

40th SUSSEX DOWNSMAN HIKE 2007



HANDBOOK AND RULES

Team Nr	Team Name	Start Time



40th SUSSEX DOWNSMAN HIKE 6th OCTOBER 2007

34 Toronto Terrace, Brighton,
East Sussex BN2 9UX
01273 570744

WELCOME

Thank you for entering this year's Sussex Downsmen 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 reads 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. You can telephone 01273 570744 until 9pm on Friday 5th October or phone or text 07713 140410 thereafter.

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 34 Toronto Terrace, Brighton, East Sussex BN2 9UX or emailed to 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 7th October.

The results will be posted on our web site as soon as possible after the hike.

<http://www.downsman.com/>

Also look there for details of next year's competition, which will be held on 4th October 2008.

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 Downsmen, or join the Downsmen Group on Facebook.

The Organising Committee:

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

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INFORMATION

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

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.

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.

Class A - open to all ages - Male, Female or mixed (e.g. SCOUT NETWORK, FELLOWSHIP & LEADERS).

Class B - for under 18* years - Male, Female or mixed (e.g. EXPLORER SCOUTS).

Class C – open to all ages - Male, Female or mixed (e.g. SCOUT NETWORK, FELLOWSHIP & LEADERS).

Class D - for under 18* years - Female only (e.g. EXPLORER SCOUTS).

Class S - for teams of 4 all under 15* years with a minimum combined age of 48 - Male, Female or mixed (e.g. SCOUTS). Please note that only whole years are added together.

Class V - for teams of 3 with a minimum combined age of 100 - Male, Female or mixed (e.g. FELLOWSHIP & LEADERS). Please note that only whole years are added together.

Class W – open to all ages - Female only (e.g. SCOUT NETWORK, FELLOWSHIP & LEADERS).

Downsman Open - No age restrictions - Male, Female or mixed. 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, D and S consist of four persons to a team but only three are required to 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.

Classes C, V & W 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 15 hours. At the expiration of the 15 hours, teams cannot proceed beyond the next checkpoint or service area.

Class D hike from DEVIL'S DYKE to EASTBOURNE approximately 35 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.

Class W hike from BIGNOR HILL, the winning team being the one that covers the furthest distance in 10 hours. At the expiration of the 10 hours, teams cannot proceed beyond the next checkpoint or service area.

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 D – Start 1200 – 1400. 16 hours to complete.

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

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

Class W – Start 0800 – 1200. 12 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 case, 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.

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, D, S, V or W will receive a "Downsman" medal. Each person who completes the Downsman Open will receive an "Open" medal.

In all Classes, the winning team will be the one that completes the hike in the fastest time (except classes C and W, where the team that covers the greatest distance will win). 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 individual 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 "West Side" trophy will be presented to the winners of Class C.

The "Silver Cup" will be presented to the fastest team in Class D.

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 "Windmill" Trophy will be presented to the winners of Class W.

The presentation of medals and trophies will take place at 1st Burgess Hill's headquarters (see below) at 1100 hours on Sunday 7th October 2006.

ROUTE

Service Areas and Checkpoints shall be positioned on the South Downs Way, or sited on an alternative route with a minor diversion from the South Downs Way.

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, where Service Crews should meet their team, will be situated in the following locations:-

SU733198	Buriton
SU790181	South Harting
SU875166	Cocking
SU974130	Bignor Hill
TQ087120	Chantry
TQ163095	Steyning Bowl
TQ258111	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	River Adur
TQ290126	Pyecombe
TQ365116	Black Cap
TQ407056	Mill Hill
TQ567011	Jevington

These can be found on the OS Landranger series (1:50,000 scale) of maps, sheet numbers 197, 198 & 199, or Explorer series (1:25,000 scale) sheet numbers 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.

Great care should be taken on all road crossings. In particular, the A24 at Washington, A23 at Pyecombe and the A27 at Falmer, MUST be crossed by using the bridges available and dictated by checkpoint positions.

Please note that time spent at checkpoints will not be deducted from your overall time for the event. In and out times are recorded solely for the benefit of the organisers in tracking teams.

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 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 form prior to the hike.

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.

KIT LIST

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

Clothing

Each team member must wear the following -

- ❑ Long trousers or alternatively breeches with long walking socks.
- ❑ Good quality hiking boots which have been specifically designed for hiking, or specialist fell / trail running shoes or boots.
- ❑ Shirt with sleeves
- ❑ 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 - not a 'space' blanket.
- ❑ 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 and W 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 - not a 'space' blanket.
- ❑ Weatherproof coat to fit each team member.
- ❑ Hat
- ❑ 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 1st Burgess Hill Scout Headquarters, Station Road, Burgess Hill (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, 5th October. Drinks and light refreshments will be available throughout Saturday night and on Sunday. Please pre-book if you require a cooked breakfast (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 7th October 2006 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 why not take part in the 4 Inns Walk in Derbyshire, organised on behalf of the Derbyshire Scout Council. Next event Saturday 5th April 2008.



The Four Inns Walk

Requests for information should be sent together with an s.a.e. to Mr T P ROGERS, "Penylan", Monyash Road, Bakewell, Derbys, DE45 1FG after 1st November 2007.

<http://www.fourinns.org.uk/>

West Sussex teams won three of the trophies in 2007!