



Essential information for Participants.

We are pleased to be holding the Jurassic Coast 100 across areas of West Dorset and East Devon managed by the National Trust. As the UK's largest conservation charity, the National Trust looks after over 257,000 hectares (635,000 acres) of Britain's natural environment, ensuring that we'll always have beautiful, wild and inspiring places like West Dorset and East Devon where events like the Jurassic Coast 100 can happen. We hope you enjoy this special place and help us look after it while we're there. To find out ways you can support the National Trust keep these special for everyone, visit www.nationaltrust.org.uk.

100 Mile Route Description

0-14km: Studland Beach to Durlston Country Park. The Jurassic Coast 100 mile event starts at the South West Coast Path start/finish marker, the route is well-marked and navigation is fairly straightforward; we will have additional light up markers during the night. Say goodbye to Poole and Bournemouth as you head south along Studland Beach, part of which is a naturist beach, the dramatic sight of Old Harry Rocks comes into view; these chalk formations mark the official start of the Jurassic Coast World Heritage Site.

From here you head along a sweeping coast path that drops down into Swanage. Along the seafront you can fill up water bottles at one of the many **public water** fountains. A little bit of town running and then into the trees at Durlston Country Park, a welcome bit of shade on a sunny day!

14-25km: This is a beautiful but isolated stretch of coast; with Dancing Ledge, Chapman's Pool, and rock features left behind from quarrying to look out for. Your reward for reaching St Aldelm's Head is the sight of Chapman's Pool, a small bay shaped like a shell; you'll also see the steps you'll need to take before you get there! Here we will signpost you off the coast path slightly to **Renscombe checkpoint (CP1)** where you will find **water, coke, sweet and savoury snacks**.

25-43km: This area is truly stunning with the combination of grass-topped chalk cliffs, sandy beaches and blue and green sea. You'll need to tackle some rather large hills through the Lulworth Ranges. At the top of each slope, other shell-shaped bays come into view; many could be mistaken for **Lulworth Cove** where you'll find our checkpoint **(CP2)** with **water, coke, sweet and savoury snacks**.

43-66km: Lulworth cove to Osmington Mills starts with incredible views, firstly the famous Durdle Door then the White Nothe. Rolling hills after this will bring you into Osmington Mills and only be a few miles

from Weymouth which has many seafront **public water** fountains. By now you are only 5km from the **food and aid checkpoint** at Chesil beach café (**CP3**). We'll have hot food and drinks available for you here.

66-90km: The Jurassic Coast 100km event starts here at the Taste Café on Chesil Beach, Weymouth and you may come across runners from the other event gearing up for their start. The first section along the landward edge of Fleet lagoon is relatively easy, with only a few small rolling hills. This section can be a bit muddy after recent rain. There is one notable hill as you head inland towards Abbotsbury. Just after this, you'll find a **water stop at Abbotsbury Swannery car park (18km from Weymouth)**. From here, it's only a few easy kms until you arrive at **West Bexington. Water, coke, hot drinks, sweet and savoury snacks**. There is a large car park here for spectators and support crews.

90-115km: From West Bexington, things become more difficult as the route crosses a section of shingle beach. After this the hills start, which are relatively easy at first as you pass Burton Bradstock. Things start to get a bit tougher after West Bay, as you continue past **Eype Mouth (water station)** and Seatown. You will soon arrive at the steep climb up to Golden Cap, the highest point on your journey at an elevation of 191m. Rolling hills then lead down to Charmouth. Look out for the **coast path diversion signs** here. These will take you through Charmouth and Lyme Regis Golf Course before rejoining the coast at our **Lyme Regis Checkpoint. Hot drinks, water, coke, sweet and savoury snacks here**. Large public car park here next to Lyme Regis football club for spectators and supports crews.

115-141km: The next section through the "lost world" of the under-cliff to Seaton is stunning but can be tough going, and warmer without the cooling sea breeze. Access to this is gained through the Cobb car park at the western end of the seafront. Expect lots of hills (steps) but interesting scenery to distract you. After the undercliff there will be a **water stop near Seaton Golf Club** and a café for those who need it; there are also cafes close to the Seaton seafront and a pretty good chip shop. After leaving Seaton (and a short inland diversion) you'll soon arrive at the pretty fishing village of Beer with its unmistakable white chalk cliffs and onwards to Branscombe. The next section to Sidmouth, is possibly the toughest where the path takes you from sea level up to heights of around 150m; over and over again. As you descend towards Sidmouth, keep your eyes open for markers. There is a short diversion here to avoid a collapsed cliff and an unlikely looking left turn just before our checkpoint. On arriving at **Sidmouth seafront**, you'll find our **checkpoint (CP 6)** at the eastern end, at the sailing club. We'll have soup, hot drinks and a range of sweet and savoury snacks for you here. There are car parks at either end of the seafront for spectators.

141-161km: After this, you'll climb steeply to Peak Hill as you continue your journey towards the sandstone sea stacks at Ladram Bay. A short, optional diversion (2mins) will take you to the trig point on High Peak, where you will be rewarded with one of the best viewpoints on the coast. A few rolling hills and you will soon arrive in the sleepy town of **Budleigh Salterton (water station on seafront)**. There are a couple of cafes here and a fantastic ice cream shop in the high street. From here, one last climb will

take you over West Down Beacon before passing the sprawling seaside resort of Sandy Bay. A little further on, with the end in sight, you will soon encounter the Geoneedle, marking the Western end of the Jurassic Coast. From here, easy flat ground (2 km) remains to the finish.

The full Jurassic Coast, and the first 100 miles of the South West Coast Path complete!

The Route

The full route is available on Viewranger here:

[Jurassic Coast 100 full route](#)

Download possible "without purchasing premium map".

Timings for the Jurassic Coast 100 mile event

(Coaches will need to be booked in advance, [Book here](#))

Coach for participants will leave [Exmouth Coach Park](#) at 5:30am on Friday 1st June.

Registration for 100 miles will open at 7:30am at Shell Bay National Trust car park, Ferry Road, Studland Beach.

Jurassic Coast 100 T-shirts and race numbers will be collected here. **Please bring all mandatory kit with you to registration.**

Briefing and start for 100 mile event will be at 8:45am on Friday 1st June.

Car Parking:

24hr Pay and Display car park at Exmouth Coach Park.

Unlimited free parking on housing estate to the East of Exmouth Coach Park. Unlimited on street parking close to Ocean Bar, the finish line for the event. Other long stay car parks nearby.

Food and Drink

This isn't a fully catered event so please bring food and other energy supplies with you. We will however have supplementary drinks and snacks available at 20-25km intervals, and water will also be available roughly half way between these locations. There are lots of shops and cafes along the route and many seafronts having drinking water taps.

Checkpoint aid stations will have water, energy drinks, fruit, sweet and savory snacks. Some as indicated above will have hot drinks.

Finish location - Ocean Bar, Queen's Drive, Exmouth, EX8 2AY

Mandatory Kit

- Base layer (long sleeved, thermal properties)
- An extra top layer (weather dependent)
- Trail shoes / walking boots (if there has been any recent rain, expect mud and slippery conditions)
- Waterproof jacket
- Mobile phone with **waterproof case** & event numbers saved 07966654867 & 07855255150
- Rucksack, race vest or similar
- Hydration system (bladder or bottles, min capacity 1.5ltr)
- Survival bag (a £3 orange bag that could save your life)/Space blanket
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters. Compeed are the best for blisters)
- Headwear (eg, cap or buff)
- Whistle
- Headtorch with spare batteries (you might need enough for 10hrs)
- Nutrition (energy foods, gels, bars, etc.)
- £20 cash

Recommended Kit

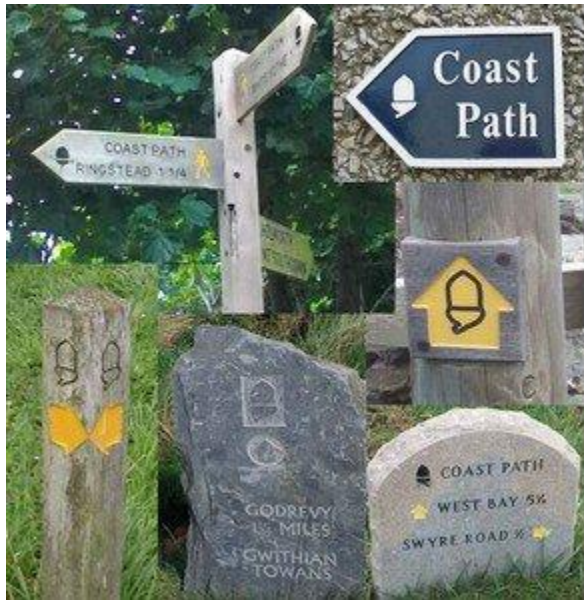
- Sun cream
- Sunglasses
- Spare socks
- Anti-chafe product
- Electrolyte Drink

Drop Bags

For the 100 mile event, you can prepare a small bag which will be accessible at Weymouth (40 miles) and at the end. You must however carry all mandatory items on the list with you at all times.

Safety

Your safety is our number one concern. **It is essential that you attend the pre event briefing** and follow guidance from event marshals at all times. Follow the South West Coast Path markers (acorn or arrow with an acorn) and additional JC100 signs. We will have qualified first aiders on our checkpoints and following the route at various intervals, all will be clearly identifiable.



We have arranged for a minibus to follow the challenge. Should you need to leave the event early, and can't be picked up, we can drop you off at a suitable bus stop in one of the coastal towns (we ask you to carry cash for this onward journey). **This is not a lift back to your car.**

This is a 36hr event, with a maximum completion time allowed of 37hrs. There will be published cut-off times at Weymouth, Lyme Regis, Seaton, Sidmouth and Budleigh Salterton. If you arrive after these times, you will not be permitted to continue any further on this event. These times will be the same for walkers and runners. Participants will need to complete an average of 4.4kph (13-13.5 min/km).

Cut off times are as follows:

Weymouth 12am

Lyme Regis 12pm

Seaton 3 pm

Sidmouth 7 pm

Budleigh Salterton 9 pm

If you run out of time at Budleigh Salterton on Saturday pm, we will transport you to Exmouth.

Our event mobiles are 07966654867 (Justin) and 07855255150 (Michael) and are for emergency use. For medical emergencies, please use 999 in the first instance and contact us after.

Please make sure that you are well rested before continuing your journey home, or possibly stay overnight. We will be at Ocean until 11pm.

Ending your participation

The event finishes on the lawn in front of Ocean Bowl, on Exmouth seafront, EX8 2AY where food and drink will be available to buy. You will also collect your completers medal / buckle here.

If you need to end your participation before the end of the route you must let a checkpoint know, or if not possible, we ask that you contact us on one of the **event mobiles: 07966654867 or 07855255150**. Please store these numbers in your phone so that you have them available.

After the event

We welcome any feedback about our events and strive to make them as safe and enjoyable as possible. If you have something that you'd like to share with us, please contact us by email: info@climbsouthwest.com.

If you've enjoyed the event then please make sure that you tell people about it on social media. Please use **#JurassicCoast100 #JC100 #climbsouthwest**.

