

Participant Information



Contents	Page
16 Mile Self-Led Participant Information	3
16 Mile Led Participant Information	4
9 Mile Self-Led Participant Information	5
9 Mile Led Participant Information	6
4.5 Mile Led Participant Information	7
3 Mile Led Participant Information	8
1.5 Mile Led Participant Information	9
Other Information	10

REGISTRATION

All entrants must register for the Walk the Port Skyline Challenge Event . Please assemble at the MAIN HALL of the Active Living Centre to register at the following times:

16 MILE Self-led Walk the Port Skyline Challenge

Registration opens at 8.00am.

No entries will be accepted on the 16 mile Skyline after 8.30am.

- Bring your Walk the Port number with you (from your email). When registration opens queue up in the 16 mile self-led registration line, show the staff your Walk the Port number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, as you leave the building your wrist band will be scanned. This is also an indication you have officially started the event. **DO NOT LEAVE UNLESS YOU HAVE BEEN SCANNED.**
- Please ensure that you visit all 3 checkpoints. Your wrist band will be scanned at each checkpoint.
- Cut off times apply... i.e. you need to get to each checkpoint by the very generous cut off time. These will be shown on your checkpoint card.
- If you wish to finish the Walk the Port Event or are having difficulties, let us know by telling staff at the checkpoint or by contacting the Walk the Port HQ 07814495633 directly for assistance.
- When you have completed the Walk the Port Skyline Challenge event please report to the "CHECK IN" desk to have your wrist band scanned.
- WE NEED TO SCAN YOUR WRISTBAND AT THE END OF THE EVENT. Please do not go home until you have had your wrist band scanned, (even if you have dropped out early).
- ALL WRIST BANDS MUST BE RETURNED.
- Please make sure you are familiar with the terms of conditions of the Walk the Port Skyline Challenge, to view terms and conditions click here:
<http://www.newport.gov.uk/documents/Leisure-and-Tourism/Walk-the-Port/Walk-the-Port-Terms-and-Conditions-v3.pdf>

16 MILE Led Walk the Port Skyline Challenge

Registration opens at 8.00am.

No entries will be accepted on the 16 mile Skyline Challenge after 8.30am.

- Bring your Walk the Port number with you (from your email). When registration opens queue up in the 16 mile self-led registration line, show the staff your Walk the Port number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, as you leave the building your wrist band will be scanned. This is also an indication you have officially started the event. **DO NOT LEAVE UNLESS YOU HAVE BEEN SCANNED.**
- To ensure you walk with your friends you can choose your own group, a walk leader and back marker will be allocated to each group. The walk leader will add your name to his/her register.
- These walks will be led in groups of 25 max
- The 'walk leader and back marker' will lead you throughout the walk, they are in charge of their respective groups and must be listened to at all times
- This year the groups will be interchangeable i.e. if you find that you are a bit slower or quicker than your group, then you can swop to another group. Your walk leader will have to speak to the other walk leader and adjust registers accordingly before you do so.
- Cut off times apply... i.e. you need to get to each checkpoint by the very generous cut off time. These will be shown on your checkpoint card.
- If you are having difficulty on the walk or wish to finish early, let your walk leader know and they will call Walk the Port HQ and have you collected.
- Make sure you wrist band is scanned at any checkpoints you pass. Your walk leader will remind you.
- When you have completed the Walk the Port Skyline Challenge event please report to the "CHECK IN" desk to have your wrist band scanned.
- WE NEED TO SCAN YOUR WRISTBAND AT THE END OF THE EVENT. Please do not go home until you have had your wrist band scanned, (even if you have dropped out early).
- ALL WRIST BANDS MUST BE RETURNED.
- Please make sure you are familiar with the terms of conditions of the Walk the Port Skyline Challenge, to view terms and conditions click here:
<http://www.newport.gov.uk/documents/Leisure-and-Tourism/Walk-the-Port/Walk-the-Port-Terms-and-Conditions-v3.pdf>

9 MILE Self-led Walk the Port Skyline Challenge

Registration opens at 9.30am.

No entries will be accepted on the 9 mile Skyline after 10.00am.

- Bring your Walk the Port number with you (from your email). When registration opens queue up in the 9 mile self-led registration line, show the staff your Walk the Port number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, as you leave the building your wrist band will be scanned. This is also an indication you have officially started the event. **DO NOT LEAVE UNLESS YOU HAVE BEEN SCANNED.**
- Please ensure that you visit all 2 checkpoints. Your wrist band will be scanned at each checkpoint.
- Cut off times apply... i.e. you need to get to each checkpoint by the very generous cut off time. These will be shown on your checkpoint card.
- If you wish to finish the Walk the Port Event or are having difficulties, let us know by telling staff at the checkpoint or by contacting the Walk the Port HQ 07814495633 directly for assistance.
- When you have completed the Walk the Port Skyline Challenge event please report to the "CHECK IN" desk to have your wrist band scanned.
- WE NEED TO SCAN YOUR WRISTBAND AT THE END OF THE EVENT. Please do not go home until you have had your wrist band scanned, (even if you have dropped out early).
- ALL WRIST BANDS MUST BE RETURNED.
- Please make sure you are familiar with the terms of conditions of the Walk the Port Skyline Challenge, to view terms and conditions click here:
<http://www.newport.gov.uk/documents/Leisure-and-Tourism/Walk-the-Port/Walk-the-Port-Terms-and-Conditions-v3.pdf>

9 MILE Led Walk the Port Skyline Challenge

Registration opens at 9.30am.

No entries will be accepted on the 9 mile Skyline Challenge after 10.00am.

- Bring your Walk the Port number with you (from your email). When registration opens queue up in the 9 mile Led registration line, show the staff your Walk the Port number and they will give you a RACETEK wrist band, this band will be unique to you.
- After registration, as you leave the building your wrist band will be scanned. This is also an indication you have officially started the event. **DO NOT LEAVE UNLESS YOU HAVE BEEN SCANNED.**
- To ensure you walk with your friends you can choose your own group, a walk leader and back marker will be allocated to each group. The walk leader will add your name to his/her register.
- These walks will be led in groups of 25 max
- The 'walk leader and back marker' will lead you throughout the walk, they are in charge of their respective groups and must be listened to at all times
- This year the groups will be interchangeable i.e. if you find that you are a bit slower or quicker than your group, then you can swop to another group. Your walk leader will have to speak to the other walk leader and adjust registers accordingly before you do so.
- Cut off times apply... i.e. you need to get to each checkpoint by the very generous cut off time. These will be shown on your checkpoint card.
- If you are having difficulty on the walk or wish to finish early, let your walk leader know and they will call Walk the Port HQ and have you collected.
- Make sure you wrist band is scanned at any checkpoints you pass. Your walk leader will remind you.
- When you have completed the Walk the Port Skyline Challenge event please report to the "CHECK IN" desk to have your wrist band scanned.
- WE NEED TO SCAN YOUR WRISTBAND AT THE END OF THE EVENT. Please do not go home until you have had your wrist band scanned, (even if you have dropped out early).
- ALL WRIST BANDS MUST BE RETURNED.
- Please make sure you are familiar with the terms of conditions of the Walk the Port Skyline Challenge, to view terms and conditions click here:
<http://www.newport.gov.uk/documents/Leisure-and-Tourism/Walk-the-Port/Walk-the-Port-Terms-and-Conditions-v3.pdf>

4.5 MILE Led Walk the Port Skyline Challenge

Registration opens at 11.30am.

No entries will be accepted on the 4.5 mile Skyline Challenge after 12.00am.

- When registration opens queue up in the 4.5 mile Led registration line and give your name and DOB to the Marshall. The Marshall will give you a registration number in which you must keep to hand in at the end of the event
- After registration you will have a small briefing from your Walk Leader about health and safety before leaving the Active Living Centre
- You will all be walking as one big group with walk leaders interspersed.
- The 'walk leaders' will lead you throughout the walk, they are in charge of their respective groups and must be listened to at all times
- Walk at your own pace for as far as you like, pick up points are available on route.
- When you have completed the Walk the Port Skyline Challenge event please report to the "CHECK IN" desk to hand in your registration number.
- Once you have handed in your registration number you will receive your Walk the Port 2017 badge.
- Please make sure you are familiar with the terms of conditions of the Walk the Port Skyline Challenge, to view terms and conditions click here:
<http://www.newport.gov.uk/documents/Leisure-and-Tourism/Walk-the-Port/Walk-the-Port-Terms-and-Conditions-v3.pdf>

3 MILE Led Walk the Port Skyline Challenge

Registration opens at 10.30am.

No entries will be accepted on the 3mile Skyline Challenge after 11.00am.

- When registration opens queue up in the 3 mile Led registration line and give your name and DOB to the Marshall. The Marshall will give you a registration number in which you must keep to hand in at the end of the event
- After registration you will have a small briefing from your Walk Leader about health and safety before leaving the Active Living Centre
- You will all be walking as one big group with walk leaders interspersed.
- The 'walk leaders' will lead you throughout the walk, they are in charge of their respective groups and must be listened to at all times
- Walk at your own pace for as far as you like, pick up points are available on route.
- When you have completed the Walk the Port Skyline Challenge event please report to the "CHECK IN" desk to hand in your registration number.
- Once you have handed in your registration number you will receive your Walk the Port 2017 badge.
- Please make sure you are familiar with the terms of conditions of the Walk the Port Skyline Challenge, to view terms and conditions click here:
<http://www.newport.gov.uk/documents/Leisure-and-Tourism/Walk-the-Port/Walk-the-Port-Terms-and-Conditions-v3.pdf>

1.5 MILE Led Walk the Port Skyline Challenge

Registration opens at 1.00pm.

No entries will be accepted on the 1.5 mile Skyline Challenge after 1.30pm.

- When registration opens queue up in the 1.5 mile Led registration line and give your name and DOB to the Marshall. The Marshall will give you a registration number in which you must keep to hand in at the end of the event
- After registration you will have a small briefing from your Walk Leader about health and safety before leaving the Active Living Centre
- You will all be walking as one big group with walk leaders interspersed.
- The 'walk leaders' will lead you throughout the walk, they are in charge of their respective groups and must be listened to at all times
- Walk at your own pace for as far as you like, pick up points are available on route.
- When you have completed the Walk the Port Skyline Challenge event please report to the "CHECK IN" desk to hand in your registration number.
- Once you have handed in your registration number you will receive your Walk the Port 2017 badge.
- Please make sure you are familiar with the terms of conditions of the Walk the Port Skyline Challenge, to view terms and conditions click here:
<http://www.newport.gov.uk/documents/Leisure-and-Tourism/Walk-the-Port/Walk-the-Port-Terms-and-Conditions-v3.pdf>

OTHER INFORMATION

If you take any medication that is exercise induced - for example Ventolin or GTN please ensure you bring it with you on the day

- Any queries on the day please go to the information desk on the morning of the event
- If you have pre ordered a Walk the Port T Shirt at the end of the event walk please collect at T Shirt collection point next to the information desk.
- Tea, coffee and a cake will be available to all walkers following the event.
- If you have any queries or problems prior to the event contact Ashleigh Jones on 07814495633