Let's talk
details
Hadrian's Wall Hike 2019
9 and 18 mile routes
bhf.org.uk/hadrians
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9 and 18 mile routes

Event Details

When is the event
Sunday 19 May 2019

Where is the event?
All participants need to start at Lanercost Priory, Brampton, CA8 2HQ, where parking is available.

Please follow the brown signs for Lanercost Priory from the A69. Look out for the BHF event car park signs once you reach the village of Lanercost and follow the direction of the car parking stewards.

All participants will be transported from Lanercost Priory to the start line on shuttle buses organised by the BHF.

How do I keep up to date with event information?
We will keep our website up to date as much as possible but we recommend following the Facebook event page to keep up to date with information prior to the event.

Are there any age restrictions?
You have to be 16 years old to take part and all under-18 year olds must be accompanied by an adult for the duration of the event.

What is the route like? Will the route be suitable for me?
This is a challenging country hike with some tough ascents, so you’ll need a good level of fitness to take part. We recommend including hill walking in your training for this event. Please make sure your boots are well worn in before the event.

Can I take part in a wheelchair?
Unfortunately the terrain would not be suitable for wheelchairs at this event.

Can I take part pushing a buggy?
Unfortunately the terrain would not be suitable for buggies at this event.
What pace should I walk at?
Please walk at your own pace; however, there is a cut-off time at each checkpoint which requires participants to maintain a minimum average speed of 2 miles per hour (3.6km) to complete the challenge within the event time. If you fall behind the timings, at the checkpoint, you will be offered a lift to continue your challenge further down the route or should you wish to retire, transported to the finish.

Please note: This event is a walk, the challenge is not a race or a running event and any participant attempting to jog or run the route will be at a pace outside of our organisational times and therefore be ahead of set-up and support teams, this means the route will not be signed, marshals and medical personnel will not be in position and checkpoints will not be open. Therefore, running or jogging is strictly not permitted.

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I can’t make the event – can I get a refund, transfer or defer my entry?
As per our terms and conditions, we are unable to refund your registration. You may have the option to defer or transfer your place.

You can transfer your event place to someone else, as long as this is done by Friday 10 May 2019. To do this you must contact our Events Team and ask your replacement to fill out a registration form so that we have the details of everyone taking part. They will not need to pay for this place, as they are taking yours.

If you are unable to take part in 2019 and would like to defer your entry to 2020, please contact our Events Team who will organise this for you. Please note you can only defer your entry once. If you have already deferred your entry from the 2018 event to 2019 then you will not be able to defer to 2020.

The Events Team are available Monday to Friday from 9am until 5pm on 0300 330 3322 or at heretohelp@bhf.org.uk
Event Day

What time does it start?
The event day times are as follows:
- Car park opens: 6:15am
- Registration for 18 mile hike opens: 6:30-7:30am
- Registration for 9 mile hike opens: 7:30-8:30am
- Shuttle bus for 18 mile hike starts: From 6:45-7:45am
- Shuttle bus for 9 mile hike starts: From 7:45-8:45am
- Start time for 18 mile hike: From 7:25-8:25am
- Start time for 9 mile hike: From 8:25-9:25am

- 9 mile hike cut off time: 14:00pm
- 18 mile hike cut off time: 18:00pm

Will there be parking?
Yes, there will be free parking at Lanercost Priory. Please note this is the only place for participant parking. The car park is an area on the grass called The Garth. Please car share where possible. The car park is 1.6 mile from the A69 Bypass and 2.5 miles from the centre of Brampton.

Are the BHF putting on any transport?
The BHF are offering a free shuttle bus from Lanercost Priory to the start line (Housesteads Visitors Centre) and a free shuttle bus from the 9 mile finish (Walltown Quarry) back to the car park at Lanercost Priory from 12 noon.

Do I need to sign in or register in the morning?
Please ensure you have your hiker number with the timing chip attached to the back visible as you will need to sign in when you get on the shuttle bus at Lanercost Priory. If you haven’t received your welcome pack or hiker number before the event day then please come and see us at the Information Point marquee at Lanercost Priory.
What if I forget my hiker number/don’t receive my pack in time?
First step – don’t panic. You’ll still be able to take part!

If you forget your number or you haven’t received your pack in time, please head to the Information Point marquee where a member of the Events Team will simply check you off the list and provide you with a new hiker number and timing chip. We ask for a £5 donation to the BHF if you simply forget your hiker number as this is a cost for the charity and takes money away from our life saving research.

Will I get a t-shirt?
Yes, everyone taking part will get a BHF technical t-shirt as part of their entry. You can collect this before the event starts and wear it during the hike. Sizes are available on a first come, first serve basis from X-Small to XX-Large in our T-shirt Collection marquee.

Can I bring a donation bag?
Yes we’d really appreciate your donations and BHF Retail will be at Lanercost Priory to collect them on the day.

Can I bring my dog?
The route includes working land and cattle which may be present in areas along the hike. Well behaved dogs are permitted on the hike but rules of the countryside code must be followed at all times as ‘Every Footstep Counts’ (Hadrian’s Wall Code of Conduct) does discourage dogs. Please see more details further on in this booklet. We would remind participants that the walk is challenging and the welfare of any animal participating is the responsibility of the owner/participant. We recommend that plans are in place for the animal to be collected should it be in difficulty or unable to continue. The decision to bring a dog is entirely at the discretion of the owner.

What is available in the event village?
The following will be available in the event village:
• Catering
• BHF Shop
• Information Point
• T-shirt Collection
• BHF Experience
• Toilets

How can I pay on the day?
Any payments or donations on the day will be cash or card payment.
**The Course**

**Is the event chip timed?**
Both the 9 mile hike and the 18 mile hike are chip timed events for safety. Your chip will be attached to your hiker number. The polystyrene strip on your hiker number contains your timing chip. Please do not cover the strip or fold your hiker number. Please also ensure your hiker number is clearly visible on event day.

**Do I need to be able to navigate around the course?**
Every hiker will be offered a map of the route before the hike starts. Where the official Hadrian’s Wall route is not clear yellow signage with black arrows will be on display that will complement the already present Hadrian’s Wall signs to direct you.

**Are there any rules I need to follow on the route?**
Yes! Please remember the countryside code and to observe “Every Footstep Counts”, the World Heritage Site’s own country code. As you will appreciate, Hadrian’s Wall is a fragile environment and the archaeology is easily damaged. You can help protect this great Wonder of the World by:
- Not walking on the Wall itself
- Taking your litter home
- Avoiding worn patches on the Trail
- Following sign posted paths and keeping gates closed
- Dogs are discouraged to attend the event by the Northumberland National Park Authority due to the event taking place in lambing season and increased incidents in the area with dogs and livestock. We are aware that dogs can be on a public right of way, if you intend on bringing your dog with you please always keep them on a lead and kept under extremely close control
- Where there is clear signage for the path, we will not place BHF signs alongside this, we will only place yellow arrows where there are options for different paths

**Is there any specific kit I need to bring?**
Yes – don’t forget your waterproofs, hiking boots and a water bottle for this challenging rural walk. Take a look at our recommended walking kit list on the event webpage for what to wear on the day and what to bring with you.

You can also chat to other participants and get the latest information on the Hadrian’s Wall Facebook page.
Are there check points on the route?
Yes! On the 18 mile route there are three small checkpoints with toilets on the route at Steel Rigg Viewpoint, Cawfield Quarry and Walltown Quarry where you will be provided with snacks and water. Please also bring plenty of water, your lunch and any snacks you may require for the walk. On the 9 mile route there are two checkpoints on the route at Steel Rigg Viewpoint and Cawfields Quarry where you will be provided with snacks and water. Please also bring plenty of water, your lunch and any snacks you may require for the walk.

When will I know my event finishing time?
There are different ways you can collect your finishing time. You can visit the BHF marquee next to the finish line and speak with the chip timing company, Results Base or if you provided us with your mobile number when you registered you’ll be sent a text message within an hour of completing the event. Your finishing time will also be available online at www.bhf.org.uk/hadrians the day after event day and we will post a link to the results on the event Facebook page.

If you believe that your event time is wrong, please get in touch with our Events Team, who will in turn inform the chip timing company, Results Base.

Will I get anything when I finish?
When you cross the finish line you will receive a well-earned medal, ready to show off your achievements! You will also get free water along the route and when you finish.
**Fundraising and Sponsorship**

**Do I have to fundraise?**
Your registration fee only covers the cost to put this event on, but it's the money you raise that powers our life saving research. Previous Champions have raised £300 for this event to help beat heartbreak forever.

We will support you and help with any fundraising advice you want or need so please contact heretohelp@bhf.org.uk for any questions about this and a member of the team will happily assist.

**Can I fundraise for another charity?**
We ask you only fundraise for the BHF at this event. Our aim is to put a stop to the devastation caused by heart disease, through our life saving research and we rely on your fundraising to ensure this vital work can continue. Your entry fee only covers the cost of organising the event, it's the money you raise that powers our life saving research.

**Do I need to raise all of this before the event?**
No – you can continue to fundraise after the event, share your event stories with your sponsors and show off your medal to get a few extra pounds.

**How can I pay my sponsorship in?**
There are several ways to send in your fundraising:

- **Online Sponsorship** - If you have set up a Just Giving or Virgin Money account then you will not have to do anything, all online donations will come through to us so sit back and relax!

- **Offline Sponsorship** - You can make a payment over the phone by calling 0300 330 3322

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**Are there any cut off times?**
Yes, there are. We ask that you walk at your own pace however there is a cut-off time at each of the checkpoints which requires participants to maintain a minimum average speed of 2 miles per hour (3.6km) to complete the challenge within the event time. If a participant falls behind this time, at the checkpoint, they will be offered a lift to continue their hike further down the route or should they wish to retire transported to the finish. Infrastructure will be operational and participants fully supported walking within an average top speed of 3.75 miles per hour (6km) and minimum of 2 miles per hour (3.6km).

The final cut off times are:
- 9 mile hike - 14:00pm
- 18 mile hike - 18:00pm
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Lanercost Priory
Car park and shuttle bus to the Start line for participants

Checkpoint 1:
Steel Rigg Viewpoint
Mile 3
This checkpoint is used for both the 18 mile and 9 mile hike.
Available
Toilets | Water | Snacks

Checkpoint 2:
Cawfield Quarry
Mile 6
This checkpoint is used for both the 18 mile and 9 mile hike.
Available
Toilets | Water | Snacks

Checkpoint 3:
Waltown Quarry
Mile 9
This is also the finish line for the 9 mile hike. Shuttle buses available from 12 PM to Lanercost Priory.
Available
Toilets | Water | Snacks

Housesteads Visitors Centre
Start line for all participants.

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bhf.org.uk/hadrians
Heart transplants. Clot busting drugs. Pacemakers. 
Breakthroughs born from visionary medical research. 
Research you fund with your donations. 

Heart and circulatory diseases kill 1 in 4 people in the UK. 
They cause heartbreak on every street. But if research 
can invent machines to restart hearts, fix arteries in 
newborn babies, build tiny devices to correct heartbeats, 
and give someone a heart they weren’t born with - imagine 
what’s next.

We fund research into all heart and circulatory diseases 
and their risk factors. Heart attacks, heart failure, 
stroke, vascular dementia, diabetes and many more. All 
connected, all under our microscope. Our research is the 
promise of future prevention, cures and treatments.

The promise to protect the people we love. Our children. 
Our closest friends.

You and the British Heart Foundation. 
Together, we will beat heartbreak forever.

Beat Heartbreak Forever.
Beat heartbreak from heart diseases stroke vascular dementia diabetes

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