



Dear Participant,

Thank you very much for entering Spires and Steeples 2018. We are proud to be hosting this event and delighted you have chosen to take on the challenge. This year we welcome Cancer Research UK as our new charity partner.

Please find enclosed details for your Spires & Steeples Challenge 2018:

- Information sheet
- Safety guidelines
- Route notes
- Maps showing nearby car parks
- Cancer Research UK details

Many thanks,

The Spires and Steeples team

07922489135 (operational only on event day)
spiresandsteepleschallenge@gll.org

Twitter: @Spires_Steeples

Facebook: The Spires and Steeples Challenge

Spires & Steeples Challenge 2018

Participant Information Sheet

Please read these notes carefully

We wish you all a safe and enjoyable day



THE ROUTE:

The Spires & Steeples Arts and Heritage Trail is a way-marked trail mainly using public footpaths and bridleways through the countryside.

Parts of the route will be on uneven ground, there will be kissing gates, stiles and some steps to negotiate and, if the weather has been wet, parts of the route may be muddy.

The trail begins on roads as it travels through Lincoln City and occasionally uses stretches of road and pavement through the villages. All roads will remain open to traffic and, whilst Event Officials will be present along the route, participants are asked to observe the Highway Code and will remain responsible for their own safety. You are asked to keep to the pavements, especially when going through Lincoln City. If you are walking the Challenge, please give way to the runners.

Although the route will be clearly way-marked with bright yellow directional signs and at strategic points, by Event Officials wearing high visibility vests, Route Notes are provided and should be used to negotiate the route.

The route is provided on Google maps: https://drive.google.com/open?id=1Di7tlgsQx-QiLG1iP2-AXX_1JFPbVW8p&usp=sharing

THE START:

All 26 mile runners and walkers will start from Wickham Gardens in Lincoln (Westgate Water Tower, Westgate, Lincoln, LN1 3BD) and finish at Sleaford's Eastgate Green (NG34 7DT). All 13 mile runners and walkers will start at Metherringham playing fields (Prince's St, Metherringham, LN4 3DE) and finish at Sleaford's Eastgate Green (NG34 7DT).

All 26 mile walkers will start at 8.30am in Lincoln

All 26 mile runners will start at 9.30am in Lincoln

All 13 mile walkers will start at 11am in Metherringham

All 13 mile runners will start at 11am in Metherringham

All participants MUST check in at the start where you will be issued with your participant number and safety pins. You must have your number on display at all times on your front. You will be required to check in at each Checkpoint. This will ensure we have an accurate record of your progress throughout the event.

26 Mile Checkpoints:

Branston 7 miles
Metheringham 13 miles
Digby 18 miles
Ruskington 20 miles
Halverholme Park 23 miles

13 Mile Checkpoints:

Digby 5 miles
Ruskington 7 miles
Halverholme Park 11 miles

As soon as you arrive at the Checkpoint, please remember to check in with the officials. The officials will record your arrival with their mobile phone and your progress can be tracked on a webapp.

You may wish to share this webapp with your friends, so that they can check your progress along the route, regardless of where they are in the world.

<http://app.lap.io/event/2018-spires-and-steeple-challenge/results>

PRE BOOKED TRANSPORT:

Please note; transport is provided **TO THE START** of the challenge! If you have pre-booked your transport, park your car at Eastgate Green car park, Sleaford on the morning of the event, get on the relevant coach and then your car is at the finish line ready for when you complete the challenge. See timings below:

Transport for 26 mile walkers will depart Eastgate car park, Sleaford at 7.00am to take walkers to the start at Wickham Gardens, Lincoln.

Transport for 26 mile runners will depart Eastgate car park, Sleaford at 8.00am to take runners to the start at Wickham Gardens, Lincoln.

Transport for 13 mile walkers and runners will depart Eastgate car park, Sleaford at 9.45am to take participants to the start at Metheringham Playing Fields.

Eastgate car park (NG34 7DT): Maps are attached - car parking at Eastgate Green is free on the day. A map showing the pay and display car parks close to your start locations is also included for those making their own way to the start.

PROPERTY:

There will be a baggage drop off point at both starts. Baggage will be transported to the finish. Please ensure all baggage is firmly contained in a bag clearly marked with your surname and participant number. Baggage labels will be provided at the start. All baggage is left at owner's risk.

PARTICIPANT NUMBER:

Please ensure your bib number is easily seen from the front at all times. There is space on the rear for emergency contact details and any medical conditions and this section should be completed for your own safety. The bib also has the telephone number of event control on, in case you need to call us. But we advise you saving this number (07922489135) in your phone now.

FIRST AID:

First Aid will be provided throughout the event by St John Ambulance who will have a first aider at each checkpoint. If during the challenge you require first aid urgently, please call **07922 489135 (Spires and Steeples event control)**.

CHECKPOINTS:

There are five checkpoints – Branston, Metherringham, Digby, Ruskington and Haverholme. You must stop at each one of these checkpoints to get checked.

REFRESHMENTS:

Water (kindly supplied by Lincolnshire Co-operative) will be available at each checkpoint. You will be able to purchase hot and cold food and drink at Sleaford.

TOILETS:

Toilet facilities will be available in the vicinity of the start, finish and each checkpoint.

26 mile walkers & runners – public toilets are available across the road from your start venue on Westgate (or Castle Square which is a little further out; there is also a male brick trough on Union Street)

CHANGING FACILITIES:

Following completion of the challenge, changing and shower facilities will be available at Sleaford Leisure Centre, Eastbanks, Sleaford, NG34 7ET; just a short walk from the finish line (in fact you will have passed the leisure centre on route to the finish).

LITTER:

Please be considerate to the environment and to the landowners along the route by keeping any litter with you or disposing of it (including water bottles & cups) in the bin bags provided at each checkpoint and in the wheelie bins located at a short distance beyond each checkpoint.

DO NOT THROW LITTER ON THE GROUND!

RETIRING PARTICIPANTS:

If at anytime you are unable to continue, please try to retire at one of the checkpoints. The Checkpoint Official will record your number and that you have retired. If you are unable to get to a checkpoint, please call **07922 489135** to report that you have left the event. If you have to retire, the organisers are unable to transport you back to your vehicle and you will need to make your own arrangements.

To ensure participants are not walking or running beyond dusk, anyone walking or running 26 miles who reaches Metherringham checkpoint after 13:30hrs will be asked to retire from the event.

Any participant arriving at the Digby checkpoint beyond 16:00hrs will be asked to retire from the event.

Progress of participants will be evaluated by event control and if it is deemed unsafe for participants to continue through subsequent checkpoints, they will be asked to retire from the event.

The event organisers will not be responsible for anyone who continues against these instructions. The last checkpoint at Haverholme will close at 17:30hrs.

For 26 mile participants, the last 8 miles of the route can be difficult, so if you are suffering when you reach Metherringham, you are advised to retire there.

Please be aware that unfortunately, due to engineering works, there is no train service between Sleaford, Ruskington, Metherringham and Lincoln on the event day.

GENERAL POINTS TO CONSIDER:

Please check the weather forecast and make sure you wear clothing and footwear suitable for this event and for the time of year/weather conditions.

This is not a timed race; however there will be a timing clock located at the finish line kindly supplied for the challenge by Toonie Express Adventure Racing Club; should you wish to take note of your time as you pass through. Please note; timings will **NOT** be recorded. Medals will be issued to those successfully completing the Challenge.

We discourage the use of participants wearing headphones whilst taking part in the event as they have previously been associated with accidents at events of this nature.

Please bring with you your mobile phone and ensure it is fully charged. If you have one, it may be also helpful to have a remote charger for your phone.

Dogs are permitted to take part but they **MUST** be kept on a lead at all times. Dogs will have to negotiate stiles and some steps along the route. Please also be aware that you will be going through fields that may contain livestock.

Participants must comply with the Countryside Code and the Highway Code and obey directions from Event Officials.

Participants must behave in a manner that is safe for themselves and all others, and participate at their own risk.

Your health and enjoyment is our priority, therefore if you have suffered from a cold, flu or other illness in the seven days leading up to the event, we would like you to reconsider taking part.

The organisers accept no responsibility for personal injury or loss to entrants and spectators.

SPECTATORS:

Spectators in cars will be able to keep track of their family and friends and to watch them run/walk through many of the villages. Please remember to drive and/or park your car with consideration for residents and participants.

CHARITIES:

The official charity partner of Spires and Steeples 2018 is Cancer Research UK.

Participants may also raise sponsor money for their own specified charity if they wish.

PHOTOGRAPHY:

Photographs will very kindly be taken along the route and at the finish by Andrew Scott. Images will be available on the Spires & Steeples Facebook Group accessed by a link to an online album where you will have the opportunity to view and order copies if you wish.

Please note: Many of the images will be used within future promotional literature. Please let the Event Manager know if you do not wish for your image(s) to be published in the public domain.

Please be aware that filming and photography of this event will be occurring throughout.

Here's the small print:

By entering and by your presence at the event/on the route, you consent to be photographed, filmed and/or otherwise recorded. Your entry constitutes your consent to such photography, filming and/or recording and to any use, in any and all media throughout the universe in perpetuity, of your appearance, voice and name for any purpose whatsoever in connection with Spires and Steeples

You understand that all photography, filming and/or recording will be done in reliance on this consent given by you by entering this area. If you do not agree to the foregoing, please do not enter this area.

SUPPORTERS 2018:

This year's challenge supporters include Lincolnshire Co-operative. There are many other organisations that provide support, and without their help we couldn't deliver this well-loved community event.



Safety Information

Please read these notes carefully – we wish you all a safe and enjoyable day

Adverse Weather Conditions

The Event Management Team will monitor the weather conditions in the days prior to the event and postpone the event if deemed necessary.

The Event Management Team will monitor the weather conditions during the event and cancel the event if deemed necessary. All participants will be asked to remain at the next possible checkpoint where shelter will be available and await organised transport.

You are reminded to wear and carry suitable clothing and footwear for all weather conditions.

Road Crossings

Participants are advised of significant road crossings along the route, namely within Lincoln City Centre, Sheepwash Lane (Washingborough) and the crossing of the A153 at Haverholme. "Caution" signs will be in place along the main highway as well as on the trail and Event Officials will be located at these points to advise participants of the approaching road crossings. However, participants must rely on their own ability in dealing with these hazards – Event Officials are there to raise awareness only. Please ensure you use permanent pedestrian crossings in Lincoln City Centre to cross main roads.

First Aid

St John Ambulance personnel will be present each checkpoint. If you require assistance between checkpoints or are unable to reach the next checkpoint, please call the emergency number shown below.

Livestock

Some of the fields you will be crossing contain livestock. If you enter a field with cows, be prepared for the cattle to react to your presence; move quickly and quietly and if possible walk/run around them; Keep your dog close and under proper control. Don't hang onto your dog. If you are threatened by animals – let the dog go as the cow will chase after it. Don't put yourself at risk. Find another way around the cows and rejoin the footpath as soon as possible.

Failing Light

We have ensured that the event will take place between the maximum numbers of daylight hours available. To ensure you are not participating beyond these hours, any runner or walker reaching the Metheringham checkpoint after 13:30hrs and Digby by 16:00hrs will be asked to retire. Transport to your car will be arranged for anyone retiring under these circumstances. The Event Management Team cannot be held responsible for anyone who continues against these instructions.

Children

Children under the age of 14 years are not accepted as participants for the Spires and Steeples Challenge. Any children that do accompany their parents as participants or spectators do so under parental supervision and within their responsibility.

In the event of an emergency occurring during the event, participants are requested to contact:

07922 489135



← Nearby parking in Lincoln

Start venue address:
 Wickham Gardens
 Westgate Water Tower
 Westgate
 Lincoln
 LN1 3BD



N
M
S
M
P
L



S
F
E
N

