



# South Coast Ultra Challenge

2/3 Sept 2023

## Event Guide

***PLEASE READ***

The 2023 South Coast Challenge is approaching, and with around 1,700 people taking part – it should be a great event! This ‘Event Guide’ will help with your final planning, and please read this alongside other material set out in the in the new ‘Challenge App’ or in the Participant Area of the Ultra Challenge website.

## CHALLENGE APP

The new 'Event App' is 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 the 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 STHCC23** – which downloads all the latest 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 Event Guide
- Briefing Video (*available approx. 6 weeks prior to the event*)
- Start Time list (*available 4 weeks prior to the event*)
- How to 'manage your place' (*cancellations/deferrals/changes*)
- Optional Extra booking (*camping/parking/bus transfers*)
- Route Maps
- Link to the event timing & tracking system
- Start / finish & Rest Stop venues info + supporter access
- Travel advice
- Kit Lists + Much More.....

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

- Go to: [www.web.vamoos.com/login](http://www.web.vamoos.com/login)
- Enter User ID as: **ACT**
- Enter **STHCC23** Passcode (*same as mobile App above*)



Information can also be found on the **Participant Area of the Website**

## KEY PRE-EVENT INFO....

### Start Times

For anyone registered **before 31 July 2023**, you will be able to view your Start Times via the app or on the website in the Participant Area on the website from 1 August. Simply search **your name** and it should come up. Start times will also be confirmed on your **E-Ticket** so there is no reason to contact us unless you have not received this **AND** registered by the **31 July**.

We will allocate 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 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** (available on the app & the website from 2 Aug) by **8pm Monday 14 August** at the latest.

Anyone who has registered on **31 July or after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to **ALL** participants on **23 August 2023**).

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'.**

### Saturday 2 Sept – Eastbourne Start

- **Full Challenge** (from Bramley Camping Park) between 7.00 – 9.30am
- **1<sup>st</sup> Half Challenge** (from Bramley Camping Park) between 7.00 – 9.30am
- **1<sup>st</sup> Quarter Challenge** (from Bramley Camping Park) between 8.30 – 9.30am

### Sunday 3 Sept – West Hove 'Half Way'

- **Day 2 Full 2 Day & 2<sup>nd</sup> Half** (from Hove Park) between 6.00 – 6.30am

### E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Weds 23 Aug** – 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 28 Aug** (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 Tuesday 22 August** – but book now, as some services have a maximum capacity!

#### Optional Extras:

- **Camping:** Eastbourne (start) - Friday night & Hove (half way) – Saturday night (no campervans)
  - (Friday or Saturday): Inclusive: **£65/£85** – single/twin,
  - (Friday or Saturday): Pitch only Camping: **£30/£20** – single/extra campers,
  - (Friday or Saturday): Campervan: **£30/£20** – single/extra campers
- **Parking:**
  - Eastbourne (Main Start)- Long Stay **£6**
  - Alfriston (1<sup>st</sup> Quarter Finish) - Short Stay **£6**
  - Supporter Parking - Short Stay **£6**
- **Meals**
  - Friday Night Dinner (Friday night campers ONLY) **£tbc**
  - Saturday Morning Breakfast (Eastbourne - inc. for Fri campers) **£tbc**
  - Sunday Morning Breakfast (Hove - inc. for Sat campers) **£tbc**
- **Bus Transfer: pre-challenge**
  - From Eastbourne Station to Eastbourne (main start) **£10**
  - From Alfriston (25km finish) to Eastbourne (main start) **£15**
- **Bus Transfers: post-challenge**
  - From Arundel (main finish) to Eastbourne (main start) **£35**
  - From Arundel to Arundel Station **£5**
  - From Hove Park (half-way) to Eastbourne **£20**
  - From Hove Park to Brighton Station **£10**
  - From Alfriston (1<sup>st</sup> Quarter finish) to Eastbourne **£10**
  - From Alfriston to Eastbourne Station **£15**
- **Geo Tracker Hire.** Family & friends can track your progress in real time!



Optional Extras are fully detailed on our Website & App with online booking:

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

**PLEASE NOTE** - Tickets for **Camping & Parking** will be e-mailed separately the week prior to the event – so look out for that (*coach transfers will be based on lists that we will 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 - 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 (£5 surcharge applies for ‘bigger’ items!)**

- Full Challengers – **£12**, Half Challengers - **£10**, Quarter Challengers - **£7**
- Runners (registered) – free transfer (**max size 10kg / 30L** – and this **will** be checked)

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

- £17 per bag (max size 20kg / 80L – surcharges apply for anything ‘bigger’).
- £17 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/25L **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 and supplies.

**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 – 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 Arundel finish is likely to be much later than your own arrival.

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**MERCHANDISE**

There’s still time to purchase your 2023 South Coast tech T-shirt for just £25! Also, check out our range of Ultra Challenge merchandise including leggings, fleeces, hoodies & hats. We can’t guarantee availability on the day, so order **NOW** to avoid disappointment!

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



### If you have booked **Camping at Eastbourne**

If you are arriving on Friday (strictly NOT before 4pm and no later than 10pm please) there are 'zones' for the 'pre pitched' option / pitch only option / and campervans. Remember – there's optional **Friday evening dinner** which **MUST be booked in advance** – and parking needs booking if you're leaving your car at Eastbourne (see 'Optional Extras'). **Saturday breakfast** is included in all camping packages.

[\*\*CLICK HERE TO BOOK FRIDAY EVENING DINNER >>\*\*](#)

### If you have booked **Camping at Hove**

Camping at Hove (half way) is at a separate venue, so there will be a shuttle bus transfer, and will be open from 1pm on Saturday 2 Sept. The campsite is somewhat remote – with nothing of particular note around it – so best not to head there until you have had your meal at the main Hove venue – and are ready for a 'quiet evening' at the campsite!

## REGISTRATION & THE START

**Note** – Please see the App for full details of venue locations and **parking** info.

### Early Registration - Friday 1 Sept at Eastbourne (*main start*)

- Eastbourne start - **Bramley Camping Park, Wannock Rd, Polegate, Eastbourne BN26 5PH** (Eastbourne starters **ONLY**) opens 4.00pm – 8.00pm

### Registration & The Start – Saturday 2 Sept – at Eastbourne

**Full Continuous 100km, Full 2 Day 100km, 1st Half & 1st Quarter**

- **Bramley Camping Park, Wannock Rd, Polegate, Eastbourne BN26 5PH** opens 6.00am – 9.30am

### Registration & The Start – Sunday 3 Sept - at Hove Park

**2nd Half Challenge & 2<sup>nd</sup> Day of '2 Day Full Challenge'**

- **Hove Park, Goldstone Crescent Hove, BN3 6LR** opens 5.00am – 6.00am

### At Registration

- Try and arrive 1 hour prior to your start time (no longer)
- You **MUST** present your **E-TICKET**
- Collect your **EVENT PACK** (Event & timing pass, lanyard, bib, route card)
- You'll also get a souvenir South Coast Challenge neck buff
- Detail critical **medical details** on the reverse of bib (*i.e. serious conditions/allergies*)
- E-Tickets are **NOT** transferable. We may ask for ID
- **PHOTO ID MUST BE PROVIDED FOR THOSE ON A MULTI-DEAL**
- You must come with ~ **2 litres of water** if on 50km / 100km

You'll be called into the '**Start Pen**' 15 mins **before** your official start time for a safety briefing & warm up – and then you'll then set off a 'wave' of about 275 or so challengers

**Note** - If you registered on the Friday you can arrive 30 minutes before your start time if that suits you better.

## 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**, 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!

### 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 the week of Monday 28 August via the website.

[\*\*CLICK HERE TO VIEW OUR 'ROUTE MAP' OPTIONS >>\*\*](#)

**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 in various devices to get the 'best' plot; please be aware that some GPS devices overstate distance on relatively slow, long, walking / hiking type activities – and it's best to turn off the device when you are stationary for prolonged periods (i.e. – 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); 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; look, listen & think ahead, as for most it is NOT a race!

### Timing & Tracking

You'll be issued with a timing pass & lanyard to be worn around your neck during the event. This will be scanned at the start / finish and 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 **website** on the week starting 28 Aug.

### 'WhatsApp' & 'What 3 Words'

The route is relatively remote in places & post codes often 'don't work', so having access to (and knowing how to use) '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** (*Eastbourne start*) - Hot drinks, biscuits, bananas (Plus - breakfast vendor)
- **~25km Stop** (*Alfriston*) - Full / 1<sup>st</sup> Half Challengers, picnic lunch
- **~25km Stop** (*Alfriston, 1st Quarter finishers ONLY*), Picnic lunch
- **~57km - 'Half Way' + Finish of 1<sup>st</sup> Half** - Hot meals choice
- **~82km Stop** (*Windlesham House School*) Full Continuous Challengers, selection of hot/cold food
- **~82km Stop** (*Windlesham House School*) 2<sup>nd</sup> Half/ Across 2 Days, picnic lunch
- **100km Finish** (*Arundel FC*) – Hot meal for finishers (or breakfast – depends on time)

- **Other Rest Stops:** Birling Gap (~13 km) / Southease (~37km) / Botolphs (~70km) & Houghton Farm (~93km) - 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 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 Hove half way & Arundel finish for Full & Half challengers only (*10 min slots – booked on arrival at that stop*).

## FINISH LINE & DEPARTING

All finishers will get a well-earned medal, glass of fizz and a meal.

### **1st Quarter Challenge finish (25 km) – Bank House Farm, Alfriston, BN26 5UQ**

Food available: picnic lunch. There are bookable shuttles (book in advance via our Bookable Extras page) to take finishers back to the Eastbourne parking or train station. Supporters collecting you can purchase a **parking pass** in advance. Supporters will not be allowed in the main marquee area (there will be a separate seating area).

**NOTE** – the event CAR PARK has a completely separate entrance – and this is the one which must be used.

[Google Map Location for Alfriston CAR PARK >>](#)

### **1st Half Challenge finish (57 km) Hove Park, Goldstone Crescent Hove, BN3 6LR**

Selection of hot food available + massage & medical teams. There are shuttles to Brighton train station, and back to Eastbourne start venue. There’s no official event parking – so supporters picking you up will need to find local parking (on the streets) – but will not be allowed in the main marquee area (there will be a separate supporter area).

[Google Map Location for Hove site >>](#)

### **Full (100 km) & 2<sup>nd</sup> Half (43 km) finish – Arundel Football Club, Mill Road, Arundel BN18 9PA**

Selection of hot food available + massage and medical teams. There will be optional transfers to Arundel station & back to the Eastbourne start (need booking). Supporter parking is in the adjacent PAY & DISPLAY car park – they will not be allowed in the main marquee area - there will be a separate supporter area.

[Google Map Location for Arundel site >>](#)

### **Note - Runners / Fast Joggers:**

Runners on the Full ~100km Challenge will finish somewhere between 6:00 –11:30pm on Saturday. For those arriving at the finish when the trains are not be running, there will be a

quiet area for participants to rest until the first train on Sunday. 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 and give you a lift back home!

## **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 exit / retire from the Challenge, please inform Event Staff or by Text SMS to the number provided on the Route Card. The ideal place to retire is at a Rest Stop – so unless it's an emergency, please do your best to carry on to the next stop.

There will be shuttle buses picking up those who have retired from the event from the 25km Alfriston rest stop onwards, to take you to the next major Rest Stop – where (if required) you can book on to one of the Shuttle Transfer Buses to get back to Eastbourne (if needed). 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**

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 retire from the challenge, please inform event staff OR text the 'Drop Out' number on the Event Pass with your **NAME, BIB NO. APPROX KM** and **TIME**, along with the words 'DROPPING OUT'. Include details for team mates also exiting.

### **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 by the Control Room. Pick-ups from these points will just move you to the next rest stop and at that point **your challenge will finish** (they can't be used to 'get a lift')!

### **Cut off times**

The Event will have cut off departure times from rest stops based on the 34 hour upper end time (Full Challengers), 18 hrs for 1<sup>st</sup> Half (~57km), 16 hrs for 2<sup>nd</sup> Half (~43km), 8 hrs for a Quarter (25km). If anyone fails to meet these times, the Organiser reserves the right to withdraw participants. However, we'll do all 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 (+ WhatsApp / 3 Words)
- You must 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 & 1<sup>st</sup> Half Challengers **MUST** carry a head torch and wear it during the hours of darkness.
- **NO DOGS** (or pets of any kind) anywhere on the Challenge or route – we do not have permissions from landowners, venues and/or farmers to have any kind of animal on the route so pets of any kind are not allowed
- 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 (as set out above).
- 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.
- Ultra-Challenge Participants who have entered the challenge on a **MULTI DEAL MUST PROVIDE PHOTO ID** at registration or risk losing their place on the challenge

## The Ultra Code

It is important to remember that the route goes through public paths and can run close to private property. 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 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**
- **Do not play loud music** along the route (use headphones if you want a tune!)

## SUPPORTER ACCESS TO REST STOPS

There will be supporter zones at: Eastbourne start – Bramley Camping Park (0 km), Alfriston (25 km), Hove Park (57km), Windlesham School (82km) & Arundel FC (100km)

### WHAT YOU CAN EXPECT NEXT FROM US...

- 1. Pre-Event Video Briefing** - Our Pre-Event Briefing (available in the app & on the participant areas approximately 6 weeks prior to the event) which will give you a quick rundown on what you can expect on the day, the route, hints & tips for training and more!
- 2. E-Tickets** These will be sent to you on the 23 August – keep an eye out for them in your inbox!
- 3. Timing Website & Good Luck** - On the week starting 28 August the South Coast Challenge timing & tracking website will go live & you'll get a 'Good Luck' email from us!
- 4. Official Results & Certificates Released** - Your final times will be released via the timing website on the 4 Sept – you'll also be able to download your official **South Coast Challenge** certificate!

**We're looking forward to seeing you at the start-line – and 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  
London