2 7BZ

**Cheques payable to 'Seven Sisters SDW Walk'** \*Entry fees once paid cannot be refunded

**Entry Fees Walkers £12** in advance - add £3 if Late Entry **£15** after 26<sup>th</sup> May, or On the Day

**Discounts children U16 = £6** (in advance) **£8** (Late Entry or on the day)

**Family Groups £30** (two adults + 2 children) ~ **Groups of 5** or more **10% off** total entry fee.

**Entry Includes** - a Medal with ribbon, or Badge and a commemorative Certificate of your classic South Downs Way Walk = available upon request at the finish HQ.

**Start/Finish** at Eastbourne, University Sports Complex Denton Road BN20 7SR

OS 123 Explorer Map Reference 600980 \* NB. Ample **free** car parking in vicinity on weekends.

**Start Times:** **Registration for all routes/distance choices in the Sports complex**

**Registration Red Route** - **25.3 mile from 07:30** for 08:00~08:15 start South Downs Way

**Registration Green Route** - **15.3 mile from 08:30** for apx 09:00~09:15 Start for 'Half Hike'

**Registration Blue Route** - **8.7 mile from 10:00-10:30** for then transportation to the actual Start point for this 'Saunter' apx 11:00 start from Exceat Rangers Cottage MR 519995

**ALL ENTRANTS SHOULD AIM TO FINISH BY 18:00**

**Although** this is not a Sponsored Walk, the organisers have no objection to the event being used by participants to raise money even for their own Charity and good causes, but please tick the box below if you would like to receive our Fundraising support pack from The **Fire Fighters Charity** for more details on the work they do visit [www.firefighterscharity.org.uk](http://www.firefighterscharity.org.uk)

**Every effort** will be made to make this a safe, enjoyable and memorable event, but participants enter at their own risk. We do appreciate any help with advertising this Walking Challenge. For other local/national walks please visit: [www.firesportuk.com](http://www.firesportuk.com) \*Walking Section.

For more entry forms or details please contact the Entry Secretary - Ludo Macaulay  
01722 332211 or Fax 01722 504503 or E-mail [ludomacaulay@hotmail.com](mailto:ludomacaulay@hotmail.com)  
**Fire Services Walking & Mountaineering Section.**  
Web sites [www.firesportuk.com](http://www.firesportuk.com) & [www.firefighterscharity.org.uk](http://www.firefighterscharity.org.uk)