

**CHARMOUTH CHALLENGE FELL RUN SATURDAY 7<sup>th</sup> JULY 2018 10:00**

Thank you for your entry to the 2018 Charmouth Challenge. Below are some useful facts to help everyone get the most out of the day. If you could take 5 minutes to read these instructions before the day of the event it should answer any questions you have and help us to provide a fun and safe event.

Race Numbers	<p>Collect on the day from the registration area at the rear of Charmouth Primary School. Please ensure you complete the information on the back of the number. If you are local it will also be possible to pick up your race number from school reception from 04/07/2018 within school hours.</p> <p>A list of race numbers will be emailed to you on day before the event.</p>
Race HQ	Charmouth Primary School, Lower School Lane, Charmouth, DT6 6LR. Registration at the rear of the school. Food and massage will be in the front car park.
Race Numbers	Approx 400
Race Registration to collect race numbers and enter on the day	Registration will be open from 07:30 on the day and closes at 09:45. Please ensure you arrive in time to ensure a prompt start. <b>If you already have your race number you do not need to come to registration.</b>
On the day entries	Entries on the day cost £20.
Drink stations	<p>The course is marked with mile markers. There will be 3 water stations. The first water station will be at the approximate 3km point, which is the far end of Stonebarrow Lane before going into the field. The second water station will be at approx 7.75km point close to St Gabriel's Holiday cottages. The 3<sup>rd</sup> water station will be at Westhay Farm at approx 10km. To reduce plastic pollution we are using water containers and plastic cups instead of water bottles.</p>
Race Car Parks	<p><b>There is no car parking at the school.</b> There are 4 pay and display car parks:</p> <p>Beach car park (at end of Lower Sea Lane) is £1.20 per hour. The large car park opposite the school is £3 all day and the field car park at the end of Lower Sea Lane on the right is £3 all day. If you need to leave before 11:45 park at St Andrews Drive on the right half way down Lower Sea Lane and this car park costs 30p an hour.</p> <p><b>The car park machines take cash only.</b></p>
Changing Facilities	There are no shower facilities at the school but there are changing facilities. One classroom will be allocated for female changing and another classroom allocated for male changing.
Baggage Storage	Baggage in changing areas is left at owner's own risk in respective changing rooms.
Timing/Results	Each number will have a timing chip on it. The timing is being done by full on sport. Results will be displayed at <a href="http://www.charmouthchallenge.co.uk">www.charmouthchallenge.co.uk</a> within 24 hours of the event finish and results will be available on the day from full on sport.
First Aid	A first aid station is available at the school and various

	marshals will carry first aid kits for runners to self-administer. If you have a medical condition the marshals especially need to be aware of please annotate the front of your number with a red X.
Permit information	This fell run race has a Permit and associated UK athletics insurance from the Fell Run Association.
Photography	There will be professional photographer on the steps leading up to Golden Cap so be sure to be smiling on this climb! There will be a photographer somewhere on the last field as you get close to the finish. This material will be available for participants after the event.
Food and Drink	<p>Food will be served from 07:30 until everyone has gone home. Food prices are as follows:</p> <p>Bacon Bap: £3      Vegan Burger £4  Sausage Bap £3      Soft Drinks £1  Cheese Burger £4      Ice Cream £1.50</p> <p>There will also be a stand selling hot drinks and cake.</p> <p>Only cash payments on the day but if you would like to pre pay for any food please email <a href="mailto:admin@charmouthchallenge.co.uk">admin@charmouthchallenge.co.uk</a></p>
Sports Massage	East Devon Sports Massage are kindly donating their time to do sports massage and all proceeds go towards the school. The massage facility will be available 11:00-13:00 and costs £5 per 10 minute massage. To pre-book a massage email <a href="mailto:admin@charmouthchallenge.co.uk">admin@charmouthchallenge.co.uk</a>
Toilets	There will be 4 portable toilets close to the registration area at the rear of the school. There are 2 adult toilets in the main school. There is also a block of public toilets to the rear of the heritage centre at the bottom of lower school lane.
Prize Giving	<p>Prize giving will take place at 11:45. The prize categories are as follows:</p> <p>First, second and third male and female.  First aged 50-59 male and female  First over 60 male and female  First team</p>
Additional Information	No headphones to be worn. Please attach race numbers to front of your running top. Please check weather conditions on the day and be prepared with suitable clothing. All runners will receive a race memento. In the event of extremely bad weather conditions the event will be postponed and all participants will be emailed.
Contact Information	<p>For further information please contact the race organiser on 07554451347 or email <a href="mailto:organiser@charmouthchallenge.co.uk">organiser@charmouthchallenge.co.uk</a></p>