

## **St. Margaret's Memory Walk - Everything you need to know**

**DATE:** Sunday 15<sup>th</sup> September 2019

**PARKING:** Free parking at the East Car Park, Butlin's, Warren Road, Minehead, TA24 5SH

**REGISTRATION AREA:** Red's Room, Butlin's

**TIMINGS:** Registration is open between 8 and 9am where you must register and set off when ready. Second half cut off time (from Kilve Car Park) is 1pm. All walkers must finish by 6pm.

### **DISTANCE:**

Walkers can choose between the 12.5 mile and 25 mile route options. If you want to complete the full route you will need to be leaving the halfway point (Kilve Beach Car Park) by the cut-off time of 1pm.

### **ENTRY:**

£15.00 per person and encouraged to raise sponsorship.

### **COURSE:**

The route takes you along the England Coastal Path from Minehead through the beautiful coastlines of Blue Anchor, Watchet, Helwell & St Audrie's Bay. The longer route then takes you from Kilve Car Park to Lilstock, round the diversion at Hinkley Point where you can see the scale of the work taking place then onto the home stretch of Stolford to Steart Marshes. The route will be way-marked by the England Coastal Path acorn and fossil signs plus additional signage on the day. GPX files are available for you to plot the route onto your Ordnance Survey map and follow on a suitable GPS device or OS App.

### **REGISTRATION:**

Registration opens at 8am and closes at 9am. Please report to registration before setting off so that we can safely check you in. You will need to wear the wristband sent in your welcome pack with your emergency contact details written on the back. You were also sent a memory bib for you to complete with a message for who you are walking in memory of which you can wear with you on your walk and display on our memory board at the end.

### **FEED STATIONS/CHECK POINTS:**

There are check points every 4 miles where you must stop and let the marshals know your name to tick off their list. There will also be water and biscuits available.

1. Blue Anchor Bay
2. Doniford Farm Park
3. Kilve Pil Beach Car Park
4. Hinkley Point
5. Stolford Car Park

### **SAFETY:**

Please bring lots of fluids. We ask that you come prepared and self-sufficient for a long day out. There will be water available at the checkpoints should you run out.

Medical services will be available on the day, please call this number if you need to summon assistance, you will need let them know where you are 07851 381779. All entrants must wear the wristband with your emergency contact details and must check in at each check points and end points. This is how we know you are safe and accounted for.

As this is a coastal walk there is an element of risk of slips, landslides, high tides etc. To reduce the risk please ensure you abide by local signage along the route.

### **DOGS:**

Dogs are allowed at owners own risk and are your responsibility. Please ensure that they are able to comfortably complete the distances and do take into account the weather on the day. They must be kept on a lead and cleaned up after. They are welcome on the bus back to the start.

## **TRAINING:**

This event is a test of your navigation and long distance walking abilities.

## **KIT LIST:**

- Hiking boots & socks
- Backpack
- Long trousers and long sleeve tops to prevent ticks and rashes
- First aid kit (Ibuprofen, Imodium, blister plasters, antiseptic cream, insect repellent, electrolyte tablets, SPF protection)
- A mobile phone for emergency contact and GPS
- Water
- Food, including emergency food
- A whistle
- Warm clothing, including a hat and gloves
- Torch with efficient bulb and batteries
- Waterproof jacket and trousers
- Cash

## **HALF WAY – CHANTRY TEA GARDENS:**

On arrival at the halfway point/end point of the 12.5 mile route at Kilve Beach Car Park you are welcome to make use of the lovely Chantry Tea Gardens Café for ice cream, cream teas & refreshments (at your own cost). If you are doing the additional 12 mile route to Steart Marshes you must be ready to set off by 1pm.

## **TRANSPORT:**

Ridlers Coaches are providing a service from Kilve Beach Car Park and Steart Marshes back to Butlin's, Minehead. There may be some waiting around for the last person to finish their walk before the bus sets off. If you feel this will be a problem you are welcome to organise your own transport.

## **TOILETS:**

There will be toilets available at Butlin's, the halfway checkpoint at Kilve Beach Car Park and the end point of Steart Marshes. There are also public toilets along the route.

## **WEATHER:**

Please check the weather forecast before setting off on your walk. Whatever the weather conditions, please make sure you are appropriately equipped to deal with a long day, in a remote environment. The event will run in conditions deemed safe by the event organisers. Should the conditions not be appropriate the events team will contact you no fewer than 12 hours prior to the event registration. See terms and conditions for our cancellation policy.

## **FINISH:**

Please make sure you visit the registration desk at the end of the walk to let us know you have arrived safely. You will receive a finisher's medal and have the opportunity to pin your memory bib on our memory board and read everyone's wonderful reasons for taking part.

## **WHAT DOES MY ENTRY INCLUDE?:**

- Finisher medal
- Memory Bib
- Way-marked route
- Check points
- Feed stations (water & biscuits)
- Transport back to the start (Butlin's, Minehead)
- Medical Service
- Marshals