



CHARMOUTH CHALLENGE

Thank you for your entry to the 2019 Charmouth Challenge Fell Run / Fun Run. Please find detailed below information about the event. Please read these instructions through carefully as they should answer any questions you may have and help to ensure that everyone gets the most of out of the day.

Date

Saturday 6 July 2019

Event Schedule

07.30 hrs	Race Registration opens in School Hall Tea / Coffee / Cakes available
09.30 hrs	Fun Run warm up in playing field
09.45 hrs	Race Registration closes
10.00 hrs	Challenge Fell Run Starts
10.15 hrs	Fun Run Starts
10.30 hrs	Fete opens (games, stalls, bouncy castle, tombola, raffle and much more)
11.00 hrs	BBQ / Licenced Bar / Ice Creams / Refreshments available
11.30 hrs	Fun Run Prize Presentation
12.15 hrs	Challenge Fell Run Prize Presentation
12.40 hrs	Taekwondo Demonstration
13.30 hrs	Fete Closes

Race HQ

Charmouth Primary School,
Lower School Lane
Charmouth DT6 6LR

Location

The village of Charmouth lies on the West Dorset coast just three miles from the town of Lyme Regis.

Race Car Parks

There is NO parking at the School.

There are 4 pay and display car parks:

- Foreshore Car Park (located at the end of Lower Sea Lane) - £1.20 per hour / £5 per day (9am – 9pm)
- Large Car Park opposite the school - £4 all day
- Seafront Car Park at the end of Lower Sea Lane - £4 all day

- St Andrews Drive on the right half way down Lower Sea Lane – up to 1 hour - 30p / 4 hours
- £1.20 / All day - £2

The Car Park machines take cash only

Please Note:

- Any mini-buses or coaches will need to use St Andrew's Drive Car Park

Please avoid parking in the village and side streets. This helps keep congestion to a minimum and avoids upsetting our residents.

Road Closures

Please note that there are a number of road closures to be aware of from 08.30 hrs, so please ensure you leave plenty of time to arrive and park up. Lower Sea Lane, where you access Car Parks and the School will be closed from 09.50 hrs.

As a guide the road closures will be:

Hammonds Mead	08.30 – 1300 hrs
Lower Sea Lane	09.50 – 1300 hrs
Wesley Close	09.50 – 10.30 hrs
Bridge Road	09.50 – 10.30 hrs
The Street	09.50 – 10.30 hrs (from Bridge Road to Stonebarrow Lane)
Stonebarrow Lane	09.50 – 10.50 hrs

The Road closure orders are in place and authorised operatives are in attendance to see that they are safely adhered to.

Race Registration

All Race Registration will take place at Charmouth Primary School, on arrival at the school please follow the signs for the registration desks.

The registration desks will be open from 07.30 hrs on the day and close at 09.45 hrs. Please ensure you arrive in plenty of time to register your attendance and collect your race number.

For the Fell Run, the desks will be identified as A-I, J-R and S-Z. Race bibs are allocated by Surname, so please go to your relevant desk.

For 'on the day entries' for the Fell Run, follow the registration signs and go to the 'on the day' registration desk. Cost will be £22, please provide cash, as there are no card facilities.

For Fun Run registration, go to the 'Fun Run' registration desk and for those who want to register for the Fun Run on the day, there is a separate desk set up for this. Fun Run on the day entries are £8 per person or £22 for a group of 3.

Once you have received your numbered bib, you will need to write your emergency contact and medical details on the reverse of the race number (avoiding the timing chip sticker) and attach it to the FRONT of your top before the race starts. If you have a known medical condition please ensure it is entered into your medical information and put an 'X' on the front of your race bib in the top right-hand corner.

It is essential that your allocated race number is not transferred to any other person. Under no circumstances must you give your number to another person – it could cause a major problem in the event of an emergency.

If you are registering 'on the day' – we would appreciate the exact money if possible.

Changing Facilities/ Baggage Storage

There are no shower facilities at the school but there are changing facilities. Two classrooms will be made available as changing rooms – one male / one female. **Bags can be stored in the classrooms but are left at owners own risk.**

Timing / Results

FULL ON SPORT will be managing the timings on the day. Your race bib will have a timing chip on it. Results will be available on the day through Full On Sport Website and also via www.charmouthchallenge.co.uk

Permit / Insurance

The Charmouth Challenge Fell run race has a permit (licence number is 2019-6122) and associated UK athletics insurance from the Fell Run Association.

Toilets

There will be 6 Portable toilets located at the School. There is also a block of public toilets to the rear of the Heritage Centre at the bottom of Lower Sea Lane and public toilets located at St Andrews Drive Car Park.

Drinks Stations

Fell Run:

There will be 4 water stations throughout the route.

- Approximately 1.96 miles, which is the far end of Stonebarrow Lane before going into the field
- Approximately 3.8 miles, Filcombe Farm. This is a self-service water station
- Approximately 4.95 miles, close to St Gabriel's Holiday Cottages
- Approximately 6.3 miles, Westhay Farm

Fun Run:

There will be 1 water station on the route.

- Approximately 1 mile, just off Stonebarrow Lane as you turn right into the field

The environment is very important to us and to reduce plastic pollution we are using water containers and paper cups instead of plastic water bottles. Please be aware that you will be running in a World Heritage site, so please do not drop litter around the course.

Mile Markers

For the main Fell Race, distance Markers will be provided at each mile point.

Dropping Out / Retiring

If you experience any difficulty or you want to retire during the race, stop running and seek out and advise the nearest marshal. This is for your own safety and ensures that all competitors are safe and not experiencing difficulties on the course.

There will be a 'sweeper' marshal following the back of the field that will be able to advise anyone retiring from the back of the pack. In the interests of their own safety, runners are asked to comply immediately with the advice of the 'sweeper'.

Anyone ignoring a marshal's advice may be disqualified from the race and will continue the course at their own risk.

First Aid

A First Aid Station is available at the school, 4 medical staff will be located at the school and key points on the route.

If you do get into any difficulty and require medical attention please alert the nearest marshal. If you are not near a marshal ask another runner to do so on your behalf. We have a medical plan in place and a full paramedic ambulance on stand-by should it be required.

Photography

There are 3 volunteer photographers who will be positioned at the school and at various points on the course. Please keep an eye on Facebook to see how these pictures can be viewed.

The Course

The course will be partially marked with high visibility tape / arrows and marshals at certain key points. Emergency assistance will be available, but competitors must take primary responsibility for their own safety. Navigational skills are not required for either race, but care and common sense is essential.

Finish Area

Make sure you enjoy the moment of finishing the race but please obey the direction of the marshals and keep moving through the finishing arch.

Food & Drink

Food and drink will be available at the school, an indication of prices are as follows:

- Sausage Bap £3.00
- Cheese Burger £4.00
- Vegan Burger £4.00
- Soft Drinks £1.00
- Ice Cream £1.50
- Ice Pops £0.50

Please note that only cash will be taken and correct money would be appreciated.

Prize Giving

Fun Run Prize Giving will start at 11.30 hrs. Prize categories are as follows:

- First Male / Female up to age 5
- First Male / Female ages 6-7
- First Male / Female ages 8-9
- First Male / Female ages 10-11
- First Male / Female ages 12-13
- First Male / Female ages 14-18

Main Fell Run Prize Giving will take place at 12.15 hrs. Prize categories are as follows:

- 1st / 2nd / 3rd Male / Female
- First Age 50-59 Male / Female
- First Age 60-69 Male / Female
- First Over 70's Male / Female

Cash Machines

We do not have facilities for card machines, so any payments for car parking / food / stalls / 'on the day' registration will need to be paid in cash.

A cash machine is located inside NISA, which is located on the main village street, approximately a 5 minute walk from the school. NISA is open between 0700 – 2100 hrs on the Saturday.

Other Bits & Bobs

- If you have any issues or questions on the day please speak to any of the event volunteers
- Please like our Facebook page and follow us on Twitter – it's a great way for us to get messages out to you
- Please share this event with your friends, family and running clubs

Contact Information

For any queries, please email organiser@charmouthischallenge.co.uk