



DEDHAM VALE MIGHTY HIKE

Serious medical emergency: **999**

Medical and emergency number: **03302 234 191**

Non-emergency number: **03302 234 195**

Please be aware, these numbers will not be active until event day.

**MIGHTY
HIKES**

**MACMILLAN
CANCER SUPPORT**

Event rules & procedures



Event bib number & timing

Please wear visibly on your front at all times. The barcode on the front needs to be in view for the Pic2Go photographers. It contains a built in timing chip which will log you through the start and all pit stops on your way to the finish line. Please be sure to enter all sites by crossing over the timing mats.



Retiring from the event

If you need to retire, please try to do so at a Pit Stop and report to the green Event Information Desk. If on the route text or call the **non-emergency** number on the front of this booklet / your bib number.



Navigating

Find the route map link [here](#).

The route is fully signed using red and white arrows. If at any time you believe you are lost please follow this procedure:

- Walk back to your last known point / arrow.
- If you are still lost, stay where you are and call the **non-emergency** number and someone will guide you back onto the route.



Follow the countryside code:

Please 'leave no trace' – do not drop litter, remember to close gates behind you and respect farmers' land and livestock.

* We are asking that no spectators attend the start venue, lunch venue or pit stops along the route as there is limited accessibility and limited facilities.

† Please visit <https://what3words.com> and enter the codes from the table provided.



Coronavirus requirements:

- Please follow all requests from the Mighty Marshals while on site.
- Follow signs and ground flags to help with social distancing.
- We are asking that no spectators attend the start venue, lunch, or any of the pit stops along the route. You are welcome to invite your loved ones to meet you at the finish venue. All spectators will be subject to the same safety measures as participants and staff.*
- Remember to wear your face mask on any coaches, in queues and walking around at pit-stops.
- Make sure to sanitise your hands after touching stiles and gates.
- Please be sure to check in using the NHS Track and Trace system on your arrival.

Route and Pit Stop summary



Start
what3words†

Kentwell House, Long Melford, CO10 9BA
video.fellow.disgraced



AM Pit Stop*

4.9 miles

Between Middleton Road
and Ballingdon Street



Lunch Stop*
what3words†

11.2 miles

Bures Playing Fields, Bures
kite.trailer.polishing



PM Pit Stop*

21 miles

Rivers Hall, Sky Hall Hill, Boxted,
Colchester



Finish
what3words†

Flatford Mill, East Bergholt, Suffolk CO7 6UL
silence.dash.iteration

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Route map link:

[Click here](#)

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or [the app store](#) and enter the codes from the table provided.

