

Mid Sussex March For Marsden - Frequently Asked Questions

Date: Sunday 29 March 2020

Start/End Point: Hurst Bowls Club, South Avenue, Hurstpierpoint, West Sussex, BN6 9QB.

Where is the registration point? Registration is at the Bowls Club and will be clearly signposted on the day.

What time do I need to register? **Registration for the long route** is from 9.00am to 10.00am and for the short route is from 10.00am to 10:45am. You will be able to start the walk once you have registered and have been allocated to a walking group. Long route groups will depart every 15 minutes from 9:15am, and short route groups from 10.15am. You must have started by 11:00am. **Any walkers who start outside these timings may not have access to Bowls Club at the end of their walk and will be walking at their own risk.**

How long is the route? You can choose between a 3km route or the more challenging route incorporating Wolstonbury Hill which is 9km. Please bring your own water for consumption during the walk.

How old do I have to be to take part? Walkers of all ages are welcome to take part. We have a 3 km family route and we advise that all children under the age of 10 take on this distance. All children under the age of 16 must be accompanied by an adult at all times.

Will there be parking? Free parking is available at Trinity Road and Brown Twins Road Car Parks which are just a short ten minute walk from South Avenue. For Satnav users the postcode is BN6 9QY.

Will there be first aid facilities? Yes, qualified first aiders will be in attendance at the event.

Where does the route go? The routes start and finish at Hurst Bowls Club and use public rights of way so please keep to the designated paths. The routes go past the allotments and Little Washbrooks Farm. At The Plantation both routes head west with the long route continuing onto Randolph's Farm and Wolstonbury Hill. Maps will be provide on the day and can also be downloaded from the website www.midsussex.gov.uk/leisure-sport/mid-sussex-march. The route will be clearly sign posted on the day with orange and yellow arrows with marshals at key points. As Wolstonbury Hill is a site of special scientific interest, please keep to the paths then you won't harm the flora and fauna.

Will it be safe? Your safety is very importance to us. The event has been organised by the Council and the route will be well marshalled by volunteers. A walker will accompany every group and a nominated end walker will ensure that nobody is left behind. All walkers must sign in and confirm their contact number on the day to make sure everyone is safe. **Please ensure your phone is fully charged.**

How long will it take? People of all fitness levels take part in this event. As the terrain of the walk is uneven it is likely the walk will take you longer than your usual walking pace, so please keep this in mind. The short route can be completed in an hour and the long route in three hours walking at a comfortable pace.

Do I need to be fit? You can walk at your own pace, whatever your fitness level, but we do recommend that you pace yourself especially if you're taking on the longer route.

Can I bring my dog? Yes, dogs are welcome to join you as long as they remain on a lead for the duration of the walk.

Do I need special footwear or clothing? We recommend that you wear appropriate comfortable clothing and well-fitting footwear such as trainers or walking boots.

Will there be toilets on the day? There are toilets at the registration point – you can use these before the start and at the end of the walk.

Will there be any refreshments? Once you have completed this amazing challenge, you will be greeted with a drink and a snack. Please bring your own water for consumption during the walk.

Will it go ahead if it's raining? Yes as the British weather is unpredictable please do keep an eye on the weather forecast and come dressed in suitable footwear and clothing. The walk will only be cancelled if we think it will be too dangerous for you to take part. In the rare occurrence that this is the case we will contact you by phone or email as soon as we know the event is cancelled.

Can I drop out? If you can't take part in the walk, please call the us as soon as you can. **Please don't give your place away to anybody else.** If you need to drop out on the day, please make your way to the nearest marshal and let them know that you would like to drop out. Alternatively, if you need to drop out immediately, then please call the Event Mobile Number which will be given when you register in.

Do I have to raise sponsorship money? **By entering the walk you agree to raise a minimum sponsorship of £30** but we do encourage you to raise as much as you can, as the registration fee only covers the cost of putting the event on.

When can I collect my Royal Marsden Cancer Charity t-shirt? All pre-paid t-shirts will be ready for collection on the day so you can wear it on your walk. Please ensure you leave enough time to register and collect your t-shirt before your start time.

Can I purchase Royal Marsden Cancer Charity Merchandise? A stock of t-shirts will be available for purchase on the day along with other Royal Marsden merchandise, **payment by cash only.**

If your question has not been answered, you can email us at committees@midsussex.gov.uk or call on 01444 477003.

EVERY WALKER WILL RECEIVE A PERSONALISED CERTIFICATE AT THE END OF THE MARCH

The March for Marsden relies on your sponsorship to be successful. Each entrant agrees to raise a minimum sponsorship of £30 in addition to their entry fee for the Royal Marsden Cancer Charity. At the registration point you will be asked how much you expect to raise from sponsorship.

We will require all funds raised to be collected and paid to MSDC by Monday 27th April.

Please pay your sponsorship raised to:

MSDC at Lloyds Bank plc, 30-80-12 / 11517968. Please quote your name and Mid Sussex March for Marsden as the reference. You can also send a cheque directly to Mid Sussex District Council. Please make cheques payable to: Mid Sussex District Council and state Mid Sussex March for Marsden on the reverse. Postal address: Mid Sussex March for Marsden, Mid Sussex District Council, Oaklands Road, Haywards Heath, West Sussex, RH16 1SS.

Why are my cheques made payable to the Council? The Royal Marsden Children's Unit is a chosen charity of the Chairman of Mid Sussex District Council. A cheque for all funds raised will be presented to The Royal Marsden Charity upon completion of the Chairman's term of office.

**We look forward to seeing you at the
Mid Sussex March for Marsden!**