

# JURASSIC TRAIL

5km, 10km, 21km.

SUNDAY 22nd APRIL 2018



## VENUE ADDRESS:

March Barn

West Bay,

Dorset, DT6 4PS

## VENUE OPENS:

**0830**

## REGISTRATION OPENS:

**0900**

## REGISTRATION CLOSES:

**1100**

## LAST FINISH TIME:

**1700**

## EVENT INFORMATION

Thank you for entering an event run by Beyond events.

Please find below information about the event. We ask that you read this information thoroughly as it contains details that will ensure the event runs smoothly and you have a great time!

## REGISTRATION

The event parking will open at **0830** to allow runners to park and prepare. Please do not arrive before this time.

Registration will open at **0900** and closes at **1100**. On arrival report to registration with your ID so you can collect your number.

## GETTING READY

Once you have registered you can get yourself and your kit ready to run.

### ESSENTIAL ITEMS TO BRING

**DON'T FORGET YOUR TRAIL/ROAD SHOES!**

Bring warm clothing for after the event, there will be a bag drop so, you can leave everything at the Start/Finish location.



## FOOD AND DRINK

Free water and energy drinks will be available at approx. 5 km, and various snacks are available at the feed station for the 21km on the route (at approx. 10km), we will also have food and drink available to purchase at the Start/Finish.

## NUMBERS

Please make sure you attach your number to your front so it can be seen clearly. Do not wrap it around your legs, arms.

201

## ROUTE & START TIMES

When ready join the group of runners waiting to start. The start marshals will give a safety brief just before the start. Listen to all the instructions and route information the start marshals give, it may come in handy.

21km START TIME: **1100**

Distance: 21 km

10km START TIME: **1100**

Distance: 10 km

5 km START TIME: **1100**

Distance: 5 km

## TIMING

We understand that times are important, but we want to keep our costs to enter our events as low as possible, so you will still get a time as you cross the finish line, so you can compare it to the other competitors, it just won't be a chip timed one, it won't affect the quality of the event.

Results will appear on-line as soon as we have had a chance to collate them all.

## COURSE SIGNAGE

Once you set off from the event centre the route will be marked with the use of arrow signs and marker ribbons. Arrows signs will be approx. every 300 metres on the route. so quite simply you follow these signs.



### COURSE ARROWS

The orange signs with white arrows marked on them will direct runners to complete their chosen distance.

It is important you take extra care when you see these signs to ensure you follow your chosen course, they are approx. every 300-400 metres.



### SPLIT POINTS

Course split points will be used to highlight where the route splits for the shorter distances. An orange and white 'course split ahead' sign will warn runners that the route will split. You will also see 5km and 10km signs.



### EXTREME CAUTION SIGNS

Orange extreme caution signs will be used where appropriate to mark potential hazards such as, steep downhill stretches and road crossings. When you see these signs, you should reduce your speed and run with extra caution.

Although the route is clearly marked, you should study your map long before starting to familiarise yourself with your route.

### ADDITIONAL COURSE MARKINGS

There will also be multiple markings on route including small orange flags



and large orange flags every 1km.

All routes follow the same course, the 21km is two laps of the 10km course.

#### SIGNAGE TAMPERING

On occasions, the public will tamper with signs, it is therefore each competitor's own responsibility to study the route and follow it as best they can please run appropriately on the public paths, tracks, roads etc, until you can locate another arrow (Or look at the map you are given at registration).

Runners are welcome to change to shorter routes, as they are completing the event, simply follow the signs for one of the shorter routes at the course split points and inform us of your route change at the finish.

#### EMERGENCY

You will find contact numbers on your map and on your event number:

**MEDICAL EMERGENCY: 07555 417 146**

Please add this number to your mobile phone before you run. These numbers are for use in emergencies only. Please do not call these numbers for non-emergency situations.

#### AT THE FINISH

At the finish line, make sure you cross the finish line so your time is recorded. Please show your number as you finish so we can record your time

Please make sure you collect your finishers medal as you cross the finish line.

#### PARKING AT THE VENUE

Parking at this venue will cost £ 2.00, you can leave your car there all day if required so you can have a look around West Bay. Please car share where possible.



