



Jurassic Coast Challenge

14/15 May 2022

Final Event Guide

PLEASE READ

The Jurassic Coast Challenge is back again – and let’s hope there’s no repeat of last year’s storm on set-up day! We can’t wait to see you at the start, and with over 3,000 participants taking on the range of route options - it’s going to be a great event, and we’re hoping to raise over £1million for our charity partners. This ‘Final Event Guide’ helps with your final planning, and please read it alongside other material within the new ‘Challenge App’ & the Participant Area of the Ultra Challenge website. ‘Bridport 10K’ participants will be sent all relevant information for their challenge in their an email.

CHALLENGE APP

The new ‘Event App’ is now available – and gives you access to all the key info & updates. Firstly – if you have not yet downloaded it – go to the **Apple / Google Store**, search for ‘**Action Challenge**’ and download that base App. Follow the instructions, then, on the front screen (or go to ‘**Load New**’ in the burger menu if you already have the base App installed) – enter **Reference Code JCC2022** – which downloads all the Challenge info.

This App gets updates before the Challenge - so make sure you have it on your phone!

In the APP you will find:

- Copy of this Final Event Guide
- Briefing video from the ‘Event Director’
- Start Time list (so you can check you’re on it!)
- How to ‘manage your place’ (cancellations / deferrals / changes)
- Optional Extra booking (camping / parking / shuttle bus transfers)
- Route Maps
- Link to the event timing & tracking system
- Start / finish & Rest Stop venues info + supporter access
- Travel advice
- Details of the Challenge food / menu
- Kit Lists
- Social Media links
- + Much More.....



You can also view the App on a Computer (desktop / laptop):

- Go to: www.web.vamoos.com/login
- Enter User ID as: **ACT**
- Enter **JCC2022** Passcode (same as mobile App above)

The **Participant Area** on the Ultra Challenge website also holds some of the key info:

[CLICK HERE FOR Participant Area >>>](#)

KEY PRE-EVENT INFO....

Start times

For anyone registered **before 12 April 2022**, you should have received your allocated start time sent via **EMAIL** on Tues 12th April (+ a text alert).

We've allocated start times as close as possible to the slot selected when registering – and at most (in a few instances) there may be a half hour difference from that original choice.

If you signed-up as a Team - members will be allocated the same start as the Team Captain. If you've **NOT** received your Start Time Email by 6pm Wednesday 13 April, check your 'junk' inbox first - and then check that **your name** is on the Start Time List (which is in the App & Participant Area of website). If it is, your Start Time is detailed there, and there's no reason to worry or contact us – as that time will be confirmed on your **E Ticket**.

If your name is **not** on the Start Time List – **OR** in legitimate **exceptional circumstances** you'd like to request a '**Start Time Amendment**' - **OR** there seems to be a problem with some of your Team's start times - then please complete the **online form** below by **5pm Monday 25 April** at the **latest**. **PLEASE NOTE** - Due to logistical limitations, there are certain start times on a number of distances and within some teams that cannot be changed.

Anyone that has registered on **12 April or after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to **ALL** participants on **4 May 2022**).

The '**Start Windows**' for the various Challenge options are below, with half hour allocated slots within these windows. **NO** requests can be made for a start time outside of the appropriate 'window'.

Start points have 'windows' – we can't accept amendment requests outside of these.

- **Full, 1st Half, Marathon** (*Corfe Castle*) – Saturday 14 May between 6:40-9.30am.
- **2nd Quarter Challenge** (*Corfe Castle*) – Saturday 14 May between 9.50–10.10am
- **1st Quarter Challenge** (*Corfe Castle*) – Saturday 14 May at 10.30am only
- **2nd Half Challenge** (*Weymouth*) – Sunday 15 May between 6.00-7.00am
- **Full 2 Day Challenge** (*2nd Half - Weymouth*) – Start of Day 2 Sunday 15 6:00-7.00am.
- **Bridport 10K** (*Bridport*) – Saturday 14th May – 3.30pm

[**CLICK FOR START TIME AMENDMENT FORM >>**](#)

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Wed 4 May** – and you **must** bring it for registration on to the event. Ideally store it on a mobile device to save paper!

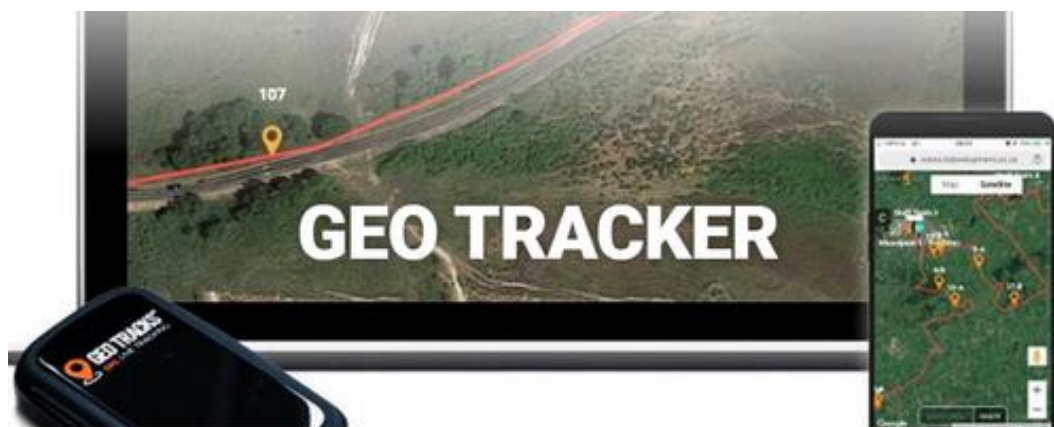
If you've **NOT** received an E-Ticket by **Monday 9 May** (check junk mail first) – there will be a ' Final Starting List' published within the Challenge App & Participant Area of the Ultra Challenge website - where you can check your bib number, start time and request an **E-Ticket re-send**. We ask that you **do not** email or phone to request an E-Ticket.

OPTIONAL EXTRAS

Must be booked in advance - Bookings will close on Friday 6 May – but book now, as some services have a maximum capacity!

Our Optional Extras include:

- Camping packages - main Corfe Castle start venue & main Half Way (Weymouth).
- Parking options (i.e. at Corfe Castle, Weymouth, Bridport)
- Pre challenge shuttle transfers to the Start venues (i.e. park at the end & transfer)
- Transfers back to Start after your challenge (i.e. park at start & transfer back)
- **NEW** - **Geo Tracker Hire** so family & friends can track your progress in real time!



Optional Extras are detailed in full via our Website - with online booking:

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

Please Note - Tickets for **Camping & Parking** will be E mailed the week prior to the event (places on booked bus transfers will be based on lists that we'll have on the day.

Baggage Services (no need to book online – 'pay on the day')

If you want to have your bag transported from the start line to your finish line. This optional service is paid by **card / cash on-the-day** (at the baggage drop tent)

Transfers to your finish (20kg / 80L max size) – prices are per bag

- Full Challengers – **£15**, Half Challengers - **£7.50**, Quarter Challengers - **£5**
- Runners (registered) – free transfer (max size 10kg / 25L – and this **will** be checked)

Transfer to Half-Way & then on to Finish (*Full Challenge only – extra clothes etc*)

- £15 per bag (max size 20kg / 80L)
- £15 per ‘sack’ per person - for those who have purchased a ‘Camping Package’ (we’ll provide a ‘sack’ (i.e. for a bag & other likely camping equipment).
- Runners - **free** for 10kg/30L max size (bigger / extra bags **must** be paid for as above).

Walkers & Joggers - bring a day bag (small rucksack) of 30-35L max - which you will be expected to carry with you – to hold your essential ‘on event’ kit.

Runners: Carry a small lightweight backpack if you wish – or as above, registered runners (and you must be an ‘actual runner’) will receive a FREE transfer for a small bag.

Please Note - For Full Challenge runners – you **MUST PICK** your bag up at the half way point baggage zone even if you don’t need it – and then (once you’ve finished with it) **DROP** it in the ‘Baggage Drop Zone’ as signed. Failure to do so will mean the arrival of your bag at the Bridport finish is likely to be much later than your own arrival!

Merchandise

There’s still time to purchase your 2022 Jurassic Coast Challenge tech T-shirt for just £20! Also, check out our full range of Ultra Challenge merchandise including a new style fleece, leggings, hoodies and hats! We can’t guarantee sizes and availability on the day at the start – so order yours NOW to avoid disappointment!

[CLICK HERE TO VISIT OUR ONLINE SHOP >>](#)

If you have booked Camping

If you are arriving on Friday evening at Corfe Castle (strictly NOT before 4 pm) there are ‘zones’ for the ‘pre pitched’ option / pitch only option / and campervans – which will be arranged as best possible to ensure ‘late comers’ don’t disturb the early bird sleepers! Remember – **Friday evening dinner is available** - but **must** be booked in advance – and **parking** if you’re leaving your car at the Corfe Castle start. (See ‘Optional Extras’)

TRAVEL – GETTING THERE & AWAY

THE MAIN START FOR – Full, 1st Half, Marathon, 1st Quarter & 2nd Quarter Challengers – Field nr Norden Park & Ride, Corfe Castle, Dorset BH20 5DW

Look out for our event signage, and please follow all instructions for parking on the day.

Please Note - long term parking **must** be booked in advance (see optional extras), and for any supporter vehicles who intend to wait with you at the start and visit other rest stops (where allowed). There will be a short term parking area – and a **drop off** zone. **Note** - If you are literally just being dropped off (i.e. a minute or so max via taxi or supporter vehicle) - it's best to head to the official station 'Park & Ride Car Park' itself.

Registration

In all instances you will need your E-Ticket with the QR code to register on to the event (on a phone / or printed).

Early Registration - Friday 13 May

For those staying locally (or camping with us) we will open '**Early Registration**' for **CORFE starters only** between 4pm - 8pm on Friday at the main start venue in Corfe - this saves time on Saturday - meaning you only need to be at the start 30 minutes before your start time.

Main Registration – Saturday 14 May

Please **do not** arrive at the start venue more than 1 hour before your start time (if you do please wait in the car park).

2nd Half Challenge Registration – Sunday 15 May

At **Lodmoor Country Park, Weymouth, DT4 7SX** - registration opens at 5.15am for rolling starts between 6am – 7.30am (*look out for parking instructions - long term parking **must** be booked in advance (see optional extras)*)

2 Day Full Challenge – 2nd Day Registration – Sunday 15 May

As above - Registration is at Weymouth (Lodmoor Country Park, Weymouth, DT4 7SX) opening at 5:15am for rolling starts between 6am – 7.30am.

At Registration

- You **MUST** arrive on site a max **1 HOUR** before your start time to
- You **MUST** present your **E-TICKET** where asked to
- Collect your **EVENT PACK** (Event & Timing Pass, lanyard, bib, safety pins)
- Collect your **event buff & route card**
- Write **medical details** on reverse of your event bib (*if have any serious 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
- Tickets for **camping & parking** will be e mailed the week prior to the event (places on booked coach transfers will be based on lists that we will have on the day)

YOUR START

You'll be called into the 'Start Pen' about 15 mins **before** your official start time for photos, a safety briefing, and warm up. Then you'll be set off in a 'wave' of about 300 or so challengers (for those on the Saturday start slots).

Supporters at the Start

Supporters are welcome at the start – but are not allowed in the marquee area, and there will be a separate 'Supporter Zone' (with tea / coffee)

THE ROUTE

Will be marked with pink arrows, ribbons, flags & signs. Equally important - you'll have access to a **Google route map via the Challenge APP** (and a QR code on the Route Card). A mobile phone is therefore **essential** – and ideally with a back-up battery pack – which are readily available these days!). With the right phone settings, your 'blue dot' location shows up relative to the route – so you'll always be able to figure where you are – or should be!

Google Map (s)

These will be finalised & enhanced with useful information.

GPX file

You will be able to download the final GPX file of the route to upload into GPS type devices (Garmin's etc). This will be available from Monday 9 May via the App & website.

[CLICK TO VIEW 'ROUTE' >>](#)

NOTE: The Route(s) is **subject to change** in the lead up to the event – and potentially close to the start date - so please always follow **the signage on the day**. We've plotted the route various devices to get the 'best' plot, and please be aware that some GPS devices tend to overstate distance on relatively slow, long, walking / hiking type activities – and it's best to turn off the device when you are stationary for long periods (ie – at rest stops)

Hazards on Route

Hazards exist in many guises – on footpaths, pavements, and on roads! Look out for: Traffic (cross roads in the correct places); slippery surfaces on footpaths (it may be wet); cliff edges; styles (can be tricky); steep slopes; other pedestrians / dogs – and clearly darkness / night time brings additional challenges – so you **must bring a head torch!** Be careful – and always err on the cautious side, and look, listen & think ahead, as for most, this event is NOT a race – and we want to see everyone safely at the finish line!

Timing & Tracking

You'll be issued with a timing pass & lanyard to be worn around your neck. This will be scanned at the start / finish & at rest stops. You must go through all check points for your tracking profile to be updated. Friends & family will be able to view your progress through rest stops, and this link will be available via the **App** and the **website** on Thursday 12 May.

'What's App' & 'What 3 Words'

The route is relatively remote in places & post codes often 'don't work' that well – so having access to (and knowing how to use) – '**What's App**' location functionality and '**What 3 Words**' (which is a well-known location type app) are both very useful in case you need to give your specific location to a supporter (i.e. to meet or pick you up) - or to our **Control Room**. Please check these out if you are not familiar with them – and download these clever apps on to your phone!

Food & Drink at the Challenge Rest Stops

All dietary requirements are catered for (ask if it's not apparent!) – and if you want more food at the main rest stops – PLEASE ASK FOR IT – as our catering team is there to help!

- **Start** (*Corfe Castle*) : Hot drinks, biscuits, bananas (Plus - breakfast vendor)
- **~25 km Stop** (*Church Knowle*) – Full / 1st Half / Marathon Challengers, picnic lunch
- **~25 km Finish** (*Church Knowle*) – 1st Quarter finishers, BBQ meal
- **~58 km - 'Half Way' & 1st Half / 2nd Quarter Finish** – (*Weymouth*). Hot meals with choice (pasta/ curry etc)
- **~82 km Stop** – (*Abbotsbury*) – selection of hot wraps & breakfast wraps
- **~82 km Stop** (*24 km for Day 2 / 2nd Half*) as above / picnic lunch (depending on time)
- **100 km Finish** (*Bridport*) – BBQ for all finishers (or breakfast – depending on time)
- **Other Rest stops:** Swanage (*11 km*) / Durdle Door (*42 km*) / Martleaves (*66 km*) & Burton Bradstock (*94km*): Good mix of snacks (inc. bakery / fruit / cut fruit / protein bars / chocolate / sweets / savoury) - and hot drinks / water/ squash / energy drink.

If you have a favourite snack which 'hits the spot', perhaps keeps you going when you might

not feel like eating other food – then it’s not a bad idea to bring some of it with you!
Please clear & dispose of all **your rubbish** in the sacks / bins provided at all the venues.

Medical Facilities

Our team of medics will be at all the Rest Stops – with mobile resources deployed for any serious incidents. You should bring your own small first aid kit – and always deal with blisters as soon as you feel a ‘hot spot’ (don’t wait till you get to a rest stop!). There’s a **massage service** at the Weymouth 58 km ‘half way’ point & at the main finish in Bridport (10 min slots – booked on arrival at that venue)

FINISH LINE & DEPARTING

All finishers will get a well-earned medal, some fizz and a meal with soft drink.

➤ *1st Quarter Challenge finish line – Bucknowle Farm, Church Knowle, Nr Corfe Castle, Dorset, BH20 5PQ*

BBQ lunch. There are free shuttles available back to our main Corfe Castle car park & to Wareham train station. Supporters will be able to park at Bucknowle Farm (to pick you up) – but will not be allowed in the main marquee area (there will be a separate area).

[Google Map Location for Bucknowle Farm >>](#)

➤ *1st Half & 2nd Quarter Challenge finish line – Lodmoor Country Park, Weymouth, DT4 7SX (event parking is through the ‘Beach Car Park’)*

Selection of hot food available + massage and medical teams just in case. There are shuttles to Weymouth train station (1st Half finishers) BUT the station shuts at circa 10.10pm as – trains stop early on Saturdays! There will be transfers back to Corfe Castle for those pre-booked via the Optional Extras. Supporters will be able to park at Weymouth (to pick you up) – but will not be allowed in the main marquee area (there will be a separate area).

[Google Map Location for Lodmoor Country Park >>](#)

➤ *Marathon Distance finish line – **NEW** Dagers Gate Field, West Lulworth, Wareham BH20 5PU*

Note: The venue **has changed** as repair works are taking place on the Lulworth Estate. There will be free shuttle transfers to the main Weymouth rest stop if you want a finisher’s meal + massage etc. Supporters will be able to park at Lulworth in the ‘P&D car park’ (to pick you up) but will not be allowed in the main marquee area.

[Google Map Location for Dagers Gate Field, Lulworth >>](#)

➤ **Full & 2nd Half Challenge finish line – Asker Meadow, Sea Road South, Bridport, Dorset, DT6 4DL**

Selection of hot food available + massage and medical teams just in case. There will be optional transfers to **CREWKERNE STATION** (**Note:** this has **changed** as both Dorchester Stations are **now shut** on Sunday over this weekend), **OR** back to the Corfe Castle start car park, **OR** to the Weymouth ‘Half Way’ car park. All transfers must have been **pre-booked** these via the **Optional Extras**. Supporters will be able to park at Bridport (to pick you up) but will **not** be allowed in the main marquee area.

[Google Map Location for Bridport Finish >>](#)

Note - Runners / Fast Joggers:

Runners on the Full 100km Challenge will finish somewhere between 6:00 –11:30pm on Saturday. There will be set times for any of the pre-booked transfers on Saturday evening & early Sunday (as it’s just not possible to run a frequent ‘on demand’ service at the rates we are charging) - so you may have to wait up to 3 hours (max) before there is a suitable transfer vehicle. For those arriving at the finish line when the trains are not be running, there will be a quiet area available for participants to rest until the first train on Sunday morning. Please bear in mind that as the runners arrive relatively spread out at the finish line, the finish line can be quiet at times (so do ask your supporters to join you!)

DROP OUT PROCEDURES, CUT OFFS, RULES

During the event there will be a **Control Room** in operation. Please ensure that you save the important phone numbers prior to the Challenge.

Emergency No. (If you’re injured but non-life threatening): **0203 915 6682**

Control Room No. (For non-emergencies i.e. you are lost): **0207 609 6695**

Drop out SMS / What’s App (To say you’re retiring etc): **07931 466138**

Life Threatening Incidents - **CALL 999** first, **then** the emergency no. above

Kit & Foot Care Advice

Problems with feet tend to be the main reason why participants are forced to drop out of an Ultra Challenge – blisters / bruised toe nails / general sore feet. Deal with ‘hot spots’ as soon as you are aware of one (don’t wait) – cut your toe nails before the event – make sure your footwear is broken in & not too tight – tape up areas of your feet that you know cause problems – change your socks – and maybe have a spare pair of loose trainers if your feet need a break ! (use the baggage service).

We'd also like to advise (or warn!) that on the Full or 2nd Half Challenge, there's a 2.5km section of pebble beach (far west end of Chesil Beach) so sturdy footwear is best & walking poles are recommended for this section (helps avoid back & knee aches!).

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 – 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 from the 25km Bucknowle Farm rest stop onwards, to take you to Wareham station (from 25km), Weymouth Rest Stop (from ~42km) or Weymouth Station (58km). 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. Staff will provide details of shuttle services or other ways to exit. The shuttle service is only available from the 25km 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 NO. APPROX KM** and **TIME**, along with the words 'DROPPING OUT'. Please include details for team mates also exiting the event if applicable.

Other pick up points

If you are physically unable to make it to the next rest stop – we will have a number of strategically designated 'pick up points' (that our vehicles can access) – which will be detailed on the Google route map (and detailed on the route card, and the Control Room can direct you). Pick-ups from these points will just move you to the next rest stop – and at that point **your challenge will finish** (they cannot be used to 'get a lift').

Cut off times

The Event will have cut off departure times from based on the 34 hour upper end time (Full Challengers), 19 hrs for the 1st Half (58km), 14 hours for the 2nd Half (42km), 8 hours for the 1st Quarter (25km) and 12 hours for the 2nd Quarter (33km) Challenge. 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.

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:

- Do not attend the event if you feel ill – or have an infectious disease
- Your Bib & Event Pass must be worn at all times
- You must have a mobile phone with you & the App installed (+ What'sApp/What 3 Words)
- 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, 1st Half, Marathon, & 2nd Quarter 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 Organiser reserves the right to officially remove a participant from the Challenge if, in their reasonable opinion, the participant's actions or behaviour is likely to significantly impact the wellbeing of other participants, staff, suppliers, or members of the public - or will bring the reputation of the event and / or the event organiser into disrepute.
- If any participants are encouraging, or hosting ‘non-registered challengers’ to take part in the challenge alongside them in some way, and are seen to be passing food /drink to them – all involved will be disqualified, all our services will be immediately withdrawn, offenders will be removed from our venues, and no refunds of any kind will be made.

The Ultra Code

It is 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 at all** – bring a bag to use for your litter – and dispose of at rest stops
- 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!) – and not on the route!
- Respect private property (keep out)
- Beware of roads – and always cross in the correct places
- Be considerate of other walkers on the route who may not be taking part
- Be aware of cattle / sheep

SUPPORTER ACCESS TO REST STOPS

Supporters are welcome at all the stops below, and whilst we ask that they are self-sufficient with food (we will have tea / coffee) and that they will not have access to the main marquees (there will be separate area). Parking is available should they wish to wait for you/ collect you.

- The Start: Norden Park & Ride, Corfe Castle, Dorset BH20 5DW
- 25km Rest Stop: Church Knowle, Bucknowle Farm, Wareham, Dorset, BH20 5PQ
- 42km Rest Stop: Lulworth Cove, West Lulworth, Wareham BH20 5RS
- 58km Half Way: Lodmoor Country Park, Weymouth, DT4 7SX
- 82km Rest Stop: Abbotsbury Swannery, New Barn Rd, Abbotsbury DT3 4JG
- 100km Finish: Asker Meadow, Sea Road South, Bridport, DT6 4DL

Please ensure your supporters **do not** attempt to access any of the other Rest Stops along the route – as they will be turned away.

What can you expect next from us...

1. **Pre-Event Video Briefing!** 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 Participant's Area on 12th April!
2. **E-Tickets** These will be sent to you on the 4th May – keep an eye out for them
3. **The Live Event Website & App** On the 12th May the Jurassic 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 17th May – you'll also be able to download your Jurassic Coast Challenge certificate!

We wish you the best of luck for your challenge if you have any questions, please visit our online Help Centre on our website:

[CLICK HERE for the Help Centre >>](#)

**Kind Regards,
The Ultra Challenge Team
Action Challenge**