



Jurassic Coast 100 - Essential information for Participants (All distances)

19-20 June 2021

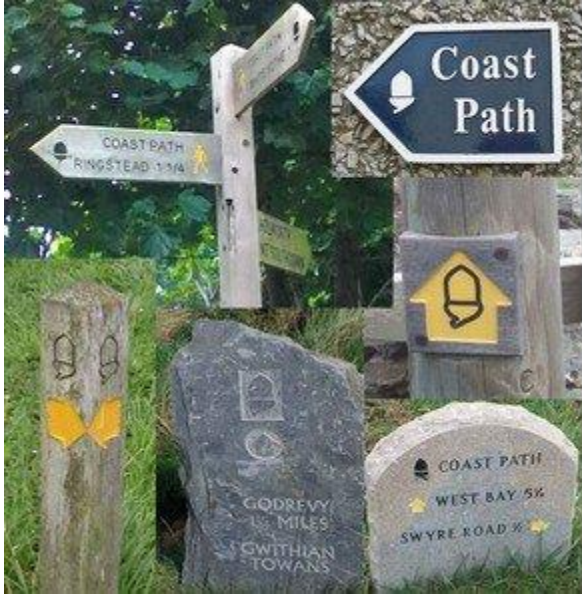
Thanks for entering the Jurassic Extinction / Jurassic Coast 100 miles/100km/50km/30km; a journey through 185 million years of history and 120 miles of incredible coastline. Please read all the information below to make sure you have a safe and enjoyable experience.

With staggered starts this year, the contents of this handbook will replace a pre-race briefing. Please get in touch with any questions well before the event.

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. A GPX file is also available for those that would like to use a GPS device. This can be downloaded from our website.

You should follow the South West Coast Path markers and any signed temporary diversions that might be in place. GPS devices should be used as back up only, and some common sense is required. Examples of markers below.



Follow the acorns with the sea on your left. Where a marker has a few arrows, you should follow the one closest to the acorn.

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 adventurous 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, should there be a problem in between these locations.

Please take extreme care on all sections with unfenced cliff edges. Keep away from landslips and follow all new temporary diversion signs.

The route passes through or close to a number of campsites. Please keep noise here to an absolute minimum at night, including closing gates quietly.

Livestock on the course. You are likely to pass through a number of fields with livestock. If they are on the path, please approach slowly to give them time to get out of your way.

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.

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.

COVID 19

Please don't come to the event if you or any other member of your household have recently tested positive, or experienced any of the symptoms associated with Covid 19. This would also be the case if you had recently had close contact with someone with Covid 19 or similar symptoms:

- a high temperature
- a new, continuous cough
- a loss or change to sense of smell or taste

If this applies to you, please get in touch as soon as possible so that we can discuss your options.

We will maintain a minimum of 2m social distancing at registration and checkpoints. Please continue to do the same out on the course with anyone who isn't part of your immediate group. There will be hand sanitiser at registration and the checkpoints for your use. Please bring a face covering for any situations where the 2m rule can't be maintained.

Participants should avoid running in the slipstream of other participants. Overtaking on course should be done at a safe distance of at least 2m if possible. Please also be considerate towards other users out on the paths during the event.

Volunteering

We welcome help from volunteers at all our events, to support the work of our team. If you know anyone who is interested in getting involved, please ask them to contact us directly. We can offer free/discounted entries on future Climb South West events in return for their time.

Support crew

Although this is a supported event with checkpoints and safety 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)**.

Due to Covid restrictions, we ask that support crews do not visit some of the checkpoint locations. Ideally, they will meet you in locations between our checkpoints. Further details below. Crews will not be permitted to enter any of the indoor checkpoints this year.

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

Timings for all distances:

(Coaches will need to be booked in advance, with very limited places. They are only able to run at half capacity, due to Covid restrictions)

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

Face covering required for bus journey.

Jurassic Coast 100 Mile and Jurassic Extinction – Saturday 19th June

Updated information for 100 mile and Extinction. Email sent with details on Friday 4th June.

09:30 Saturday 19th June - Coach will leave Exmouth Coach Park, EX8 1EN.

11:30 Registration opens at West Lulworth Village Hall, BH20 5SG

Race numbers and trackers will be collected here. Please bring all mandatory kit with you to registration

12:00 – 12:30 Registration and start for participants expecting to take longer than 32 hours (based on original course)

12:30 – 13:00 Registration and start for participants expecting to take between 28-32 hours (based on original course)

13:00 – 13:30 Registration and start for participants expecting to take less than 28 hours (based on original course)

Jurassic Coast 100 KM – Saturday 19th June

17:30 Saturday 19th June - Coach will leave Exmouth Coach Park, EX8 1EN (walkers and runners expecting to take longer than 20hrs)

18:00 Saturday 19th June - Coach will leave Exmouth Coach Park, EX8 1EN (runners expecting to take less than 20hrs)

19:00 Registration opens outside Chesil Beach café, Weymouth, DT4 9XE (**Unfortunately, the café will not be open this year due to ongoing restrictions**)

Race numbers and trackers will be collected here. Please bring all mandatory kit with you to registration

19:30 - 20:15 Registration and start for walkers and runners expecting to take longer than 20hrs

20:15 – 21:00 Registration and start for runners expecting to take less than 20hrs

Jurassic Coast 50 KM – Sunday 20th June

05:30 Sunday 20th June - Coach will leave Exmouth Coach Park, EX8 1EN

05:45 Additional coach leaves.

06:30 Registration opens at Lyme Regis football club, DT7 3DT

06:30 – 7:15 Registration and start for walkers

7:15 – 09:00 Registration and start for runners

Jurassic Coast 30 KM – Sunday 20th June

07:30 Sunday 20th June - Coach will leave Exmouth Coach Park, EX8 1EN

08:30 Registration opens at Cliff Top car park, Beer, EX12 3AQ

08:30 – 09:30 Registration and start for all participants

Car Parking:

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

Free roadside parking, 5-10 mins walk from Exmouth Coach Park. Unlimited on street parking close to Ocean Bar, the finish line for the event. Other long stay car parks nearby.

Please allow plenty of time to park your vehicle, as coaches will leave promptly on the times shown above.

Checkpoints

Our mandatory checkpoints will be at 10 – 25 km intervals, see below. **You must visit all checkpoints 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**. (Vegan options at all locations)

Name	Post Code	Distance from last CP	Distance to next CP	Food Available	Notes
West Lulworth Village Hall	BH20 5SG		24km	Hot drinks, water,	Updated start location for revised Jurassic Coast / Extinction routes. This is for 2021 only.
Chesil Beach Visitor Centre	DT4 9XE	24km	17km	Hot and cold drinks, sweet and savoury food for 100 mile and Jurassic Extinction only. The café won't be open this year due to ongoing restrictions.	Start location for Jurassic Coast 100k Water also available on Weymouth seafront drinking water fountains (16km from Lulworth) Cut off time at 6pm for first visit Cut off time for return

			Portland loop 20km		from Portland 10pm
Abbotsbury Swannery car park	DT3 4JH	17km	15km	Overnight safety cover only Water / coke	Good location for support crews
Salt House, West Bay	DT6 4HB	15km	16km	Hot drinks, water, coke, soup, sausage / veggie rolls and other similar snacks	Support crews please use another location in West Bay.
Lyme Regis Football Club	DT7 3DT	16km	16km	Hot food (Beans on toast, porridge) hot drinks, water, coke	Support crews, please use long stay car park park (100m further down the hill) Start location for Jurassic Coast 50k Cut off time 9am
Cliff Top car park, Beer	EX12 3AQ	16km	13km	Water, coke, fruit, sweet and savoury snacks	Cut off time 1:30pm
The Ham, Sidmouth	EX10 8BG	13km	11km	Hot drinks, water, coke, homemade cakes	Cut off time 5:30pm
Budleigh Salterton,	EX9 6JD	11km	9km	Water, coke, fruit.	

Lime Kiln car park					Cut off time 8:00pm
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

Collect your medal and event T-shirt here.

Mandatory Kit – Please bring all with you to registration. Items in bold are for Jurassic Extinction / Jurassic Coast 100 miles and 100km.

- **Base layer (long sleeved, thermal properties)**
- Trail shoes / walking boots (if there has been any recent rain, expect mud and slippery conditions)
- **Waterproof jacket.** Windproof for 50km and 30km
- Mobile phone with waterproof case & event numbers saved 07966654867 & 07855255150
- Rucksack, race vest or similar
- Hydration system (bladder or bottles, min capacity 1ltr)
- **Survival bag (a £3 orange bag / lightweight alternative that could save your life)**
- Space blanket for 50km and 30km
- 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**
- **Flashing red light attached to pack for night time use**
- Nutrition (energy foods, gels, bars, etc.)
- Face covering
- £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 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 Jurassic Extinction and 100 mile event, you can prepare a small bag which will be accessible at Weymouth and then moved to the end. You must however carry all mandatory items on the list with you.

GPS Tracking

We will be providing GPS trackers for participants on the Jurassic Extinction, Jurassic Coast 100 miles and Jurassic Coast 100km. This is for your safety but also for friends and family to track progress, and must be carried at all times. Please look after the tracker; **there will be a charge if you lose it or do not return it after the event.** Please bring it to the nearest checkpoint if you decide to drop out of the race.

We'll post a link to on our website and social media a few days before the race. Tracking will be provided by Open Tracking.

50km and 30km distances will not have live tracking

Cut off times:

This event has a maximum completion time allowed of 36 hrs, 38 for the Extinction. There are cut off times at Weymouth, Lyme Regis, Beer, Sidmouth and Budleigh Salterton. These 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:

Weymouth 6pm First visit to this checkpoint

Weymouth 10pm Return from Portland

Lyme Regis 9am All

Beer 1:30pm All

Sidmouth 5:30pm All

Budleigh Salterton 8pm All

Our event mobiles are 07966654867 (Justin), 07549180436 (Matt) and 07855255150 (Mike) 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.

Supernatural Fuel

We welcome Supernatural Fuel onboard this year as an event sponsor. They are based right here in Devon and produce some fantastic products especially for endurance athletes.

[Supernatural Fuel](#)

Ending your participation

The event finishes on the lawn in front of Ocean Bowl, on Exmouth seafront, EX8 2AY. Food and drinks will be available to buy near here. 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: **Please text 07966654867. You must include the following information: Name, race number location where you have been collected. (Trackers must be returned to a checkpoint or the finish).**

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 2021 for the North Coast 110 Miles / 110KM or Exmoor Coast 55K. You might also like to consider Dartmoor in a Day in September 2021 or Devon Coast to Coast to Coast in May 2022. Details are available on our website, www.climbsouthwest.com and our Facebook page.

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.

