

HOME START HIKE

Sunday 27th September 2026 | Kingfisher Leisure Centre, Sudbury

Terms and Conditions for Participants

1. Eligibility:

- The event is open to adults and families with children.
- Participants under 18 years old must be accompanied by a responsible adult.
- All participants must have booked and made payment prior to the event date.
- Participants without bookings will not be accepted and cannot take part. It will not be possible to register for the event on the day.

2. Registration fee and sponsorship

- All participants must pay a registration fee. Prices for individuals, families, and corporate teams are available on the Home-Start in Suffolk website. The registration fee covers the costs associated with organising the event.
- No minimum sponsorship is required for 2026, however any sponsorship generated would be appreciated. Please use link to the Home-Start Hike fundraising page and click on the **'Start Fundraising'** button to create your own Just Giving page linked this event.
<https://www.justgiving.com/campaign/homestarthike26>

3. Self-Sufficiency:

- Participants must be self-sufficient and carry all necessary equipment, including food, water, clothing, and first aid supplies. (See kit list)

4. Responsibility:

- Abbeycroft and Home-Start Suffolk are working collaboratively to organise this event. Abbeycroft is responsible for event management, insurance and overall health and safety of the event. Home-Start Suffolk is responsible for the marketing, booking, management of participants, funding, payments, and customer facing interactions.
- Participants are responsible for their own safety wellbeing during the event.
- Participants must coordinate their own rescue and recovery in case they are unable to complete the event, become injured or fail to make a checkpoint cut-off time.
- It is recommended for participants to have a plan in place for emergencies and inform a friend or family member of their route and expected return time.
- The walking route takes place on public rights of way and crosses roads. Participants must follow the rules of the highway code, watch out for traffic and only cross when safe to do so. This is an open road event meaning traffic will be using roads as normal.

- The route crosses a wide range of footpaths, both urban and rural. Participants do not have any additional right of access – please be mindful that paths will be in use by the general public. Follow the countryside code.

Respect Everyone

- Be considerate to those living in, working in, and enjoying the countryside.
- Leave gates and property as you find them.
- Follow local signs and keep to marked paths.

Protect the environment:

- Take your litter home and dispose of it properly.
- Do not disturb wildlife or livestock.
- Avoid damaging plants, trees, and historic sites.

5. Spectators and support crews:

- Spectators and supporters are welcome to the event.
 - Ensure that all spectators park in designated parking areas.
 - Spectators may not park on or block public roads or rights of way.
 - Spectators must follow all traffic regulations if driving along the course route.

6. Health and Fitness:

- Participants should ensure they are in good health and physically fit to undertake the event.
- It is advised to consult a doctor before participating, especially if you have any pre-existing medical conditions.
- Participants are responsible for their own health and wellbeing when on the trail.
- Please be aware due to its nature the hikes are over uneven ground with a range of obstacles including stiles, gates, low hanging foliage, trip hazards, wet and or boggy ground. You will be crossing roads, some with fast moving traffic.
- Please also be aware that there are ticks in the vegetation around Suffolk and they carry diseases such as Lyme disease. Please check regularly for ticks, at aid stations or at the finish area. For more information visit: <https://www.lymediseaseaction.org.uk/wp-content/uploads/2011/06/ldap1.pdf>
- If you have the misfortune to get lost, contact the race director so we know you are safe.
- First aiders will be available at the start/finish areas only. Participants should carry a well stocked first aid kit and any necessary medication. In the case of an emergency dial 999.

7. Conduct:

- Participants must follow the designated route and respect the environment, wildlife, and local communities.
- Littering is strictly prohibited. Please carry all rubbish with you until you can dispose of it properly.

8. Dogs

- Participants are allowed to bring dogs on the hike.

9. Aid Stations and Refreshments

- There will be a number of aid stations available at the start/finish line and roughly every 6 km along the 13km and 42km walking routes.
- Aid stations are run by volunteers and are subject to change.
- Water and a limited range of snacks will be available at each aid station – unfortunately, we are unable to cater for specific dietary requirements. Any special dietary requirements and allergies must be managed, and food carried by the participants.

10. Insurance:

- Abbeycroft holds public liability insurance up to £30million. This does not cover for theft, loss or damage to personal belongings, equipment and vehicles.
- Abbeycroft or Homestart Suffolk does not accept liability for any injury or damage sustained by users of equipment, facilities or localities that Explore Outdoor operates in (except such injury or damage occurred by reason of neglect of Explore Outdoors or its staff).
- Participants are encouraged to have personal accident and health insurance that covers long-distance walking events.

11. Waiver:

- By participating in the event, participants agree to waive any claims against the organizers for any injury, loss, or damage sustained during the event.

12. Cancellation:

- The organisers reserve the right to cancel or modify the event due to unforeseen circumstances, including but not limited to severe weather conditions.
- The event will still continue in the rain.
- In the case of extreme circumstances requiring the event to be cancelled, we will use reasonable endeavours to ensure participants are notified in advance and announcements will be made on social media channels. You will receive a refund of the entry fee, however we have no responsibility for any losses, expenses or costs incurred as a result of cancellation.

13. Photography and Media:

- Participants consent to being photographed and filmed during the event. The organisers may use these images and videos for promotional purposes.

14. Registration:

- All participants must register for the event and provide emergency contact information.
- These details will be checked at registration. Please arrive to register at the advertised time.
- Participants that miss registration will not be able to take part in the event.
- Participants without bookings will not be accepted and cannot take part in the event.
- Swapping of entries is strictly forbidden, only registered participants may take part.