

# SUSSEX DOWNSMAN HIKE 2011



## HANDBOOK AND RULES

Class	Team Nr	Team Name
Start Time	Start Location	
	Buriton / Bignor / Steyning Bowl	





# SUSSEX DOWNSMAN HIKE

## 1<sup>st</sup> OCTOBER 2011

**3 Bosproval Farm Barns, 46a Penhale Road  
Carnhell Green, CAMBORNE  
Cornwall TR14 0LU  
07713 140410**

### WELCOME

Thank you for entering this year's Sussex Downsman Hike. This booklet is designed to provide full information for all competitors and service crews, so that everyone has the same information to refer to. Staff will have additional information regarding the recording of timings, use of radios and the like.

Please ensure that your entire team and service crew read all the information thoroughly.

If you have to withdraw between now and the hike, please let us know to avoid staff waiting for teams that will not be turning up. Please do this by phone or text to 07713 140410.

Please do not "retire" from the hike at any stage without letting a member of staff know and handing in your tally card. We do not want to be searching for "lost" teams who have simply gone home!

If you have not already provided your full details as required by the entry form, please do so now to avoid delays on the day. These can be posted to 3 Bosproval Farm Barns, 46a Penhale Road, Carnhell Green, CAMBORNE, Cornwall TR14 0LU or (preferably) emailed to [info@downsman.com](mailto:info@downsman.com)

Good luck to all hikers and service crew. We look forward to seeing you on the day, and at the presentation on Sunday 2<sup>nd</sup> October at 11:00.

You can now purchase Downsman T-shirts, sweatshirts and other items from our online store. See the link from our website.

The results will be posted on our web site ([www.downsman.com](http://www.downsman.com)) as soon as possible after the hike. Also look there for details of next year's competition, which will be held on 6<sup>th</sup> October 2012.

Results and other downloadable items (photos and the like) are additionally stored at <http://groups.yahoo.com/group/downsman>. You can also sign up for the mailing list there to ensure that you are the first to know anything about Downsman. Additionally, you can "like" our page on Facebook (Sussex Downsman Hike) or follow us on Twitter (downsmanone).

The Organising Committee:

Richard Sullivan, Cameron Bell, Richard Griffin, John Walsh, Clive Jackson, Louise Sullivan.



## CONTENTS

	Page Nr
INFORMATION	4
CLASSES	4
Composition of team	4
Route for each class	5
Start times on Saturday / maximum times	5
Tally Card	6
Awards	6
ROUTE	7
SERVICE CREW	8
KIT LIST	9
Clothing	9
Equipment	9
Judges decision	10
DOWNSMAN BASE	11
SAFETY	11
Hypothermia	11
Emergency and Rescue	11
Withdrawing from the hike	12
Staff ID	12
PENALTIES	12
ENJOYED THIS HIKE?	12

## **INFORMATION**

Please note that as this event takes place on land entirely classified as Terrain Zero, a hill walking permit is not required for this hike.

The Hike is organised principally for the Scout and Guide Associations of East and West Sussex, with an open invitation to Scout and Guide Groups throughout Great Britain.

IT IS EXPECTED THAT TEAMS WILL HAVE HAD SUITABLE TRAINING AND PREPARATION FOR THE HIKE, AND THAT ALL MEMBERS ARE PHYSICALLY FIT.

Each team must comply fully with all the rules at all times during the event.

## **CLASSES**

### **Composition of team**

The hike is divided into classes as follows. All team members must be members of the Scout Association or Girlguiding UK.

For all competitive classes (A, B, C, E, V\* and S) the minimum combined age of the team members must be at least 48 (\*100 for Class V). Please note that only whole years are added together.

Class A - open to all ages.

Class B - for under 18\*\* years (EXPLORER SCOUTS).

Class C - open to all ages.

Class E - for under 18\*\* years (EXPLORER SCOUTS) with a MAXIMUM combined age of 62.

Class S - for under 14 years 6 months\*\* (SCOUTS).

Class V - open to all ages with a MINIMUM combined age of 100.

Downsman Open - open to all ages. Under 14's to be accompanied by a responsible adult (over 18). This will be for fun and experience only. No trophies will be awarded for this event.

*\*\*NB Please note that maximum ages stated must be strictly adhered to and apply on the day of the event.*

Only those persons named on the entry form may compete in the hike. If last minute changes are required, these must be notified to staff prior to commencing the event.

Classes A, B, E and S consist of four persons to a team but only three hike at any one time - the fourth member being transported by the Service Crew with the facility to change a team member at each of the Service Areas. There is no option for four to walk together at any time.

Classes C & V consist of three team members who hike the whole distance together.

Downsman Open can consist of between three and six team members who hike the whole distance together.

### **Route for each class**

Class A hike from BURITON to EASTBOURNE approximately 80 miles.

Class B hike from BIGNOR HILL to EASTBOURNE approximately 60 miles.

Class C hike from BURITON, the winning team being the one that covers the furthest distance of the route in a minimum of 15 hours. At the expiration of the 15 hours, teams cannot proceed beyond the next checkpoint or service area.

Class E hike from STEYNING BOWL to EASTBOURNE approximately 45 miles.

Class S hike from BIGNOR HILL to DEVIL'S DYKE approximately 25 miles.

Class V hike from BURITON to DEVIL'S DYKE approximately 45 miles.

Downsman Open hike from STEYNING BOWL to DITCHLING BEACON approximately 15 miles.

### **Start times on Saturday / maximum times**

Start times will be allocated within the range stated below on a strictly first come, first served basis of entries received. Please indicate on the entry form if you have a specific preference, and allow time for us to notify you of your start time. Entries on the day, or late arrivals who miss their allocated start time, will have to wait for the first available time slot. You must present yourself to the checkpoint staff at the start point at least 15 minutes before your start time to ensure that kit checks, etc can be carried out.

Class A - Start 0800 – 1000. 24 hours to complete.

Class B - Start 0800 – 1200. 20 hours to complete.

Class C - Start 0800 – 1000. 17 hours to complete.

Class E - Start 1030 – 1400. 18 hours to complete.

Class S - Start 0800 – 1200. 16 hours to complete.

Class V - Start 0800 – 1000. 18 hours to complete.

Downsman Open - Start 1030 – 1230. 10 hours to complete.

If, in the opinion of the Organisers, any team is so far behind schedule that they have no chance of completing the route in their allotted time, or are putting the safety of the overall event at risk, the organisers will withdraw that team from the competition. In such cases, the team must hand in their Tally Card at the nearest checkpoint. If the team wishes to continue walking the route they may do so but not as part of the competition, and no medals will be issued to any team failing to complete in the allowed time. Any team continuing walking in these circumstances will be the sole responsibility of its service crew.

## Tally Card

Each team will be given a tally card at their start point for the hike.

Teams must ensure that their Tally Card is presented and clipped at each Checkpoint and Service Area reached en-route.

Three team members must book in at ALL Checkpoints (complete team for Downsman Open) and the complete team at ALL Service areas. One team member must sign the record sheet at each Checkpoint and Service Area before departing to confirm their time has been recorded.

The tally card must be handed to the relevant Checkpoint or Service Area staff when retiring from or completing the hike.

Penalties may be given to any team failing to get their card clipped or to sign the record sheet at any Checkpoint or Service Area.

After the presentation of awards, tally cards will be returned to the teams (at the discretion of the organisers).

## Awards

Each person who successfully completes Classes A, B, C, E, S or V will receive a "Downsman" medal. Each person who completes the Downsman Open will receive an "Open" medal.

In all Classes except Class C, the winning team will be the one that completes the hike in the fastest time. The winning team in Class C will be the team that covers the greatest distance in the allotted time. In the event of two teams reaching the same Checkpoint or Service Area, the fastest time to that location will decide the winner. There will be no winning team in the Downsman Open.

Members of the winning team in each class (except Downsman Open) will be presented with engraved "Downsman" medals. The team will also be presented with a trophy that may be kept for one year. The winning team is responsible for having the trophy suitably engraved in the same style as previous winners, and must return the trophy to the organisers in perfect condition a minimum of 1 month prior to the following year's event.

The "Steve Valder Silver Cup" will be presented to the fastest team in Class A.

The original "Boot" trophy will be presented to the fastest team in Class B.

The "Pegasus Plate" will be presented to the fastest team in Class B that includes **at least** 2 female team members. If no qualifying team completes the distance, the team that includes at least 2 female members that covers the greatest distance (in the fastest time in the event of a tie) will win the trophy.

The "West Side" trophy will be presented to the winners of Class C.

The "Chief Scout's" trophy will be presented to the fastest team in Class E.

The "Long Man" Trophy will be presented to the fastest team in Class S.

The "Three Bridges" Trophy will be awarded to the fastest team in Class V.

The presentation of medals and trophies will take place at 1<sup>st</sup> Burgess Hill's headquarters (see below) at 1100 hours on Sunday 2<sup>nd</sup> October 2011.

## **ROUTE**

Service Areas are located at major landmarks / car parks along the route, where the team's designated Service Crew provide food, drink, running repairs and morale boosting to the team.

No contact between the Service Crew and team is permitted at any other points.

All competitors must know and follow the Country Code. Teams can be seen at a distance from a number of checkpoints. Stick to rights of way and don't cross ploughed fields or climb fences. Don't give the checkpoint staff the unpleasant job of penalising or disqualifying you.

Service Areas will be situated in the following locations:-

SU733198	Buriton
SU790181	Harting Hill
SU875166	Cocking
SU974130	Bignor Hill
TQ087120	Chantry Hill
TQ163095	Steyning Bowl
TQ259110	Devil's Dyke
TQ334130	Ditchling Beacon
TQ368092	Falmer
TQ432056	Itford
TQ468059	Firle Beacon
TQ532032	Litlington
TV586986	Eastbourne

Additional checkpoints between the Service Areas will be situated at the following locations:-

SU942155	Duncton
TQ033125	Amberley
TQ117128	Washington
TQ197094	Upper Beeding (additional Service Area for Class S only)
TQ290126	Pyecombe
TQ365116	Black Cap
TQ412053	Mill Hill
TQ567011	Jevington

The entire route is covered by the OS Landranger series (1:50,000 scale) of maps, sheet numbers 197, 198 & 199, or Explorer series (1:25,000 scale) 120, 121, 122 & 123.

Next checkpoint locations will also be available to competitors at the previous checkpoint. If these have changed from the published list above, the checkpoint staff will draw it to the attention of the competitors.

Wherever possible, main roads should be crossed via bridges as dictated by the South Downs Way or the positioning of checkpoints. In particular, this applies to the A24 at Washington, A23 at Pyecombe and the A27 at Falmer. If you cross any of these roads on the tarmac, you will be immediately disqualified (if you survive). They are extremely dangerous crossings and you must use the footbridges. In particular, teams appear to have a problem with the A24 at Washington. Make sure you know where the footbridge is. The checkpoint is right at the end of the bridge (see map reference above), so if you approach the checkpoint from the wrong direction, you WILL be disqualified. No more exceptions will be made to this rule. Please also note the footbridge at Itford which must be used when leaving the service area.

Great care should be taken at other road crossings on the route. We will place staff members at these crossings when the younger teams are due to cross, so do not expect to see any Service Crews at them.

Please note that time spent at checkpoints will be included in your overall time for the event. In and out times are recorded solely for the benefit of the organisers in tracking teams. The time recorded is the difference between the time you leave the first Service Area and the time you arrive at the Checkpoint or Service Area where you complete the event.

## **SERVICE CREW**

Each team **must** have one vehicle with Service Crew, whose task it is to transport their team to and from the event and provide their team with necessary food and resting arrangements. In addition, Service Crews should carry a comprehensive first aid kit.

Service Crews must only make contact with their teams at Service Areas previously listed. Any contact between teams and Service Crews en-route or at Checkpoints will incur a penalty and possible disqualification. This includes contact by telephone or radio. Service crews must not visit Checkpoints under any circumstances.

Please display the "Team Service Crew" poster provided in the front windscreen of your service vehicle.

Service Crews should check in and out at all Service Areas in order that a member of staff can locate them in case of emergency. This also improves security at night.

Please cooperate with staff regarding parking and noise at Service Areas in order to minimise any disruption to local residents and landowners and other users of the Downs.

Service Crews and team members not walking at the time must stay within the confines of the parking area of the Service Area and not walk to meet their teams. Should they do so, it will be assumed that they have made contact with their team and a penalty will be imposed.

Any change of Service Crew (including vehicle) should be notified to the relevant staff member at the Service Area where the change occurs.

If your team withdraws, please inform the Service Area staff and hand in the team's tally card.

Please note that each team will be responsible for ensuring that their Service Crew has completed and submitted a Criminal Records Bureau enhanced disclosure form prior to the event.

Should the team retire at a Checkpoint, the Service Crew must remain at the next Service Area and the organisers will arrange for the team to be brought to them.

Downsman Open teams need not use a Service Crew, but will be responsible for their own transport to and from the event. However, it is strongly recommended that a Service Crew is used.

The organisers require a contact telephone number for the Service Crew for use in case of emergency. The Service Crew must be available at all times.

## **KIT LIST**

The following list is mandatory for Classes A, B, C, E, S and V.

### **Clothing**

Each team member must wear the following -

- ❑ Long trousers or alternatively breeches with long walking socks.
- ❑ Good quality hiking boots or specialist fell / trail running shoes or boots which have been specifically designed for hiking.
- ❑ Shirt with sleeves (i.e. not a vest)
- ❑ Thermal layer (i.e. fleece or sweater) - to be worn as weather decrees
- ❑ Night visible vest or jacket. To be worn from lighting up time, or in poor visibility.

Not acceptable are -

Jeans, shorts or breeches without long socks. Trainers, shoes, wellies, plimsolls, etc.

### **Equipment**

Each team is to carry (a) rucsac(s) with night visible material prominently placed on the outside and containing the following -

- ❑ Bivi bag or survival bag / shelter - not a 'space' blanket.
- ❑ Good quality waterproof clothing to fit each team member walking, consisting of cagoule and overtrousers.\*\*\*
- ❑ Hat and gloves to fit each team member walking.\*\*\*
- ❑ Spare sweater or fleece to fit each team member walking.\*\*\*
- ❑ Emergency Food to consist of not less that 8 oz (225g) boiled sweets, chocolate or chocolate bar (e.g. Mars Bar), 0.5 pint (300ml) water
- ❑ A flask with cup containing a hot drink (minimum 500ml). This should be re-filled as necessary during the hike to ensure that it remains hot.
- ❑ First Aid Kit containing as a minimum : 3" x 6ft (75mm x 2 metres) crepe bandage, lint dressing, micropor tape, two triangular slings, plasters, 2 antiseptic wipes, a casualty card (to be completed in the event of an incident) and pencil, 3 bandage clips and a pair of disposable plastic gloves.
- ❑ 2 suitable torches with spare batteries and bulb (if appropriate) for same.

- ❑ 2 OS maps (minimum 1:50,000 scale) appropriate for each area being walked. (Class C teams will not be expected to carry maps for the Eastern end of the Downs (Landranger 197 or Explorer 123, but should have them available should they get that far.)
- ❑ 2 whistles.
- ❑ 2 compasses.
- ❑ 2 coins for public phones
- ❑ A mobile telephone, charged and with a minimum of £5 credit, in a sealed opaque bag for emergency use only. The telephone number is to be clearly displayed on the outside of the telephone. No other telephones should be carried by the team.
- ❑ Bootlace for Tally card.

\*\*\*When checking in, the team must demonstrate that they have a set of each of the required items of clothing for each team member, not just those walking. This is to ensure that when team members swap at service areas, the full compliment of clothing is still being carried.

For the Downsman Open, the above list is for guidance only, and will be checked but not strictly enforced. The following items are, however, mandatory:

- ❑ Bivi bag or survival bag / shelter - not a 'space' blanket.
- ❑ Weatherproof coat to fit each team member.
- ❑ Hat for each team member.
- ❑ Emergency Food to consist of not less than 8 oz (225g) boiled sweets, chocolate or chocolate bar (e.g. Mars Bar), 0.5 pint (300ml) water
- ❑ First Aid Kit containing as a minimum : 3" x 6ft (75mm x 2 metres) crepe bandage, lint dressing, micropor tape, two triangular slings, plasters, 2 antiseptic wipes, a casualty card (to be completed in the event of an incident) and pencil, 3 bandage clips and a pair of disposable plastic gloves.
- ❑ 1 OS map (minimum 1:50,000 scale) appropriate for the area being walked.
- ❑ 1 compass.
- ❑ 2 coins for public phones
- ❑ Bootlace for Tally card.

Notwithstanding the above, the organisers must retain the ultimate right to veto any team whom they think are not suitably equipped for the prevailing / forecast weather conditions.

### **Judges decision**

If you have any doubt as to whether your clothing or equipment complies with the rules, then find something that you know will be acceptable. You may not agree with the rules but they are there for your protection and for the protection of others. If the checkpoint staff tell you to do anything covered by the rules they are working by the rules. Please don't put them in an awkward situation by arriving unsuitably dressed or short of essential equipment.

In all cases the decision of the Organisers is final. Whilst every effort will be made to make the application of the rules as fair as possible, competitors are reminded that their attitude and conduct should be governed by the Laws of the Scout and Guide movements.

EQUIPMENT WILL BE CHECKED BEFORE THE TEAM IS ALLOWED TO START AND MAY BE CHECKED AGAIN DURING THE HIKE. ANY SHORTAGES WILL HAVE TO BE OBTAINED BEFORE COMMENCING OR RE-COMMENCING HIKING.

## **DOWNSMAN BASE**

Prior to and on completion of the hike, all participants may use the facilities at 1<sup>st</sup> Burgess Hill Scout Headquarters, Station Road, Burgess Hill RH15 9EN (map reference TQ311188). If you wish to sleep the night, please bring your own sleeping bag and camping mat.

The hall will be available from 20.30 hours on Friday evening, 30<sup>th</sup> September. Drinks and light refreshments will be available on Sunday morning only. Please pre-book if you require a cooked breakfast on Sunday (cost £2 each). Teams wishing to stay on Friday night must pre-book and should note that they will be responsible for their own catering on Saturday morning.

The presentation of awards will be held here on Sunday 2<sup>nd</sup> October 2011 at 1100 hours.

## **SAFETY**

### **Hypothermia**

Hypothermia is caused by prolonged exposure to cold outdoors, especially in wet and windy conditions. This can be brought on by exhaustion and can occur even in the mildest of weathers. Please be aware of this danger.

As hypothermia develops, there may be shivering, cold, pale, dry skin, and the body feels cold as marble. Apathy, confusion, irrational behaviour, occasionally belligerence, lethargy, failing consciousness, slow and shallow breathing, a slow and weakening pulse and, in extreme cases, cardiac arrest.

The aims of treatment are:

- ❑ To prevent casualty losing more body heat
- ❑ To re-warm the casualty
- ❑ To insulate the casualty with extra clothing (remove wet clothing if at all possible), waterproofs or blankets, remembering to cover the head
- ❑ Take or carry the casualty to a sheltered place as quickly as possible
- ❑ Protect the casualty from the ground and the elements, put in a dry sleeping bag or enclose in a polythene survival bag
- ❑ Use your own body to warm the casualty
- ❑ Send for help, ideally two people should go, provided there is someone to remain with the casualty; be sure to ascertain the exact position of the patient before leaving for help
- ❑ Providing the casualty is conscious, give them hot drinks if available, but not alcohol

### **Emergency and Rescue**

Rescue teams will be available throughout the period of the hike. If any competitor is unable to continue when in open country, one person must stay with the casualty to make him / her comfortable and the remaining member of the team should advise the rescue team through the nearest Checkpoint or by telephoning the emergency number

on the tally card. Do not telephone your Service Crew. They will be notified by a member of the Downsman staff. When notifying an emergency, please ensure that you give your team number, name of the casualty and their exact location (map reference). There will always be a Checkpoint open in front of and behind each team.

### **Withdrawing from the hike**

If a team withdraws, their Tally Card MUST be handed in to the Checkpoint or Service Area at which they withdraw, or the next immediate Checkpoint or Service Area. If the team wishes to withdraw when they are located between Checkpoints / Service Areas, they must ring the emergency number and follow the procedure as set out above. Under no circumstances should the team telephone their Service Crew (or any other party) directly.

WE MUST KNOW IF YOU HAVE DROPPED OUT. WE DO NOT WANT TO WASTE VALUABLE SEARCH AND RESCUE FACILITIES ON TEAMS WHO HAVE "GONE HOME".

If part of a team wishes to continue following the withdrawal of team members which would otherwise eliminate them from the competition, they will not be allowed to join with another team or members of another team to do so. The remains of a team may continue, however, if they obtain express permission from the organisers prior to continuing. In this case, the team will be designated as "disqualified", but should continue to report to Checkpoint staff and retain their tally card. The tally card should only be surrendered when a team retires or completes the hike.

### **Staff ID**

Downsman Checkpoint and Service Area staff will wear a Downsman Hike ID card. Only these people are part of the Downsman Hike official staff.

### **PENALTIES**

Each and every infringement of the rules will incur a time penalty and possible exclusion from the event. The penalty will be at the discretion of the organisers.

### **ENJOYED THIS HIKE?**

Then don't forget the Overland Hike, organised by East Sussex Scouts. The next event is on 24-25 March 2012. Visit their website for full details.

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



## **The Four Inns Walk**

Also, why not take part in the 4 Inns Walk in Derbyshire, organised on behalf of the Derbyshire Scout Council. Next event Saturday 31<sup>st</sup> March 2012.

Further information can be downloaded from their website.

[www.fourinnswalk.org](http://www.fourinnswalk.org)

Also, see the links page of our website for details of other events.