SUSSEX STRIDE 2019 – THE DETAILS

The Sussex Stride forms one part of the KSS Triple Challenge, the other two events being the White Cliffs Challenge from the Kent group and the Surrey Tops from the Surrey group. The aim is to complete all three 50 mile events in three consecutive years thereby gaining a badge and certificate. Six consecutive completions gain a Silver award, and nine consecutive completions a Gold.

The event is open to walkers and runners who must be over 18 years of age on 1st September 2019. Membership of the LDWA is not required.

Car park at start, drinks & light refreshments at most CPs, showers & meal at finish, certificate for all in-time finishers. Cloth badge for sale.

THE CAR PARK will open at 08:30, REGISTRATION from 09:00 hours.
There will be a mass start – runners and walkers - at 10:00.

A full route description will be provided, either as a download or on paper if SAE supplied and will be available from 31/8/2019. It **must** be carried by each entrant even if walking in a group - you may get separated – or if navigating by smart phone or GPS – your batteries might go flat. Failure to carry a route description may mean that (a) you are not covered by the LDWA Public Liability Insurance and (b) that you will be disqualified.
We hope to provide a GPX file – please check this website nearer the event.
The opening and closing times of checkpoints will be strictly adhered to.

Retirements must be made at checkpoints. If a retiree is unable to reach a checkpoint they should pass their checkcard to another entrant, who will notify the next checkpoint. Alternatively, the emergency phone number provided may be used.

The checkpoint marshals will have the right to retire any entrant who they consider is unfit to continue. Transport to Longhill School will be provided for retirees.

The weather on the South Downs can change quickly. The organisers recommend that all entrants carry the following:
Maps to cover the whole route (OS 198&199/Explorer 122 & 123), compass, whistle, torch, waterproofs, warm clothing, first aid kit and extra food & drink. Night-time navigational skills will be an advantage.

All paper entries should be on the official entry form or a photocopy of it.

Should the entry limit of 150 be reached priority will be given to those who have completed the other events in KSS Triple Challenge.

Dogs are tolerated but only if they are covered by the owner's personal Public Liability Insurance – they are **not** covered by the LDWA Public Liability Insurance. Dogs are not allowed in the event HQ and may not be left at any checkpoint for later collection.