



South West Coast 50 Ultra Challenge

Saturday 3rd August 2024

Event Guide

PLEASE READ

Please note: this Event Guide may be subject to changes & revisions.

The South West Coast 50 Ultra Challenge is back for its 3rd year, and with over 1,200 people expected to start from our Dunster Castle basecamp (*inc live music & bar on Sat eve*) - it should be a great event. The route explores some of England's finest coastline and then up on to Exmoor (weather permitting). Fingers crossed for some sunshine! This 'Event Guide' will help with your final planning, and please read this alongside other material set out in the 'App' (see below) or in the Participant Area of the Ultra Challenge website.

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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 SWCOAST24** - which downloads the South West Coast 50 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 Event Guide
- Video Briefing
- Start Time list (*available 4 weeks prior to challenge*)
- How to 'manage your place' (*cancellations/deferrals/etc.*)
- Optional Extra booking (*camping /parking/shuttle bus*)
- 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
- Enter User ID as: **ACT**
- Enter **SWCOAST24** 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 1st July 2024**, you will be able to view your Start Times via the app or on the website in the Participant Area on the website from the 2nd July. 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 **1st July**.

We will allocate start times as close as possible to your preferred start window 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 2nd July) by **5pm Monday 22nd July** at the **latest**.

Anyone who has registered on **1st July or after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to **ALL** participants on **24th July 2024**).

The '**Start Windows**' for the 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 3rd August - *Dunster/Minehead*

- | | | |
|------------|-------------------------------------|------------------------|
| | ● Full 50km Challenge | 7.00 - 9.30am |
| | ● 25km 'Loop' | 9.00 - 10.00am |
| NEW | ● 1st Half (25km) | 8.00 - 9.00am |
| NEW | ● 2nd Half (25km) | 10.00am |
| | ● 10km 'Loop' | 10.00 - 10.30am |

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Wed 24th July 2024** - 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 29th July** (check junk mail first) - there will be a '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. Please **do not** email or phone to request an E-Ticket.

OPTIONAL EXTRAS

Must be booked in **advance** - bookings will close **on Tuesday 23rd July** - book now, as some services have a maximum capacity!

Please note: optional extras may be subject to change.

Our Optional Extras include:

- **Camping** - (at Dunster basecamp for Fri / Sat) - Inclusive & pitch only options.
 - *(Friday & / OR Saturday)*: Inclusive: single/twin,
 - *(Friday & / OR Saturday)*: Pitch only Camping: single/extra campers,
 - *(Friday & / OR Saturday)*: Campervan: single/extra campers
- **Parking** - Dunster (*basecamp*)
- **Additional Meals:**
 - Friday Night Dinner (*Fri campers only*)
 - Saturday Morning breakfast (*inc. if booked onto inclusive camping*)
 - Sunday Morning breakfast (*inc. if booked onto inclusive camping*)
- **Pre-Challenge Transfer** - set departures from:
 - Taunton Station ➡ Dunster basecamp
 - Dunster basecamp ➡ Porlock
- **Post-Challenge Transfer** - Regular services from:
 - Dunster basecamp ➡ Taunton Station
 - Porlock ➡ Dunster basecamp
- **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.

Baggage Services (*no need to book online*)

This is an optional service - paid by **card / cash on-the-day** (*at the baggage drop tent*).

- Store a bag at the 'basecamp' start.
- Registered Runners - free transfer (max size 10kg / 30L - and this will be checked)

Merchandise

Don't forget to purchase your 2024 South West Coast 50 Ultra Challenge tech T-shirt and, check out our full range of Ultra Challenge merchandise including a fleece, leggings, hoodies and hats! We can't guarantee sizes and availability on the day at the start - so order yours soon to avoid disappointment!

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

REGISTRATION & THE START

Note - Please see the App for full details of venue locations & maps, and **parking** at all the start venues must be **booked in advance** (i.e., weekend, single day, supports).

DUNSTER BASECAMP (main start/finish & camping) - field off A39 (in front of Dunster Castle) Dunster, Minehead, Somerset, TA24 6NY. Look for our direction signs.

[BASECAMP MAP & ACCESS >>](#)

PORLOCK (Start for 2nd Half Challengers, Finish for 1st Half & Halfway for 50km Challengers) - field off B3225, Porlock, Minehead, Somerset (nearest postcode - TA24 BNU). Look for our direction signs.

[GOOGLE MAP LOCATION FOR PORLOCK >>](#)

Early Registration at Dunster basecamp - Friday 2nd Aug

For Dunster starters ONLY if it's convenient - open between 4.00 - 8.00pm

Registration & The Start at Dunster basecamp - Saturday 3rd Aug Full 50k Challenge, 1st Half, 25km Loop, & 10k Loop

- Opens 6.00 - 10.00am

Registration & The Start at Porlock - Saturday 3rd Aug 2nd Half Challenge

- Opens 9.00 - 9:30am

At Registration

- Try and arrive 1 hour prior to your start time.
- You **MUST** present your **E-TICKET**
- Collect your **EVENT PACK** (Event & timing pass, lanyard, bib, route card)
- You'll also get a souvenir **South West Coast 50 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 proof of ID.
- **PHOTO ID MUST BE PROVIDED FOR THOSE ON A MULTI-DEAL**
- You must come with **1 litre of water** (bottles / camel back) & **2 litres** if on 50km.

You'll be called to 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 200 or so challengers.

Note - if you arrive more than 1 hour before your start time, you'll have to wait outside the marquee basecamp area / or in your car - so 1 hour prior is perfect! If you registered on the Friday, you can arrive 30 minutes before your start time if that suits you better.

If you've booked CAMPING at Dunster Basecamp

Camping opens from 4pm on Friday. Please arrive before 10pm on Friday. There are 'zones' for 'pre pitched' / 'pitch only' / and campervans. The camping area is located close to the main start marquee area. Breakfast the following morning is included (*i.e., for Sat or Sun morning*) - and if you want to book **Friday evening dinner** at basecamp (*served 6 - 9pm*) - this must be booked in advance. If you are **only** camping on Friday evening - your pitch & bags **must be cleared** before you start your challenge. The campsite on Sunday must be vacated by 10am at the latest (*breakfast ends at 9am*).

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 GPX file of the route to upload into GPS type devices (Garmin's etc). This will be available the week of the challenge via the app & the website.

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

NOTE: The Route 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 on various devices to get the 'best' plot, and 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 (crossroads in the correct places); slippery surfaces on footpaths (it may be wet); stiles (can be tricky); steep slopes; other pedestrians / dogs.

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 the Thursday before the challenge.

WhatsApp & 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) **'WhatsApp'** 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** (*Dunster*): Hot drinks, biscuits, bananas (Plus - breakfast vendor)
- **10km Finish** (*Dunster 10km finishers ONLY*): Bookable 10k Finisher's meal
- **25km Finish** (*Dunster 25km finishers ONLY*): Hot Meal
- **50km Challenges Rest Stop & 1st Half Finish** (*at 25km - Porlock*): Picnic lunch
- **50km & 2nd Half Finishers**: Hot meal at Dunster basecamp
- **Rest stops**: (Hill Road Car Park (*9.5km*) / Dunkery Gate (*36 km*): Good mix of snacks (inc. fruit / chocolate / sweets / savoury) & hot drinks /water/ squash

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 Dunster basecamp for 50 km finishers (10 min slots - booked on arrival).

FINISH LINE & DEPARTING

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

1st Half finish line at Porlock,

Picnic Lunch & transfers to take you back to the Dunster start line. 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).

Full 50km, 25km Loop, 2nd Half & 10km Loop finish line at Dunster Basecamp

There are bookable shuttles (book in advance via our Bookable Extras page) to take finishers to Taunton 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).

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 Number (if you are injured but non-life threatening): **0203 9156682**

Control Room No (For non-emergencies i.e., you are lost): **02076096695**

Drop out SMS / WhatsApp (To say you're retiring etc): **07931 466 138**

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 text 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 Porlock rest stop onwards.

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 times based on a maximum walking time for each challenge. Please see a breakdown of the different challenge options and related maximum walking times. Please use this table as a guide and pick an appropriate start time to enable you to meet the cut off times. Please note that rest stops may also operate cut off times to help keep all participants on track.

SWC50					
Challenge	Distance	Max Walking Time (hours)	Finish Location	Finish cut off time	Day
FULL	50	15	Dunster	0:00	Saturday
1st Half	25	7.5	Porlock	16:30	Saturday
2nd Half	25	7.5	Dunster	-	Saturday
25KM Loop	25	7.5	Dunster	19:00	Saturday
10KM Loop	10	3	Dunster	-	Saturday

If anyone fails to meet any of these cut off times, the Organiser reserves the right to either withdraw participants from the Event or move participants forward to re-align back within the cut off times. 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 (+ 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 Challengers **MUST** wear a head torch 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 the cut off time - with Rest Stop's 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 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 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 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 aware of cattle / sheep
- 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.

SUPPORTERS AT REST STOPS

There will be supporter zones at: Dunster basecamp (main start / finish) & Porlock (25 km)

(At other Rest Stops there's **no supporter access** (unless for a retiree pick up). Supporters will not have access to the main marquees and must be self-sufficient with their own food and drink. At other Rest Stops there's **no supporter access** (unless for a drop out /retiree pick up).

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 approximately 4 weeks before the event!
2. **E-Tickets** These will be sent to you on the 24th July - keep an eye out for them
3. **The Live Event Website** On 1st August the South West Coast 50 Challenge timing & tracking information, social media feed & much more will go live 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 5th August - you'll also be able to download your 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,
London

