

CHARMOUTH CHALLENGE WALK SATURDAY 7th JULY 2018 08:00

Thank you for your entry to the 2018 Charmouth Challenge Walk. 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.

Numbers	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 number from school reception from 04/07/2018 within school hours.						
Walk 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.						
Walk Numbers	Approx 25.						
Walk Registration to collect numbers and enter on the day	Registration will be open from 07:00-08:00						
On the day entries	Entries on the day cost £15						
Car Parks	There is no car parking at the school. There are 4 pay and display car parks: 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. The car park machines take cash only.						
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.						
First Aid	A first aid station is available at the school.						
Food and Drink	Food will be served from 07:30 until everyone has gone home. Food prices are as follows: <table style="width: 100%; border: none;"> <tr> <td>Bacon Bap: £3</td> <td>Vegan Burger £4</td> </tr> <tr> <td>Sausage Bap £3</td> <td>Soft Drinks £1</td> </tr> <tr> <td>Cheese Burger £4</td> <td>Ice Cream £1.50</td> </tr> </table> <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 admin@charmouthchallenge.co.uk</p>	Bacon Bap: £3	Vegan Burger £4	Sausage Bap £3	Soft Drinks £1	Cheese Burger £4	Ice Cream £1.50
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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 admin@charmouthchallenge.co.uk						
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.
Additional Information	The walk is marked with arrows and mile markers but there are no marshals and there will be no water stations. Please take water with you. All walkers receive a goody bag and a drink and cake as part of the entry cost-exchange your number for a drink and cake and pick up your goody bag from the first aid room on your return. A map of the course will be emailed to participants and the course map will also be available on the day. The walk needs to leave by 08:00 so walkers do not get caught up too much in the fell run but you are welcome to leave anytime from 07:00 once you have your number. Remember the walk is not timed so take your time and enjoy the scenery.
Contact Information	For further information please contact the events organiser on 07554451347 or email organiser@charmouthchallenge.co.uk