

Information & Rules of the Flower of Suffolk 100

Main Event

1 The Event:

1. The aim is to complete, on foot, a defined route of at least 100 miles within a maximum elapsed time of 48 hours.
 - 1.1 Entrants may start at 10am, 12 noon or 2pm on Saturday 24th May 2025. Entrants may use any of the start times, but all entrants must adhere to the opening and closing times of the checkpoints. Entrants arriving at a checkpoint before it is open will have to wait. Please consider the length of each section and the terrain in determining which start to select. All entrants must finish by 10am on Monday 26th May 2025. Entrants must indicate a start time on the entry form, but there is scope to change later (before Monday 12th May 2025).
 - 1.2 The checkpoint closing times are set so that entrants can complete the event in 48 hours going at a steady speed throughout the event, with more time allowed at the end so that as many entrants as possible will be able to complete the route.
 - 1.3 The Event is restricted to **LDWA Members ONLY**.

2 Start and Finish:

- 2.1 Start and Finish are at Ipswich School Sports Centre, The Street, Rushmere St Andrew, Ipswich IP5 1DE - Grid Reference: TM201460 What3words location: hogs.mint.sugars. Details of the registration process on the day of the event, including the issue of tally cards and trackers, shall be posted on the event webpage prior to the event.
- 2.2 There is ample space for parking cars at the Sports Centre and potentially at the neighbouring Rugby Club and they may be left there over the weekend. Cars and camper vans are allowed to park at the Sports Centre, but NO camping will be allowed. There are a number of camping sites in the Ipswich area. Details will be made available on the Flower of Suffolk 100 website.

3 How to enter:

- 3.1 The online **pre-selection list** entry period for the Flower of Suffolk 100 opens on Tuesday 1st October 2024 and closes on Monday 2nd December 2024. If more than 550 valid entries are received by that date entrants will be selected by means of a ballot (see section 6). Applicants who do not have a valid qualifier will be removed from the pre-selection list.
- 3.2 If fewer than 550 valid entries are received by Monday 2nd December 2024, all applicants on the pre-selection list will be invited to pay the entrant fee by Friday 27th December 2024.
- 3.3 Entries will close temporarily and then re-open on Thursday 2nd January 2025 if there are any spaces left. Those remaining places shall be filled on a first come first served basis. Payment will be taken at the time of entry and anyone who does not have a valid qualifier will have their entry cancelled (see below for partial refund). The final closing date for entries will be Friday 25th April 2025.
- 3.4 The only method of entry is via SiEntries online application. A link to the SiEntries event entry system is provided on the "How to Enter" page of the Flower of Suffolk 100 website.
- 3.5 A cancellation policy will be available whereby entrants who cancel their entry or do not have a valid entry, will be refunded the entry fee less £20 administration fee.

3.6 Entrants who have not received the final instructions one week prior to the event date must check their on-line status to confirm their entry status. If confirmed, contact the entries secretary by email who will provide the required information.

4 Conditions of Entry:

All entrants must:

4.1 Be aged 18 years or over on the 24th May 2025.

4.2 Provide evidence of having completed an event from the list of qualifiers shown on the event website of at least 50 miles, or completion of 50 miles of an event of longer than 50 miles on the list of qualifiers, after 1st January 2024. Only events listed on the list of Qualifying Events on the event website can be used as a qualification to enter the event. No other qualifying events will be accepted. Entries will only be accepted when evidence is produced that a qualifying event has already been completed. Conditional entry on the basis that a qualifying event will be completed in the future will not suffice.

4.3 Have paid the required entry fee in full **and** be a current member on the date of application and on the date of the event.

4.4 Agree to comply with **ALL** of the event rules and with following disclaimer - "I agree to the Rules of the Event and participate in the Flower of Suffolk 100 event at my own risk. I understand that I am responsible for ensuring that I have undertaken the necessary preparation and training to participate in the event, that I am sufficiently fit and healthy to participate and that I will comply with all relevant UK Government and local COVID laws and guidelines should any exist. I understand that if I have a medical condition that would cause me to doubt whether I can participate in the event, then I will not do so unless I have sought reassurance from the medical profession. I will abide by the Countryside Code .

5 Cost:

5.1 The entry fee is £125 for LDWA Individual and Family Members (membership must be current at the time of entry and also on the date of the event). There is a reduced entry fee for LDWA volunteers helping on the Marshals' Event of £75 provided that their specific (and substantial) roles in the Marshals' Event are pre-approved by the event organisers. Entrants should pay the full fee of £125 on entering and will be given a refund of £50 after the event if they have provided their bank details for a BACS transfer in advance.

5.2 Payment will be made online via SiEntries.

5.3 The entry fee includes all refreshments provided during the event including a meal at the breakfast checkpoint, baggage transport to/from the breakfast checkpoint, transport for retirees, a meal at the finish, a certificate for all starters and a badge for all finishers. Transport of entrant's 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, entrant 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 (550), there will be a ballot to determine which entries are accepted.

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

Category 1: LDWA Member helping on the forthcoming 100 Marshals event and is qualified.

Category 2 : LDWA Member who has completed at least nine previous hundreds and is qualified

Category 3 : LDWA Member who is qualified

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

6.4 The rest of the entries will form a reserve list in registration order. If payment for an accepted entry is not received by the deadline, entries from the reserve list will be invited to fill the spare places. Thereafter, entries may be invited from the reserve list if space becomes available due to withdrawal or any other reason, at the absolute discretion of the event organisers.

6.5 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 shortly after Monday 2nd December 2024.

6.6 Those successful in the ballot will be notified as soon as possible after the ballot. If payment in full has not been received by Friday 27th December 2024, then, if there is a reserve list, the entry will be cancelled and the place offered to the first person on the reserve list.

6.7 If no ballot is required, successful entrants will be invited to pay and must do so by Friday 27th December 2024 to confirm their entry.

7 Cancellation and Withdrawal:

7.1 If the event is cancelled (**at any point in the planning and delivery period**) for any reason the organisers will do their best to contact entrants using the details provided on SiEntries. Entrants are reminded to add their mobile phone contact details as part of SiEntries process. The Organisers will put a notice on the event website and main LDWA website as a NEWSFLASH and entrants are strongly 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 unavoidable costs incurred.

7.2 If an entrant withdraws their entry on or before 31st March 2025 the Organisers will refund the fee, less £20 for administration. There will be no refund if an entrant withdraws after 31st March 2025.

8 Route:

The draft route description will be published on the website as soon as possible, but this may be subject to change up to the date of the event.

9 Kit Required:

The mandatory items below are a minimum – you should wear and/or carry sufficient clothing to be confident of staying warm and dry regardless of the weather.. Each participant must carry ALL items for the duration of the event unless otherwise mentioned below. Sharing of items is not permitted. There will be a kit check at some point during the event, and any participant not carrying required item(s) of kit will be immediately disqualified and transported to the finish by official transport as soon as reasonably possible. The organisers also reserve the right to carry out subsequent kit check(s) at any time if they so wish and likewise failure to provide item(s) requested will result in immediate disqualification and transport to finish. — See Section 13.

9.1 The mandatory kit that is required for your safety is:

- Route Description for the entire route from the start*
This must be the official route description of the event and can be in:
Paper form and kept waterproof OR
Can include an electronic version provided durability and adequate power supply for 48 hours can be demonstrated if requested by a marshal.
- Maps for the entire route from the start* as specified in 10 below.
- Tracker as supplied at registration at the start of the event which should be kept switched on until you return to HQ.

- Official Entrant Tally Card
- Upper body clothing – you must wear or carry through the event three layers
 - A base layer (eg a t shirt or other shirt)
 - a long sleeved warm layer (eg a thermal or fleece) and
 - a waterproof layer (jacket) which has an integral hood
- Lower body covering – shorts can be worn but you must also wear or carry throughout the event
 - A warm layer (eg walking trousers or full length leggings) and
 - a waterproof layer of full length – waterproof over trousers or
 - waterproof trousers which consist of two layers, a waterproof shell and a lining .
- Hat (and not a Buff/Bandana/Hoodie Sweat shirt or similar) and Gloves.
- Compass graduated with degrees on the dial. This can include an electronic device provided adequate power for 48 hours can be demonstrated if requested by a marshal.
- A working whistle.
- A working torch with spare batteries sufficient for 2 nights and spare bulb if not an LED device.
- A survival 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. (please see note in 9.2 below)
- Emergency food
- A resealable drinks container, minimum size 0.5 litre.
- Reflective clothing or reflective markers on backpacks. These must be visible when walking at night.
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Note that for the above items marked * (RD and Mapping), it is acceptable for items to be discarded at checkpoints or in breakfast bag relating to the part of the route which has already been completed.

9.2 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 and/or fully charged (and switched on) mobile phone for emergency use.
- Any personal medication which you may need during the event (any prescription medicines for the duration of the event, and items such as pain killers, anti-histamine, anti-motility and anti-emetic). Marshals and first aid team will not be able to provide these for you.

10 Maps Required:

10.1 1:25,000 Explorer 197, 211 and 212 (or the equivalent printed out versions from your mapping software provided that there is at least 1 k border around the route) or,

10.2 OS 1:25,000 maps in downloaded electronic format will also be allowed provided durability and adequate power supply for 48 hours can be demonstrated if requested by a marshal.

11 Baggage:

11.1 A single small bag containing **non-essential** items, marked with the entrant's number should be deposited in the area provided at the start, and will be transported to the breakfast stop. It will then be taken back to HQ for collection at the finish after the entrant has left the breakfast stop checkpoint or if the entrant has retired prior to reaching the breakfast stop checkpoint. There could be a delay in a bag returning to HQ if an entrant retires early.

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

11.3 Entrants undertake not to leave cash or valuables (e.g., mobiles/GPS) in it. The organisers will accept no responsibility for any losses or damage.

11.4 Entrants **MUST** keep the size and weight of the small breakfast bag within a maximum permitted size of 50 cm x 30 cm x 30 cm and maximum weight 6 kg (13lb).

11.5 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.

11.6 One additional Bag of reasonable weight and size may also be left at the HQ for the duration of the event. A label with the entrant's number will be provided. Any excessively large and or heavy bag will not be handled.

11.7 All bags must be collected by 11.00am on Monday 26th May 2025.

12 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 have 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:

A1 The Event Organisers will undertake a suitable and sufficient risk assessment for the Event and keep it updated. They will also liaise with all relevant statutory authorities and landowners and obtain all relevant permissions. The arrangements provided by the organisers in furtherance of its duty of care will include:

A2 The organisers will ensure the distance is as close to, not less than, 100 miles as practicable and physically possible and the route description is as accurate as possible.

A3 The organisers will marshal any potential points on the route where the organiser 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 organiser identifies. Furthermore, the organiser, 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 totally mitigated.

A4 The organisers will have checkpoints under cover and inside halls as much as is reasonably practicable.

A5 The organisers will ensure there is sufficient quantity of high-quality nutritious food.

A6 The organisers will implement a robust communications system consistent with the terrain and known difficulties of communication.

A7 The organisers will provide transport for entrants who retire in order to return them to HQ.

A8 The organisers will provide First Aid at HQ and at Breakfast (although entrants should be self sufficient as in B1 below).

A9 The organisers will provide provision for entrants to sleep at HQ at the end of the event. However, entrants expecting to finish close to the 48 hours completion time should consider making alternative post event arrangements as event HQ may need to be vacated soon after official finish.

A10 The organisers will provide entrants with an emergency telephone number.

A11 The organisers will identify which checkpoints entrants' supporters are welcome to visit and which they are not. The organisers will briefly identify the reasons 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 enter the event based on the fact that they have prepared appropriately. Additionally, 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 card 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 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. The tracker should be left switched on and attached to the entrant until they are back at HQ.

B4 Entrants must not be threatening, abusive or insulting to a marshal, other entrants and members of the public and understand that if reported, their behaviour might be subject to formal review from the 'LDWA 100 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 at each checkpoint, including any self-clips.

B6 Entrants must pass through checkpoints in order. In the event that 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 must 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 web site 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 must understand that if they arrive at a checkpoint after that checkpoint has closed then they will be retired. Under exceptional circumstances this may be waived at the discretion of the organisers.

B9 Entrants must 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 at all times and do nothing to bring the LDWA into disrepute.

B12 Entrants must be 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 in connection with the event, particularly at checkpoints and at HQ. Entrants should therefore ensure that their supporters do not visit checkpoints that the organisers have identified are to be kept supporter free. Given the potential seriousness of any incident, those individuals behaving irresponsibly or even without due care and attention of their surroundings will be brought to the attention of the checkpoint manager who if involved will expect immediate cooperation and compliance with any reasonable request. If in the very unlikely case of anything not being resolved at once the incident will be reported to the 'LDWA 100 Review Group' with the possibility of subsequent sanctions for any LDWA member involved.

B16 No dogs are permitted on the event.

13 Disqualification

13.1 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.

13.2 In all matters connected with the event the decision of the organisers is final. At checkpoints the decision of the marshals is final.

14 Reconnoitring the Event:

14.1 Accepted entrants who wish to reconnoitre the event should please note that the route may be subject to alteration which may include sections of private land or land that has restrictions on access.

14.2 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.

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

15 Privacy, Data Protection and Personal Information:

15.1 Entrants understand and agree that their personal information submitted as part of their entry will be held by the event organisers for a period of up to seven years after the event and is held for the purposes of managing this event only. Entrants further understand that photographs and videos are likely to be taken during the event, which may be featured in Strider magazine, group newsletters, on LDWA websites and on LDWA social media. Additionally, entrants understand that Summary Information* may be published immediately and may be held in perpetuity for the purposes of providing a record of the event. Entrants have the right to contact the organisers and request that all of their personal Summary Information* is anonymised. Any medical information will be held for duration of event only, including notification to the company providing medical cover, and will be erased after the event.

* Summary information is limited to the entrant's name, age, gender, postal town, LDWA membership number, event name and date, distance covered, time recorded as well as any other linked walking achievement.

15.2 Entrants can choose to remain anonymous during any of the event live progress reporting. However, 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 entering the participant agrees to this temporary storage. This information will be held by the teams helping to plan and marshals' managing the event, on a strictly need-to-know basis and will be erased after any report and results have been published.

15.3 Entrants should be aware that the LDWA maintains a Hundred Register (formerly the Hundred Database) held on the Association's secure server. The Hundred Register contains membership number, full name, gender, local group, year of birth (where declared on entry forms), number of Official LDWA Hundreds started and finished, and years and times. It does NOT include addresses (postal or e-mail), telephone numbers, any declared medical conditions or any emergency contact names, addresses or telephone numbers. Entrants who do not want their details to be stored on the Hundred Register should be aware that this will result in their name and records being completely deleted. The onus will then be on these individuals to prove they are eligible, if applicable, for the 10/20/30/40 awards.

15.4 Taking part involves carrying a tracker throughout the event. A link to the tracking web site will be sent to all entrants and publicized on the LDWA web site, the event FaceBook page, and the LDWA FaceBook page. Hence, it will be possible to follow the progress of named entrants throughout the event.