



## Jurassic Coast 100 - Essential information for participants (All distances)

24-25th June 2023

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.

### The Route

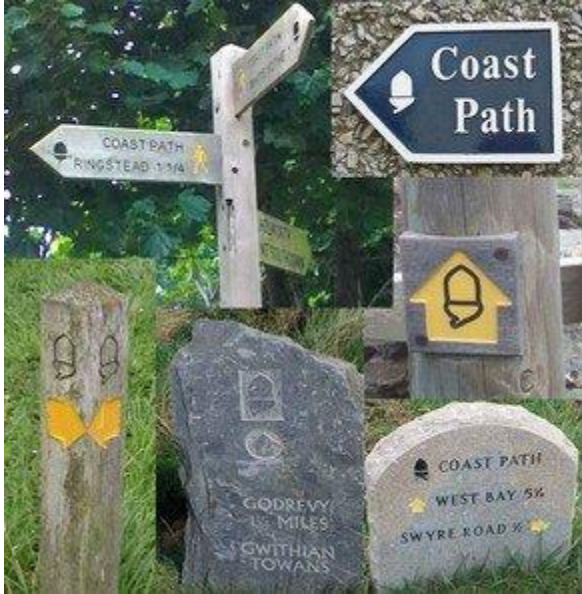
The route follows the South West Coast Path national walking trail, marked with an acorn logo. However, this does not mean the whole route is obvious and care should be taken when crossing fields or following sections of road, especially at night.

Harvey Map (South West Coast Path 3) covers the whole route:

[South West Coast Path Map 3 \(harveymaps.co.uk\)](https://www.harveymaps.co.uk)

The route is available on Outdoor Active and can be followed using the app. A GPX file is also available for those that would like to use a GPS device. For the most up to date version, please download it through the Outdoor Active link on our website. [Jurassic Coast full route on Outdoor Active](#)

You should follow the South West Coast Path markers and any signed **temporary diversions, or new path alterations 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 safety 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 temporary diversion** signs.

The route passes through or close to several 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 few 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. If this is at night, we can move you forwards to the next indoor checkpoint. 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 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)**.

**Ideally, support crews 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.**

## **Timings for all distances:**

Coach travel will need to be booked in advance through your SiEntries account. If you didn't include it at the time of booking, you can add it by editing your entry in SiEntries. Just tick the coach transport box. To guarantee a seat on the coach, please book this as early as possible.

## **Jurassic Coast 100 Mile and Jurassic Extinction 120 Mile – Saturday 24<sup>th</sup> June**

**05:00** Saturday 24<sup>th</sup> June - Coach will leave Exmouth Coach Park, EX8 1EN.

**07:00** Registration opens at Shell Bay National Trust Car Park, BH19 3BA.

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

**07:45** Pre race briefing for the Jurassic Extinction 120 mile race

**08:00** Start for the Jurassic Extinction 120 mile race

**08:45** Pre race briefing for the 100 mile race

**09:00** Start for the 100 mile race

### **Jurassic Coast 100 KM – Saturday 24<sup>th</sup> June**

**18:00** Saturday 24<sup>th</sup> June - Coach will leave Exmouth Coach Park, EX8 1EN

**19:00** Registration opens at Nothe Fort, Weymouth DT4 8UF

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

**20:45** Pre race briefing for all

**21:00** Race start

### **Jurassic Coast 50 KM – Sunday 25<sup>th</sup> June**

**05:45** Sunday 25<sup>th</sup> June - Coach will leave Exmouth Coach Park, EX8 1EN

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

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

**07:45** Pre race briefing for all

**08:00** Race start

### **Jurassic Coast 30 KM – Sunday 25<sup>th</sup> June**

**07:45** Sunday 25<sup>th</sup> June - Coach will leave Exmouth Coach Park, EX8 1EN

The coach will drop you off in the village. You'll need to walk up Common Lane to get to the registration/start area in the Cliff Top car park (10 mins).

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

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

**09:45** Pre race briefing

**10:00** Start

### **Car Parking:**

24hr Pay and Display car park at next to Exmouth Coach Park, EX8 1EN

Various free roadside parking, 5-10 mins walk from Exmouth Coach Park.

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 checkpoints will be at 10 – 26 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**.

<b>Name</b>	<b>Post Code</b>	<b>Distance from last CP</b>	<b>Distance to next CP (Aprox)</b>	<b>Food Available</b>	<b>Notes</b>
<b>Shell Bay National Trust Car Park</b>	BH19 3BA	N/A	26km	Water	<b>Start for 100 and 120 mile races</b>
<b>Renscombe Car Park</b>	BH19 3LL	26km	19km	Water, Coke, sweet and savoury snacks	
<b>West Lulworth Village Hall</b>	BH20 5SG	19km	19km	Hot drinks, water, sweet and savoury snacks	
<b>Nothe Fort</b>	DT4 8UF	19km	20km	Hot and cold drinks, sweet	<b>Start location for</b>

				and savoury food for 100 mile and Jurassic Extinction only.	<b>Jurassic Coast 100k</b>  <b>Cut off time at 6:30pm for Jurassic Extinction*</b>  <b>Cut off time at 9pm for 100 mile</b>
<b>Portland Beach Road SWCP crossing (Extinction only)</b>	DT4 9XS	20km	17km	Water, coke, sweet and savoury snacks	<b>Cut off time for return from Portland 10pm</b>
<b>Abbotsbury Swannery car park</b>	DT3 4JH	17km	15km	Water / coke sweet and savoury snacks	Good location for support crews
<b>Salt House, West Bay</b>	DT6 4HB	15km	16km	Hot drinks, water, coke, soup, sausage / veggie rolls and other similar snacks	<b>Support crews please use another location in West Bay.</b>
<b>Lyme Regis Football Club</b>	DT7 3DT	16km	16km	Hot food (Beans on toast, porridge) hot drinks, water, coke	<b>Support crews, please use long stay car park (100m further down the hill)</b>  <b>Start location for Jurassic Coast 50k</b>

					<b>Cut off time 9am</b>
<b>Cliff Top car park, Beer</b>	EX12 3AQ	16km	13km	Water, coke, fruit, sweet and savoury snacks	<b>Cut off time 1:30pm</b>
<b>The Ham, Sidmouth</b>	EX10 8BG	13km	11km	Water, coke, homemade cakes	<b>Cut off time 5:30pm</b>
<b>Budleigh Salterton, Lime Kiln car park</b>	EX9 6JD	11km	9km	Water, coke, fruit.	<b>Cut off time 8:00pm</b>
<b>Ocean, Exmouth Seafront</b>	EX8 2AY	9km		Various bars, restaurants, and takeaways next to finish line	<b>Finish!</b>

**Finish location – Beach Lawn opposite Ocean Bar, Queen's Drive, Exmouth, EX8 2AY**

**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)\***
- **Waterproof jacket.\*** (Windproof for 50km and 30km)
- **Survival bag (a £3 orange bag / lightweight alternative that could save your life)\***
- **Headwear (eg, cap or buff)\***
- **Headtorch with spare batteries\***
- **Flashing red light attached to pack for night time use\***
- Trail shoes / walking boots recommended (if there has been any recent rain, expect mud and slippery conditions)
- Mobile phone with waterproof case & event number saved 07966654867

- Rucksack, race vest or similar
- Hydration system (bladder or bottles, min capacity 1ltr)
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters. Compeed are the best for blisters)

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.

## Drop Bags

**Jurassic Extinction and 100 mile** event, you can prepare a small bag which will be accessible at Weymouth. It will then be moved to Lyme Regis. From here, it will be moved to the end. You must however carry all mandatory items on the list with you.

**Jurassic Coast 100km** event, you can prepare a small bag which will be accessible at Lyme Regis. From here, it will be 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:**

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 6:30pm** For Jurassic Extinction runners. Anyone arriving after this time will not be permitted to continue to Portland. You will however have the option to bypass Portland and continue with the 100 mile race instead.

**Weymouth 9pm** All

**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.

## **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](mailto:info@climbsouthwest.com).

## What's Next?

Enjoyed the Jurassic Coast? Why not join us on the 6-7 October 2023 for the North Coast 110 Miles / 110KM or Exmoor Coast 55K. You might also like to consider Dartmoor in a Day on the 9<sup>th</sup> September 2023. For something a little different, please also have a look at the East Devon 8 and 5 Trigs on the 4<sup>th</sup> November. Details for these events and our full list for 2024 are available on our website, [www.climbsouthwest.com](http://www.climbsouthwest.com) and our Facebook page.

