



Endurancelife

South Devon
03.02.2018

www.endurancelife.com/southdevon

Participant Event Manual (All event distances, 10K to Ultra/Ultra+)

Britain boasts one of the most spectacular coastlines in the world and here at Endurancelife we are immensely proud of it. Each of our events is set in a different stunning location. Each event has its own character and throws up a unique set of challenges. What they all have in common is an incredible abundance of natural beauty, breathtaking scenery and unlimited potential to inspire.

It's all about the journey. Never give up.



Scope:

- To provide detailed information for registered participants about what to expect from the event.
- Basic summary of safety and responsibilities.
- A helpful tick list so you come prepared.

What this document doesn't cover: The online booking platform, making changes and alterations to bookings. Please refer the the event webpage for this information.

Check List

- Read this manual carefully.
- Allocate all purchased events.
(If you have purchased events for other people you need to make sure you have allocated the entries correctly to them, and they have then “accepted” the entry).
- Disclose any medical conditions in your online account.
- Add the Event Safety Mobile number to your mobile phone.
- Source your Mandatory Kit (where needed) and nutrition.
- Train (hard).
- Check the event webpage for updates.
(This is where any changes to the event, weather warnings etc. are posted as the event date approaches.)

Event Overview

Navigate to: See Event Parking below.

Start: Beesands Village.

Finish: (as above)

Event Parking

Cost: Some of the event parking locations are free, ranging up to £5.50 for a full day. We suggest every vehicles brings £5.50 in change; if we can bump some vehicles to closer spots then we will do so.

We have also specified times below for you to arrive at your parking locations.

Ultra:

Stokenham Village, TQ7 2SJ

Parking time: 0630 to 0645

Marathon:

Torcross Tank car park, TQ7 2TQ

Parking time: 0710 to 0740

Half Marathon:

Slapton Sands Memorial car park

Closest postcode: TQ7 2TQ

Directions: (from Kingsbridge) take the A379 through Torcross (TQ7 2TQ) and continue on the coast road (direction: Strete / Dartmouth).

Follow signs "Event Parking (HALF ONLY)".

Parking time: 0815 to 0900

10K:

Blackpool Sands Beach. Closest postcode: TQ6 0RG

Parking time: 0915 to 0945

Although this is the furthest parking area from the event, bus travel time is still only 12 minutes and there are no parking charges here.

Please drive with care to and from the event.

Event 'Day' Timeline

Please arrive in plenty of time

	Ultra	Marathon	Half Marathon	10K
Parking	0630 - 0645	0710 - 0740	0815 - 0900	0915 - 0945
Registration	0700 - 0730	0730 - 0830	0845 - 1000	1000 - 1045
Briefing / Starts	0745 - 0830	0845 - 0915	1015 - 1045	1100 - 1130

Presentations and medal ceremony: C.1415 hrs (Ultra distances: C.1530 hrs).

Participants who miss their official registration slots will be given an independent briefing and later start time or dropped a class. They will not be eligible for winners' prizes or medals, irrespective of their result, and real-time cut-offs will still apply.

Getting to the Event

The event is best accessed by the road network. As there are many people travelling from around the UK we advocate vehicle sharing and our [Facebook](#) page is a good medium for this.

[Google Maps](#) is a great starting point for planning a trip.

Public Transport

International airport: Exeter Airport

Regional airport: Exeter Airport

Mainline train station: Totnes

Mainline coach station: Totnes

Event Basics

Registration

Upon registering you will be provided with:

- A personalised paper number and safety pins.
- An electronic timing chip.

You must register in person. If you are under 18 years of age you will need a parent or guardian with you.

Can I make a change to my booking? Subject to capacity, anyone wishing to downgrade their chosen distance category may do so during registration on event day. This is the **only** change we will make on the day of the event. For more information on your options prior to the event day, please look to the FAQs section of the event webpage.

Briefings

Briefings are mandatory for all participants. In the briefing we will detail; rules, instructions on how to navigate the course, hazards and any last minute route changes (amongst many other details).

NB: The events are often located in remote and exposed locations. Do not underestimate how cold and wet it can get. Bring warm and waterproof clothes with you. Such items can be put into your personal kit bag in the short interlude between briefing and start.

Starts

We do not publicise actual start times, but start windows. The events will start shortly after conclusion of the briefings and any time provided is as a guide only.

In most instances, a single mass start will be used per distance category.

In some instances, when the initial trails narrow quickly, it is necessary to prevent bottlenecks. In such instances an “Elite mass start” and then a slower “Chipped” start will be used. The Elite start is designed for faster participants; only those starting in this block will be eligible for winners’ prizes.

The slower “Chipped” start means times are started as each participant crosses the start line (rather than when the gun goes). This produces a more accurate finish time for each individual and should be used by those not worried about winners’ prizes.

Those partaking with dogs will start approximately 1 minute after the main start.

Entry Age

(Age on event day)

- 10K: 16 or over / 14 or 15 if accompanied by an adult (18+) for the duration of the event.
- Half Marathon: 16 or over.
- Marathon or greater distance: 18 or over.

Categories & Prizes

Open winners' medals and prizes are presented on the day. Age category winners are recognised the week following the event.

- All class distances / both sexes: Overall: 1, 2, 3
- Age categories: U20, Open, V45, V50, V55, V60
- Loads of great spot prizes.

All prizes are subject to the number of participants in each category.

Site Facilities

- Bag Drop. Please make sure that the bag is under 30 litres in size, robust and waterproof, has your name clearly marked on it and contains no valuables. We recommend you keep your car keys in a sealed bag on your person.

Ultra Specific Bag Drop - N/A

- Changing Tent
- Cafe
- Massage

There are lots of great local cafes, restaurants and accommodation providers nearby, please do support them.

[Tripadvisor](#), [The Pigs Nose](#) (East Prawle), [The Cricket Inn](#) (Beesands), [Britannia at the Beach](#) (Beesands)

Routes

Route maps (and distances) are linked from the 'Route' tab of the:

[Event Website](#)

Navigation

The routes are all fully waymarked and no other navigation aids are needed. Many people, as a backup, upload the .GPX files from the event webpage and have these running on their chosen handheld navigation aid. It is important on the longer distances classes that you study the route online in good detail so you familiarise yourself with where you are going. Sadly from time to time members of the public tamper with signs and this can have catastrophic ramifications - thus please be proactive in minimising the risks of getting lost by arriving prepared.

Water Stations and Checkpoints

Water Stations will be positioned strategically along the course approximately every 6 miles (every 2 to 3 miles for the 10K).

Water Stations may also double up as Checkpoints where electronic timing will take place. Participants will be required to "Chip" their electronic timing tag at all Checkpoints and at the Finish.

Nutrition

Participants are responsible for managing their nutritional requirements.

Participants must carry enough water with them at all times to cover a minimum of 12 miles on foot. We only provide water cups at the Water Stations for the 10K distance class; all other distances are required to top up their own water containers.

Water Stations provide a comprehensive food offering; water, various carbohydrate options (jelly babies, biscuits etc.) as well as options for salt replenishment (e.g. crisps). Please be absolutely clear however, that you must carry your own food (and electrolyte) products; items that you enjoy and know your body can easily metabolise. Event food should be treated as a complement to the items you carry.

Cut Offs

Endurancelife’s responsibility is to ensure the safety of all participants, working staff and the general public. One of the many ways in which we do this is to instruct cut-offs.

CTS South Devon

	H2O (20.3)	eo Mara		Ultra	Mara
Distance	19.3	27.6	Start Time	n/a	08:30:00
Cut off	14:15:00	15:15:00			09:00:00
			(Time to)		
			CP3	n/a	05:45:00
			Speed	n/a	3.53
			Pace	n/a	00:17:00
			(Time to)		
			eo Mara	n/a	06:45:00
			Speed	n/a	4.22
			Pace	n/a	00:14:13

Distances in miles

It is rare that participants miss cut-offs but it is worth being aware of them. Endurancelife events are not walking events.

The times specified are the times you must have departed the position by.

Cut offs are along the route; there are no ‘Finish Line’ cut offs.

Cut-off times are not linear in their timings so please read them carefully. This is so, even if you aren’t going to finish the event, we can get you through as much of it as possible.

Whichever distance event you start you will be included in these results. You can not be part of the Marathon results, for example, if you start in the Ultra start but finish at Marathon distance.

Welfare and Safety

Mandatory Kit

You do not need to bring this to registration, but your kit will be checked at some point during the event; typically at an undisclosed location or when you cross the finish line.

Carrying the prescribed kit is paramount to the safety of all participants and incomplete kit will result in disqualification or time penalties. Please come prepared else you will be disappointed at the end of a tough event. We sell:

[Event Safety Packs](#)

These can be ordered online > 14 days in advance of the event by clicking the link.

Item	10K	Half	Mara	Ultra	Ultra+
Mobile Phone*		X	X	X	X
Hydration system (500ml)		X	X	X	X
Windproof Jacket		X	X	X	X
Snacks		X	X	X	X
Base Layer			X	X	X
Headwear (cap/Buff/hat)			X	X	X
£20 Cash (not cards)			X	X	X
Whistle			X	X	X
Basic 1st Aid Kit **			X	X	X
Foil Blanket			X	X	X
Headtorch				X ***	X

* With the [event safety mobile phone](#) number stored

** Min: 1 x Sterile dressing, 1 x Antiseptic wipe and 2 x Plasters

*** Only applicable for the following event locations: Gower, Dorset, Anglesey, (South Devon for participants with anticipated finish times of over 8hrs. Please carry if you are unsure.)

Recommended Kit

In addition to the mandatory kit, the following items are recommended:

- Trail shoes (highly recommended). We have stopped this being a mandatory kit item as, with the growing market of cross over shoes (Ultra specific shoes etc), it has become impossible for us to reasonably vet. Not only will you have a safer event, but you will have a more enjoyable experience if you have appropriate footwear - hence we encourage all participants to wear trail shoes.
- Waterproof jacket and trousers
- Lubricant
- Gloves
- Sunglasses
- Sun cream

Paths may be thick with foliage so, although all are passable, you may wish to bear this in mind when considering clothing choices.

Event Safety Mobile

07852 977461

The event mobile is for contact with us throughout the event day. It is for emergencies only and will be manned by the Event Safety Officer. In the event of a serious medical incident you must dial 999 in the first instance and then make contact with us via this number. Please make sure this is stored on your mobile phone prior to arriving on site.

Running Numbers

Must be displayed on the front at all times. Please unzip or temporarily remove any outer layer (i.e. jacket) as you approach the Checkpoints.

Medical Conditions

Within the terms of taking part you have agreed to disclose any medical conditions to us at least four weeks ahead of the event using your online Endurancelife account. If you have failed to do this it is your responsibility to do so (in writing) on the event day during the registration period.

Ending Your Participation Early

If at any point you wish to retire from the event you must do so at a designated Checkpoint. If

you are unable to do this you must have your withdrawal verified by a member of staff and *you must return your electronic timing chip to an event official immediately.* The only reason for not conforming to this is if you are evacuated to hospital. You must also *personally* send an SMS to the [event safety mobile phone](#) detailing when and where you have retired.

Failure to comply with the above is a breach of your agreement with Endurancelife and you will be liable for any costs associated with us or 3rd parties making contact with you or conducting any search and rescue operations.

Due to the wide distances this event is spread over it is not always possible to transport non-critically injured retired participants to the finish in a timely fashion. Although an unlikely scenario, if you retire early then you may be required to take shelter in a marshal vehicle for several hours or take a taxi at your own expense to the finish.

Your Responsibilities

It is prerequisite that all participants will have informed one other non participating individual of their participation. They will have informed them of the event, the event organiser's details, and will have pre-planned a post event phone call at a set time to let them know that they are safe and well.

As a participant you understand that there are many risks associated with the event and that you have a duty of care to yourself and to those around you. By participating you understand that you should stay within the limits of your ability and you can stop at any time. You need to be aware of your surroundings at all times. You will be participating on tracks and roads open to the general public, over which you do not have priority. You should have adequate personal liability cover for taking part in the event.

By registering for the event you have read and agreed to our [Event Indemnity Waiver](#). If you have any questions regarding the content of this please contact us.

After the event you should not drive until you are well rested and you should stay locally overnight.

Headphones

Headphones are permitted on certain sections of the route. Full details of this will be explained in the Safety Briefing.

Dogs

Attending the event and running with well behaved dogs is permitted, but they must be on leads at all times. Those running with dogs are not eligible for prizes. Please respect other event goers if you have a noisy dog.

No additional notes

The Final Word

All our events are tough but managing them can be extremely challenging too, not least because of the the remote locations and often adverse weather conditions we face as organisers. Medical crew and marshals are there for your safety.

- Any participant may be removed from the event at any time.
- We reserve the right to alter the format of the event at any time.
- The marshal's decision is final and must be respected.

Spectators

Spectators are greatly encouraged and can be a big boost to all those taking part. Although there are numerous places from which to spectate, we have listed here some recommended viewing spots for this event (postcodes approximate). They are deliberately chosen to be accessible and with convenient parking. Please pay particular attention to any points where we ask spectators NOT to stop - this is due to inadequate access / parking / safety of participants. Thank you.

Location	Postcode	Course
Start	(see above)	All
Start Point	TQ7 2ET	U,M,H,10K,U
Gara Rock	TQ8 8FA	U,M
East Prawle	TQ7 2BY	U,M,H
Torcross	TQ7 2TQ	U,M
Finish	(see above)	All

External Support

External nutrition support is permitted at this event, though pacing is not.

- END -

Further Assistance

If you still have questions, having read this manual and the event webpages, then please feel free to drop us an email.



All event enquiries:

support@endurancelife.com

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