



Jurassic Coast 50K - Essential information for Participants - 23 June 2019

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.

The Route

The route follows a waymarked path, with some of the way markers brand new in the past few years. However, this does not mean the whole route is obvious and care should be taken when crossing fields or following sections of road, especially at night. The route is available on ViewRanger and can be followed using the app (even on flight mode). A GPX file is also available for those that would like to use a GPS device. This can be downloaded from our website.

Jurassic Coast 100 Mile Ultra on ViewRanger

The Jurassic Coast 100 follows a way marked route (South West Coast Path). We will have additional markers where the route is less clear. The ability to navigate isn't entirely essential, but you should be able to recognise when you have made a mistake.

Your Safety

This is our primary focus at all our events. The Climb South West team are all professionally qualified outdoor specialists, with vast experience in managing groups of people engaged in outdoor activities. They will be on hand at all checkpoints, providing first aid cover and support where it's needed most. We will also have mobile units out on the course to provide rapid response, should there be a problem in between these locations.

If a member of the Climb South West Team decides that it isn't in your interest to continue with the event for any reason, please accept this decision.

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.

Volunteering

We welcome help from volunteers at all our events, to support the work of our team. If you or anyone else you know is interested in getting involved, in return for free/discounted entries on future Climb South West events, then please get in touch.

Support crew

Although this is a supported event with checkpoints and medical cover, some of you may wish to use a support team to meet you at various points along the route. They can arrange to meet you as often as required, but we ask that they do not join you for sections of the route, unless it's an emergency. This is to enable us to know exactly who is out on the course and for fairness to all participants **(No pacers at this event)**.

If using a support crew, please let us know their mobile number(s) at registration.

Timings for the Jurassic Coast 50 km event

(Coaches will need to be booked in advance, book here)

<https://www.climbsouthwest.com/events/jurassic-coast-100/>

5:30am Sunday 23rd June - Coach will leave Exmouth Coach Park, EX8 1EN.

6:00am - Registration opens at Lyme Regis Football club, DT7 3DT.

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

7:45am – Mandatory briefing for all participants.

8:00am – Jurassic Coast 50 KM Ultra start.

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.

Pay and display car parking at Charmouth Road Long Stay Car Park, DT7 3DR. Please **do not** park at the football club.

Checkpoints

Our mandatory checkpoints will be at 10 – 25 km intervals, see below. **You must visit all checkpoints in bold and ensure that your race number has been recorded by a member of the event team. Failure to do so will result in you being disqualified from the race.**

Food and drink is available for **participants only** but support crews can top up water here.

Name	Post Code	Distance from last CP (KM)	Food Available	Notes
Seaton Seafront	EX12 2NW	12km	Water, coke, sweet and savoury snacks	Cut off time 2pm
Sidmouth Sailing Club	EX10 8BG	17km	Hot drinks, water, coke, soup and rolls, cakes	Cut off time 6pm
Budleigh Salterton, Lime Kiln car park	EX9 6JD	10km	Water, coke, fruit, sweet and savoury snacks	Cut off time 7:30pm

Ocean, Exmouth Seafront	EX8 2AY	9km	Various bars, restaurants, and takeaways next to finish line	Finish!

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

Mandatory Kit – Please bring all with you to registration

- 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 / Windproof 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 ☒ ☒
- Nutrition (energy foods, gels, bars, etc.) ☒
- £20 cash

Fingers crossed for sunshine and blue sky but please come prepared for the worst weather! Make sure that you have all these items with you. This is for you your safety and there will be checks at registration and further spot checks on the course. You will not be permitted to take part without all items on the list.

This is not an exhaustive list but a list of essentials. Through training, we suggest that you find out what works for you in terms of additional clothing and food. Our advice is that you don't experiment with a different diet or new shoes on the day.

Drop Bags

For the 50 km event, you can prepare a small bag which will be accessible at the end. You must however carry all mandatory items on the list with you.

Cut off times:

This event has a maximum completion time allowed of 13 hrs. There will be published cutoff times at Lyme Regis, Seaton, Sidmouth and Budleigh Salterton. They are there for your safety. **If you arrive after these times, you will not be permitted to continue any further on this event.**

Cut off times are as follows:

Seaton 2pm

Sidmouth 6pm

Budleigh Salterton 7:30pm

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.

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 finishers medal / buckle here.

If you need to end your participation before the end of the route, you must let our event staff know at one of the checkpoints. If this isn't possible, we ask that you contact us on one of the

event mobiles by text: 07966654867 or 07855255150. These phone numbers will also be on your race number. **You must include the following information: Name, race number location where you have been collected.**

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.

What's Next?

Enjoyed the Jurassic Coast? Why not join us in October for the North Coast 100K or Exmoor Coast 50K (100 mile option in 2020). There's also the Welsh 3000 challenge, summer 2020 (over 2 days or 24hrs). You also like to consider Dartmoor in a Day in September or Devon Coast to Coast in May 2020. There will be run and walk options for all these events. Details are available on our website, www.climbsouthwest.com and our Facebook page.

