



Thank you for entering Run Jurassic. We feel very privileged to be hosting the award-winning Run Jurassic weekend again in partnership with the Jurassic Coast Trust (JCT).

We are truly thankful to the many partners who have collaborated to make this event possible and given permission for use of the South West Coast Path (SWCP) to ensure you can experience the best the Jurassic Coast has to offer along the way! We are immensely proud that a percentage of income from the event will go towards supporting the Trust in looking after the Jurassic Coast World Heritage Site, so thank you if you have already donated to their priceless work. If you haven't and would like to know more, visit them over the weekend or see the information on their [website](#).

We're also very lucky to have secured the amazing event location of [Freshwater Beach Holiday Park \(FBHP\)](#), with great facilities available for you all and a good central location for the races. We are ever grateful for all their hard work in pulling this event together and all the team who will be working over the weekend to ensure you have the best visit.



Timetable of events

Friday 23rd September

Midday – Camping check-in open

3pm – Static caravan check-in open

4-7pm – Race Admin and White Star Clothing shop open

Saturday 24th September

5.30am – Race Admin open

6.30am – Ultra buses leave Freshwater

6.45am – Marathon buses leave Freshwater

7.45am – Race briefings and check-ins at both starts

8am – Ultra and Marathon races start

11am – First runner expected back at Freshwater

11.30am – Marathon halfway cut-off at Langton Herring Aid Station

1.30pm – Ultra 19-mile cut off at Langton Herring Aid Station

1.45pm – Marathon cut-off at Lovestation™

2.30pm – Ultra cut-off at Lovestation™

4.30pm – Last runner expected back at Freshwater

5-7pm – Dinner service in the Atlantic Bar

8pm – Band in the Atlantic Bar, followed by a disco at 10pm

Sunday 25th September

6.30am – Race Admin open

7.45am – Half-marathon race briefing

8am – Half-marathon race start

8.15am – 10K race briefing

8.30am – 10k race start

9.30am – First runner expected

1.30pm – Last runner expected

2pm – Kids' race

5-7pm – Dinner service in the Atlantic Bar

Monday 26th September

Leave site and check out by 10am

How to get there

Freshwater Beach Holiday Park, Bridport, DT6 4PT

Car – Freshwater is based just outside the small village of Burton Bradstock, accessed off the B3157 from the A35 at Bridport.

Bus – The X53 allows you to enjoy some of the most spectacular views of the Jurassic Coast. The Jurassic Coaster service is operated by First Bus and goes between Weymouth and Axminster, via Burton Bradstock.

<https://www.firstbus.co.uk/wessex-dorset-south-somerset/plan-journey/timetables?service=X51%2FX52%2FX53&day=mf>

Rail – There are three main railway lines that connect the Jurassic Coast area with London and the rest of the UK. The first runs from Weymouth through Dorchester, Wareham, Poole and onwards up to London Waterloo. The second runs further west and connects Exeter with London Waterloo. A third line runs from Weymouth through Dorchester up towards Bristol. Visit [National Rail Enquiries](#) for more information. The nearest train stations are Weymouth and Dorchester.

Air – The nearest Airport to the event is Exeter, 37 miles away from Freshwater.

Day parking

Free parking is available at Freshwater Beach Holiday Park (FBHP) in the fields adjacent to the finish area. A one-way system will be in place around Freshwater for you to follow and exit the park speedily when you have finished your race. FOLLOW THE SIGNAGE.

If you're making your own way to the Ultra or Marathon start, make sure you arrive by at least 7.30am.

Ultra start – Durdle Door Car Park, Wareham, BH20 5PU

Parking charges apply; see the tariff posted in our [Facebook Event](#) or [here](#)

Marathon start – [Craig's Diary](#), East Farm, Weymouth, DT3 6EX

Shuttle buses

Those parking at FBHP on Saturday should make their way to the bus collection point opposite the camping field by the big barns. You should get on a bus labelled with your race (Marathon or Ultra). When a bus is full it will leave, and the next one will arrive to fill up. **PLEASE DO NOT BE LATE** – the last buses will leave at:

6.30am – Ultra buses leave

6.45am – Marathon buses leave

Once dropped at your location, please make your way to the start area as indicated by the signage and marshals on site.

Please do not take anything on the buses with you! Your start crew are not coming back to the finish, and so can't take any bags or items left at the start with them. Only take essential items you need for the race with you on the bus.

Accommodation

Camping is available at the heart of the race as always, surrounded by beautiful countryside, yet just a short stroll from the beach/event field. It's well laid out with surfaced roads and lighting, and there's plenty of electric hook-up available. If you haven't yet booked, you need to do so directly with [Freshwater Beach Holiday Park](#), who offer a special deal for runners over the weekend.

You will need to **vacate your pitch by 10am on your day of departure** (even if you are running) and move your car to the day parking area so they can prepare the pitch for the next campers coming on to it.

If you've booked a static caravan direct with Freshwater, keys can be collected any time between 3pm and 10pm on the day of arrival. If arriving between 5pm and 10pm, please notify Reception to arrange key collection on **(01308) 897317**.

If you've booked privately with an owner, you will have made your own arrangements directly, but there may still be static caravans available [here](#).

If you want to stay at some of the other race starts:

Ultra start – on site is Durdle Door Holiday Park, <https://durdle-door.co.uk/>
You will need to arrange transportation back there once you have finished.

Marathon start – Osmington Mills has a family-run camping park called Rosewell. You can book to stay on site direct with the campsite via their website:

<http://www.weymouthcamping.com/Camping>

You will need to arrange transportation back there once you have finished.

Other accommodation in the local area can be found here:

<https://jurassiccoast.org/visit/jurassic-coast-accommodation/>

Food

FBHP is opening their takeaway hatch and restaurant from 5-9pm on Friday, and 12-9pm Saturday and Sunday, which will run their normal menus.

They will have catering vans on the event field for refreshments throughout Saturday & Sunday, 6am-5pm.

Race instructions

Saturday runners – your race numbers are being posted out to you directly. If you haven't received your number through the post by Monday 19th September, please get in touch so we can arrange for you to collect a replacement at the event:

raceadmin@whitestarrunning.co.uk

Sunday runners and kids' race numbers will need to be collected from the event admin at FBHP. **You will need to provide your own safety pins or event clips to fasten your numbers on.**

A timing chip is built into the number; put it on and go. Once you've completed the race, don't go near the finish line again or you will get a false reading. Please make sure you wear your race number correctly so it can be picked up.

How to correctly wear your race number

All runners must wear their race number on the front of their race shirt for the duration of the whole run, held on safely by safety pins or bib clips.

Wear your number and be seen. We need to make sure everyone running is part of our organised run, looked after at all times and covered by our insurance.

Please do not wear your number folded up, on shorts, on your back or sides and do not place pins through the chip. If you are wearing a jacket or jumper on over the top of your run number please remove before crossing the finish line to ensure the timing mats record your result.

If not worn correctly then your result from the timing chip may not be recorded. This is your responsibility.

For your safety please ensure that the back of your race number is filled in with all correct information. Help us to help you. We have had to use this in the past and to ensure you get the help required as quickly as possible please always fill it in.

The do not list...

- Do not wear folded up...
- ...on your back or bag
- ...on shorts or side
- ...place pins through chip
- ...cover your bib

Safety

On the back of your number write an ICE number and any medical details. This will help us and you. If you're struck by lightning or flake out with exhaustion, we need to get you help as quickly as possible. We insist as part of the kit list that you carry a fully charged mobile phone for emergency use with race HQ emergency number stored. This number is **07930335746**

If you need to drop out of the race at any time we will try and get you as quickly as possible. The good thing is that the race is very centralised and you are never far from an access road. We will have 4X4 vehicles and ambulances on standby to come and get you if need be. If you do drop out please, please return your number to event admin. We then know that you are safe and we do not have to send out search parties. We would also recommend you download a free app called **what3words** which can help pinpoint your location should you need assistance.

Compulsory kit

All runners must carry **essential kit** during the race:

- A charged mobile phone with the race HQ number stored to call in if you have any difficulties: **07930335746**
- Whistle
- 0.5ltr fluid/water
- Emergency food, eg bar/gel
- Weather-appropriate clothing, eg suncream, waterproofs, thermal layers, hats, hi-vis stripes, etc
- Race number with completed emergency details on the reverse

Other **advisable items** that may become essential depending on weather forecast, which will be advised in the [Facebook Event](#).

- Foil blanket
- Small First Aid kit
- Compass

For your safety, if you **do not** have the compulsory kit you **will not** be allowed to start as part of the event.

Baggage

Please give us car keys; it's easier. Presentation of your number will get your keys back; we will only give the person wearing the number their keys.

Changing/showers/toilets

There are toilet/shower blocks dotted around the site at Freshwater Beach Holiday Park (see Map below).

Durdle Door toilet block will be open from 7am on race day, as will portable toilets at Craig's Dairy for the marathon start.

For those who have booked accommodation directly with Freshwater Beach Holiday Park, on arrival, along with your welcome pack, you will be given a wristband to use the other on-site facilities during your stay.

If you're taking part in the races and not staying, but would like to use the facilities, you can do so but will need to pay:

Adult Swim – £7.50; Child (2-15yrs) Swim – £4.50; Under 2yrs are free.
Under 4yrs must wear a swim nappy and under 12yrs need to have an adult accompany them.

Adult Bowling 10am-5pm – £4.50; 5pm-Close – £6.00
Child Bowling 10am-2pm £3; 2pm-Close – £4.50

More information can be found here: <https://www.freshwaterbeach.co.uk/jurassic-fun-centre/>

Freshwater has free WiFi available throughout the park; you can use up to 500mb per 24 hours.

username: gratis

password: nada

Please respect the park rules. Those staying will be given a copy on the back of your map, but the main ones are:

- Parents/guardians are responsible for supervising their children at all times, especially when using the park's facilities
- We ask everyone to respect other visitors on the park and keep noise levels down between 10.30pm–8am
- Dogs must be always kept on a lead



Routes

The routes are available on the webpage: <https://runjurassic.co.uk/routes/> and [White Star Running : Run Jurassic - Route Maps \(clubtrac.co.uk\)](http://clubtrac.co.uk)

We are running mainly on the Dorset section of the SWCP, which is predominantly tracks, paths and fields. The path is marked on signs by an Acorn symbol and is a track for the majority of the way. Some sections will pass through built-up areas and these will be marked. All the paths we use are well-maintained public access routes.

The course is designed to take in the smashing views and beautiful coastline Dorset has to offer. **The route will have our usual route arrows/markers only where relevant and marshals at critical points along the route. This is because it is already well-marked with the Acorn signs, and helps ensure that we have the minimum possible impact on what is a beautiful and natural environment.**

Ultra – There are 4 miles of steep ascent and descent between Durdle Door and White Nothe, before descending into Ringstead Bay. Cliff path from here until Osmington Mills, where you go up the road to join the steps at Goggins Barrow.

Marathon and Ultra – Cliff path and fields along to Bowleaze Cove, onto footpath down to Weymouth Esplanade, continuing to cut across town and along the Rodwell Trail. From Ferrybridge footpath and trails round coves, around Chickerell Camp and then around some holiday camps until East Fleet. Path and fields along the Fleet Nature Reserve until just past Henbury where you come inland to go over farm tracks and fields to Langton Herring. Back onto the SWCP to weave through fields before descending into Abbotsbury. Then a small section of road to join up to SWCP around Catherine's Chapel and onto shingle beach at Abbotsbury. Beach/tarmac from here until you turn off just after the Lovestation™ onto fields at West Bexington Nature Reserve. Follow fields to Cogden beach, with a small shingle section again before the cliff path up and over to Burton Beach East. Round Hive Beach to join path along fields over Burton Cliff, and then descend into FCHP and finish.

Half and 10K – Start across Burton road for the descent into West Bay, where you'll pass through the town on pavements and start the climb up over West Cliff. At [Highlands End](#) you will turn inland over fields to cut across the road at Eype and follow permissive paths to Down House Farm, past which the races will spilt.

Half – Will continue across fields to reach Ridge Cliff and then follow the path inland to the back of Golden Cap park in Seatown before crossing the road and travelling along track to Langdon Hill and then across fields round Filcombe Wood and St Gabriels Wood, then starting the climb up Golden Cap. Cliff path back towards Seatown and then climb over Ridge Cliff again, staying on SWCP to return along Thorncombe Beacon where you meet the return of the 10K.

10K – Continues on the path to Thorncombe Beacon where it then joins cliff path and Monarchs Way back down to Eype Mouth. Crossing the river and ascending back up the cliff to climb across to West Bay where you return along the pavements and up along the East Cliff to return to FBHP.

SHARING THE PATH This means you may be sharing the path with other users, walkers, families, dogs, other runners, etc, so please be courteous of them. Pass them carefully and with warning if necessary; we would like to be coming back in the following years to organise the event, so we need to show our runners can share the path with other users without causing a nuisance.

BE SAFE Keep away from the cliff edge. On some stretches the path is narrow and very close to the cliff edge. **STAY AWAY from it.** The view is beautiful, but you don't need to be on the edge to enjoy it. **Keep a safe distance from the edge of the cliff at all times.** If the ground is loose and slippery and you feel unsure at any time, head inland immediately. The nature of the coast path means on certain sections you will be walking/running close to the edge of the cliff. This represents a 'significant risk' and extra care must be taken. If weather and/or visibility deteriorate, participants should navigate inland to the nearest obvious road and call HQ for assistance.

Please follow the route marked. Because of the specialist environment we are running in, it may be changed due to unforeseen circumstances. This will be covered in the race briefing before the start of each race.

Dogs

You are **NOT** allowed to run with your dog. Sorry.

CUT-OFFS

Saturday's races have some cut-offs along the route, as well as the total time we expect you to finish in.

Ultra cut-off is 9 hours. By 1.30pm you should have reached 19 miles at Langton Herring Aid Station and by 3.30pm the Lovestation™ at mile 26.

Marathon runners you need to complete the course in 7.5 hours. By 12pm be at the Langton Herring Aid Station at approximately 15 miles and Lovestation™ by 2pm, which is 21 miles.

Sunday races just have a time to complete the race in. For half-marathon runners you need to complete the race in 4.5 hours and the 10K in 3.5 hours.

Please keep a track of your mileage and progress. If you know you're not going to make the cut-offs, please drop out at an aid station so we can get you back to Freshwater safely.

All times are generous because of the environment we are in, but you can walk them in less. The event is also a race, so some sort of running is involved.

Waterstations/Aid stations

These will be evenly placed along the routes and have plenty of water. Our races are **CUPLESS** and we encourage you to carry your own cup or water supply and then you will be able to fill them up at aid stations.

Lovestation™ and other aid stations will have all the usual goodies for you (more on this in the FAQ section at the bottom).

Saturday Aid Stations	Mileage	Toilet	Contents
Ringstead *Ultra only	3.5	√	Pop-up Water
Osmington * Ultra only	5.3	√	Water & Savouries
Weymouth Esplanade	10/5	√	Water
Ferry Bridge	12/7		Water & Mini Aid
Landing Stage	16/11		Pop- up Water
Langton Herring	20/15		Full Aid
Abbotsbury	22/17	√	Water & Sweets
West Bexington	26/21	√	Lovestation™
Cogden Beach	28/23		Water

Sunday Aid Stations	Mileage	Contents
Highlands End, Eype	2m/3km	Water
Filcombe Farm * Half only	6m	Water
Highlands End, Eype	10m/7km	Lovestation™

Public toilet blocks at West Bay & Seatown on Sunday.

Gates – Most of the gates will be closed, as it will mean livestock are on that section of the route. If it's shut, it's shut for a reason, so please shut it behind you. Don't leave it open for someone behind you. The last thing we want is an animal escaping. In some places the gates are next to a stile, so please go over/through, whichever you prefer.

Litter – We do not tolerate littering. We run our races with consent of the farmers and landowners of Dorset. Please, please don't throw your litter on the ground. If you have something, pop it in a pocket or hang on to it and deposit at an aid station. Anyone caught littering will be disqualified. We are running in an Area of Outstanding Natural Beauty and would like to run on it again in the future.

Weather – The race is on the coast in September and, as we have seen in the past couple of years, the British weather can vary from beautifully warm to belting down with rain. So please take into consideration the previous day's weather when considering what to wear on your feet. **Trail or soft trail shoes are recommended, but you could get away with road shoes if no significant rainfall comes between now and race day.** The weather on the coastline can deteriorate and change very quickly.

- Ensure you adhere to the kit list and are adequately clothed for the forecast weather
- If the weather is extremely adverse and deemed to be dangerous on the coast path, the event will be cancelled or rerouted inland as appropriate.
- If the event is live and participants are on the course and the weather deteriorates and poses a safety risk, runners will be held at the next aid station and transported from the course back to the event HQ or to a point further along the course that is safe.

Roads – There are a few road crossings and there are some quiet sections of road in the race. The dangerous crossings will be manned, but you are responsible for your own safety; marshals cannot and will not stop traffic for you. If a marshal stops you at a road junction or crossing, it's for your benefit. Look both ways when you approach a road crossing if there isn't a marshal and cross yourself safely.

Photos – Race photos are expensive, so we have our own photographers and make photos available to you, free, via our new [online photo system](#). Our photographers will be wandering around the course taking snaps. By entering the race, you are giving your permission to have your photo taken. If there is a pic you object to, please contact us and we will remove it.

Spectators – For those who are planning their spectator points, we've published a helpful guide on where you can access the route to watch runners on our webpage: <https://runjurassic.co.uk/spectator-information/>

The National Trust protects and conserves huge stretches of coastline ensuring they look as they do today. The landscape forms an integral part of the coastline and some of the areas are available to visit while you're on the Jurassic Coast:

Saturday

Ringstead Bay – an unspoilt sweep of single beach with clear water for bathing and rock pools to explore

Hive Beach – golden sandstone cliffs and popular with families

Cogden Beach – part of Chesil bank where you can fly kites and count the stones!

Sunday

Golden Cap – highest point on Southern English coast

Langdon Hill – woodland walks and play trail

Stonebarrow Hill (just off route) – spectacular views and 25 miles of footpaths. A smugglers' trail to keep kids entertained

The Jurassic Coast Trust are also organising some family-friendly activities in the event village at Freshwater.

Medals & Goodies

All runners who finish will receive a quality uniquely minted race medal. For those of you who have opted to donate your goodies to the [Wild Woodbury project](#), thank you! We're pleased to offer this option for those looking to gift the goodies portion of your entry fee to this local environmental project. You will see a sticker on your race number so the finish-line team know you have kindly gifted your goodies.

If you haven't done so yet, you can still donate your goodies, or answer the goodies question on your entry to ensure you have what you need (dietary requirements) by editing your entry [information here](#) (as long as you have [set-up an account](#) and [imported your booking to your account](#)).

For those claiming their goodies, this year you will receive:

Ultra – Jurassic Muff, Fudge & Reusable Cup

Marathon – Jurassic Muff, Biscuits & Reusable Cup

Half Mara – Jurassic Muff & Biscotti

10K – Jurassic Muff & Biscuits

Kids – Jurassic Muff & Flapjack



Black Belts & Rosettes - If you're planning to claim a black belt or rosette this year, please email in with your races and times (info@whitestarrunning.co.uk) so you can be awarded your Black Belt or Rosette at either Run Jurassic or Mapperton. For more details see the article [here](#).

White Star Clothing shop – Will be onsite selling our own branded t-shirts, hoodies and lots of other goodies. You can also click and collect any items from our online shop, with orders being taken up **until 5pm Tuesday 20th September** for us to pack and bring with us for you. Please use the code 'Run Jurassic' at checkout so we know you want to collect at the event. www.whitestarclothing.co.uk

Please remember to look after yourself and fellow runners; this is a tough environment you're running in. Enjoy the race, but look after yourself and if you don't feel well or are injured don't push it and stop. Remember, safety first!

FAQs

Based on feedback from our other races

Q. What's a Lovestation™?

A. At our races we realise that sometimes you need a bit of boost just when you're starting flag, normally 20 miles in marathons, 7 or 8 in a half and so on. So we have the Lovestation™. When you rock up to the Lovestation™ you can have a sit down and glass of something nice, like flat cola or a cider, and chew on a cake or Scotch egg, and just get your s*** together before venturing on to finish the race. There may be a hug or two. The serious side is we can also have a look at you and assess whether you are in a fit state to carry on. We realise that most of our races are not easy and present some challenges – heat, cold, falling over, hills, exhaustion, etc, can all take a toll – and we're keen not to have any casualties. We take safety seriously and would only pull you out of the race if we felt you looked like death and for you to continue would put you at risk.

Q. White Star Races have a reputation for being the wrong distance...

A. It's a trail race, not the Olympics. We dare you – yes, dare you – to create an off-road race and get the distance spot on. Consider it 'bonus miles'.

Q. Can I wear an iPod, MP3, etc?

A. If you like, but we would prefer you didn't. We're not responsible for your safety on the roads if you decide to wear one.

Q. Is parking secure?

A. No. Lock cars and place valuables out of sight.

Q. Where is the nearest doctor, A&E, etc?

A. Dorset County Hospital, Williams Ave, Dorchester, DT1 2JY

Q. Is it hilly?

A. Yes, live with it.

Q. Do I have to enjoy myself?

A. Yes, it's the law.

www.whitestarrunning.co.uk and www.runjurassic.co.uk