

Please note - All details in **red** are specific to our Cinque Ports 100.

Rules of the **CINQUE PORTS 100:**

26 – 28 MAY 2018

1 The Event:

1.1 The aim is to complete, on foot, a defined route of 100 miles within a maximum of 48 hours.

1.2 Entrants may start at **10am or 2pm** on Saturday **26 MAY 2018**. Entrants may use either of the start times, but fast walkers and runners should start at **2pm**. Entrants must finish by 10am on Monday **28 MAY 2018**. **As a guide: entrants expecting to record a time of between 20 and 32 hours should choose the 2pm start. Checkpoint opening hours are based on these timings (see Conduct of the Event: paragraph B7).**

2 Start and Finish:

2.1 The Start:

Sussex Coast College, Station Approach, Hastings, East Sussex TN34 1BA (Grid Reference: TQ 815 096)

There is no parking on site but there are large public car parks (chargeable) nearby.

2.2 The Finish (Walk HQ):

The Duke of York's Royal Military School, Dover, Kent CT15 5EQ (Grid Reference of entrance gate: TR 330 435)

Cars may arrive between 1pm and 6pm on **Friday 25 May** so entrants can make their own way to Hastings ready for the start next day.

Cars may arrive between 6.30am and 7.30am on **Saturday 26 May** when coaches will be provided to Hastings for the 10am start, or by 11am for a coach to Hastings in time for the 2pm start. **Entrants must book and pay a £10 charge to use the coach service.**

3 How to Enter:

3.1 The registration period for the **CINQUE PORTS 100** opens on **MONDAY 9 OCTOBER 2017** and closes on **FRIDAY 24 NOVEMBER 2017**. If more than **550** valid entries are received by **FRIDAY 24 NOVEMBER 2017** entrants will be selected by means of a ballot (see Section 6: Ballot).

3.2 If fewer than **550** valid entries are received by **FRIDAY 24 NOVEMBER 2017** all valid entries at that date will be accepted (subject to conditions of entry) and the remaining places filled on a first come first served basis irrespective of LDWA membership. The final closing date for entries will be **MONDAY 16 APRIL 2018**.

3.3 The preferred method of entry is online.

3.4 Entries will be acknowledged via email.

3.5 You may also enter by post. Use the Entry Form on the event website or send an SAE for the form to **Entries Secretary, Phyl Butler, The Boatyard, High Street, Weedon, Northampton NN7 4QD**. Send it with your payment and evidence of your qualifying event completion as set out on the Entry Form to the Entries Secretary. No cheques will be presented at this stage. When your entry is accepted, your payment will be cashed and you will be advised that you have a place on the event.

3.6 If entrants do not use email, then entries will not be acknowledged unless stamped self-addressed postcards or sealed envelopes marked "Entry Received" and "Entry Accepted" are forwarded with the entry. The SAE for entry acceptance or non-acceptance will be posted on **MONDAY 4 DECEMBER** once it is known whether an applicant has been accepted on the event or not (subject to the ballot).

3.7 Entrants who have not received the final instructions two weeks prior to the event date must complete the following:

1. On-line entrants must check their on-line status to confirm their entry status. If confirmed, then please contact the entries secretary by email who will provide the required information.
2. Postal entrants to contact the entries secretary by post or telephone.

4 Conditions of Entry:

All entrants must:

- 4.1 Be aged 18 years or over on **26 MAY 2018**
- 4.2 Have demonstrated the skills to navigate and read a map including during the hours of darkness.
- 4.3 Provide evidence of having completed an event of at least 50 miles, or completion of 50 miles of an event of longer than 50 miles, after **1 JANUARY 2017**. If entering by post this can be a copy of a certificate or results sheet. If entering online this can be a link to an event website results page. Conditional entry on the basis that a qualifying event will be completed in the future will not suffice. Entries will only be accepted when evidence is produced that a qualifying event has already been completed.
- 4.4 Be aware that acceptance of an event not included in the list of qualifying events shown on the event website will be at the discretion of the organising committee. However, the event should enable the entrant to demonstrate the necessary stamina and fitness, and the ability to navigate the required route including during the hours of darkness.
- 4.5 Have paid the required entry fee.
- 4.6 Agree to comply with the event rules.

5 Cost:

5.1 The entry fee is **£66** for LDWA Individual and Family Members (which must be current at the time of both the entry and the event), and **£86** for non-LDWA members. **The entry fee for helpers on the Marshals' Walk is £35 if already agreed with the Organisers.**

5.2 Payment will be made either online or by cheque which should be made payable to **CINQUE PORTS 100**.

5.3 The entry fee includes all refreshments provided during the event including a meal at the breakfast checkpoint, transport for retirements, a meal at the finish, a certificate for all starters and a badge for all finishers. Transport of entrants' own food to checkpoints for those with special dietary requirements is included in the cost provided the food is supplied and labelled with their name, walk number and checkpoint number to be delivered to, and the Organisers are notified in advance. The event report and results will be published on the event website soon after the event.

6 Ballot:

6.1 If the number of valid entries received at the end of the registration period (see section 3.1) is greater than the entry limit, there will be a ballot to determine which entries are accepted.

6.2 Entries will be grouped into the following categories for the ballot:

1. LDWA Individual and Family Members who have been continuous members prior to **1 OCTOBER 2016**.
2. LDWA Individual and Family Members who joined or re-joined between **1 OCTOBER 2016** and **30 SEPTEMBER 2017**.
3. LDWA Individual and Family Members who joined or re-joined after **1ST OCTOBER 2017**.
4. Non-members

6.3 The entries will be drawn from category 1, then category 2, then category 3 and finally category 4 until the entry limit is reached. The entries thus drawn will be accepted.

6.4 The rest of the entries will be drawn in the same order of category to form a reserve list. Entries from the reserve list will be invited in order of drawing to fill the spare place left if payment for an accepted entry is not received. Thereafter, entries may be invited from the reserve list in order of drawing, if space becomes available, at the absolute discretion of the event Organisers.

6.5 If two or more entrants wish to be included or excluded together in the event of a ballot, then the entries should be sent in the same envelope with a statement to that effect attached, or if entering online added as multiple entries.

To prevent entrants with lower priority for the ballot artificially gaining priority status through combining entry together with entrants with higher ballot priority, where entries are coupled then the ballot priority will become that of the entrant with the lowest ballot priority status.

6.6 The ballot will be witnessed by an independent auditor nominated by the LDWA NEC who is not an entrant nor involved in the organisation of the event. The ballot will take place on or before **MONDAY 4 DECEMBER 2017**.

6.7 Those successful in the ballot will be notified as soon as possible after the ballot. If payment has not been received by **FRIDAY 22 DECEMBER 2017**, then, if there is a reserve list, the entry will be cancelled and the place offered to the first person on the reserve list.

6.8 If no ballot is required, entrants will be invited to pay and must do so by the **FRIDAY 22 DECEMBER 2017**. If payment is not received by this date, if there is a reserve list, the entry will be cancelled and the place offered to the first person on the reserve list.

6.9 Notice of non-acceptance will be sent after **MONDAY 4 DECEMBER 2017**.

7 Cancellation and Withdrawal:

7.1 If the event is cancelled for any reason the Organisers will do their best to contact entrants before they start their journey, using the contact details provided. The Organisers will also put a notice on the event website and entrants are recommended to check this before departure. Cancellation of the event will be at the discretion of the Organisers and entry fees will be refunded less a proportional amount for costs incurred etc.

7.2 If an entrant withdraws their entry on or before **31 MARCH 2018** the Organisers will refund the fee, less £5 for administration. There will be no refund if an entrant withdraws after **31 MARCH 2018**.

8 Kit Required:

The kit listed below is the minimum required. Every participant must carry every item of kit during the event, sharing is not permitted. There will be a kit check at some point during the event, and any participant not carrying a required item of kit will be immediately disqualified and transported to the finish by official transport – see Section 11: Disqualification.

8.1 **The mandatory kit that is required for your safety is:**

- Route Description. This must be the **official** route description of the event and can be in:
Paper form and kept waterproof.
OR
An electronic version provided durability and adequate power supply can be demonstrated if requested by a marshal.
- Maps as specified below.
- A full set of waterproofs that cover the whole body.
- An additional upper body layer to be worn or carried e.g. Long-sleeved Base Layer or Fleece.
- Hat & Gloves.
- Trousers to be carried if shorts are worn. They can include tracksters, running tights **AND** waterproof trousers. The purpose of carrying trousers is to enable an entrant to remain warm when the temperature drops. Entrants should bear in mind that if the weather changes or they suffer an accident they must be able to dress appropriately as the temperature can drop significantly, even in summer.
- Compass with a dial. This can include an electronic device provided adequate power can be demonstrated if requested by a marshal.
- A whistle.
- A working torch with spare batteries and bulb if not an LED device.
- A survival bag or space bag (not a space blanket).
- First Aid kit, which at a minimum must include plasters, adhesive dressing, antiseptic wipes, fixation tape and low adherent dressing.
- Emergency food.
- A sealable drinks container, minimum size 0.5 litre.
- Reflective clothing or reflective markers on backpacks. These must be visible when walking at night.

8.2 Other kit that we recommend you carry, but for which you will not be disqualified if you are not carrying it is as follows:

- A cup or mug (none will be provided on route)
- Money/Debit/Credit card or mobile phone for emergency use.

9 Maps Required:

At least one of the following:

9.1 OS 1:25,000 Explorer **124 (Hastings & Bexhill), 125 (Romney Marsh, Rye & Winchelsea), 138 (Dover, Folkestone & Hythe) and 150 (Canterbury & Isle of Thanet)** or

9.2 OS 1:50,000 Landranger **179 (Canterbury & East Kent), 189 (Ashford & Romney Marsh) and 199 (Eastbourne & Hastings)** or

9.3 **The recommended Cinque Ports 100 souvenir map, costing £10 (plus postage and packing) - further details to follow** or

9.4 Computer-generated versions of these maps printed in colour at a scale of not less than 1:50,000 waterproof and covering at least 1 mile either side of the route will be acceptable or

9.5 Maps in electronic format will also be allowed provided durability and adequate power supply can be demonstrated if requested by a marshal.

10 Baggage:

10.1 A single small bag marked with the entrant's walk number should be deposited in the area provided at **Sussex Coast College**. It will be transported to the breakfast stop at **Hythe Sports Pavilion**. It will then be taken back to Walk HQ for collection at the finish.

10.2 A numbered tag will be supplied which should be secured to the breakfast stop baggage.

10.3 Entrants must undertake not to leave cash or valuables (e.g. mobiles/GPS) in the bag.

10.4 Entrants **MUST** keep the size and weight of their bags within a maximum permitted size 56cm x 46cm x 25cm (22" x 18" x 10") and maximum weight 6 kg (13lb).

10.5 Bags may be weighed and measured and bags exceeding the size or weight specified above will not be transported. No plastic sacks or bin liners will be accepted, nor items other than those wholly contained within the bag. This includes walking poles.

10.6 **Entrants travelling independently to Hastings may deposit an additional bag of reasonable size and weight, labelled with the entrant's walk number, in the area provided at Sussex Coast College. The bag will be taken to Walk HQ for collection at the finish. A numbered tag will be supplied to those notifying an intention to use this service. Additional baggage and possessions belonging to those using the coach service should be left in entrants' own cars.**

10.7 All bags must be collected by 11.00am on Monday **28 MAY 2018**.

11 Disqualification:

11.1 Entrants in breach of any of the rules of the event will be disqualified. They will be asked to surrender their tallies, and they will be transported back to the finish by official transport.

11.2 In all matters connected with the event the decision of the Organisers is final. At checkpoints the decision of the marshals is final.

12 Reconnoitring the Event:

12.1 Accepted entrants who wish to reconnoitre the event should please note that the route may be subject to alteration and that some of the route may cross private land or land that has restrictions on access. Permission is required for organised groups to cross this land and such permission will have been granted at the required times during the event only.

12.2 Any person who is identified as trespassing on land where access has been negotiated for the duration of the event only may be subject to disqualification.

12.3 Any person who is identified as marking the route will be disqualified.

13 Privacy, Data Protection and Personal Information:

13.1 For operational and safety reasons the Organisers will need to store entrants' personal information on a computer. This is a pre-condition of entry and by signing the entry form the participant agrees to this storage. This information will be held by the teams helping to plan and run the event and will be erased after the report and results have been published.

13.2 Entrants should however be aware that the LDWA maintains a Hundreds Database held on the hard drive of a personal computer of the Keeper of the Database. This database is also stored on a re-writable disk. The Hundreds Database contains names, gender, local group, age (where declared on entry forms), number of Hundreds started and finished, and years and times. It does not include addresses or telephone numbers. Entrants who do not want their personal details to be stored on the Hundreds Database, should enter by post only and mark the form accordingly.

Conduct of the Event

The LDWA recognises that it has a duty of care towards those participating in the 100 mile event and this is outlined in Section A below. However participants must appreciate they also have a duty to conduct themselves in a reasonable fashion and to obey the Rules of the Event. These duties are outlined in Section B below. Ultimately individuals must take responsibility for their own actions.

Section A:

Organisers' Duty of Care:

The Event Organisers will undertake a suitable and sufficient risk assessment for the Event and keep it updated. This will be published on the website. They will also liaise with all relevant statutory authorities, including the local Safety Advisory Groups and landowners, and obtain all relevant permissions. The arrangements provided by the Organisers in furtherance of its duty of care will include:

A1 The Organisers will ensure that the event route description is as accurate as possible.

A2 The Organisers will marshal any potential points on the route where the Organisers and the local Safety Advisory Groups consider there to be risks. They will sign those risks as well as other places of potential risk that the Organisers identify. Furthermore, the Organisers, having identified possible risks, will seek to mitigate them in a way that is appropriate, proportionate and reasonable, whilst recognising that not all risks can be removed entirely.

A3 The Organisers will have checkpoints under cover and inside halls as much as is reasonably practicable.

A4 The Organisers will ensure there is sufficient quantity of high quality nutritious food.

A5 The Organisers will implement a robust communications system consistent with the terrain and known difficulties of communication.

A6 The Organisers will provide transport for entrants who retire in order to return them to Walk HQ.

A7 The Organisers will provide First Aid at Walk HQ.

A8 The Organisers will provide provision for entrants to sleep at Walk HQ at the end of the event.

A9 The Organisers will provide entrants with an emergency telephone number.

A10 The Organisers will identify those checkpoints that welcome entrants' supporters, and those that do not. The Organisers will explain why supporters are not welcome at certain checkpoints. This information will be provided on the event website.

Section B:

Entrants' Duty of Care:

B1 Entrants have a personal responsibility for their own fitness and well-being and undertake to prepare appropriately for the event. All participants must carry the appropriate equipment for their own safety and protection.

B2 Two or more checkpoint marshals will have the authority to retire entrants who in their opinion are behind schedule or appear to be showing signs of distress going beyond normal fatigue. Entrants must obey directions given to them by marshals, and hand in their tally and retire from the event if so directed by a marshal.

B3 Retiring entrants should hand in their tally card at a checkpoint and wait for transport to be arranged to Walk HQ. In an emergency, if retiring entrants cannot reach a checkpoint they should pass their tally to another person to hand in, or call the emergency telephone number. Under no circumstances should anyone retire from the event without ensuring the Organisers are informed.

B4 Entrants must not threaten, abuse or insult any marshal on the event. They understand that, if reported, their behaviour might be subject to evaluation by the Hundred Review Group.

B5 Entrants must follow the route description provided, including any late changes notified at the start or on route by marshals, and get their time recorded and tally punched at each checkpoint, including any self-clips.

B6 Entrants must pass through checkpoints in order. If they deviate from the route they must get back on route by the shortest practical means without trespassing on private property. Deliberate deviation from the route to gain advantage will result in disqualification.

B7 Entrants understand that they shall not be allowed in a checkpoint other than during the official opening times of the checkpoint. These times will be displayed on the event website and in the route description. Entrants understand that checkpoint opening and closing times will be strictly enforced. Entrants will be aware of the times when choosing a starting time.

B8 Entrants understand that they will be retired if they arrive at a checkpoint after that checkpoint has closed.

B9 Entrants understand that checkpoint marshals will retire any entrant remaining at a checkpoint for more than 2 hours.

B10 Entrants must complete the event exclusively on foot unless directed by a marshal to do otherwise.

B11 Entrants must comply with the Countryside Code throughout the event and do nothing to bring the LDWA into disrepute.

B12 Entrants must be generally quiet at night, particularly near residential properties where noise could disturb.

B13 Entrants understand that the Organisers reserve the right to vary the route for any reason such as adverse conditions or road closures, in which case entrants will be informed of the variations by marshals.

B14 Entrants understand that marshals shall be entitled to group entrants for reasons of safety, for example during adverse conditions.

B15 Entrants will be held accountable for the behaviour of their supporters during the event, particularly at checkpoints and at Walk HQ. Entrants should therefore ensure that their supporters do not visit any checkpoint that the Organisers have requested should be kept free of supporters.

B16 No dogs are permitted on the event.