

**Cystic  
Fibrosis Trust**



**Great Strides™ 65**

**Ultra**

**Saturday 12 June 2021**

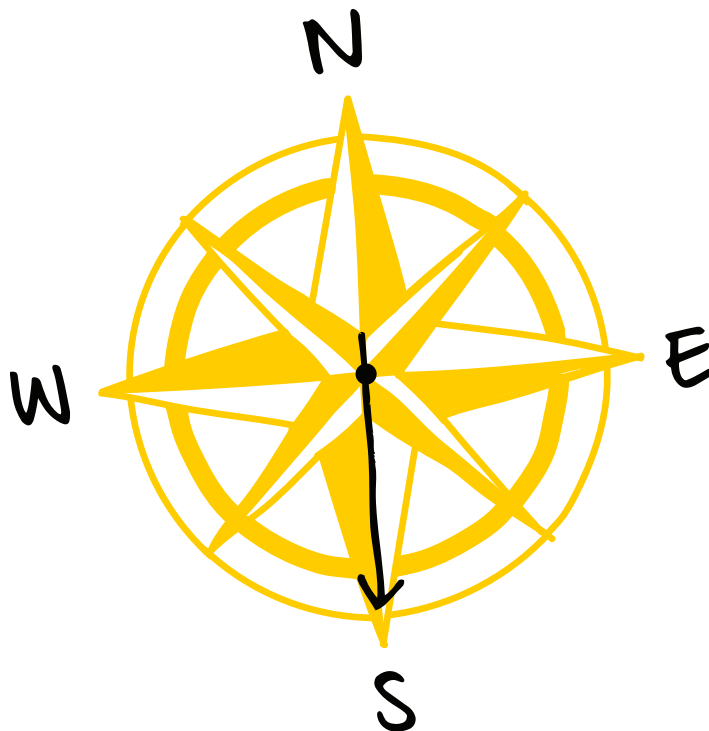
**Information pack  
for runners**



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**“Your body, equipment and mind need to be properly prepared. Reading this guide will help you, but 99% of the preparation will be down to you.”**



## Introduction

The Great Strides™ 65 Ultra Marathon is a circular trail run starting between Guildford and Farnham and passing through the Surrey Hills, a designated Area of Outstanding Beauty. It uses the well-established route for the Great Strides™ 65 challenge event (a team sponsored walk).

### Provisional timings

**Saturday 12 June 2021**

**Times:** Start 09:30 (registration 08:00 to 08:45)

**Location:** Surrey Hills - Area of Outstanding Beauty

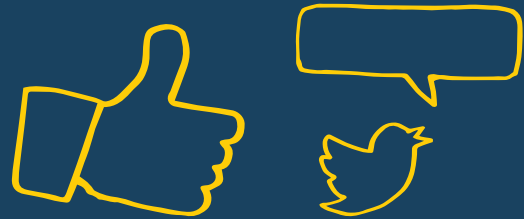
**Start Line:** The start is on the Hampton Estate, close to the village of Seale (between Guildford and Farnham)

**Minimum age:** 20 years old

**Spaces are limited to 65 participants for this event.**

**Sponsorship:** Whilst there is no specific sponsorship target for the Great Strides™ 65 Ultra, we do ask runners to raise as much as possible for the Cystic Fibrosis Trust

Why not take a start line selfie and share it on Facebook, Instagram and Twitter with your fundraising link using #GreatStrides



### Route information

#### Great Strides™ 65 Ultra

The start/finish is on the picturesque Hampton Estate, between the villages of Puttenham and Seale in Surrey, by kind permission of its Trustees. The start/finish must be accessed from the road which runs between Puttenham and Seale, taking the track at the point indicated in your maps. The metalled drives running through the Hampton Estate should not be used at any time.

The Surrey Hills route is circular and encompasses elements of the North Downs Way, Greensand Way and Downs Link long-distance paths; starting and finishing on the Hampton Estate between Guildford and Farnham. The total distance of this challenge is approximately 67km (41.5miles), with an undulating multi-terrain route.

This route will have a few markers and signposts to help guide you across roads and tricky areas, however it is a self-navigated route so please do not rely solely on signage.

There will be 12 intermittent checkpoints between the start and finish line which will be manned by volunteer marshals that are supporters of the Cystic Fibrosis Trust and the event. Each runner must pass each of these checkpoints, and log their arrival with the marshals.

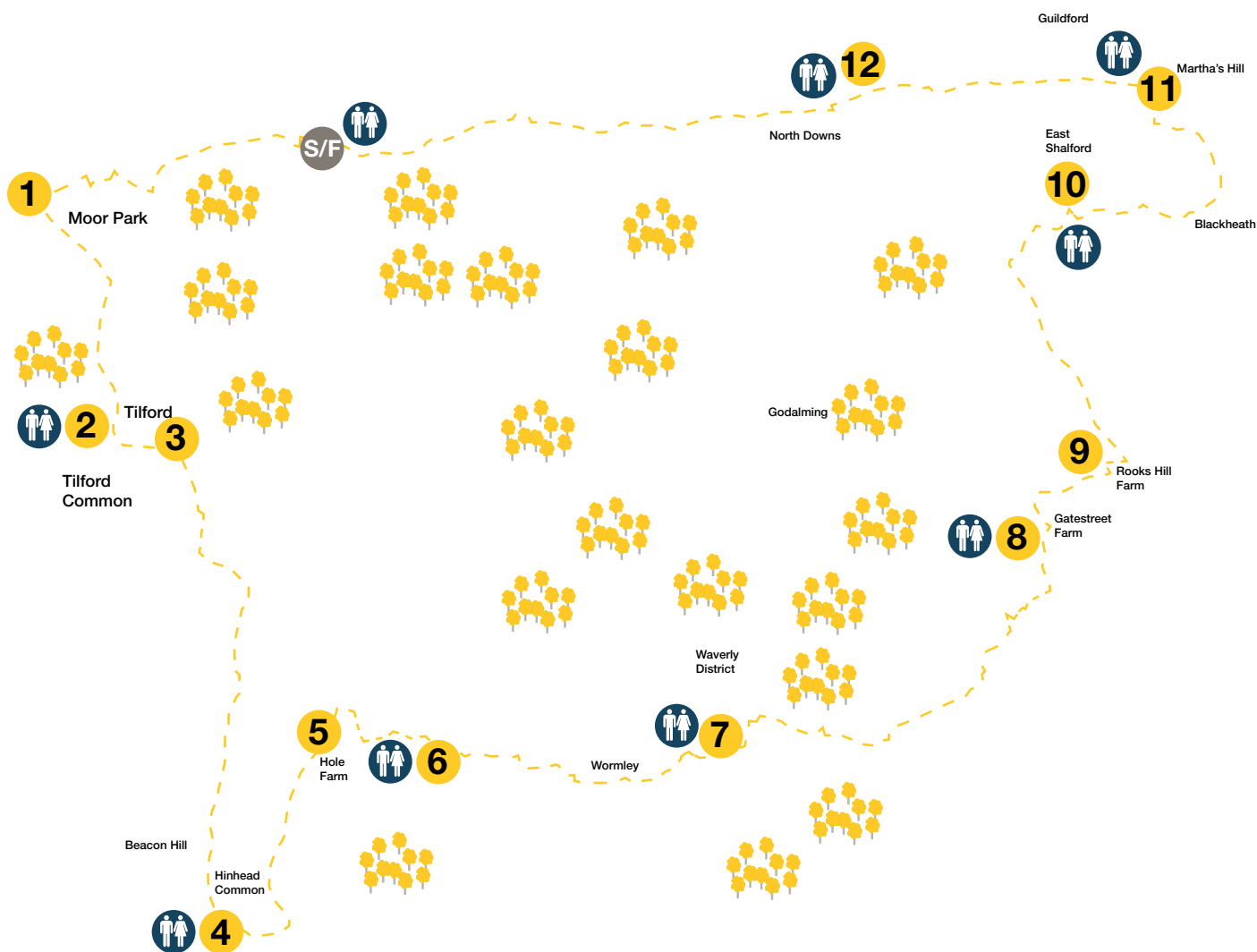
Support vehicles are able to visit checkpoints 2, 4, 6, 7, 8, 10 and 12 to meet up with their teams. Space at vehicle checkpoints is limited: only one support vehicle per team may visit each of these checkpoints.

The remaining checkpoints (1, 3, 5, 9 and 11) are navigational waypoints and have insufficient space to accommodate support vehicles.

Details of checkpoint locations can be found towards the rear of this information pack. No vehicle access is available prior to the event (e.g. for training/recce purposes) at Checkpoints 6, 7, 8, 9, 11 or 12.

#### Great Strides™ 65 Facts

- The concept of Great Strides™ 65 was devised by long-time supporter David Turner who convinced his friends and family to do the event in Surrey in 2012.
- Great Strides™ 65 has raised over £880,000 since 2012.
- More than 2,200 people have conquered the challenge since its launch in 2012.
- Surrey Hills is home to Leith Hill, the highest point in South East England.



--- Great Strides™ 65 Ultra route

## 1 Great Strides™ 65 Ultra route checkpoint

### Supporters/runners with cystic fibrosis

It is vital that precautions are maintained against cross-infection. To do this:

- The organisers need to know if any runners or supporters have cystic fibrosis (including those who have had a lung transplant).
- Dayglo armbands will be available at the start/finish and must be worn by anyone who has cystic fibrosis as a visual identifier to reduce the risk of inadvertent contact with each other.
- All runners and supporters with cystic fibrosis are briefed as to the arrangements to be followed, and that any such briefing extends to those who might spontaneously appear on the day as a gesture of support.

## Great Strides™ 65 Ultra – checkpoint information

CP	Location	Latitude/Longitude	Remarks
Start	SU 904 476  Large field on the Hampton Estate.	51°13'10.19N 0°42'23.01W  51.220036–0.705621	Car parking in Seale Common Field (large field on the Hampton Estate). NB:  <b>All vehicle access and egress to /from the estate is to be via SU 907 477 (51°13'17.96N, 0°42'07.29W; 51.221662–0.702021).</b>  <b>No vehicles are to transit the drives through the estate.</b>  Portaloos on site.
CP1	SU 861 466	51°12'44.53N 0°46'04.32W  51.212451–0.768030	No support vehicles.  Waypoint opposite entrance to footpath past Moor Park House.
CP2	SU 874 429  Car park just to the south of Tilford, just off the Hindhead Road.	51°10'46.37N 0°45'02.12W  51.179515–0.750380	Stockbridge Car Park. Space for support vehicles both in the car park and along the lane heading east (but keep all vehicles to one side of the lane).  Portaloos on site.
CP3	SU 880 430	51°10'46.47N 0°44'31.23W  51.179572–0.742111	No support vehicles: Waypoint.
CP4	SU 890 359  Overflow car park at National Trust's Devil's Punch Bowl Visitor Centre.	51°06'52.33N 0°43'45.21W  51.114684–0.729015	Café and WCs on site. Tickets must be bought for car parking. Parking is free only for vehicles displaying a current National Trust membership sticker.  Toilets available in the café at the visitor centre
CP5	SU 906 389	51°08'32.99N 0°42'21.62W  51.142276–0.706318	No support vehicles: Waypoint at underpass below A3.
CP6	SU 917 386	51°08'23.74N 0°41'22.36W  51.139922–0.689553	Field close to Heath Hall Farm. Narrow approach roads. Tight turn into and out of field.  Portaloos on site.  Vehicle approach via crossroads in Bowlhead Green only: no access down driveway from the North (A3).
CP7	SU 962 383  St Dominic's School, Hambledon	51°08'15.0N 0°37'32.7W  51.137510–0.625755	Vehicle access up school driveway off Malthouse Lane at 51.13687–0.624425 (just after village hall).  Route to checkpoint for walkers will be marked from SU 957 382 (right-angled corner of Wormley Lane 51.135322–0.634209) across Hambledon Common and through school grounds to the checkpoint itself. After the checkpoint, walkers must drop down the school driveway to Malthouse Lane (turning left onto original route).  Visitors' WC on site at checkpoint.

## Great Strides™ 65 Ultra – checkpoint information

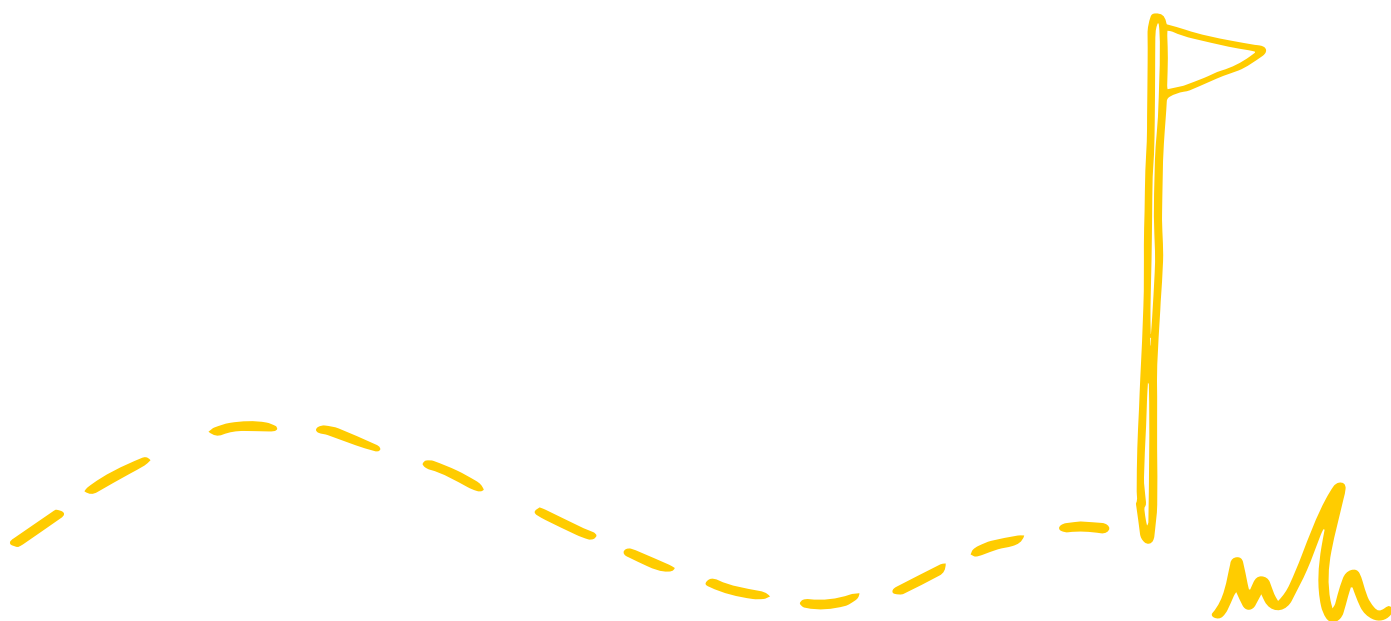
CP	Location	Latitude/Longitude	Remarks
CP 8	TQ 011 414 Wintershall Estate	51°09'51.93N 0°33'18.99W 51.164260–0.555335	No access via main driveway to Wintershall. Vehicle access is via the top (Northern) end of Gatestreet: then turn left and follow track through Gatestreet Barn car park and wooden gate, round the corner of the wood.  Portaloos on site.
CP 9	TQ 021 427	51°10'29.58N 0°32'24.05W 51.174857–0.540116	<b>NO SUPPORT VEHICLES</b> 'Marker checkpoint' on wide verge adjacent to Rooks Hill Farm.  No WC facilities.
CP10	TQ 014 463 Chinthurst Hill Car Park	51°12'24.68N 0°32'57.81W 51.206598–0.549659	Poorly signed. Vehicle entrance is opposite Borough of Waverley sign when heading south on B2128.  Vehicles must approach from: TQ 015 465.  Portaloos on site.
CP11	TQ 027 483	51°13'29.53N 0°31'47.56W 51.224820–0.529728	No support vehicles: Waypoint just to West of St Martha's Church.  Support vehicles can meet their teams at the Halfpenny Lane Car Park, which is on the route about 500m to the west of CP7 at TQ 022 484 (51°13'32.50N, 0°32'17.48W;51.225719–0.538206).  Portaloos at Halfpenny Lane Car Park.
CP12	SU 993 481 Piccard's Farm	51°13'26.84N 0°35'33.92W 51.224163–0.592720	Parking on the eastern side of the farmyard (which lies on the northern side of the track). NB: access through the farmyard must be kept clear at all times for access to horses in stables and fields behind.  Portaloos on site.
Finish	SU 904 476 Large field on the Hampton Estate.	51°13'10.19"N 0°42'23.01"W 51.220036–0.705621	Same as start.

## Ultra feeding stations and cut-off times

	Distance from previous (km)	Total distance (km)	Total climb (ft)	Average climb/mi (ft)	Cut-off time (from start)
Start	0.0	0	0	0	00:00
CP2	10	9.9	387	63	01:20
CP4	9	18.9	853	152	02:50
CP6	6.1	25	144	38	03:50
CP7	5.4	30	374	110	04:45
CP8	7.8	38.4	558	114	06:00
CP10	4.2	45.7	171	38	07:05
CP11	4.9	50	646	208	08:00
CP12	4.6	55.3	161	55	08:45
Finish	9	64.3	531	95	10:20
			3825	96	

## Elevation profile

Great Strides™ 65 Ultra



## Fundraising

### How to set up your fundraising page

**JustGiving** – [www.justgiving.com](http://www.justgiving.com). There are a few personal details that you will need to fill in, then your fundraising page is up and ready to use.

### Make it personal

Add a photo of you and add your story. Make sure everyone knows what you are doing and why you are doing it. Update this regularly so your followers can see how you're doing.

### Add your fundraising target

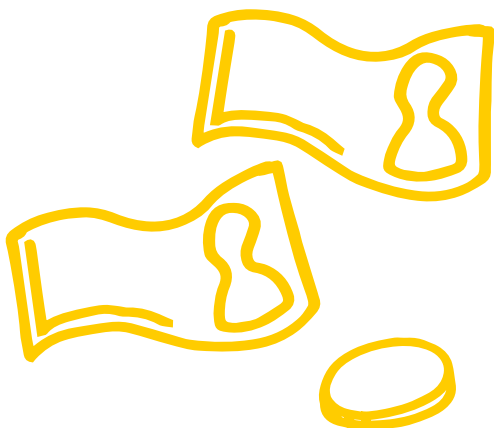
Pages displaying a target raise, on average 10% more than those without. As you inch closer to your target, consider increasing it so people are motivated to keep donating.

### Promote your page

Social media is a great free tool so share your page on your bio on Twitter, Facebook, Instagram etc as well as including the link in regular posts. You could also put it in your email signature too – the more places you can shout about your challenge the better!

### Thank people

Each time you get a donation make a special effort to thank the donor, either personally or publicly. If you can do it via social media even better as it will act as a reminder to those who haven't sponsored, you yet.



### Fundraising suggestions

- Cake bake
- Yard sale
- Quiz night
- 'Come Dine With Me' evening
- Sweepstake
- Bag pack at a local supermarket
- Match funding



To find more ideas on our website please visit [cysticfibrosis.org.uk/get-involved/fundraising/organise-an-event](http://cysticfibrosis.org.uk/get-involved/fundraising/organise-an-event)

**£25** could allow us to be there with practical advice and a listening ear when someone is struggling. Your gift could provide 1.5 hours of important call time with a trained Helpline staff member, offering support for anything from travel insurance to benefits and employment issues.



**£104** could provide life-sustaining medication for a year for someone with cystic fibrosis. By covering the cost of a pre-payment certificate, your gift would fund a year of prescription charges.



**£250** could enable someone with cystic fibrosis meet the cost of undergoing assessment for a lung transplant at one of the five transplant centres in the UK. With demands like travel and parking expenses, your donation could help reduce the financial and emotional burden at this traumatic time.



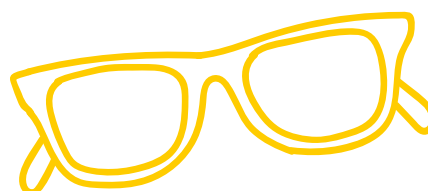
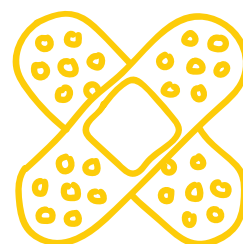
**£1,000** could empower a young person with cystic fibrosis to develop their passion, creative hobby or skill into a new business idea. Our Helen Barrett Bright Ideas Awards give young people with CF the support and guidance they need to help them achieve their ambitions, build self-confidence and give them something to focus on away from living with cystic fibrosis.



## Health & safety at the event

### Advised kit list

Items	Necessity
Fully-charged mobile phone	Vital
Battery pack for mobile phone	Important
Route map	Vital
Checkpoint list	Vital
Personal supply of water	Vital
Personal supply of food	Vital
Sun protection	Vital
Plasters	Important
Lipbalm with SPF	Important
Spare socks	Optional
Mountain vest	Important
Cap	Important
Compression tights	Optional
Sunglasses	Important
Running poles	Optional
Water bladder	Optional
Garmin watch	Optional
GoPro	Optional



Please take the time to read the country side code before the big day.

#### Countryside code

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/701188/countryside-code.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/701188/countryside-code.pdf)



## Food

Here are some of the basic rules that you need to apply every day in order to maintain optimal health and fitness. They are common sense but they are also very easy to ignore as you reach for the fast option.

### Eat Effectively

Plan your meals in advance on both training and rest days. Timing of meals is important to balance energy levels and maximise fuel economy during longer runs.

### Eat for Injury Prevention, Healing and Health

As well as fueling your running, foods rich in healthy fats and micronutrients are essential to aid recovery, prevent injuries, maintain a healthy immune system and promote restful sleep.

### Eat for your Ideal Body Weight

Body weight can affect your performance. A leaner body is more efficient at delivering oxygen, dissipating heat and burning carbohydrates.

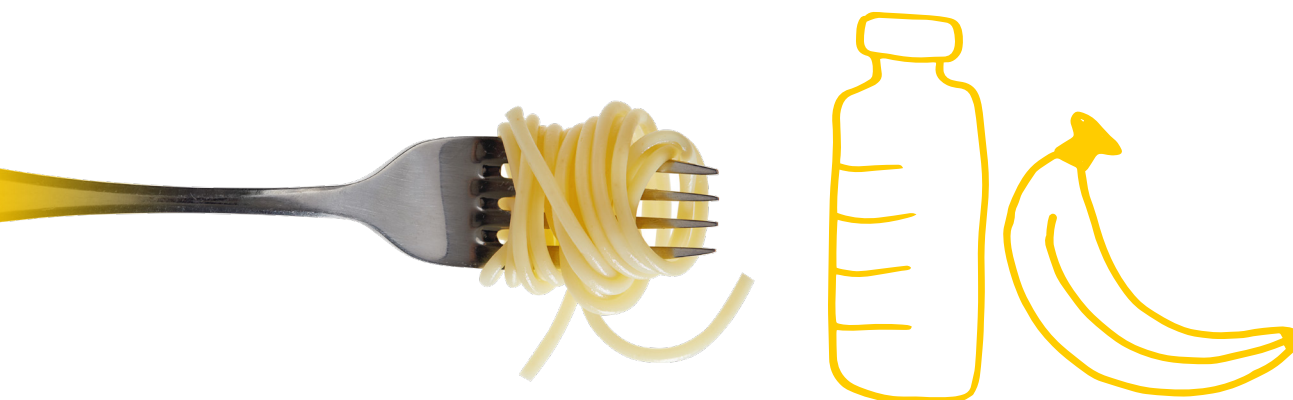
### Eat for Enjoyment

For any diet to be sustainable it must be enjoyable. Don't give up your favourite foods, if you know they are not the best choices make healthier adaptations or keep them as 'special treats'.

### Eat Simply and Varied

Create simple meals based around your dietary targets. Don't over focus on a few 'superfoods'. As much variety as possible will give you the range of nutrients that your body needs.

	Water	Bananas	Sports nutrition	Flapjack/cake	Jelly babies	Sausage rolls	Salty crisps	Flat coke	Crushed ice (if hot)
CP1	–	–	–	–	–	–	–	–	–
CP2	Yes	Yes	Yes	Yes	Yes	–	Yes	–	–
CP3	–	–	–	–	–	–	–	–	–
CP4 – Punchbowl	Yes	Yes	Yes	Yes	Yes	–	Yes	Yes	–
CP5	Yes	Yes	Yes	Yes	Yes	–	Yes	–	–
CP6	Yes	Yes	Yes	Yes	Yes	–	Yes	Yes	–
CP7 – St Dominics	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
CP8	Yes	Yes	Yes	Yes	Yes	–	Yes	Yes	–
CP9 – Rooks Hill	Yes	–	–	–	Yes	–	–	–	–
CP10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	–
CP11 – St Martha's	Yes	Yes	Yes	Yes	Yes	–	Yes	Yes	Yes
CP12	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	–
Way points (3A & 10A)	Yes	–	–	–	Yes	–	–	–	–



### Blisters and chaffing

We have a whole host of top tips to help you avoid or deal with the dreaded blisters! Getting a blister along the route will hinder your progress and can even be the reason some people cannot complete the run, so take appropriate measures to dodge them.

- Wear in your boots! Wear your boots as much as possible, on training runs and everywhere in between.
- Have a spare pair, in case you get one pair wet or they sustain damage. A different pair of boots will alternate pressure points on your feet too.
- Carry a blister pack. Compeed are good but you should also carry gauze, a small pair of scissors, medical wipes, tissue to dry moisture and medical tape.
- Get to know your feet. Some people prefer to talc their socks to keep their feet dry while others prefer to use petroleum jelly on pressure points. Figure out what works best for you during your training runs.
- Wear two pairs of socks. Previous participants find a thin pair next to their skin adds an extra layer of prevention from rubbing.
- Tape your toes! Taping your little toe to the one next to it can help prevent blisters and can aid balance.
- Toughen up! Run around as much as possible to toughen up the skin on your soles.
- If you develop a blister whilst training resist the urge to pop it, allow it to heal naturally and rest.
- If you get a blister during the run, use rubbing alcohol on it and allow it to dry naturally, don't pop it, apply antibacterial cream and cover with sterile gauze. Add padding to reduce friction (ie compeed).



**Chaffing is most common in the inner thigh, groin, armpits and nipples as a result of friction between skin and clothing. It can cause huge discomfort and make your walk not much fun at all. Here are some things you can do to prevent it:**

- Hydration! Taking on plenty of water will help keep your sweat glands producing. When they stop and sweat dries on your skin it forms small salt crystals that can increase friction.
- Dig out the cycling shorts! A tried and tested method to reduce friction from clothes is to wear skin tight clothing.
- Smear Vaseline on any areas of chaffing to ease the symptoms. Tape up nipples to avoid rubbing.
- Avoid cotton as this doesn't draw moisture away from your body effectively enough. Instead opt for synthetic clothing, such as our technical t-shirts!

### Exhaustion

You may be running on empty by the end, if not for some time before. Endurance training and diet are the only two preventions available.

- You should not carry out any arduous endurance training during the last 10 days before the run (you will not improve your fitness at this stage and should be concentrating on maintaining your current levels).
- A high carbohydrate diet would be appropriate for the last 1–2 days. However, it is much better to keep eating during the event than pile on the pounds just before! Reduce your alcohol intake during training (and avoid binge drinking!).
- Eat pasta the night before the run.
- During the run you must keep your energy levels up. You will need a colossal calorie intake. Therefore, keep eating high-carb, easily digestible foods such as the snack bars previously recommended and bananas along with good 'real food' like sandwiches at the stops – you will be pushed to overdo it! But avoid energy boost gels.

### Toenail care

It has been known for runners to lose a toenail after the event, this is just where boots have rubbed against their toes. The effects aren't permanent, but you can reduce the risk of this happening by cutting your toenails before the event and making sure they are effectively padded throughout the run.

## Hypothermia (aka exposure)

Hypothermia is a life-threatening condition. It can afflict healthy, fit people in relatively mild conditions. Early recognition and treatment are essential. It occurs when the body's core temperature starts dropping.

### Symptoms include:

- Shivering: generally slight but constant, then becoming more pronounced. Will eventually stop (after around 20 minutes of severe shaking), although this is a very bad sign.
- Extremities very cold/clammy to the touch.
- Absence of vein definition in arms/wrists.
- Vomiting.
- Excessive urination.
- Dilated pupils.
- Slurred speech/lack of comprehension.

### Hypothermia can be avoided by:

- Wearing dry clothing, particularly next to the skin. Clothing that is soaked through will cause you to lose body heat.
- Putting on a hat if you start to feel cold.
- Putting on a fleece or other warm top as soon as you stop moving.

To treat hypothermia, you need to raise the sufferer's core temperature. The first step, where possible, is to get them into dry clothing (this does mean removing all wet clothing!).

Warm food and sweet, warm (rather than scalding hot) drinks should be given if possible. Keep them talking. If symptoms are severe, the emergency services must be called immediately. Treatment must be administered. Body heat should be shared by someone who is well. A space blanket should be used to prevent further heat loss. Any hypothermia casualty will not be able to continue the run.



## Hyperthermia (aka heat exhaustion/exertional heat stroke)

Hyperthermia is a life-threatening condition. It can afflict healthy, fit people in relatively mild conditions. Early recognition and treatment are essential. It occurs when the body's core temperature rises out of control.

### Symptoms include:

- Excessive sweating (early).
- Flushed, dry skin (later).
- Parched mouth.
- Skin hot/dry to the touch.
- Pin-pointed pupils.
- Nausea/diarrhoea/confusion/loss of speech/unconsciousness.

### Hyperthermia can be avoided by:

- Not overdressing – this includes removing warm clothing when you start walking after halts.
- Removing your hat/unzipping your jacket when you start feeling warm.
- Maintaining normal hydration and rest periods in hot conditions.

### To treat hyperthermia, you must lower the sufferer's core temperature.

- Remove excess layers of clothing but do not unclothe.
- Gently soak their shirt and then fan them, shading them from the sun.
- Administer sips of water.
- Keep them talking.
- In all but very mild and short-lived cases the emergency services must be called.

**NB: All heat-injury casualties must receive medical attention and will not be able to continue the walk – refer to heat illness chart on page 14.**

Sufferers can go through a phase of being very compliant. If you suspect someone of suffering from hyperthermia do not simply ask them questions to which 'yes' or 'no' might be an answer – try to engage them in conversation and check physical indicators closely. Especially when there is any sort of breeze, and after dark. Administer slowly. If symptoms are other than mild it is unlikely that food/drink will stay down. Vomiting will reduce the core temperature still further.

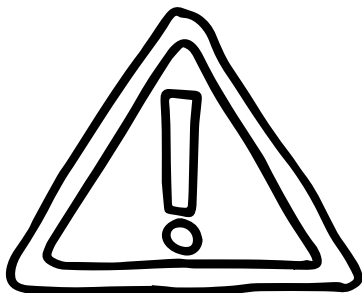
## What to do in an emergency

Seek help. Call 999 in the event of an emergency. In case of accident make a note of all relevant details:

- Location (grid ref if possible).
- Name, gender and age of casualty.
- Nature of injuries or emergency.
- Number of people in the party.
- Your mobile phone number.
- If you require mountain rescue you must request 'police' then 'mountain rescue'
- Give all your prepared details of the incident.
- Do NOT change your position until contacted by the rescue team.
- If you have to make a further 999 call, repeat this procedure: [www.mountain.rescue.org.uk/stay-safe-out-there/in-case-of-emergency](http://www.mountain.rescue.org.uk/stay-safe-out-there/in-case-of-emergency).
- Ensure you are in no further danger.
- Make an initial assessment of the situation and any injuries then apply First Aid as necessary.
- Ensure at least one person remains with the casualty at all times.

## What to do in a non-emergency

All our guides out on the route are fully qualified first aiders, if there is an injury present that you cannot treat with your own supplies but does not require urgent medical attention please notify event control immediately so that they may dispatch a guide to your location for assessment and/or treatment. Make sure the runner is out of the weather conditions and is at a stable temperature with plenty of water and energy-providing snacks. We have included some advice on treating basic injuries and a suggested list of first-aid supplies for you to carry.



## What to do if you cannot use a phone

Make it easy to send a text to emergency services. Text 'register' to 999 now and follow the simple instructions – that's it! A text will often get through when a call can't and there's no battle to hear. In an emergency, contact the emergency SMS service by texting 999. Your message should include 'Police', details of the incident and location.

## Summer Guide Mountain Rescue

[www.mountain.rescue.org.uk/assets/files/downloads/VartaSpringSummerGuide.jpg](http://www.mountain.rescue.org.uk/assets/files/downloads/VartaSpringSummerGuide.jpg)

- Your tracker has a built in SOS function, to activate simply press the SOS button on the side and this will send an alert to Event Control.
- You may get better signal on higher ground so if you can, look for a hill or ridge.
- Use the following recognised distress signals to alert anyone nearby that you need urgent help:

1) Blow six blasts on a whistle, repeating after a minute's gap.

2) Wave bright clothing above your head.

3) Wave your torch up and down.

- As a last resort two people should head to the nearest checkpoint or habitation to raise the alarm. Keep checking mobile signal and do not leave the casualty alone. If you are unsure of your location head for the last checkpoint you passed.

## Navigation

There will be signs and guides on the route to help you in tricky areas, but you should not rely on these. We will send you a map for the route which you should study carefully.

## Terrain

The route uses established footpaths but there may be sections when you need to cross roads, walk through forests, over stony ground and everything in-between so get used to a varied terrain.

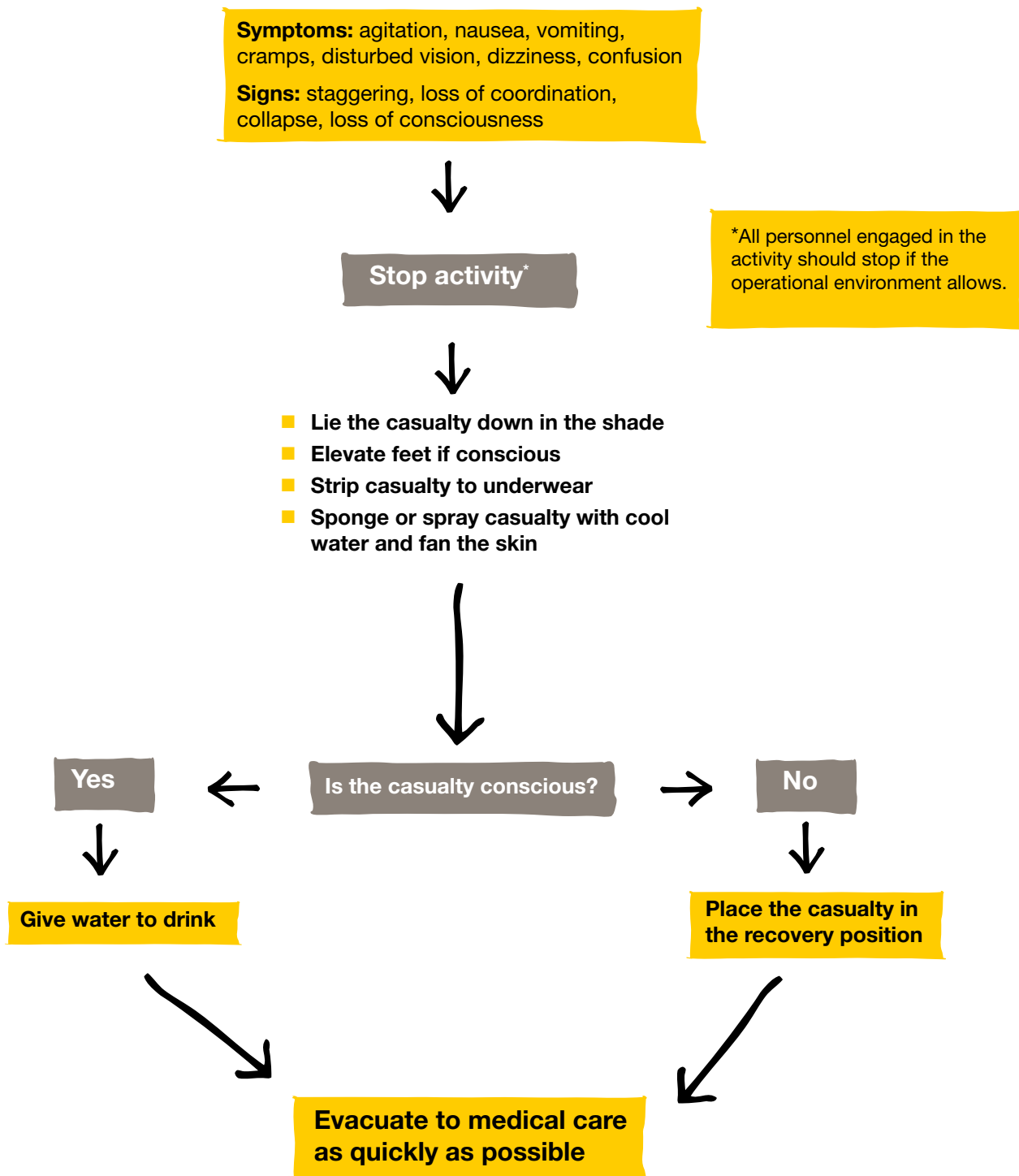
## Checkpoints

We provide all runners with details of checkpoints including postcodes (nearest available), an address, the OS coordinates as well as some Google Earth images to help your drivers find the checkpoints along the route.

## Compasses

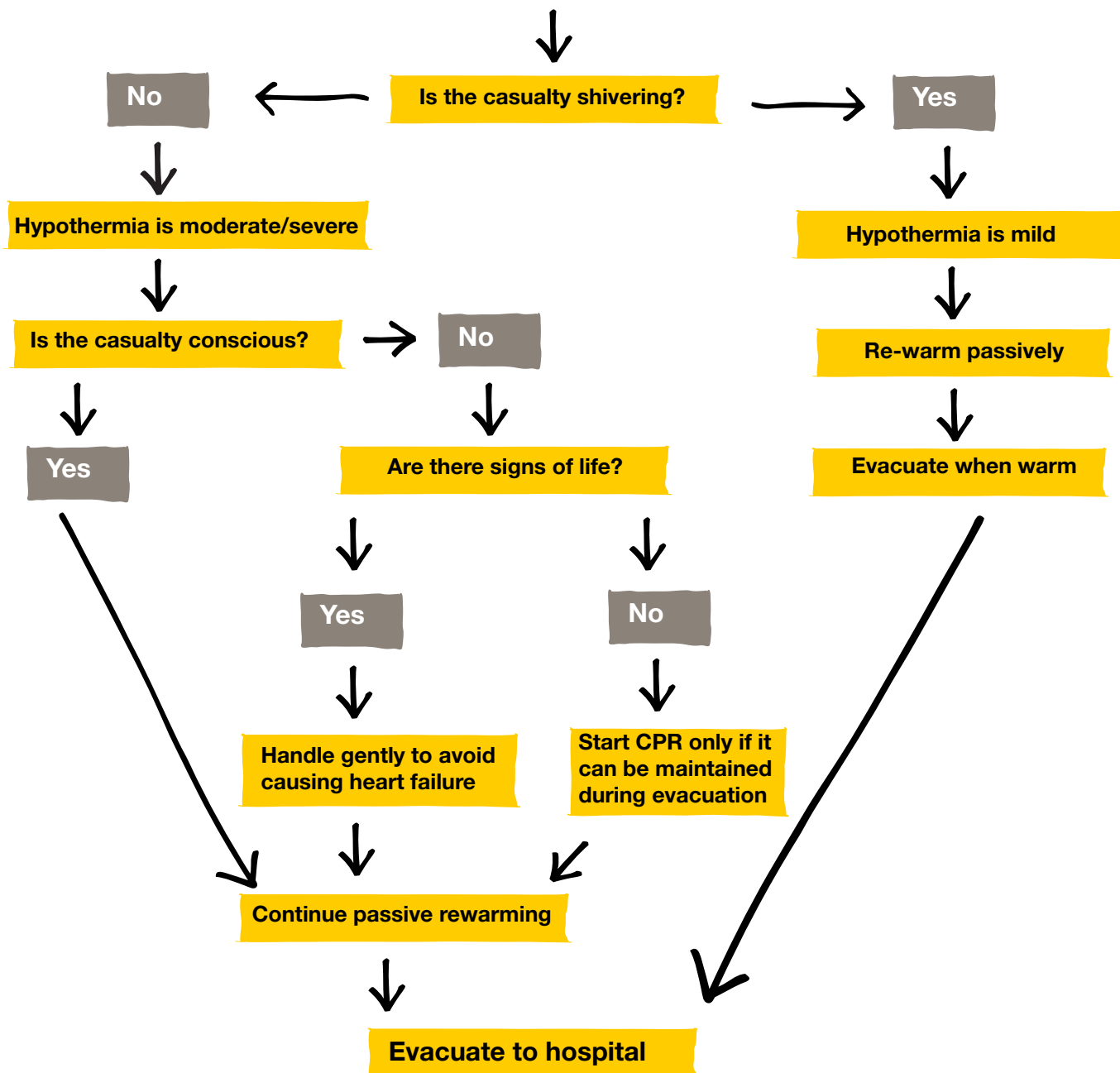
You will possibly veer off route at some point, in this instance you will need to be familiar with how to use a compass. We will be tracking your progress on the day and will call you if we see you are going off-route.

# First aid heat illness treatment guidelines



# Initial treatment of hypothermia under field conditions

- Reduce environmental influences
- Remove wet clothing
- Lie on insulating surface
- Cover with blankets



## Accommodation for Great Strides™ 65 Ultra

### Camping

Camping is available in the start/finish field. Please note that:

- This option is only available by prior arrangement with the events team by emailing [events@cysticfibrosis.org.uk](mailto:events@cysticfibrosis.org.uk).
- Facilities on site will be basic (running water and portaloos only). No showers will be available.
- You will need to bring your own tentage/caravan and food.
- There are to be no open fires.
- Arrival time: not before 4pm on Friday 11 June 2021.
- Departure time: no later than 11am on Sunday 13 June 2021.

**Other accommodation:** the following list has been compiled from publicly available material. No recommendations are made – participants should satisfy themselves as to the quality of any accommodation and its suitability for their needs! All are within 10–15 minutes drive of the start/finish location.

### Hotels (including pubs with accommodation)

Name:	Website:
The Hog's Back Hotel & Spa Seale, Farnham, Surrey, GU10 1EX	<a href="http://www.farnhamhogsbackhotel.co.uk/">http://www.farnhamhogsbackhotel.co.uk/</a> 01252 782345
The Princess Royal Guildford Road, Runfold, Farnham Surrey, GU10 1NX	<a href="http://www.theprincessroyal.co.uk/">http://www.theprincessroyal.co.uk/</a> 01252 782243
Premier Inn Farnham Guildford Road, Farnham, Surrey, GU9 9QJ	<a href="https://www.premierinn.com/gb/en/hotels/england/surrey/farnham/farnham.html">https://www.premierinn.com/gb/en/hotels/england/surrey/farnham/farnham.html</a> 0871 527 9478
<b>Premier Inn Aldershot Hotel</b> 7 Wellington Roundabout Aldershot, Hampshire, GU11 1SQ	<a href="http://www.premierinn.com/en/hotel/ALDWIL/aldershot">http://www.premierinn.com/en/hotel/ALDWIL/aldershot</a> 0871 527 8018
Mercure Bush Hotel Farnham The Borough, Farnham, Surrey, GU9 7NN	<a href="http://www.accorhotels.com/gb/hotel-6621-mercure-farnham-bush-hotel/index.shtml">http://www.accorhotels.com/gb/hotel-6621-mercure-farnham-bush-hotel/index.shtml</a> 01252 234800

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## Hotels (including pubs with accommodation)

Name:	Website:
The Bishops Table Hotel 27 West St, Farnham, Surrey, GU9 7DR	<a href="http://www.bishopstable.com/">http://www.bishopstable.com/</a> 01252 710222
Radisson Blu Edwardian Guildford, 3 Alexandra Terrace, Guildford Surrey, GU1 3DA	<a href="http://www.radissonblu-edwardian.com/surrey-hotel-gb-gu1-3da/gbguildf/home">http://www.radissonblu-edwardian.com/surrey-hotel-gb-gu1-3da/gbguildf/home</a> 01483 792300
Farnham House Hotel Alton Road, Farnham, Surrey, GU10 5EL	<a href="http://www.farnhamhousehotel.com/">http://www.farnhamhousehotel.com/</a> 01252 716908
Potters International Hotel 1 Fleet Road, Aldershot, Hampshire, GU11 2ET	<a href="http://www.pottersinternationalhotel.com/">http://www.pottersinternationalhotel.com/</a> 01252 344000

## Bed & Breakfast

Name:	Website:
Diana and Don Sendall Burnt Hill Road, Wrecclesham, Farnham Surrey, GU10 4RS	<a href="http://myweb.tiscali.co.uk/burnthill/">http://myweb.tiscali.co.uk/burnthill/</a> 01252 715058
Kiln Farm 8 Kiln Lane, Farnham, Surrey, GU10 3LR	<a href="http://www.kilnfarmbandb.com/">http://www.kilnfarmbandb.com/</a> 01252 726083
Woodgreen House B&B Woodgreen House, Tilford Road, Tilford Farnham, Surrey, GU10 2DE	<a href="http://www.tilfordbedandbreakfast.co.uk/">http://www.tilfordbedandbreakfast.co.uk/</a> 01252 792009



# Cystic Fibrosis Trust

**[cysticfibrosis.org.uk](https://cysticfibrosis.org.uk)**

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