



Jurassic Coast Ultra Challenge - BRIDPORT 10K -

Sunday 14th May 2023

Event Guide

PLEASE READ

The Bridport 10K info can be found in the Jurassic Coast Ultra APP

The new 'Event App' is available, and gives you access to all the 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 JURAC23** – which downloads the Jurassic Coast Ultra Challenge & Bridport 10K info.

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

In the APP you will find various things as it updates:

- Copy of this Event Guide
- Start List (*available from 11/04/23*)
- How to 'manage your place' (*cancellations/deferrals/changes*)
- Route Map
- Link to the event timing & tracking system
- Start / finish venue info

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

- Go to: www.web.vamoos.com/login
- Enter User ID as: **ACT**
- Enter **JURAC23** Passcode (*same as mobile App above*)



KEY PRE-EVENT INFO

Start Time

All 10 km challengers will be setting off at **10:15am** on **Sunday 14th May**

Please arrive **at least half an hour** beforehand - so you can register in good time.

E-tickets & Bib Numbers

Your e-ticket will be **EMAILED** on **Wednesday 3rd May** – you must bring it for registration onto the event. Ideally store it on a mobile device to save paper.

If you've **NOT** received an e-ticket by **Monday 8th May** (check 'junk' inbox 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, and request an **E-Ticket re-send**. We ask that you **do not** email or phone to request an E-Ticket.

OPTIONAL EXTRAS – (*Need booking in advance*)

Parking - available to pre-book (**£6**) at the start / finish venue (Asker Meadow - Sea Road South (A35), Bridport, DT6 4DL.

Bus Transfer - available to book for post-challenge transfer to Dorchester South Station (**£15pp**)

Discounted BBQ (at finish) – if you want a bite to after your challenge – it's **50% OFF** the full price – so just **£5** for 10K challengers.

Baggage Storage (Free - no booking required)

You should bring a small rucksack (20-30 litres max) to carry all you'll need for if you are walking (i.e. extra clothes / water / phone etc.). Changing rooms will be available.

[**CLICK HERE TO BOOK OPTIONAL EXTRAS >>**](#)

MERCHANDISE

Check out our range of Ultra Challenge merchandise including leggings, shorts & fleeces.

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

REGISTRATION, PARKING & THE START – Sunday 14th May

Start/finish venue: **Asker Meadow, Sea Road South (A35), Bridport, DT6 4DL**

Look out for sail flags & signage to the registration area.

At Registration

- You **MUST** present your **E-TICKET**
- Collect your **EVENT PACK** (Event & timing pass, lanyard, bib, route card)
- Detail critical **medical details** on the reverse of bib (*i.e. serious conditions / allergies*)
- E-Tickets are **NOT** transferable.
- You must come with at least **1 litre of water**
- Free tea / coffee / squash / biscuits / snacks will be available

You'll be called into the 'Start Pen' 10 mins **before** the 10.15 start for a safety briefing & warm up – and then you'll then set off a 'wave' with runners at the front.

[**GOOGLE MAP LOCATION FOR ASKER MEADOWS >>**](#)

THE ROUTE

Will be marked with yellow arrows, ribbons, & signs. 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**. 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!

Google Map

This will be finalised & enhanced with useful information prior to the Challenge.

GPX file

You will be able to download the final route GPX file to upload into GPS type devices (Garmin's etc.). This will be available from Thursday 11th May via the website.

NOTE: The Route is **subject to change** - so please **follow the signage on the day**.

Hazards on Route

Hazards exist in many guises! Look out for: traffic & cycles (cross roads in the correct places); slippery surfaces on footpaths (it may be wet); steps (can be tricky); other pedestrians / dogs.

Timing & Tracking

You'll be issued with a timing pass & lanyard to be worn around your neck during the event, which is scanned at the start / finish. The link to the timing website will be available via the **App & website** on **Thursday 11th May**.

'WhatsApp' & 'What 3 Words'

Knowing how to use *the* 'WhatsApp' location functionality & 'What 3 Words' (*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!

Food & Drink

All dietary requirements are catered for (**please ask** the staff if it's not apparent!)

- **Start** (*Bridport*) : Snacks, fruit, hot drinks, biscuits
- **Finish** (*Bridport*) : Discounted BBQ (optional extra - £5 – book in advance)

Please **clear & dispose** of **your rubbish** in the bins provided at the venues.

Medical Facilities

Our team of medics will be at the main venue – 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 finish!)

FINISH LINE & DEPARTING

Finish Venue - Asker Meadow, Sea Road South (A35), Bridport, Dorset, DT6.

At the finish line you will be rewarded with a huge cheer, a medal, T shirt & a glass of fizz.

REMEMBER – the finish line is the main finish for the 100 km 'Ultra Challenge' – and they will also be cheered in – so look out for them!

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 / WhatsApp (To say you're retiring etc.): **07931 466138**

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

Exiting / Retiring from the Challenge

If you need to retire - inform Event Staff or SMS Text to the number on the Route Card.

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
- 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
- The Event Organiser reserves the right to operate a cut off time for all.
- The Organiser reserves the right to officially remove a participant from the event 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 the heart of the Capital – and in respect of this, please be sure to always follow the 'Ultra Code':

- **No littering** – bring a bag to use for your litter – and dispose of at the main venue
- **Be considerate** of local residents, making sure to keep noise levels down
- **Be considerate of other pedestrians** on the route & pavements
- **Respect private property** (keep out)
- **Beware of roads** – and always cross in the correct places
- **Be aware of cyclists & stepping into cycle lanes**
- **Do not play loud music** along the route (use headphones if you want a tune!)

SUPPORTER ACCESS

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

What can you expect next from us...

1. **E-Tickets** - will be e-mailed on Tuesday 3rd May– keep an eye out for it!
2. **Official Results & Certificates Released** - final times will be released via the timing website on 15th May – you'll also be able to download your official certificate!

We wish you the best of luck for your Bridport 10K 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,
London