



# **The ONER Ultra Trail Run**

8th - 9th April 2017



## **Participant Information Pack**



## 1. HQ Location

The registration point and HQ for the ONER 2017 will be based on Portland (address below). The HQ will also act as an emergency shelter, two check points and a base for the event medical team.

**NEW EVENT HQ.** St George's Centre (Peter Trim Hall) Reforne, Portland, Dorset DT5 2AN

**THE HALL IS ALSO CP 4 AND CP 6**

Dear Runner,

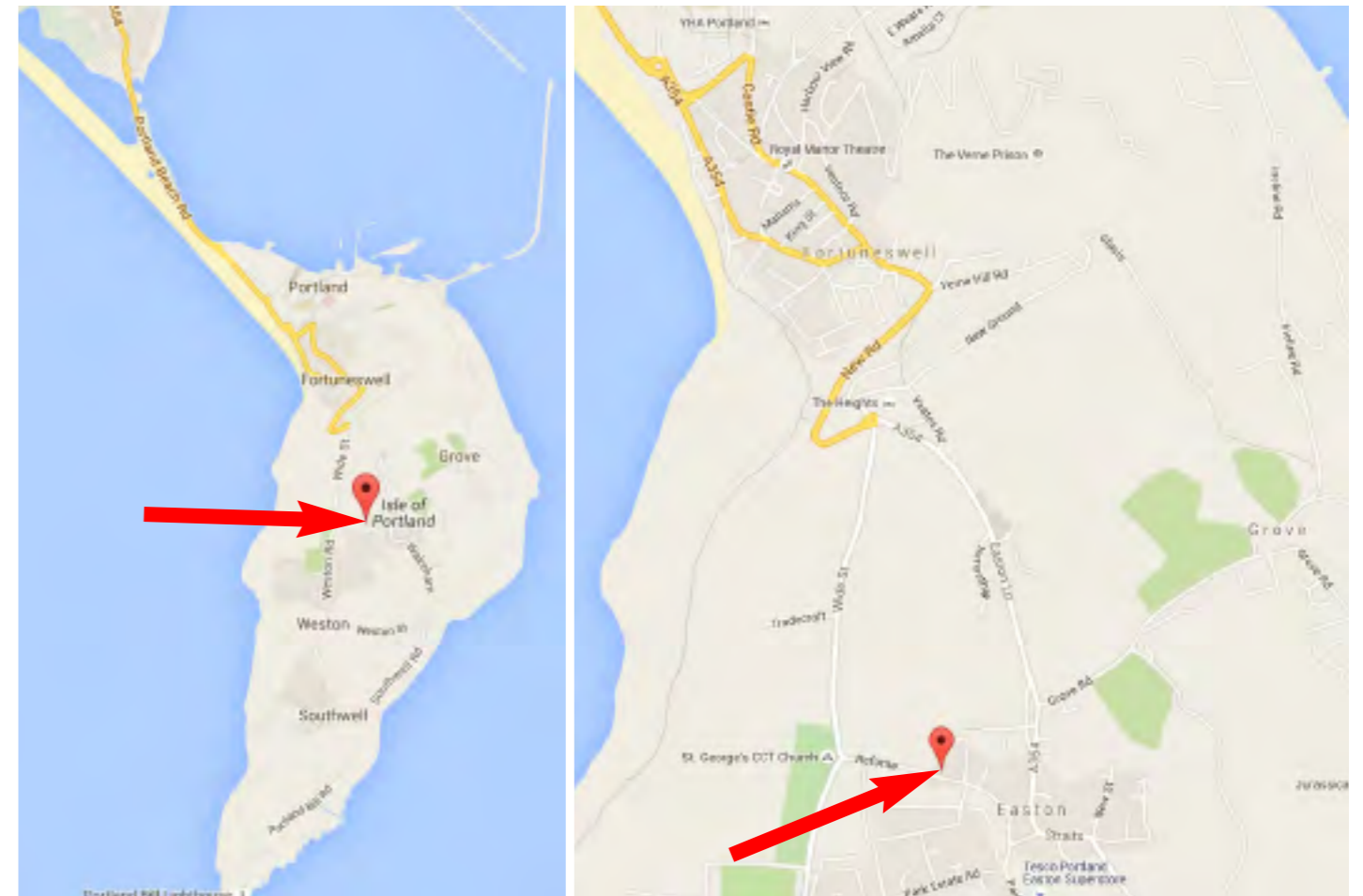
As you are probably very aware, the ONER Ultra Trail Run is only a few weeks away! I hope your training has gone well and you are looking forward to the event.

The main purpose of this Information Pack is to explain the timings, logistical arrangements and safety points that have all been put in place to ensure smooth and safe running of this event. Your safety is our absolute priority and even if you have taken part in the ONER in previous years it is essential that you read and fully understand this briefing document and that you attend the compulsory registration, kit check and briefing.

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 [claire@brutalevents.co.uk](mailto:claire@brutalevents.co.uk)

See you soon!

**Claire Smith**  
Brutal Events

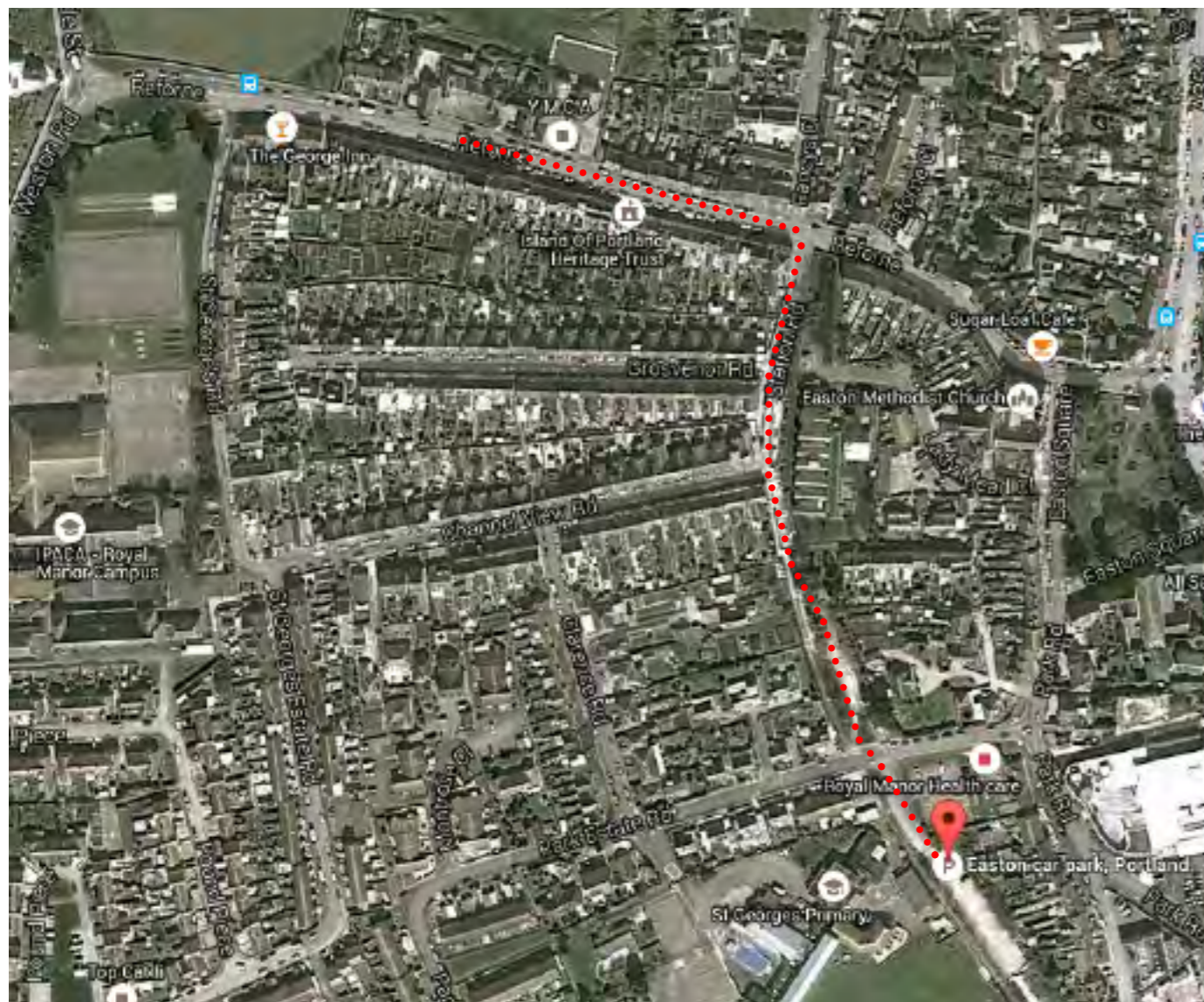


## Car Parking

You can park your vehicles on the roads surrounding HQ, but if you would rather use a car park, the two below are closest to HQ.

### Easton car park, Park Estate Rd, Portland DT5 2BJ

This car park is free and has space for aprox 40 cars. It is about quarter of a mile from HQ and you can walk there via the roads and footpath shown below...



### New Ground car park, New Ground, Portland DT5 1LQ

This car park is also free and has space for aprox 100 cars. It is about a mile from HQ and you can walk there via the roads shown below...



## 2. Registration & General Timings

### General timings: Saturday 8th April - Sunday 9th April 2017

**Sat 08:00** Registration and kit check opens (no earlier than)

**Sat 10:00** Registration and kit check shuts

**Sat 10:00** Compulsory event briefing at event HQ

**Sat 10:30** Transport to Charmouth area start point

**Sat 12:00** The ONER starts

**Sat Sunset 19:56**

**Sun Sunrise 06:23**

**Sun 12:00** Race cut off Sunday

### Registration process:

The ONER registration will be in the Peter Trim Hall (St George's Centre) Reforne, Portland, Dorset DT5 2AN.

When you arrive at the event HQ, please go to the registration desk and report your name to the registration team, who will issue you with the following:

**a. ONER challenge number.** This number is to be worn on the **back of your rucksack, visible at all times.** Safety pins are supplied. Your challenge number confirms you are part of the ONER challenge. If you do not have your number you are not part of the challenge and will not be entitled to any of the event support systems.

**b. Timing chip.** This is a dibber style chip. It will be attached to your wrist by an 'unbreakable strap'. You will be required to test the 'dibber' at registration. Do not take the chip off yourself. Finish staff will remove the chip by cutting it off at the finish or if you retire on route. The timing chip is an essential part of our safety protocol and must not be removed or lost during the challenge.

**c. Tracker.** Please take note of the below.

- The tracker needs to be taped to a strap on your rucksack (there will be tape in HQ for this) or placed in tight top pocket of sac (not OMM sacs which have a large top pocket). **It needs to remain as stationary as possible.**
- If you need to use the SOS button, call race HQ to explain why you have pushed the button.
- Cost of tracker if lost is £150
- Tracker will be double bagged – **DO NOT** take out of these bags unless using the SOS button.

**d. Glow stick and x 2 tie wraps.** Use the tie wraps to affix the glow stick to the back of your rucksack so that it will be visible. (Glow sticks must be activated at last light). You must also wear your high visibility kit e.g. clothing or back pack with high visibility strips at all times throughout the challenge.

**e. Routemaps,** 'Actions on' and check point locations, distances, open and close times. Please provide a waterproof mapcase for these items.

**f. x2 Luggage tags.** These are for your special needs bag and dry kit bag.

**g. ONER t-shirt.** This t-shirt is proof to the outside world you started the ONER. Not proof you finished it...

### You must hand into the registration staff the following items:

1. Your signed ONER challenge disclaimer. This is to ensure that you understand the arduous nature of this event. You will find this on page 17.

2. Your special needs bag. See page 5 for more information on this.

Once you have registered, please make your way along to the kit check table. You will be asked to show all items from the kit list. (See page 10 for more information) Failure to show a piece of kit from the list will mean you will not take part in the ONER challenge as this is for your safety. Make sure you bring all the kit on the kit list. Your ONER challenge number will be marked to prove your kit has been checked.

You will be asked to prove that your mobile phone is fully charged and water proofed.

The event director's number, **Claire Smith 07968 976 116**, should be saved in your phone for easy access.

Complementary tea, coffee and cake will be served at registration.

You must be registered and kit checked before the briefing starts at 10:00.

## 3. Compulsory Briefing

The compulsory ONER briefing will take place at 10:00 in the event HQ/registration area. This briefing will cover any route changes, weather updates and safety points. On completion of the briefing you will be given 5 minutes for any last admin before the buses leave for the start.

## 4. Transport Details

On completion of the briefing you will board minibuses and be transported to the start at the Charmouth area. This move will happen no later than 10:35. You will miss the bus if you are late! You may leave any warm kit worn for the transportation in a bag on the minibus. This will be taken to the finish for you so you have warm clothing ready and waiting. Please ensure any bag you leave on the bus has your name and mobile number clearly written on it.

**If you retire from the event at a check point, Brutal Events transportation will return you to the event HQ on Portland.**

On completion of the event, the minibuses will return all participants to the event HQ. If you have your own supporters who are willing to transport you, **you must ensure you are officially signed off the event with your timing chip and tracker returned. DO NOT LEAVE THE EVENT AT ANY POINT without informing us.**

If you are arriving by train then a Brutal Events minibus can be booked to pick you up from Weymouth train station. Please email [claire@brutalevents.co.uk](mailto:claire@brutalevents.co.uk) and state what time you are arriving at the train station and that you would require a pick up. **You must arrive before 09:30** to ensure you can register and be present for the mandatory event briefing. You will also be returned to the train station some time on Sunday by Brutal Events transportation.

## 5. Special Needs Bag

Check point 4 and 6 at HQ / Portland will have your special needs bags available should you wish to re-supply yourself with any particular items of food or drink at this point. (you can also put in spare socks, trainers and an extra layer) Please leave your special needs bag at registration. Bags will remain at the HQ for collection after the run. **YOUR BIB NUMBER, NAME AND MOBILE NUMBER MUST BE CLEARLY DISPLAYED ON THIS BAG USING THE LUGGAGE LABEL YOU WERE GIVEN AT REGISTRATION.**

## 6. Notes on the Route and Checkpoint System

The ONER is a self navigation ultra running event. You are responsible for navigating yourself using maps and a compass to each check point in numerical order.

- Always have the correct map for the present section of course easily accessible. **DO NOT store maps at the bottom of your rucksack.**
- Always know where you are on the map. As you run along it is a good idea to keep your map in your hand with your thumb on your present location.
- Use your compass to orientate your map to North. Then relate features shown on the map to the ground in front of you.
- Don't make your map fit the ground. The ground should fit the map with ease. It is often the case you try to convince yourself you are where you hope you are on the map...
- Always trust your compass

**Note:** You must make every effort possible to stay on the route as per your maps. It is not in the spirit of the event to take any other route or short cuts. (also, remember we are watching you via the tracking system!) The simple rule is if it looks like you have to run up a big hill then you probably do!

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 ONER. This is to ensure that we have the minimum possible impact on what is a beautiful and natural environment along the way.

### **Diversions**

We are well aware there are several small diversions in place on the route. The major Kimmeridge diversion has now been restored to the original route. See the website below for more information <https://www.southwestcoastpath.org.uk/walk-coast-path/trip-planning/route-changes/>

Your route maps are up to date at the time of writing (Mar 16th 2017)

Should a new diversion appear between now and event day, you will be told about it at the briefing. If a diversion is put in place during the event, you must follow it.

Be aware that you are still responsible for your own navigation should a diversion be put in place.

## **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. This represents a 'significant risk' and specific and extra care must be taken on these sections especially in high winds and bad weather conditions. If weather and / or visibility deteriorates resulting in an increase in this risk, participants should navigate inland to the nearest obvious road and progress along this until they reach the next check point.

Keep a sensible distance from the edge at all times and proceed with the utmost caution if the ground is loose and slippery. **During the night section of the run if you are unsure of the location of the cliff edge - stop immediately. Gather your bearings and only when you are 100% sure should you continue.**

## **Check Point System**

The Checkpoint (CP's) system is essential to your safe passage through this challenge event. You must pass through every checkpoint on the course. Failure to check in to a CP, after a certain time, will activate our search procedure unless you phone in to register and tell us you will be late. Late arrival to any checkpoint will result in you being disqualified from the event and no official finishing time will be recorded.

All Checkpoint locations are shown on your issued route maps and listed on your daily timing schedule. They are spaced approximately 10 km apart. **On arriving at the checkpoint it is very important that you firstly 'dib' into the timing station and then 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 and activated your timing chip in the dibber station located at the CP. Simply passing through and expecting them to record your presence is not acceptable**

## **Event Timing System**

- Sport Ident timing chips operate on a simple 'dib' system.
- The timing chip will be attached to your wrist by the timing staff at registration.
- As you arrive at the check point, please dib into the timing boxes as shown and then report your name and number to the CP staff.

## Check Point Timings

On your issued maps you will find the location of the checkpoints and a further sheet stating the close times. The checkpoint close time is a safety cut off. This timing is calculated on you maintaining an approximate minimal average pace of 5.3kmph. If you move any slower than this on average you will not make the next checkpoint or complete the challenge. 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 a search will be initiated for you.

CP	Location	Grid OS Explorer	Distance to next CP (aprox)	Total distance	CP close times	Time of first / last light	Sunrise / sunset
SP	Start point. Stonebarrow Car Park	SY 382 933	9.7km	0km	N/A	05:43 / 20:20	06:15 / 19:47
CP 1	West Bay Car Park	SY 460 904	12.9km	12.9km	13:45		
CP 2	Abbotsbury Car Park	SY 559 845	8.1km	22.6km	15:40		
CP 3	Langton Herring Road / Track junc	SY 606 814	11.4km	30.4km	17:45		
AID	Ferry Bridge	SY 667 762	5.8k	42.2km	N/A		
CP 4	St George's Centre (HQ)	SY 689 719	4.8k	47.8km	20:30		
CP 5	Pulpit Rock Car Park	SY 676 684	7.1k	57.2km	21:33		
CP 6	St George's Centre (HQ)	SY 689 719	18k	60.2km	23:15		
CP 7	Osmington Mills Car Park at Pub	SY 735 817	9.7km	77km	02:09		
CP 8	Lulworth Cove	SY 820 801	11.3km	86.7km	03:55		
CP 9	Kimmeridge Bay	SY 909 791	9.6km	98.2km	06:00		
CP 10	St Aldhelms Head	SY 960 755	11.1km	107.9km	07:50		
CP 11	St Peverill Point	SZ 040 786	12.6km	119.1km	09:45		
FP	Studland	SZ 038 851	Total 131.9km	131.9km	12:00		

**Please note:** If the start time is later than 12:00 then this time will be added to CP close times.

### Extra Aid Station

Due to the change in HQ location, we will be adding an extra aid station at the Ferry Bridge location. This is not a check point and you will not be asked to dib your timing chip etc. It is just to refuel you before you head off to Portland / CP 4. This aid station will NOT be there after you leave Portland.

### Checkpoint food/water

The first two check points will offer cold food and drinks. Drinks on offer are water, squash, Coke and Sports Science GlycoSoure, Electrolyte drink. Every subsequent checkpoint will also offer hot drinks, soup, sandwiches, cereal bars, cake, fruit, salted snacks, water, squash, Coke and Sports Science GlycoSoure, and Electrolyte drink. Checkpoint 4 and 6 at HQ will offer all of the previous plus a hot meal. This will most likely be a Pasta based dish.

### Finish

For those runners who complete the challenge within 24 hours a medal and hot soup awaits! Once you have finished, a minibus will return you to the event HQ. **Please see page 15 for information about the finish area.**

## 7. Athlete Withdrawal from the ONER

### a. Non-voluntary withdrawal.

If you are late for any check point you will be withdrawn from the ONER by the check point staff. **No exceptions.** Please understand this is done for your own safety and for that of others in the event. If you cannot maintain the minimum speed (either through getting lost or fatigue) you will not be able to complete the 24 hour challenge. The event check point system cannot function safely if you are outside of the stated check point closing times. Your number will be removed and you will be retired to the mini bus and transported to event HQ.

In the past over 50% of the runners have been withdrawn from the event. Please do not argue with check point staff or the event director if you are late and asked to withdraw. There is no negotiating on this point.

### b. Voluntary withdrawal.

If at any point in the challenge you feel you do not wish to continue please make your way to the nearest check point and inform the staff that you want to retire from the challenge. Your number will be collected and you will be retired to the mini bus as above. **IMPORTANT. Do not leave the challenge without informing check point staff.** You will be reported as lost if not accounted for. A search will then take place for you.

**IMPORTANT. DO NOT attempt to drive until you have had adequate rest. A sleeping area will be provided at event HQ (whilst the race is still in progress) for you to sleep in. Please use your sleeping kit as per the below kit list.**

### Numbers to put into your mobile

Event Director: Claire Smith - 07968 976 116

Event Medic: Andy Salmon - 07747074870

## 8. Kit List

Whilst taking part on the challenge it is compulsory for you to carry the following equipment. If you don't have this kit you will not be allowed to participate in the event. Brutal 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.

### Compulsory kit:

1. Issued maps in an A4 waterproof map case (bag) 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!)
2. Useful numbers, check point timings, and lost procedure.
3. Whistle
4. Compass (make sure your compass is attached to you or your kit).  
**Note. A compass on your phone is NOT acceptable.**
5. Waterproof top
6. Long trousers or tights
7. Gloves (water proofed in plastic freezer bag)
8. Hat (water proofed in plastic freezer bag)
9. Chocolate bar or similar
10. Headtorch with spare batteries
11. More than 400ml of water or other drink
12. A light weight piece of warm clothing (water proofed)
13. A fully charged working mobile phone (water proofed)
14. An item of high visibility clothing – this can include high visibility strips on your back pack
15. A waterproofed note pad and pencil with the following information clearly printed on it: Your ICE (In Case of an Emergency) contact and contact number, your name and your mobile number and medical information that medics or rescue staff should be aware of.
16. Issued glow sticks and cable ties
17. Waterproof map case
18. Basic blister kit

**NOTE:** Off road running shoes are recommended for this event.

### Compulsory kit bag to be left at event registration / HQ

Sleeping bag  
Ground insulation mat  
Dry warm clothing

This bag must be clearly marked with the luggage label that you were issued at registration, stating your name plus your mobile number.

The luggage wagon will travel to the start so if required you can load any last bits of discarded warm clothing in to your bag before the start.

## 9. Actions on a Casualty, Lost, Early Retirement and Late Runner

### Actions on Casualty

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 - **Claire Smith on 07968 976 116** (have the number pre-entered into your phone) or call the emergency services directly 999 or 112. 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 this is possible. It 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 Claire Smith or the emergency services and give them 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 known position on your map.
2. If you cannot find your last known 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 **Claire Smith on 07968 976 116** and inform her of your name, race number, approximate location and the last check point you passed through. Event staff 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. We will then know you are safe and not lost or injured.

### **Actions on deteriorating and adverse weather conditions.**

1. Deteriorating weather conditions may mean that one of the following applies: You are finding it hard to see the coast path due to poor visibility. The combined effect of the weather means you are in danger of rapidly becoming hypothermic. You are in danger of being blown over. You feel unsafe.
2. If you are in close proximity to the cliff edge, head inland immediately until you reach a road. Use your spare kit in rucksack to keep warm and hydrated
3. Identify the road on your map and make your way to the closest check point. Remember that if you are going to be late for the check point you must let the event director know. Use your mobile phone.
4. Report in at the check point (do not leave the event until you have reported to the event staff) and handed in your timing chip and bib number.
5. Transport will wait at the check point and act as shelter until you are taken back to the HQ
6. Staff will be accounting for all runners using bib numbers and timing chips.
7. It is likely that the event will have been postponed due to the weather. Once all runners are accounted for, a briefing will be held at HQ

### **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 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 Brutal Events 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 checkpoint.
2. HQ will check position of runner with tracker information and call runner on mobile number.
3. If no response, staff from last previous known 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.
4. If no runner found, then coastguard is called and informed of details.
5. It is anticipated that this process will take no longer than 1 hour after the lost runner is late for the check point.

## **10. 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. If in the view of the event director the weather is deteriorating to the point whereby it poses a safety risk whilst challengers are on the course, challengers will be held at the next checkpoint and transported from the course back to the event HQ or to a point further along the course that is clear (in the case of fog).

## **11. 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 Saturday 8th / Sunday 9th April 2017.

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.



## 12. Post Run Food & Facilities

You will be given hot soup (and other food) at the finish.

Unfortunately there is no area to sleep after the event at HQ, but there are rooms at the Heights Hotel close to the HQ area. ([www.heightshotel.com](http://www.heightshotel.com)) **Please ensure you have had adequate sleep before driving home.**

## 13. National Trust

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 Jurassic Coast Challenge and Brutal Events is working together with the National Trust to broaden participant's knowledge of the vital work the National Trust does to protect and conserve this unique environment. For more information please visit the National Trust Website which has information on the Trusts vital work and all the amazing National Trust properties you can visit.



## 14. Spectators, Friends & Family

The ONER is an exhilarating and inspiring ultra distance endurance event, which many of you will wish to share with supporters, friends and family. Whilst we welcome support, friends and family around the event we ask participants to highlight the following information:

1. The Brutal Events transport is for participants only.
2. If supporters are making their way to start and check points, please do not disrupt Brutal Events vehicle convoys, and please do not arrive on mass at Check points or Car Parks.
3. If supporters park in any of the National Trust or other Car Parks you will be responsible for any charges incurred and must follow all regulations. Brutal Events will not be held responsible for your actions.
4. Please ask all supporters to respect the Countryside Code at all times in order that we can have a minimal impact on the environment.
5. Please note that Checkpoint 3 is off limits to supportors due to lack of available parking space.

## 15. General Notes

### Useful numbers to put into your mobile

Event Director: Claire Smith - 07968 976 116  
Event Medic: Andy Salmon - 07747074870

### **Event results**

Full results will be published on the [brutalevents.co.uk](http://brutalevents.co.uk) website after the event.

### **Noise, Nuisance & Litter**

Please be aware of the environment. We are privileged to be able to hold this event along this coastline of outstanding natural beauty so please respect this at all times and likewise when running through built up areas.

### **Litter**

Brutal Events are committed to returning the routes and surrounding areas to the state they were in prior to the event. Please respect the environment, follow the Countryside Code at all times and pick up any litter. Participants who drop litter will have their numbers recorded and will be issued with a time penalty or even disqualification. If you see any event litter on the course please pick it up even if it isn't yours!

### **Finish Area Instruction**

All Challengers should be aware of the following safety guidelines and processing information for the finish area of the ONER at the National Trust Shell Bay Car Park

1. Challengers should be aware that the finish area is located in the National Trust Managed Car Park, which is both a public venue and part of a designated SSI area. Please be aware of and respect other users, moving vehicles and the environment.
2. You should move directly and safely to the designated finish area that will be marked clearly by Brutal events finish banners and a Brutal events tent. Here your finish will be recorded and you will receive refreshments and any required medical support. You will also be able to collect your 'warm clothing' bags and wait on a static vehicle for finish transport to take you back to the event HQ.
3. For your safety please remain in the immediate proximity of the finish area until your transport arrives. Brutal events staff will allocate you to the first available mini bus and when full it will depart for the HQ.
4. If you are arranging your own transport from the finish please inform the Brutal events finish staff and please read and follow the instructions below for spectators and supporters.

### **Supporters Instruction Reference Finish Area**

1. The Finish Area at the Shell Bay Car Park is managed by the National Trust, all supporters and their vehicles will be expected to adhere to the rules and regulations of parking.
2. Please do not arrive at the Car Park on mass as parking availability will be restricted.
3. If you are collecting a participant from the finish area you will need to adhere to the parking regulations and you should be aware of other moving vehicles at all times.

### **Event Photos**



[www.charleswhittonphotography.com](http://www.charleswhittonphotography.com)



## THE ONER

April 8th - 9th 2017

**To be signed, detached and handed in at registration**

I ..... (your name)

Am entering the ONER challenge along the Jurassic Coastal Path, Dorset entirely at my own risk and will not hold the organisers of the event responsible or liable for any injury or loss of any kind to myself or others sustained during the course of the ONER event.

I understand that the route in places comes close to the cliff edge and that I will be running along this route at night. I will wear a head torch during all dark hours and am confident in my ability to navigate at night.

I have read, understood and accept the conditions outlined in the ONER 2017 Runner Information document.

I understand the arduous nature of the event and believe that I have prepared sufficiently for the challenge and I am carrying all of the items stated on the essential kit list. I am physically fit and am not carrying any illness or injury into the start of this event.

If at any time I feel it would be unsafe for me to continue I will retire from the event. I will adhere to the check point rules regarding checking in and closing times. I will accept compulsory withdrawal from the event if I am in breach of any of the rules.

I appreciate that the ONER event is subject to the prevailing weather conditions and accept any decision made by the event organisers to amend the event due to safety concerns.

Signed..... Date.....

Print name.....

### Challenge Coast Path Safety Code

- Take great care when using the Coast Path - It is rugged, natural terrain with inherent risks of slips and falls, with high risk points close to cliff tops, quarries and gullies.
- Keep to the Path, away from cliff edges and overhangs and modify your approach and caution when progressing through Cliff top areas.
- Walking / running surfaces can vary considerably with the weather. Always wear appropriate walking / running footwear with a good off road grip.
- Keep children and dogs under close control / supervision, especially near cliff edges and roads. Be aware of livestock in these areas.
- Cliff top walking / running in high winds or poor visibility can be dangerous. Be aware of where you are on the route and if conditions deteriorate significantly walkers / runners should navigate to the nearest inland road and follow the road network to the next checkpoint by walking along the road facing oncoming traffic with head torch and high visibility on.
- You must carry at all times during the Challenge all items listed in the compulsory kit list. Wear or carry warm and waterproof clothing suitable for the anticipated conditions.
- The Coast Path is managed for walkers; be aware and cautious when approaching other users, modify your speed and give way so not to put others in danger.
- In emergency phone 999 or 112 for Coastguard etc
- Note that mobile phone coverage is unreliable on the coast. Please carry any personal medical information and your ICE number with you at all times.