



SOUTH COAST CHALLENGE 2019

FINAL EVENT GUIDE

The 2019 South Coast Challenge is approaching quickly – with nearly 2,000 people taking on the Challenge. To help you make your final plans we have put together this Final Event Guide. Please read this alongside the **CHALLENGE MANUAL** (in the App or the Participant’s Area of the website) to ensure you have all the information required to prepare for the Challenge.

South Coast Challenge APP!

Download the South Coast Challenge APP for access to challenge documents & updates. Available in both the Apple or Google Play stores, search 'Action Challenge' and download using the code **ACI** to get started – then go to 'load challenge' in the menu and enter the code **Southcoast**.

We will be updating the App in the lead up to the Challenge, including maps and special features to use, so make sure you keep it on your phone! (See Participant Area of the website on how to view the App on a **desktop/laptop**).

In the APP you will find:

- The Challenge Manual
- Training Guides & foot care advice
- Kit List & discounts
- Official Map (s) of the route & Rest Stops
- Food menus (closer to the Challenge)
- Exclusive offers coming soon, and much more!



Preparation Videos

Check out our series of 7 videos available on the App and Participant’s Area, covering some key aspects of preparation for your Ultra Challenge; with our expert panel of Jim Smith - long distance walker / Ultra Challenge Trek Master, Matt Buck - Ultra runner / Running coach and Julian Risley – Event Director.

[CLICK HERE to view the videos >>](#)

Key Pre-Event Information

Start times

For anyone registered before the 22nd July, you should have received your allocated start time sent via **EMAIL** on Monday 22nd July.

If you have **NOT** received your start time email by **Wednesday 24th July** (do check your 'junk' inbox), **OR** you would like to request a start time amendment, **OR** your team do not have the same start times (if applicable) - then please complete the **ONLINE REQUEST FORM** below by 20th August at the latest.

Anyone that has registered after the 22nd July, your start time will be confirmed on your E-Ticket which will be sent to you on the 21st August.

- **Full, 1st Half & 1st Quarter Challenge** – Start Saturday 31st August between 06:45am – 09:40am - there are no slots outside of this window.
- **2nd Half Challenge & Full 2 Day Challenge (2nd Half)** - Start Sunday 1st August between 06:00am – 07:30am – there are no slots outside of this window.

[**CLICK HERE for online Start Time Request Form >>**](#)

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** to you on **Wednesday 21st August** – and it will be required at event registration (ideally store it on a mobile device to save paper waste from printing).

If you have **NOT** received this E-Ticket by close of play on **Wednesday 28st August** (check your junk mail first), there will be a 'Starting List' published on the App and the Participant's Area of the website, where you can check your Bib Number, Start Time and request a new E-Ticket to be sent. We ask that you do not email or phone to request an E-Ticket.

Optional Extras

There are a few additional Extras that you can book to help you along the Challenge. Unless otherwise stated, these must be pre-booked via our Optional Extras form.

Parking

- Full, 1st Half & 1st Quarter Challengers - parking at Eastbourne - **£3 per car**

Transfers – Before your Challenge

- Full, 1st Half & 1st Quarter Challengers – Saturday 06:00am-10:00am – transfer from Eastbourne Train Station to the start venue in Eastbourne - **£5 per person**

Transfers – After your Challenge

- Full Challengers – transfer from Arundel finish to Eastbourne Train Station or back to Eastbourne start – Sunday 07:00am – 10:00pm
 - **£30 per person**
- 1st Half Challengers – transfer from Hove finish to Eastbourne Train Station or back to Eastbourne start – Saturday 4:00pm-Sunday 03:00am
 - **£20 per person**
- 1st Quarter Challengers – transfer from Alfriston finish to Eastbourne Train Station or back to Eastbourne start – Saturday 12:00pm-6:00pm
 - **£10 per person**

[CLICK HERE to book your Optional Extras >>](#)

Free Shuttles

There are free shuttles for all retirees to the finish as well as from some finish lines to the nearest station. These do not need to be pre-booked and are as follows:

- 1st Half Challengers – shuttle from Hove finish to Brighton Train Station – Saturday 4:00pm-midnight
- Full & 2nd Half Challengers – shuttle from Arundel finish to Arundel Train Station – Saturday 6:00pm-10:30pm (for Runners) and Sunday 05:00am-7:00pm



Optional Baggage Services

There is an optional baggage transfer service that is paid with CASH on the morning of the Challenge at the baggage drop area.

Transfers to your finish line (20kg/80L max size)

- Full Challengers – **£10 per bag**
- Half Challengers - **£5 per bag**
- Quarter Challengers - **£5 per bag**

Transfers to half-way & finish (20kg/80L max size)

- Available to Full Challengers only - **£15 per bag**
- You **MUST** pick your bag up at the half-way Baggage Area and re-drop it (even if you don't actually need it). Failure to do so will mean the arrival of your bag at the finish is likely to be considerably later than your own arrival!
- This service is included in all camping packages
- Baggage of up to 10kg/30L max size free for registered runners

Merchandise

There's still time to purchase your souvenir 2019 South Coast Challenge tech T-shirt for just £20! Also, check out our full range of Ultra Challenge merchandise including leggings, hoodies and hats! Order now and pick up on the day. We can't guarantee sizes and stock availability on the day – so order yours **NOW** to avoid disappointment!



[CLICK HERE to view our online shop >>](#)

Registration

Early Registration - Friday 30th August

For those staying locally - we will open '**Early Registration**' for EASTBOURNE starters only from 4.00pm until 8.00pm on Friday at the main start location in Eastbourne - so you can collect your **Event Pack** (you will need your E-Ticket to register). This will save time on Saturday morning, and means you only need to be at the start 30 minutes before your start time.

Main Registration – Saturday 31st August

Opens from 06:00am at the main start location in Eastbourne – **Eastbourne Sports Park, Ecat House, Cross Levels Way, BN21 2UF** – look out for the marquee and sail flags!

2 Day Full Challenge & 2nd Half Challenge Registration – Sunday 1st September

Opens from 05:00am at the main start location in Hove – **Hove Park, Goldstone Crescent Hove, BN3 6LR** – look out for the marquee and sail flags!

Please note: we strongly recommend that all 2nd Half or 2 Day Challengers set off by 07:00am at the latest on Sunday so you have time to finish as we have cut-off times in place (please see page 11) .

At Registration

- You **MUST** arrive on site **1 HOUR** before your start time to register (unless registered on Friday) as it may be busy
- You **MUST** present your **E-TICKET** at the Registration Tent entrance
- Collect your **EVENT PACK** (Event Pass / timing chip, lanyard, bib number, safety pins, baggage tags for runners / campers & any meal tickets purchased)
- Collect your **event buff and route card**
- You will need to complete **medical details** on the reverse of your event bib (**if you have any serious medical conditions**)
- E-Tickets are **NOT** transferable – we may ask for ID to confirm your details
- You **must** come with at least 2 litres of water, either in a bottle or a camel back regardless of the distance you are completing.



The Route

Will be marked with pink arrows. Also you will be supplied with detailed route maps via the Challenge APP – so you need a mobile phone - OR print the PDF version off from the Participant Area to bring with you (we are aiming to avoid wasted printing in 2019).

Google Maps - Provisional

We have created a provisional Google map that has useful information and points along the route. On the map you will find information on Catering, Shuttles and facilities at the Rest Stops as well as information for supporters.

[CLICK HERE to view the Google map >>](#)

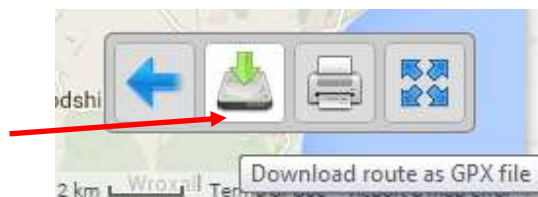
GPX files - Provisional

You can now download the provisional GPX files of the routes, to upload into GPS devices (such as Garmins), if you are planning on using such a device to aid your navigation along the route. This route will be finalised around 10 days before the Challenge.

- [Full Challenge GPX File](#)

Download the GPX files:

- Follow the above link for your route
- Selecting the 'Download GPX' icon from the toolbar on the bottom right side of the map save to your computer.



Whilst we have gone to great lengths to map the route with various devices & GPS systems to determine exact distances, you may well find discrepancies on the day if you are planning on using your own GPS device. This will be for a variety of reasons, and it has been shown that many GPS devices overestimate distances / ascent by up to 20% due to the nature of how data points are scattered and plotted. For best results **TURN OFF** your GPS device when **stationary** for periods (e.g. Rest Stops etc).



Event Timing and Tracking

Don't forget our live timing system, timing and tracking you on the Challenge at check points. Friends and family will be able to monitor your progress through the challenge check points seeing your results live and in real time as you make your way along the course – this will be available on our website on Wednesday 28th August (3 days before the challenge).

You will be issued with a timing chip and lanyard to be worn around your neck during the Challenge, and will be scanned at the start and finish lines, as well as at all rest stops. You must pass through all check points in order for your tracking profile to be updated. Friends and family can use this to monitor your progress during the event. Your finish time, and split times at these rest stops will be immediately available following your completion of the Challenge.



The Finish Line & departing the Challenge

At the finish you'll get a medal, t-shirt, a big warm welcome, and a glass of fizz!

1st Quarter Challenge Finish Line – Alfriston

Once you've finished there will be a picnic meal. For those being picked up by friends/family there is pay and display car park nearby. There are transfers back to Eastbourne Train Station/Eastbourne Sports Park for anyone who has booked this via the Optional Extras.

1st Half Challenge Finish Line – Hove

Once you've finished there will be a hot meal and space for a rest. For those being picked up by friends/family there is a pay and display car park nearby (at Arundel & Hove Park). There will be shuttles running to Brighton Train Station

between the hours of 4:00pm-midnight on Saturday . There will also be transfers back to Eastbourne Train Station/Eastbourne Sports Park for anyone who has booked this via the Optional Extras.

Full & 2nd Half Challenge Finish Line – Arundel

Once you’ve finished there will be a selection of hot food and drinks waiting for you. There will be space for a sit down and shuttles to Arundel Train Station running between the hours of 05:00am-7:00pm on Sunday. There will also be transfers back to Eastbourne Train Station/Eastbourne Sports Park for anyone who has booked this via the Optional Extras. For those being picked up by friends/family there is a pay and display car park nearby.

Runners / Fast Joggers:

Most runners taking part in the full 100km Challenge will finish somewhere between 6:00pm – 10:30pm on Saturday – and when you arrive at the finish there will be a shuttle service taking participants to the Arundel Train Station while the trains are in service. Alternatively you can be collected from the site. Please bear in mind as the runners arrive relatively spread out at the finish line, the finish line can be quiet at times.

Please note: if you have booked a transfer back to Eastbourne Train Station/Eastbourne Sports Park, this is will be departing from 07:00am on Sunday.

Walkers/ Slower Joggers:

For those arriving at the finish line when the trains are not be running, there will be a place to rest in the main marquee however this will be chairs and not for those looking to sleep. If you anticipate finishing outside of the train operational times, we recommend that you book your own accommodation near the finish or ask at the info point where staff will be able to give you a local taxi number. Shuttles will take finishers to Arundel Train Station for the train during operational hours.



Drop Out Procedures and Cut-offs

Emergency Numbers

During the event there will be a control room in operation, this will be in our head office and will be manned for the duration of the Challenge. Please ensure that you save these numbers on your phone prior to the Challenge.

Emergency Number (if you are injured but non-life threatening): **0203 915 6682**

Control Room Number (for non emergencies i.e. you are lost): **0207 609 6695**

Control Room SMS (to inform if you are retiring from the event): **07800 005 012**

Life Threatening Incidents CALL 999 first, then the emergency number above

Exiting / Retiring from the Challenge

If you need to exit / retire from the Challenge, please inform Event Staff or by Text SMS to the number provided on the Route Card – procedure details below. The ideal place to retire is at any Rest Stop / Mid Point Stop – so unless it is an absolute emergency please do your best to carry on to one of these stops.

There will be shuttle buses picking up those who have retired from the event after the 23km rest stop onwards, to take you to the Hove rest stop (from 55km) or the Arundel rest stop (100km). However, these buses will be doing round trips stopping at all rest stops on the route, so this may involve a wait during busy times.

If dropping out at a Rest Stop / Mid Point

Go to the '**Information Point**' and hand in your Event Pass which you should write your exit time on. Staff will provide details of shuttle services or other ways to exit. The shuttle service is only available from the 23km point onwards - before that point, retirees will need to make their own travel arrangements, unless in an emergency when we will have vehicles and medics available.

If exiting the event on the course

If you need to exit / retire from the challenge, please inform event staff OR text the 'Drop Out' number provided on the Event Pass with your **NAME, BIB NUMBER, APPROX KM** and **TIME**, along with the words 'DROPPING OUT'. Please include details for team mates also exiting the event if applicable.

Cut-off times

The Event will have cut-off departure times from based on the 34 hour upper end time (Full Challengers), 16 hrs for the 1st Half (55km), 16 hours for the 2nd Half (45km), 7 hours for the 1st Quarter (23km). If anyone fails to meet these cut off times, the Organiser, reserves the right to withdraw participants from the Event. We will, however, do everything we can to ensure that anyone who wants to continue can do so as we are fully aware of what 'finishing' means to many.

The cut-off times at each rest stop are as follows:

- Rest stop 2 – 11km – Birling Gap: 1:40pm
- Rest stop 3 – 23km – Alfriston: 6:15pm
- Rest stop 4 – 35km – Southease Village Farm: 10:00pm
- Mini Stop – 44.5km – Woodingdean: 00:45am (Sunday)
- Rest stop 5 – 55km – Hove: 07:30am (Sunday)
- Rest stop 6 – 69km – Botolphs: 11:10am (Sunday)
- Rest stop 7 – 80km – Pulborough: 3:10pm (Sunday)
- Rest stop 8 – 92km – Houghton Farm: 7:15pm (Sunday)
- Finish – 100km – Arundel Football Club: 10:00pm (Sunday)



Event Rules

There aren't too many rules – but the ones we have are important. Please make sure you familiarise yourself with these rules and our Ultra Code before the Challenge:

- Your Bib and Event Pass must be worn at all times
- You must have a mobile phone with you – and the app installed if possible
- You should carry a back-up power pack for your phone
- Participants must ensure they are hydrated, fed & rested before commencing any stage of the event and report any concerns to an Event Medic or Event Staff
- If, in the opinion of an Event Medic, a participant is considered unfit to complete the next stage, or further stages, that participant will be excluded as necessary
- All Full Challengers and Half Challengers **MUST** carry a head torch and wear it during the hours of darkness
- The Event Organiser reserves the right to operate a 34 hour cut off time for all participants attempting the Full Challenge – with other Rest Stops closing times in accordance with this time frame
- No individual should leave a rest stop alone during the hours of darkness – you must be with a TREK MASTER-guided group or be part of a team

The Ultra Code

It is very important to remember that the route goes through public footpaths and can run close to private property. In respect of this, please be sure to always follow the Ultra Code:

- No littering – please bring a bag to use for your litter
- Always shut gates behind you
- Be considerate of local residents, making sure to keep noise levels down
- Use the toilets provided (and use them properly!)
- Respect private property
- Beware of roads and be sure to look out for traffic
- Look out for and after others
- Be considerate of other walkers on the route who may not be taking part

What can you expect next from us...

1. Pre-Event Briefing

Hosted by the South Coast Challenge team, our Pre-Event Briefing will give you a quick rundown on what you can expect on the day, the route, hints & tips for training and more! This will be live on the App and the Participant's Area on 2nd August.

2. E-Tickets

These will be sent to you on the 21st August – keep an eye out for them in your inbox!

3. The 'Live' Event Website & 'Live' App

On the 28th August the South Coast Challenge website & App will go 'live' for the event – with our timing & tracking website, social media feed, competitions & much more so don't forget to check it out!

4. Official Results & Certificates Released

Your final times will be released via the timing website on the 4th September – you'll also be able to download your South Coast Challenge certificate!

We wish you the best of luck for your challenge and look forward to meeting you on the event!

**Kind Regards,
The South Coast Challenge Team**

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