

# RACE INFORMATION PACK

**1**  
RAB'S ULTRA  
**ONER**



**1ST APRIL 2023**



Dear runner,

The main purpose of this Information Pack is to explain the timings, logistics and safety plans that have been put in place to ensure smooth and safe running of this event. Your safety is our absolute priority and even if you have taken part in the event before, please read this pack as there are sections that have been changed since last year.

It also saves everybody time at registration and kit check, if you know what to expect when you get there. Time is very limited on Saturday morning.

It is appreciated that there is a lot of detail to understand in the following document. Take your time and read the instructions carefully to avoid any misunderstanding. If after reading the details below you have a question, please email [info@brutalevents.co.uk](mailto:info@brutalevents.co.uk) (**preferably not the night before the event**).

See you soon.

Claire and James

Race Directors

**Parts of this info pack have been amended from 2022.  
The biggest change is the main HQ and the start location.**

**PLEASE READ THE ENTIRE PACK.**



# HQ & REGISTRATION LOCATION

The registration location and HQ for the ONER is based on Portland. The HQ will also act as an emergency shelter, two check points (CP4 & CP6) and the finish points for the third and half distances.

**NEW EVENT HQ.** Osprey Leisure Centre, Castletown, Portland DT5 1BD [www.ospreyleisure.co.uk](http://www.ospreyleisure.co.uk)

**Please note:** There is **NO EVENT PARKING** at this location. This is so the centre members can park during the event and the gates will also close during certain hours. Please see the following page for where to park.

The Osprey cafe will be open from 0800 until 1030 Saturday morning selling tea, coffee, cold drinks, cakes and snacks.



# EVENT PARKING

**A: Masonic car park:** Portland Beach Road, Portland DT5 1AP - Free

More parking is available here: <https://portlandtowncouncil.gov.uk/services/car-parks>



If you use on-street parking, please be considerate to local residents.

## REGISTRATION AND TIMINGS

**Saturday 1st April - Sunday 2nd April 2023**

- Sat 0800:** Kit check and registration opens (no earlier than)
- Sat 0950:** Kit check and registration closes
- Sat 0955:** All finish point bags **MUST** be handed in to crew in the main hall
- Sat 1000:** Compulsory briefing in main hall
- Sat 1030:** Transport to Charmouth start point - *please note the new start location in Charmouth*
- Sat 1200:** The Oner starts
- Sun 1200:** Race cut off



# THE HALF AND THIRD RACES

The Half Oner starts at Charmouth with the main event and goes **around** Portland and finishes at HQ. The cut-off for the half is 13 hours (01:00). **The half runners will do an small 'bonus loop' BEFORE the larger island loop at the end of their event. This will be explained in detail at the briefing and also signed.**

The Third Oner starts at Charmouth with the main event, but **does not** complete the lap around Portland, and finishes at HQ. The cut-off for the third is 8 hours (20:00)

**Please follow the signs to the finish area when you reach HQ (Osprey).**

## REGISTRATION AND TIMINGS

### 1. Kit check

When you arrive at the event HQ, you will start with kit check. The items you will be required to show are the following; **waterproof coat (with sealed seams), head torch and spare batteries, more than 400ml of water, fully charged and waterproofed mobile phone, red tail light for night section (one on the back of a head torch is acceptable) and survival blanket.** **Please have these ready.** The rest of the mandatory items on the kit list **MUST** be packed in your run bag and random spot checks will take place during the event. No kit, no run. Once you have completed kit check, you will be given a token and you can move on to the next stage.

### 2. Registration

After kit check, you will then be marked off the registration list, your mobile number will be checked with the one you have already supplied and you will be given your race number, route maps, CP close times and event t-shirt.

### 3. Timing chips and trackers

After registration, please move along to the timing and tracking table, where you will be given your timing chip and have your tracker attached to your bag.

### 4. Finish bags

Once you have finished kit check and registration, please hand your finish bag to the crew. Once you have done this, there is no access to this bag until you get to CP4 / CP6 later that day. **The bag staff will apply the tags with your name and race number for you.** If you have another bag for kit to wear to the start or CP bags with specific nutrition, please ask the staff for extra labels.

## TIMING CHIPS AND TRACKERS

- The timing chip is on a strap and needs to go around your ankle, over the top of socks etc.
- The tracker will be attached to your bag by staff.
- Do not remove either of these yourself once they have been attached to you. Staff will do this if you retire or when you finish
- If you lose either the chip or tracker, there will be charges for these (£40 for chip and £100 for the tracker)

# THE COMPULSORY BRIEFING

The Oner briefing will take place at 10:00 in the main hall. This briefing will cover any route changes, weather updates and safety points. On completion of the briefing you will be given 5 minutes for any last minute admin, before you are required to be on the buses.

## TRANSPORT DETAILS

The buses will leave at 1035. You will miss the bus if you are late. No exceptions. We will be loading them outside the centre in the lay-by near the entrance.

**If you want to wear any warm kit for the journey to the start, please ensure you place it in a bag with your name and number clearly marked on it and give it to a member of crew when you get off the bus. Do not leave it on the bus.**

If you retire from the event at any check point, Brutal Events will return you to the event HQ on Portland or the finish (depending on when you retire). Please be aware that the wait might be for an extended period due to event logistics.

On completion of the event, the minibuses will return all participants to event HQ. If you have your own supporters who are willing to transport you, you must ensure you are officially signed out of the event, with your tracker and timing chip returned. **DO NOT LEAVE THE EVENT AT ANY POINT** without informing a member of crew. If you do use the Brutal Events transport, please be advised the buses do not leave the finish until they are full. It is a 3 hour round trip to Portland and the crew will only do it once. Ensure you have warm kit and anything you need to allow you to wait comfortably in the minibus.

If you are arriving by train, then a member of Brutal Event crew can pick you up from Weymouth station. You must email [info@brutalevents.co.uk](mailto:info@brutalevents.co.uk) at least a week before the event to ensure that we have the crew available for this. You also must arrive **BEFORE** 0900 to ensure you can register etc. We can also return you to the station after you finish, please let your bus driver know you require this when you leave the finish point.

## YOUR FINISH POINT BAG

Once you hand your finish point bag in at registration, there is no access to it until CP 4 / 6 / HQ (Portland) and the finish point. This means you can leave any spare food / socks / extra kit here for the night section. You can also choose to leave your poles (if you use them) as the serious hills start after Weymouth. After the last runner is through CP 6, we will then transport them all to Studland (finish point).

Please ensure these bags are as small as possible as space is very limited.

**Do not leave any bags or kit at the finish point or HQ as we are now charging for bag postage. Any kit left will be thrown out after 7 days.**

# THE KIT LIST

Whilst taking part in the Oner, it is compulsory for you to carry the following equipment. If you don't have this kit, you will not be allowed to participate in the event. Brutal Events are not prepared to take the risk of an under prepared participant at our event. We will be enforcing the policy of; no kit, no run. If the worst happens to you, any of the kit below could make the difference to your survival and well-being.

Kit check will now be held as random spot checks. Please ensure you have everything on your event's list. If you are lucky enough to be chosen and you have 'forgotten' any items, you will not be able to race. We will also be performing some random spot checks during the race.

Compulsory kit:	Full	Half	Third
Waterproof coat with sealed seams	✓	✓	✓
Head torch with spare batteries	✓	✓	
A fully charged, waterproofed phone on loud setting	✓	✓	✓
More than 400ml of water or sports drink	✓	✓	✓
Survival blanket	✓	✓	
Red tail light for the night section (one on the back of a head torch is acceptable)	✓	✓	
Whistle	✓	✓	
Compass (not on your phone)	✓	✓	
An extra item of warm clothing (waterproofed*)	✓	✓	✓
Long trousers or tights (waterproofed*)	✓	✓	
Gloves (waterproofed*)	✓	✓	✓
Buff or hat (waterproofed*)	✓	✓	✓
Nutrition	✓	✓	✓
High visibility vest or band (reflective on bag acceptable)	✓	✓	✓
Collapsible cup (no cup - no drink)	✓	✓	✓

*\*Waterproofed means put the item in a bag so it remains dry.*

**Items all races will receive at registration that you will need for the event:**

Route map / CP closing times / Useful numbers / Timing chip / Tracker / Race number

**Please ensure that you fill out the reverse of your race number (away from the registration desk).**

## UPDATED START LOCATION

The start point for the race is now at Charmouth Beach car park (DT6 6LS) if you are making your own way to the start, **do not** go to the previous start location at Stonebarrow Lane.

## GENERAL ROUTE WARNINGS

The nature of the coast path means you will be walking/running close to the edge of the cliff face at certain points. This represents a 'significant risk' and specific and extra care must be taken on these sections especially in high winds and bad weather conditions. If weather and/or visibility deteriorates resulting in an increase in this risk, participants should navigate inland to the nearest obvious road and progress along this until they reach the next check point.

Keep a sensible distance from the edge at all times and proceed with the utmost caution if the ground is loose and slippery. **During the night section of the run if you are unsure of the location of the cliff edge - stop immediately. Gather your bearings and only when you are 100% sure should you continue.**

## CHECK POINT SYSTEM

The Checkpoint (CP's) system is essential to your safe passage through this event. You must pass through every checkpoint on the course. Failure to check in to a CP, after a certain time, will activate our search procedure unless you phone in to register and tell us you will be late. Late arrival to any checkpoint will result in you being disqualified from the event and no official finishing time will be recorded.

All Checkpoint locations are shown on your issued route maps and listed on your daily timing schedule. On arriving at the checkpoint, it is very important that you make your challenge number and name known to the checkpoint staff. This is a safety point so we can make sure you are on route. It also means you will receive your split times.

**It is your responsibility to communicate with the CP staff to ensure you have been registered at that point. Simply passing through and expecting them to record your presence is not acceptable.**

## SPECIAL DIETARY REQUESTS

If you have special dietary requirements and would like to leave a small bag of food at any of the CPs along the route, please have this ready and marked with your name and which CPs they are meant for and hand in at registration.

## SUPPORT RUNNERS / PACERS

During the event if you are really struggling, a support runner can join you for one CP section (CP7 to CP8 for example), but NO pacers are allowed on this event.

The idea of the race is to test yourself. It is understood that some people may require a little help to finish, this encouragement and support is done by the Brutal crew. It is against the ethos of the event to have support runners for multiple sections.



# CHECK POINT TIMINGS

On your issued maps you will find the location of the checkpoints and a further sheet stating the close times. The checkpoint close time is a safety cut off. This timing is calculated on you maintaining an approximate minimal average pace of 3.52mph. If you move any slower than this on average you will not make the next checkpoint or complete the challenge. If you are not going to make the cut off time please follow points 3 and 4 of the lost procedure. If you fail to report to a checkpoint and do not phone to indicate that you are late a search will be initiated for you.

*The distances below are taken from the GPX route, your own Garmin may be different.*

CP	LOCATION	POSTCODE	OVERALL DISTANCE	DISTANCE TO NEXT CP	TIME TO NEXT CP	CP CLOSE TIME
SP	Charmouth Beach	DT6 6LS	0	7.1	02:01	N/A
CP1	West Bay car park	DT6 4HE	7.1	7.8	02:13	14:01
CP2	Abbotsbury car park	DT3 4LA	14.9	4.9	01:23	16:14
CP3	Langton Herring	NO CREW	19.8	9.2	02:36	17:37
CP4	Osprey Leisure Centre	DT5 1BD	29	4.2	01:11	20:13
CP5	Portland Bill Car Park	DT5 2JT	33.2	5.8	01:39	21:24
CP6	Osprey Leisure Centre	DT5 1BD	39	11.5	03:16	23:03
CP7	Osmington Mills	DT3 6HF	50.5	6.1	01:44	02:19
CP8	Lulworth Village Hall*	BH20 5SG	56.6	7	01:59	04:03
CP9	Kimmeridge Bay	BH20 5PF	63.6	6	01:40	06:02
CP10	St Aldhems Head	NO CREW	69.6	7	01:59	07:42
CP11	Peverill Point	NO VEHICLES	76.6	8	02:16	09:41
FP	Shell Bay Studland	BH19 3BA	84.6	N/A	24 hours	12:00

*\*Please note: your paper maps will state the Lulworth car park but we now are using the hall.*

**Saturday sunset: 19:42    Sunday sunrise 06:47**

If the start time is later than 12:00 then this time will be added to CP close times.

## ROUTE MAPS AND GPX

You will be given a paper route map at registration.

If you want to download the GPX file, please click here...

**[www.brutalevents.co.uk/gpx-downloads](http://www.brutalevents.co.uk/gpx-downloads)**

## CHECK POINT / FINISH AREA

The first two check points will offer cold food and drinks. Drinks on offer are water, squash, Coke and Torq sports drink. Every subsequent checkpoint will also offer hot drinks, soup, sandwiches, cereal bars, cake, fruit, salted snacks, water, squash, Coke, Torq energy drink (mix of flavours). Checkpoint 4 and 6 at HQ will offer all of the previous, plus a hot meal. This will most likely be a Pasta based vegetarian dish.

### Finish

For those runners who complete the event within 24 hours a medal and hot soup awaits! Once you have finished, a minibus will return you to the event HQ. Please read on for more information about the finish area later in the pack.

## ATHLETE WITHDRAWAL

### Non-voluntary withdrawal

If you are late for any check point you will be withdrawn from the ONER by the check point staff. No exceptions. Please understand this is done for your own safety and for that of others in the event. If you cannot maintain the minimum speed (either through getting lost or fatigue) you will not be able to complete the 24 hour challenge. The event check point system cannot function safely if you are outside of the stated check point closing times. Your number will be removed and you will be retired to the mini bus and transported to event HQ.

In the past over 50% of the runners have been withdrawn from the event. Please do not argue with check point staff or the event director if you are late and asked to withdraw. There is no negotiating on this point.

### Voluntary withdrawal

If at any point in the challenge you feel you do not wish to continue please make your way to the nearest check point and inform the staff that you want to retire from the challenge. Your number will be collected and you will be retired to the mini bus as above. **IMPORTANT. Do not leave the event without informing check point staff.** You will be reported as lost if not accounted for. A search will then take place for you.

**IMPORTANT. DO NOT** attempt to drive until you have had adequate rest. A sleeping area will be provided at event HQ (whilst the race is still in progress) for you to sleep in, until you are safe to drive home.

## NUMBERS TO SAVE TO YOUR PHONE

**Event Director:** James Page on 07766 306776

**Event Director:** Claire Smith - 07968 976116

**Event Medic:** Paul 'Pouch' Smethurst - 07970 849939

# NOTES ON THE ROUTE / CHECKPOINT SYSTEM

The ONER is a self navigation ultra running event. You are responsible for navigating yourself using maps and a compass to each check point in numerical order.

- Always have the correct map for the present section of course easily accessible. DO NOT store maps at the bottom of your rucksack.
- Always know where you are on the map. As you run along it is a good idea to keep your map in your hand with your thumb on your present location.
- Use your compass to orientate your map to North. Then relate features shown on the map to the ground in front of you.
- Don't make your map fit the ground. The ground should fit the map with ease. It is often the case you try to convince yourself you are where you hope you are on the map...
- Always trust your compass

Note: You must make every effort possible to stay on the route as per your maps. It is not in the spirit of the event to take any other route or short cuts. (also, remember we are watching you via the tracking system!) The simple rule is if it looks like you have to run up a big hill then you probably do!

The route follows the Dorset section of the South West Coast Path. It is marked on signs by an Acorn symbol and is a well worn track for the majority of the way. At some points it will pass through built up areas but is still generally well marked. Remember the basic principle of 'keep the sea on your right and the land on your left' and you will not go far wrong. The route will have **no specific markers** relevant to the ONER. This is to ensure that we have the minimum possible impact on what is a beautiful and natural environment along the way.

## DIVERSIONS

We are well aware there are several small diversions in place on the route. The major Kimmeridge diversion has now been restored to the original route. See the website below for more information <https://www.southwestcoastpath.org.uk/walk-coast-path/south-west-coast-path-national-trail/route-changes/>

Your route maps are up to date at the time of writing (2023)

Should a new diversion appear between now and event day, you will be told about it at the briefing. If a diversion is put in place during the event, you must follow it.

Be aware that you are still responsible for your own navigation should a diversion be put in place.



# ACTIONS ON A CASUALTIES OR LOST RUNNERS

There are two types of casualty, minor and major. A minor casualty constitutes a non life-threatening injury such as a cut, abrasion or twisted ankle. The casualty will be able to walk and medical attention will be needed but not urgently. A major casualty will require urgent medical attention and will not be able to walk. Injuries such as broken legs, severe bleeding, heart attack etc fall into this category.

**If you become or find a conscious/unconscious major casualty follow this procedure:**

1. Apply any known first aid.
2. Phone the event organisers or medic, (please have the numbers pre-entered into your phone) or call the emergency services directly 999. If you have no signal go to point 3
3. Inform the next person you see on route and tell them the casualty's race number and the details of the injury, instruct that person to get to the next phone or area of signal and phone the RD's or the emergency services and give them your details.

**If you become/find a minor casualty:**

1. Continue or assist the casualty to the closest checkpoint (bear in mind this may be backwards on the route) and ask to see the event medic.

## **Actions on Lost**

If at any time you become lost follow this procedure:

1. Stop. If possible make your way back to your last known position on your map.
2. If you cannot find your last known position on the map, head south using your compass until you hit the coast path. You should pick up the coast path before you reach the cliff line/beach. Follow the path East and you will be back on route.
3. If you are still lost phone the event directors and inform them of your name, race number, approximate location and the last check point you passed through. Event staff will then formulate a plan to either find you and pick you up or describe how to get back on the route. If you have no phone reception, keep moving until you do.
4. If you miss the checkpoint closing time, a search will be initiated for you. It is very important that you notify the event director if you think you are going to miss it or you are late. We will then know you are safe and not lost or injured.

# ACTIONS ON ADVERSE WEATHER

1. Deteriorating weather conditions may mean that one of the following applies: You are finding it hard to see the coast path due to poor visibility. The combined effect of the weather means you are in danger of rapidly becoming hypothermic. You are in danger of being blown over. You feel unsafe.
2. If you are in close proximity to the cliff edge, head inland immediately until you reach a road. Use your spare kit in rucksack to keep warm and hydrated
3. Identify the road on your map and make your way to the closest check point. Remember that if you are going to be late for the check point you must let the event directors know. Use your mobile phone.
4. Report in at the check point (do not leave the event until you have reported to the event staff) and had your timing chip and tracker removed.
5. Transport will wait at the check point and act as shelter until you are taken back to the HQ
6. Staff will be accounting for all runners using bib numbers and timing chips.
7. It is likely that the event will have been postponed due to the weather. Once all runners are accounted for, a briefing will be held at HQ

# ACTIONS ON LATE RUNNERS

Inform any staff on the list of contact numbers if you feel that you cannot complete the route and want to retire at any checkpoint. We will arrange to pick you up from that checkpoint. Do not under any circumstances leave the challenge without informing a member of the event staff. A search will be initiated if you miss checkpoints and we cannot contact you. We can then only assume you are lost or injured on route.

## **Actions on late runner (this is what the Brutal Events team will be doing if you are late)**

1. Runners are briefed to phone race HQ if they are going to be late for a checkpoint.
2. HQ will check position of runner with tracker information and call runner on mobile number.
3. If no response, staff from last previous known check point will search along the route towards next check point. Staff from the 'late check point' will search back along the route until they meet other check point staff.
4. If no runner found, then coastguard is called and informed of details.
5. It is anticipated that this process will take no longer than 1 hour after the lost runner is late for the check point.

# WEATHER

The weather on the coastline can change very, very quickly. Make sure that you adhere to the kit list and are adequately clothed. If the weather is extremely adverse and deemed to be dangerous on the coast path the event will be cancelled or rerouted inland as appropriate. Possible scenarios for this include high winds or thick fog. The event director's decision is final on this matter and will be based entirely on keeping you alive and safe. If in the view of the event director the weather is deteriorating to the point whereby it poses a safety risk whilst challengers are on the course, challengers will be held at the next checkpoint and transported from the course back to the event HQ or to a point further along the course that is clear (in the case of fog).

## SPECIFIC NOTES ON ARMY RANGES

Between Lulworth Cove and Kimmeridge Bay the Army has a live-firing range. This is open to the public only at certain times and is not a public right-of-way. When the Range walks are closed a detour along roads is necessary. The ranges are open to the public on Saturday 1st / Sunday 2nd April 2023.

About 70,000 high explosive shells are fired each year on the ranges which means that the Army must search the path thoroughly before opening it. It is absolutely essential to follow these rules:

- Never enter the Ranges if the gate is locked
- Never stray from the path
- Never allow children or dogs to stray
- Never enter any building
- Never pick up any object
- Never camp or light fires
- Never attempt to walk if there is mist or fog
- Never enter the Ranges unless you have time to complete the very arduous 6-mile walk
- ALWAYS obey instructions of the range wardens

Information about the range walks can be obtained from the Range Control Office (0900-1630 hrs Mon- Fri and during the weekends when the ranges walks are closed) Tel: 01929 462721 ext 4819/4859; or from the Guardroom at any time, Tel: 01929 462721 ext 4824.

## POST-RUN FOOD AND FACILITIES

You will be given hot soup (and other food) at the finish.

Unfortunately there is no area to sleep after the event at HQ, but there are rooms at the Heights Hotel close to the HQ area. ([www.heightshotel.com](http://www.heightshotel.com)) Please ensure you have had adequate sleep before driving home.



# NATIONAL TRUST

The National Trust protects and conserves huge stretches of coastline ensuring they look as they do today. The landscape forms an integral part of the Jurassic Coast Challenge and Brutal Events is working together with the National Trust to broaden participant's knowledge of the vital work the National Trust does to protect and conserve this unique environment. For more information please visit the National Trust Website which has information on the Trusts vital work and all the amazing National Trust properties you can visit.



## SPECTATORS, FAMILY AND FRIENDS

The ONER is an exhilarating and inspiring ultra distance endurance event, which many of you will wish to share with supporters, friends and family. Whilst we welcome support, friends and family around the event we ask participants to highlight the following information:

1. The Brutal Events transport is for participants only.
2. If supporters are making their way to start and check points, please do not disrupt Brutal Events vehicle convoys, and please do not arrive on mass at Check points or Car Parks.
3. If supporters park in any of the National Trust or other Car Parks you will be responsible for any charges incurred and must follow all regulations. Brutal Events will not be held responsible for your actions.
4. Please ask all supporters to respect the Countryside Code at all times in order that we can have a minimal impact on the environment.
5. Please note that Checkpoint 3 and 10 are off limits to supporters due to lack of available parking space.

## LITTER & NOISE

Brutal Events are committed to returning the routes and surrounding areas to the state they were in prior to the event. Please respect the environment, follow the Countryside Code at all times and pick up any litter. Participants who drop litter will have their numbers recorded and will be issued with a time penalty or even disqualification. If you see any event litter on the course please pick it up even if it isn't yours!

Please be aware of the environment. We are privileged to be able to hold this event along this coastline of outstanding natural beauty so please respect this at all times and likewise when running through built up areas. **Runners ARE NOT to use portable speakers to play music, please respect others on the coastal path.**

# FINISH AREA INSTRUCTIONS

All Challengers should be aware of the following safety guidelines and processing information for the finish area of the ONER at the National Trust Shell Bay Car Park

1. Challengers should be aware that the finish area is located in the National Trust Managed Car Park, which is both a public venue and part of a designated SSI area. Please be aware of and respect other users, moving vehicles and the environment.
2. You should move directly and safely to the designated finish area that will be marked clearly by Brutal events finish banners and a Brutal events tent. Here your finish will be recorded and you will receive refreshments and any required medical support. You will also be able to collect your 'warm clothing 'bags and wait on a static vehicle for finish transport to take you back to the event HQ.
3. For your safety please remain in the immediate proximity of the finish area until your transport arrives. Brutal events staff will allocate you to the first available mini bus and when full it will depart for the HQ.
4. If you are arranging your own transport from the finish please inform the Brutal events finish staff and please read and follow the instructions below for spectators and supporters.

## Supporters Instruction Reference Finish Area

1. The Finish Area at the Shell Bay car park is managed by the National Trust, all supporters and their vehicles will be expected to adhere to the rules and regulations of parking.
2. Please do not arrive at the car park on mass as parking availability will be restricted.
3. If you are collecting a participant from the finish area you will need to adhere to the parking regulations and you should be aware of other moving vehicles at all times.

## Event Photos



[www.charleswhittonphotography.com](http://www.charleswhittonphotography.com)

# COAST PATH SAFETY CODE

- Take great care when using the Coast Path - It is rugged, natural terrain with inherent risks of slips and falls, with high risk points close to cliff tops, quarries and gullies.
- Keep to the Path, away from cliff edges and overhangs and modify your approach and caution when progressing through Cliff top areas.
- Walking / running surfaces can vary considerably with the weather. Always wear appropriate walking / running footwear with a good off road grip.
- Keep children and dogs under close control / supervision, especially near cliff edges and roads. Be aware of livestock in these areas.
- Cliff top walking / running in high winds or poor visibility can be dangerous. Be aware of where you are on the route and if conditions deteriorate significantly walkers / runners should navigate to the nearest inland road and follow the road network to the next checkpoint by walking along the road facing oncoming traffic with head torch and high visibility on.
- You must carry at all times during the race all items listed in the compulsory kit list. Wear or carry warm and waterproof clothing suitable for the anticipated conditions.
- The Coast Path is managed for walkers; be aware and cautious when approaching other users, modify your speed and give way so not to put others in danger.
- In emergency phone 999 or 112 for Coastguard etc
- Note that mobile phone coverage is unreliable on the coast. Please carry any personal medical information and your ICE number with you at all times.