

1. Your team must check in at the TREK HQ at least 30 minutes before your start time and report back there as soon as you have completed the course or retired from the competition.
2. The course must be completed on foot (except where special provision has been made for disabled members).
3. Teams will be disqualified unless they complete the course within their finishing time. No extra time will be given for any reason, (e.g. queuing at bases).
4. You must visit four of the six major bases (numbered 1,2,3,4,5 & 6).
5. You may visit as many bases as possible but only once at each base.
6. All bases (except bases 7 and 8) are worth a maximum of 30 points, of which 5 are awarded simply for booking in at the base. Bases 7 and 8 will be worth double, a maximum of 60 points, of which 10 are awarded for booking in at the base. If teams arrive at a base and find long queues they may book in and claim 5 or 10 points as appropriate, then pass on without participating in that base activity.
7. If a team just checks into a base and collects 5 or 10 points and then leaves, they cannot return to that base later in the day.
8. Some bases will be unmanned. They will be clearly marked when you arrive at the base grid reference and be complete with a paper punch. Use the paper punch to mark your arrival in the box on your route card.
9. Unmanned bases are shown on the base/grid reference list as ordinary bases and will carry 30 points. Opening and closing times will be as shown on the base/grid reference list.
10. All teams must ensure that their route card is signed by base personnel before leaving the base (except unmanned bases)
11. Your team must stay together and be separate from all other teams throughout the competition. You are not allowed to join up with any other team.
12. If a member of your team retires from the competition at any point on the course then the whole of the team is automatically retired.
13. If lost or in trouble, ring control for assistance on 07743 322423 OR 07748 717365. If a serious emergency arises ring 999 first, then ring control.
14. No team may accept assistance from a third party to improve the team performance i.e. do not accept lifts between bases.
15. Please adhere to the country code. Keep to footpaths and do not trespass.
16. Phone control for transport if you have not completed the course by your finishing time.
17. Teams must not alter nor remove any TREK signs.
18. A team has not finished until all team members have returned to the trek HQ.
19. Teams must be self-sufficient for the day and must not be helped or aided in any way.
20. You will follow the ruling of the TREK Committee and base personnel at all times.
21. No radios, MP3 Players or dogs (except guide dogs) are allowed on the trek
22. Mobile phones are to be used to contact control or the emergency services only, they are not to be used as an aid when attending the bases.
23. Hi Vis Garments must be worn and be visible (to traffic) at all times.