

Please note: These are the 2011 final event details and are to be used for information only. Details may change for the 2012 event.



Dear Challenger,

As I am sure you are well aware there are now only a few weeks to go until the start of the Jurassic Coast Challenge 2011.

The main purpose of this booklet is to explain the timings, logistical arrangements and safety points that have all been put in place to make the event a wonderfully smooth running and safe experience for you.

We are aiming to get all of you to arrive at the finish line at approximately the same time each day. To this end we would request your full co-operation in adhering to your designated start times and locations.

It is appreciated that there is a lot of detail to understand in the following document. Take your time and read the instructions thoroughly in order to avoid any misunderstandings.

If after reading the details below you have any questions or problems, please email ben@votwo.co.uk

By the way, It s not too late to go the extra mile and join Mencap's extreme team at no extra cost to you. Everyday Mencap challenges prejudice and helps thousands of people with a learning disability live life the way they want. You can use this event to support its work and make a real difference. There is no minimum sponsorship target and you could even get your costs covered! Just contact Andrea on 020 7696 5566 or andrea.matias@mencap.org.uk to find out more. I look forward to seeing you at the event.

Ben Mason

Votwo Events Director

Votwo Events & Adventure Ltd

Director: Ben Mason

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Jurassic Coast Challenge 2011 joining instructions

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Day 1	G1	G2	N/a	Day 2	G3	Day 3	G1	G2	G3		
Friday 26 th March				Saturday 27 th March		Sunday 28 th March					
Breakfast opens	07:00	07:00	N/a	Breakfast opens	07:00	07:00	07:00	Breakfast opens	07:00	07:00	07:00
Breakfast shuts	08:00	09:30	N/a	Breakfast shuts	08:00	09:30	09:30	Breakfast shuts	08:00	09:30	09:30
Registration opens	07:30	08:00	N/a	Registration opens	07:30	08:00	09:00	Registration opens	07:30	08:00	09:00
Registration shuts	08:00	08:30	N/a	Registration shuts	08:00	08:30	10:00	Registration shuts	08:00	08:30	10:00
Challenge briefing	08:05	08:35	N/a	Challenge briefing	08:05	08:35	10:05	Challenge briefing	08:05	08:35	10:05
Transport leaves for start point	08:00	10:30	N/a	Transport leave for start point	n/a	n/a	n/a	Transport leave for start point	08:20	09:00	10:30
Transport arrives at start point	09:30	12:00	N/a	Transport arrives at start point	08:20	09:00	10:30	Transport arrives at start point	09:00	09:45	11:10
Evening meal starts	18:30	18:30	N/a	Evening meal starts	18:30	18:30	18:30	Evening meal starts	18:30	18:30	18:30
Evening meal finish	20:30	20:30	N/a	Evening meal finish	20:30	20:30	20:30	Evening meal finish	20:30	20:30	20:30

Appendix 2. Accommodation List (Page)

Appendix 3. Check Point Timings Sheet (Page)

Notes:

G1 = Walking Group, G2 = Walkers - Joggers Group, G3 = Joggers – Runners Group

Please note there is no G3 for day 1. This is the longest transfer day from HQ to the start and in order to minimise waiting times for transport 2 large transfers are planned

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1. Challenge Registration and Daily Briefing

On each day you will be required to register your attendance on the event at race registration. You will need to arrive at registration in your running/walking kit (with warm kit over it) with your kit bag packed ready to be transported to the start.

Each day Challenge Registration takes place at the Event HQ, located behind the Ferry Bridge Inn pub. (Please see section 14 for map of precise location)

All you need to do is report your name to the registration desk and receive your challenge number and timing chip. In previous years waterproofed route maps were issued at registration. Please note the route maps are now issued as part of this pre event booklet. Please ensure you have a copy of this booklet and route maps with you, on route at all times.

At registration you will be asked to prove you have certain items of the compulsory kit list packed in your kit bag. See **Section 12 Kit List** for an explanation. If you **do not** have the compulsory kit you **will not** be running as part of the event. Your challenge number will be marked each day to show your kit has been checked

If you have pre-booked any event clothing this will also be issued to you on your first day of registration.

Once you have registered please move to the kit check desk. You will be asked to prove you have certain items of the compulsory kit list packed in your kit bag. See **Section 12 Kit List** for an explanation. If you **do not** have the compulsory kit you **will not** be running as part of the event. Your challenge number will be marked each day to show your kit has been checked. This check will include that you are wearing your timing chip correctly around your ankle and have not attached to your friend's hood of the back of a passing dog.

Free teas, coffee and biscuits are available each day at challenge registration.

Challenge numbers and timing chips. IMPORTANT *You will be issued with one number and one timing chip for the whole challenge. You must hand this number and timing chip in at the finish of each day and re-collect it from challenge registration at the start of each day. The number has a tick box for each check point of each day. As part of the check point procedure (described in the check point section) you must get your number 'ticked' at each check point AS WELL AS GOING OVER THE TIMING MAT. Failure to do so will compromise the safety of the event and you will not be listed on the result and may be disqualified. Failure to hand your number and timing chip in at the finish point will result in you being 'lost' and the coast guard will be called out to search for you. This could get expensive and embarrassing if you are in the pub with your number and chip still about your person.*

DO NOT LOSE YOUR TIMING CHIP. IF YOU DO YOU WILL BE CHARGED THE £75 REPLACEMENT COST.

Your actual challenge number will be allocated to you at challenge registration. You will be identified by the same number for all 3 days.

Numbers come with 4 safety pins and can be displayed anywhere on your person or equipment. They must be visible at all times, front or back is acceptable.

Each day a mandatory challenge briefing will take place at the registration tents. This will cover daily route updates, weather forecasts, other matters arising and safety points.

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The Votwo medic will be available each morning to dress blisters and look after feet. There is no charge for this service just a request from the medic that you are wearing clean socks!

2. Transportation

Once you arrive at the event registration Votwo will look after all your required transportation whilst participating in that day. We have a fleet of 11 mini buses and drivers that will provide:

- Daily transport from the challenge registration to the start point
- Return transport from the finish line to the official event accommodation, event car park at the Chesil Beach Holiday Park.
- Act as a 'meat wagon' on route. Ideal for runners or walkers who can no longer continue and need a lift!
- Special transport requirements. If you are arriving by train or other means and you require a lift then please email events@votwo.co.uk with the title 'Special JCC transport request'. Give us as much detail as you can on timings, location and number of people and your mobile telephone numbers. The cut off time to request this from us is Tuesday 23rd March after this we may not be able to fulfil your requests. Please call Pete on 07855500149 if you are in any doubt.

Note: With regards to your warm kit that is worn over your running kit each day this will be collected at the start and transported to the finish for you. It's advisable to use a rucksack or similar bag to store this kit in. **Make sure you label this bag very clearly with your name and mobile number on the outside** so if you forget it we can get hold of you. You may leave these bags on the mini bus that transports you to the start. They will be gathered up from each bus and taken to the finish.

If you are getting to the event by train then please travel to the Weymouth train station. This is only about 3 miles from the event HQ and the mini bus will be able to pick you up.

Note. In previous years the instruction on day 3 was for all participants to drive to the finish point at Shell Bay and register and park cars there. This is no longer the case. Mini buses will transport you back to the event HQ at Chesil Beach holiday Park. You may if you wish make your own alternative arrangements with family and friends.

3. Parking Arrangements

All event car parking is on the field behind the Event HQ at the Chesil Beach Holiday Park.

On day 1 a car park marshal will be in position at the entrance to the holiday park.

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4. Event HQ and Facilities

Event HQ is the name for the Votwo tented administration area at Chesil Beach Holiday Park DT4 9AG. This will be made up of several signed areas:

- **Registration** - area to register your attendance on each days run. Challenge numbers and timing chips issued from here.
- **Reception** - next desk along from registration, manned from morning until night, area to collect/leave accommodation keys, make any enquires regarding the accommodation or the event and pay for and collect meal tokens, massage tokens. The event notice board will live here.
- **Kit check area** - your kit will be checked daily here to ensure you have the right equipment with you whilst on the challenge route.
- **Event shop** - manned by reception, selling Jurassic Coast Challenge branded clothing and other Votwo events merchandise.
- **Media/timing tent** - manned by the timing men. See your daily split times and overall leader board on the big screen. Films shown here in the evening bring your own pop corn. List of films and times being shown will be published in reception.
- **Massage tent** - manned by a physiotherapist and sports masseurs. Only £10 for 15 minutes to sort out those aching limbs! Tokens to be brought from challenge reception/shop or pre booked using your online entry account
- **Catering marquee** - manned by the caterers, 'Food Ltd'. Breakfast and evening meals served from here. Tokens to be brought/collected from the reception/shop. **Bring your own plates and KFS (knife, fork, spoon)**. Teas and coffees are free to anyone, any time from inside the marquee.
- **Swimming Pool** – the holiday park has a large indoor swimming pool. Perfect way to relax after your run. Open/shut timings will be promulgated on the event notice board at reception.
- **Beer / drink area** - Skinners brewery have donated a large amount of beer to the event. Help yourself if over 18! Located near the media/timing tent. Other drinks will be available from this point
- **Sea and beach** - less than a stone's throw away!

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5. Running / Walking Groups

There are three 'pace' options for the JCC 2011. The onus is on you to choose which group suits you best. Walkers will be leaving on transport considerably earlier in the mornings than the two running groups. You will be able to swap between starting with the walkers or the runners each day, just report to registration at the appropriate time for the group you wish to start with (see 1. Daily Timings) . **Be aware that if you start the day as a walker but then end up running there is a strong possibility that you will beat the check point staff to their check point. It is requested politely that you do not do this**

G1: Walkers. **This group is for people who intend to walk the whole route.** Walkers will probably be dressed in walking boots, trousers and be wearing water proof jacket. If you are wearing running shoes, shorts and vest then this is not the group for you. Walkers will have to push themselves to achieve the check point cut off times but the challenge is certainly achievable. (Do not enter this group if you intended to do any running on the course)

G2: Walkers / joggers. **This group is for people who want to run a bit of the course but also want to have a nice relaxing walk as well.** This is the group for you if you were thinking of starting in the walking group then doing some running!

G3: Jogger/runners. **For people who intend to attempt to run the whole course but will probably end up jogging and walking just a little bit faster than G2!**

Please choose which group you are suited to when you enter online. You will be able to change groups after the first day by reporting to the event reception in the evening. It is not acceptable to enter the walking group and then run. If you do Votwo cannot guarantee that check points will be open in time for you. Failure to register at a check point results in disqualification from the event.

The published times for each day will be shown as groups. If you start with the walkers your time will be published as a 'Walking' time and will not be shown with the runner's times.

6. Accommodation

For those of you that have made use of the official event accommodation your instructions are:

- If you have booked for the Thursday night then you are to arrive at the Chesil Beach Holiday Park to receive your key and accommodation briefing between 17:00 – 22:00. If you are going to arrive later than 22:00 please call Ben (on the day) on 07855272414 and advise him what time you are arriving.
- Most accommodation is on site at the Chesil Beach Holiday Park **DT4 9AG**. A small number of late accommodation bookings are being accommodated at the Pebble Beach Holiday Park, **DT4 9HF**. This is located less than 1.5km from the HQ area. Mini buses will be available to provide transport. Please ask at Votwo reception if you need a lift.
- If you have event accommodation booked from Friday night onwards, then you will be issued keys on Friday afternoon after your run / walk.
- **YOU MUST REPORT TO VOTWO RECEPTION IN THE VOTWO TENT. DO NOT GO STRAIGHT TO THE HOLIDAY PARK RECEPTION. THIS WILL CREATE LARGE SCALE CONFUSION AS VOTWO IS**

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MANAGING ITS OWN ACCOMMODATION BOOKINGS. DO NOT DO IT. REALLY, DO NOT DO IT. Thank you.

- **CARAVAN KEYS ARE TO BE STORED AT THE VOTWO RECEPTION ONCE ISSUED BY VOTWO. DO NOT KEEP THEM IN YOUR POCKET OR BAG. YOU MAY BE SHARING THE CARAVAN WITH OTHERS. THEY WILL NOT BE ABLE TO ACCESS THE ACCOMMODATION IF YOU HAVE THE KEY. LAST PERSON OUT IS TO LEAVE THE KEY AT THE VOTWO RECEPTION ON THE KEY BOARD ON THE APPROPRIATE HOOK. NO EXCUSES!**
 - If you have not booked for the Sunday night then you must vacate your accommodation on the Sunday morning before you are transported to the start point. Please ensure all your plates and cutlery are returned and you hand your key in to the Votwo reception.
 - There are still some rooms available. Please contact pete@votwo.co.uk if you feel you require one. It is advisable to get a good rest before driving any distance home.
 - Caravans are fully equipped for self catering. They come complete with bedding. It's advised you bring your own towels and a sleeping bag (in case you are cold) just in case.
7. Please see Appendix 2, Accommodation List. This shows who is in what room in what caravan. If you believe you have accommodation with us but are not on the list then please email or phone pete@votwo.co.uk 0785500149 . If you are not happy with who you are sharing with then again please contact Pete ASAP. Official changes cannot be made to the below list once the event starts. What you choose to change amongst your friends is up to you.

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8. Food

The experienced votwo chef will be providing freshly made large portions of great food. Suitable for people running a marathon a day!

Meals will be served in the 'Catering Marquee' Please note the following points

- Tea and coffee are complimentary and will be available throughout the day from the catering marquee. Complimentary cake will also be served after each days run
- Evening and breakfast meals will require each individual to hand over a meal ticket for each meal. If you have booked official event accommodation then you will receive your meal tickets with your accommodation pack on arrival at the event. For those who have block booked caravans the amount of meal vouchers is relevant to the amount of bed spaces in your accommodation
- If you would like to join us for meals then tickets can be purchased at event reception at £10 per day. This is open to friends and family as well as challengers. If you intend to purchase meal tickets at the event please email events@votwo.co.uk just to advise us which nights and how many. This will greatly help with the catering planning.
- Breakfast is served from 07:00 until 09:30 each day. Breakfast will consist of traditional cooked items and /or cereals, bread, jam, honey etc.
- Evening meal is served from 18:30 until 20:00 each day (if runners are still out on route then food will be kept warm past 20:00)
- You are required to bring your own plates, bowls, knives, spoons and forks. Disposable spares will be available at a cost of £1 per meal. You can use the eating equipment from the caravans as a long as it is returned at the end of your stay
- Skinners Brewery have supplied the event with free Ale. This will be available at each evening meal.
- Chilled beer and wine will be available with evening meals. A small contribution to the 'honesty box' would help cover the cost of the canned beer and bottled wine. You are more than welcome to bring your own.
- If you have any special dietary requests then please email info@votwo.co.uk and lodge these with Pam. We will make every effort to accommodate your needs.

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The Menu

Each night has been themed. Vegetarians have been catered for each night. Don't worry if you don't like the themed food as an alternative dish will be supplied each night.



**Beef Lasagne -
Roast Vegetable
and Brie Lasagne -
Spaghetti
Bolognese -
Primavera risotto-**

Panzanella Salad - Garlic Bread



**Lamb Madras Chicken
Tikka Masala - Creamy
sweet potato &
aubergine curry - Brown
Rice - Chapatti's
Kachumber Salad -**



**BBQ Roast
Lamb with
Rosemary and
garlic – Sun
dried Tomato
Burgers -
Chick Pea
burgers – Pork**

Chops in Soy Sauce and mustard – Vegetable Kebabs - Jacket Potatoes – Salad – Chocolate Sponge cake with chocolate sauce



**Roast Beef –
Roast
Chicken –
Broccoli &
Dolcelatte
flan - Roast
Vegetables -
Stuffing –
Gravy –**

Peas - Sponge Cake and Custard

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9. The Course / Route. Please note that you will be issued with your water proofed route maps at race registration.

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 Jurassic Coast Challenge.** This is to ensure that we have the minimum possible impact on what is a beautiful and natural environment along the way. **You are expected to navigate the route yourself.** We are aware that some parts of the coast path have suffered erosion and are shut. Diversions are in place and these will be covered in the daily briefings.

The route has been changed from last year's event. The start point is now just outside Charmouth as opposed to in Lyme Regis. This accounts for the day 1 finish not being at the Lugger Inn but further down the coast path at the HQ holiday Park. Many challenges will be pleased to note the route now includes the whole circumnavigation of Portland. You will be able to see the check point locations in the below check point system instructions. As the maps are big files, a low resolution version of them has been included at the bottom of this instruction, see Appendix 1.

There are a number of areas of the route where you could take a short cut or miss out a hill. Do not knowingly deviate from the marked route on the map. Taking short cuts is not in the spirit of the event and is not acceptable. Snap check points may be in place every day to ensure there is no cheating. Time penalties or disqualification will apply to any one reported to have taken a short cut.

ABOVE ALL ELSE PLEASE ENSURE THAT YOU FOLLOW THE ROUTE AS MARKED ON YOUR CHALLENGE MAPS.

On Day two the route passes through the Army ranges in the Lulworth area (Map Day two, pages 3 and 4). The Army do not use these ranges during their leave time at Easter. We will be crossing the ranges in leave time, however if a really good war breaks out then the ranges could be called into use and closed to the public. Plan B will then be put in to place and will involve a detour. Details of this detour will only be issued if they are required. The likelihood of this happening is very small indeed but there will be no moaning if the military need to close the range please.

GENERAL ROUTE WARNING

The nature of the coast path means you will be walking/running close to the edge of the cliff face at certain points. Take extra care on these sections especially in high winds. Keep a sensible distance from the edge at all times and proceed with the up most caution if the ground is loose and slippery.

10. The Checkpoint system

The main safety device in place on the route is the checkpoint system. **You must pass through every checkpoint.** Failure to do so after a certain time will activate our search procedure unless you phone in to register that you will be late. Late arrival to any checkpoint will result in you being disqualified from the event that day and no official finishing time will be recorded.

Checkpoint locations are shown on your issued maps. They are spaced approximately 10 km apart. 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, had your challenge number marked and activated your timing chip over the mat located there. Simply passing though and expecting them to record your presence is not acceptable.**

Checkpoint timings

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As part of the issued maps (available at challenge registration) you will find the location of the checkpoints and a further sheet stating the closed times (**you must carry this sheet whilst on route**). The checkpoint close time is a safety cut off. This timing is calculated on you maintaining a minimal average pace of approximately 6km/h for runners and 5km/h for walkers. If you move any slower than this on average you will not make the next checkpoint or complete the day. 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 you will be deemed 'Lost' and a search will be initiated for you. Please see appendix 3 for the 'Check point Timing' sheet. This shows you a variety of information and if necessary please ask Ben to explain it at the event!**

A sweeper runner will maintain a last man position over the whole course. Their job will be to sweep up any straying or broken runners on route. If you do not make the cut off time for a checkpoint or cannot maintain a pace of 5km/h with the last man sweeper runner then your number will be removed and you will be withdrawn from that day of the event. If this occurs on day 1 or 2 you are still able to start the next day if you wish.

Snap Checkpoints

On the course each day there may be a Snap Check point (an unscheduled 'surprise' check point). This will be placed in an area where an obvious short cut could be taken. It will not be a feeding station or a timing point. It is purely there to take numbers and names as runners pass through it.

Checkpoint food/water

The first check point of each day will offer cold food and drinks. Drinks on offer are water, Elete, squash and coke. Every subsequent checkpoint will also offer hot drinks, soup and rolls, sandwiches, cereal bars, fruit and other snacks. The finish point of each day will offer the same plus a hot bowl of the Votwo Mother's homemade soup (well worth 26 miles of running !)

Elete water will be on hand to provide you with premixed Elete at each of the 3 check points and at the Finish points each day. There will also be extra information and samples available for those that require them. For further information please refer to their web site www.eletewater.co.uk or see the Elete flyer on the JCC web information page.

There is plenty of food at the checkpoints. Make sure you eat and drink plenty on route to keep you going.

11. Weather

The weather on the coastline can change very, very quickly. Make sure that you adhere to the kit list and are adequately clothed. A weather forecast will be published at the registration tent at the start of each day. If the weather is extremely adverse and deemed to be dangerous on the coast path the event will be cancelled or re-routed 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.

12. Kit list

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Whilst taking part on the challenge it is compulsory for you to carry the following equipment. Each day at challenge registration you will be asked to prove you have certain pieces of kit on the list. If you don't have this kit you will not be allowed to participate in the event. Due to the recent situation with the OMM (Original Mountain Marathon) and the severe weather they encountered, Votwo events are not prepared to take the risk of under prepared participants at our events. **We will be enforcing the policy of: no kit, no run.** If the worst happens to you any of the below kit could really make the difference to your survival and wellbeing.

There will be random spot checks. Essential kit:

- a) Issued maps for that day in an easily accessible place. (Make sure these maps are tied in some way to your kit, one gust of wind and they're gone!)
- b) Useful numbers, check point timings, and lost procedure.
- c) Whistle
- d) Compass (make sure your compass is attached to you or your kit)
- e) Waterproof top
- f) Long trousers or tights
- g) Gloves (water proofed in plastic freezer bag)
- h) Hat (water proofed in plastic freezer bag)
- i) Chocolate bar or similar
- j) Small torch with spare batteries
- k) More than 400ml of water or other drink
- l) A light weight piece of warm clothing (water proofed)
- m) A fully charged working mobile phone (water proofed)
- n) A note pad and pencil with your name and your mobile number written on it (water proofed)

13. Actions On:

Actions on Casualty

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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. There are 2 paramedics employed specially to deal with any medical situation.

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

1. Apply any known first aid.
2. Phone the event organiser Ben Mason on 07855 272 414 (have the number pre-entered in to you phone) or call the emergency services directly. If you have no signal go to point 3
3. Inform the next person you see on route and hand them the casualty's note pad (if possible, should be in their rucksack as per the kit list) with their details and the useful phone numbers. Write your location and nature of the injury, instruct that person to get to the next phone or area of signal and phone Ben Mason or the emergency services and give 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 know position on your map.
2. If you cannot find your last know 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 director Ben Mason on 07855272414 (or any of the numbers on the contact list) and inform him of your name, race number, approximate location and the last check point you passed through. We 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 opening and closing times 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. He will then know you are safe and not lost or injured.

Actions on early retirement

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 full 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 Votwo 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 check point.
2. Last man sweeper is informed and asked for the location of 'last man'.

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3. If lost runner is not last man then race HQ will call runner on mobile number.
4. If no response staff from last previous know 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.
5. If no runner found then coast guard is called and informed of details.
6. It is anticipated that this process will take no longer then 1 hour after the lost runner is late for the check point.

14. Location information, maps and postcodes

EVENT HQ. Chesil Beach Holiday Park: Portland Road, Weymouth, Dorset. DT4 9AG



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Pebble Beach Holiday Park, 90 Camp Road, Wyke Regis, Weymouth,

Dorset. **DT4 9HF**

15. 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 26-30th March 2011.

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.

Please note: These are the 2011 final event details and are to be used for information only. Details may change for the 2012 event.



16. General notes

- **Notice board**

There will be a large notice board placed outside Challenge Registration. Please make sure you read any notices here as, after the daily briefings, this is how we will communicate any information to you. Please pass any details on that are promulgated on this notice board.

- **Votwo long sleeve running top, T-shirts and hooded tops.**

If you have pre purchased one of the above then a copy of the booking order and the item of clothing will be in your event goody bag awaiting your collection at race registration. There will be a couple of items available for you to purchase on the day. T-shirts at £15 , Long sleeve running tops at £25 and hooded tops at £25.

- **Blisters**

Consider taping your feet up before the day starts. This way you can avoid the blisters before they happen. A good pair of worn in cross country running trainers is recommended. The Votwo Medics will be on hand in the morning at Challenge Registration to help out with any hot spots or blisters.

- **Photos and video**

A photographer will be hiding on route each day taking pictures of you at your best. A DVD of event pictures will be available to buy after the event. Details will be emailed to you after the Challenge

- **Recorded Times**

These will be displayed on the notice board at the end of each day. They will show your splits between each check point and your overall time.

Full times will also be published on the www.votwo.co.uk web site after the Challenge. We hide it under 'results' on the events and adventure pages.

Useful numbers

Challenge Director: Ben Mason - 07855 272 414

2nd in charge of Challenge: Andy Blow - 07968 058 596

Check point and accommodation co-ordinator: Peter Mason - 07855 500149

Votwo Medic: Tim Peace - 07837 862356

Luggage wagon: Austin Mills - 07882 393215

Please note: These 2012 event.

Appendix A.
Route maps

Please note: The below maps are to give you an indication of the route. It is appreciated that these are low resolution and detail is small. You will be issued a set of high quality waterproofed maps at the event.

Day 1



Please note: These are the 2011 final event details and are to be used for information only. Details may change for the 2012 event.



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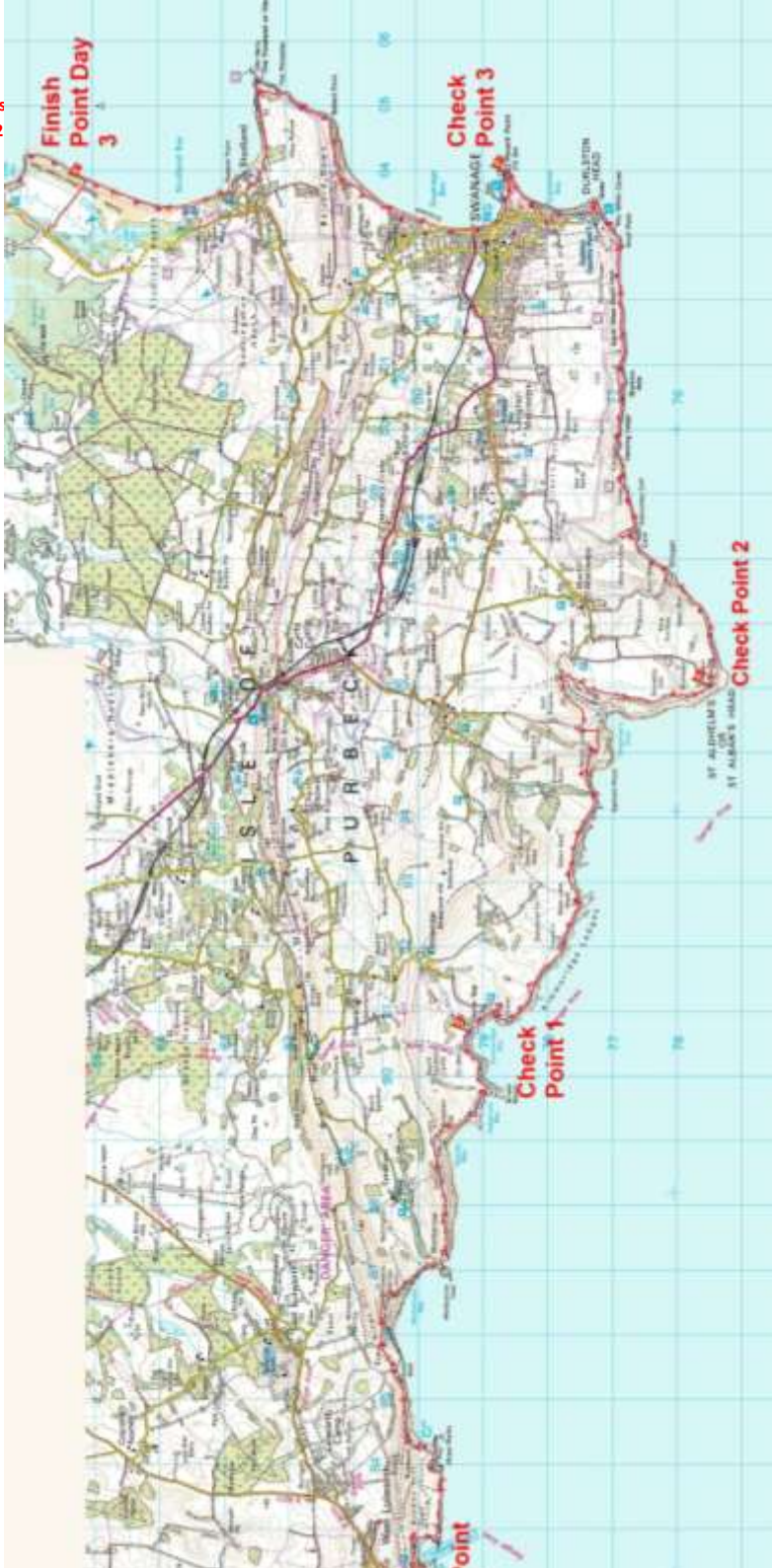
Day 2



Please note: These are the 2011 final event details and are to be used for information only. Details may change for the 2012 event.



Pleas
2012



ange for the

Day 3

Please note: These are the 2011 final event details and are to be used for information only. Details may change for the 2012 event.



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Appendix 2: Accommodation list

Chesil Beach

	Thur	Fri	Sat	Sun
Barry Bright	x	x	x	x
Steve Blake	x	x	x	x
Peter Hatch	x	x	x	x

Clive Marston	x	x	x	N/A
Andy Harris	x	x	x	N/A
Stephen Vye	N/A	x	x	N/A

Katie Hooper	x	x	x	N/A
Nicole Marshall	x	x	x	N/A
Jannie Bowtell	x	x	x	N/A

Andrew Birtwistle	x	x	x	N/A
David Birtwistle	x	x	x	N/A
Russell Muldoon	x	x	x	N/A

Roberto Bruni/ Trish Kelly	xx	xx	xx	xx
Simon Kaye	x	x	x	N/A
David Fletcher	x	x	x	x

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Mark Day	x	x	x	N/A
Alan Crewe	N/A	x	x	N/A
Jude Croker	x	x	x	N/A

Dan Brant	N/A	x	x	N/A
Duncan Whie	N/A	x	x	N/A
John Taylor	N/A	x	x	N/A

Mike Truzzio	x	x	x	N/A
Tracy Baker/Taje Miles	N/A	xx	xx	N/A
Dave Miles/Sonia Nicholls	N/A	xx	xx	N/A

Ian Hall	x	x	x	N/A
Iain Gromett	x	x	x	x

David Breakwell	x	x	x	x
Andy Flynn/Dave Robson	xx	xx	xx	xx
Tom Mason/Steve Clark	xx	xx	xx	N/A

Steve Strane/ Carol Martin	xx	xx	xx	xx
Janet Breeze	x	x	x	x
Anne Coleman	x	x	x	x

Garth Creed	x	x	x	N/A
William Fox	x	x	x	N/A
Nick Battersby	x	x	x	N/A

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Molly Mulish / Dyfed Evans	xx	xx	xx	N/A
John Stodart	x	x	x	N/A
Daryl Farmer	x	x	x	x

ALEX HARVEY	x	x	x	x
Andy Kay /John Lewis	xx	xx	xx	xx
Nick Cooper / Nick Sharratt	xx	xx	xx	xx

Emile Dumas	x	x	x	x
Matt Fender	x	x	x	x

Peter Houghton	x	x	x	x
Suzanne Hunter / Catherine Abbott	xx	xx	xx	xx

John Widen	x	x	x	x
Liz Small	x	x	x	x

Stuart Webster	x	x	x	x
Stuart Webster	x	x	x	x

Cameron Lawes	x	x	x	x
Cameron Lawes	x	x	x	x

Anne Fillery	x	x	x	x
Charlotte Griffiths	x	x	x	x

Please note: These are the 2011 final event details and are to be used for information only. Details may change for the 2012 event.



Louise Clements	x	x	x	x
Louise Clements	x	x	x	x

Goldring	x	x	x	x
Elsou	x	x	x	x

Stuart Hayes	N/A	x	x	x
Bob Sweetlove	N/A	x	x	N/A

Elaine Blades-Jordan	N/A	xx	xx	xx
James Hole	N/A	x	x	N/A

Paul Claydon	x	x	x	N/A
Darren Latter	x	x	x	N/A

Simon Bunting	xx	xx	xx	xx
Steve Rendall	xx	xx	xx	xx

Daivd Page	x	x	x	x
David Page	x	x	x	x

Mike Collinson	x	x	x	x
Mike Collinson	x	x	x	x

Peter Cobb	N/A	x	x	N/A
James Prodger	N/A	x	x	N/A

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Leo Moore	xx	xx	xx	xx
Paul Moore	x	x	x	x
Matthew Evans	x	x	x	x

Steven Battle	x	x	x	x
Lewis Banton	x	x	x	x
N/A	N/A	N/A	N/A	N/A

Mathew Smart	x	x	x	N/A
Will Speight	x	x	x	x
Richard Newman	x	x	x	N/A

Pip Lloyd	x	x	x	x
Jill Holiday	x	x	x	x
Nicky Yeuko	x	x	x	N/A

Paul Oldfield	x	x	x	x
Martin Hallworth	x	x	x	x
Tom banks	x	x	x	x

Mel Varvel	x	x	x	N/A
Jim Meta	x	x	x	x
Michael Brader	x	x	x	x

Jany Tjai	x	x	x	N/A
Ian Sharman	x	x	x	N/A

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Clare Shelly	x	x	x	N/A
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Alex Wilks	N/A	x	x	N/A
Richard Morris	N/A	x	x	N/A
Alex Howarth	N/A	x	x	N/A

David Oliver	x	x	x	x
Kristine Oliver	x	x	x	x

Richard Pitts	x	x	x	x
Simon Offord	x	x	x	x

Richard Withers	xx	xx	xx	N/A
Paul Rawlinson	x	x	x	N/A
Robert Henderson	x	x	x	N/A

Nicky Chrascina	x	x	x	N/A
Sue Tagg	x	x	x	N/A
Stephanie Miers	x	x	x	N/A

Brian Morley	x	x	x	N/A
Kerry / Nicholas Venn	xx	xx	xx	N/A
Chris GIBBS		x	x	N/A

Lla Dawson	x	x	x	x
Katie Crowther	x	x	x	x

Please note: These are the 2011 final event details and are to be used for information only. Details may change for the 2012 event.



N/A	N/A	N/A	N/A	N/A
-----	-----	-----	-----	-----

Nick Reed	x	x	x	x
Robin Derwent	N/A	x	x	N/A
Stephen Gallagher	x	x	x	N/A

Mary / Geoff Baker	N/A	xx	xx	xx
Dale Robson	N/A	x	x	x
Orlagh Glen	N/A	x	x	x

Steve Lloyd	xx	xx	xx	xx
Gary Hendrerson	xx	xx	xx	xx

Steven Collinson	x	x	x	x
Steven Collinson	xx	xx	xx	xx

Kevin Bonney	x	x	x	x
Kevin Bonney	x	x	x	x
N/A	N/A	N/A	N/A	N/A

Marc Dixon	x	x	x	x
Pete Hopkins/Karl Schroder	xx	xx	xx	xx
N/A	N/A	N/A	N/A	N/A

Andrew Mucklestonex	N/A	x	x	x
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Richard Kimmens	x	x	x	x
Gerry Maguire	x	x	x	x

Dominic Bateau	N/A	x	x	N/A
N/A	N/A	N/A	N/A	N/A

Shopie Ramuz	x	x	x	x
Chris Vermon	x	x	x	x

Micheal Sartorius	x	x	x	x
Micheal Sartorius	x	x	x	x

David Smart	x	x	x	x
Mike Hutton	x	x	x	x

Paul Veitch	x	x	x	x
Helen Liddle	x	x	x	x

Jezz Fox	x	x	x	x
Jezz Fox	x	x	x	x

Ruth White	x	x	x	x
Jim White	x	x	x	x

Marc Selby	x	x	x	x
Marc Selby	x	x	x	x

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Lorna Emson/ Hugh Roberts	xx	xx	xx	N/A
Sarah Hubner/Steve Collins	N/A	xx	xx	N/A

Andy Miles	x	x	x	x
Mark Thomsit	x	x	x	x

Jenna Eastlake	x	x	x	x
Mark Mossiman	x	x	x	x

Jonathon Moss	x	x	x	x
Stephen Smith	x	x	x	x

Ian Chappell	x	x	x	N/A
John Moran	x	x	x	N/A

Rene Strosny / Anglea Ngamkam	xx	xx	xx	xx
Sam Toop	N/A	N/A	x	N/A

Wendy Warman	x	x	xx	N/A
Victoria Endean	x	x	x	N/A

Tom Ford	x	x	x	x
Adam Davies	x	x	x	x
Adam Herbert /Andy Trebell	xx	xx	xx	xx

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	Thur	Fri	Sat	Sun
Joanne Proudlove	x	x	x	x
Joanne Proudlove	x	x	x	x

Nicole Kougl	x	x	x	N/A
	N/A	N/A	N/A	N/A

Malcom Malherb	x	x	x	x
Malcom Malherb	x	x	x	x

Paul Dawson	x	x	x	x
Paul Dawson	x	x	x	x
N/A	N/A	N/A	N/A	N/A

Appendix 3. Check point Timings Sheet.

CP	Location	Grid OS Explorer	Distance to next CP	Total Distance	G3 Max run time to next CP @ 6kmph	G3 CP close time	G2 Max run time to next CP @ 6kmph
SP Day 1	Charmouth	SY 380 933	8.11 km	0	1:21 hr	11:10	1:21 hr
CP 1	Eype's Mouth	SY 447 910	10.69 km	8.11 km	1:47 hr	12:31	1:47 hr
CP 2	West Bexington	SY 530 864	11.2 km	18.8 km	1:52 hr	14:18	1:52 hr
CP 3	Langton Herring	SY 606 814	12 km	30km	2:00 hr	16:10	2:00 hr
Finish	Wyke Regis (HQ)	SY 663 765	0	42 km	0	18:10	0
Sp Day 2	Wyke Regis (HQ)	SY 663 765	9.39 km	0	1:34 hr	10:30	1:34 hr
CP 1	Pulpit Rock	SY 676 684	11.81 km	9.39 km	1:58 hr	12:04	1:58 hr
CP 2	Ferry Bridge	SY 667 759	13.3 km	21.2 km	2:13 hr	14:02	2:13 hr
CP 3	Osmington Mills	SY 735 817	9.5 km	34.5 km	1:35 hr	16:15	1:35 hr
Finish	Lulworth Cove	SY 820 801	0	44 km	0	17:50	0
SP Day 3	Lulworth Cove	SY 820 801	11.6 km	0	1:56 hr	11:10	1:56 hr
CP 1	Kimmeridge Bay	SY 906 792	10.3 km	11.6 km	1:43 hr	13:06	1:43 hr

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CP 2	St Aldhelms Head	SY 960 755	11.3 km	21.9 km	1:53 hr	14:49	1:53 hr
CP 3	St Peverill Point	SZ 040 786	10.3 km	33.2 km	1:43 hr	16:42	1:43 hr
Finish	Studland Bay	SZ 038 851		43.5 km	0	18:25	0

Congratulations for reading this far down the document.

Enjoy your challenge!

Ben Mason

Votwo Events Director