

The Dorset 100 - Information for Entrants and Supporters

1 Welcome

We look forward to welcoming you to the LDWA Dorset 100 event at the end of May. This leaflet aims to help you and any supporters make the most of the weekend by providing some hints, guidance and additional information.

2 Before you leave for the event

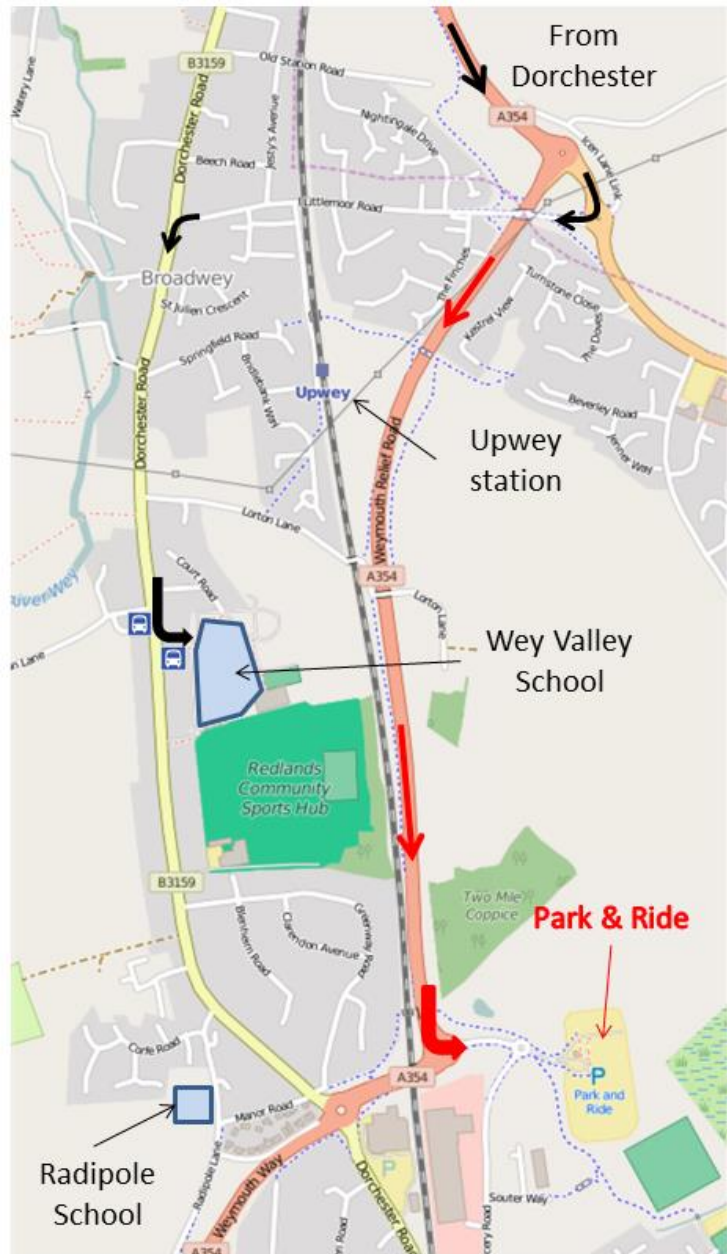
Make sure you have everything you will need. Especially, make sure you have all the items in the kit check list. There's a full list in Section 8 of the Event Rules. In summary, that's the route description, maps, full waterproofs, long-sleeved base layer or fleece, long trousers, compass, whistle, torch, survival bag, first aid kit, mug, emergency food and drink, suitable footwear, reflective clothing or markers, and mobile phone or spare money. Failure to carry the required kit with you means that you run the real risk of being disqualified.

Make sure that any electronic devices are fully charged and have enough battery to last the duration of the event. If you want parking, bring £2 in exact money.

3 Getting there (see plan)

By car: The school is on the Dorchester Road north of Weymouth. The easiest way to get there from outside the area is to go to Dorchester and take the turn towards Weymouth. At the first (Jurassic) roundabout, go straight on following signs to Wareham. In 150 yards at the next (Bincombe Bumps) roundabout turn right following signs to Upwey station. Go along the road for half a mile and turn left at the mini-roundabout onto the Dorchester Road. The school is half a mile down the road on your left. For satnav, the post code is DT3 5AN.

There is not enough parking at the school for everyone who has asked for a parking space, so we will also be using the Weymouth Park and Ride (in red on map) for the event. We are prioritising parking at the Wey Valley School for vehicles carrying more than one participant. This reduces the number of people we have to transport from the Park and Ride and encourages car-sharing. We will be charging every vehicle £2 for parking. Please have the correct amount ready.



- If you arrive before 9:45 am and you are driving a vehicle containing more than one participant (participants not just occupants), you can park at the School. Go straight there.
- If it's just you in the car, go straight to the Park and Ride. It will be open from 7:30 am.
- If you arrive after 9:45 am for either the noon or 2.00pm start, go straight to the Park and Ride
- You can drop off a participant at the School, but you must then park somewhere else. We have some spaces at the Radipole School which is about 15 minutes walk away.

The Park and Ride (post code DT3 5HJ) is clearly marked on all approaches to Weymouth. Follow the main road into Weymouth and turn left at the Veasta Roundabout (see red arrows on map). There will be transport to take you to the school and back again when you finish the event.

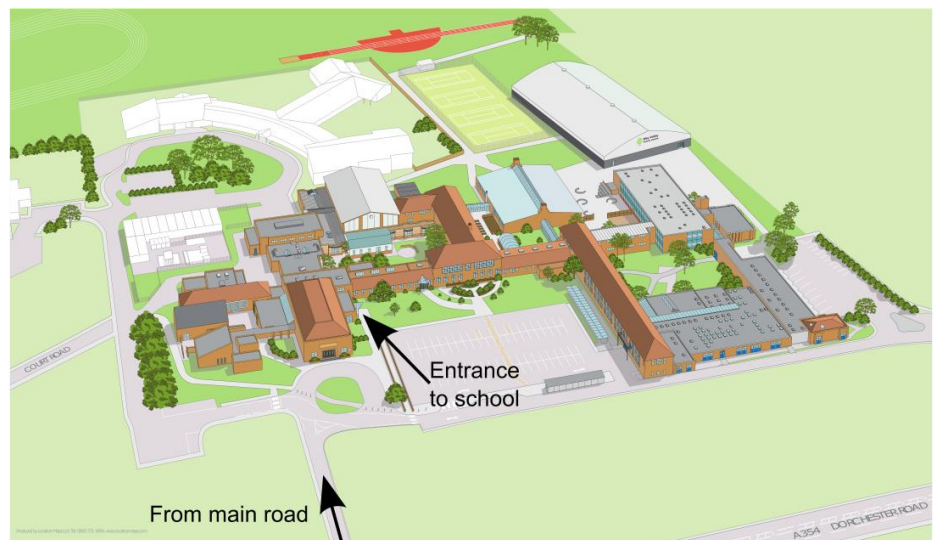
If, during the event, you cannot find a space at the School, you can park at the Radipole School (see plan) - post code DT3 5HS – which is on Radipole Lane off the Dorchester Road.

By train: The nearest station is Upwey, between Dorchester and Weymouth. All trains to and from Weymouth stop at this station. Leave the station, turn right up the road for 150 yards, turn left when you see a tunnel under the railway on your right, follow the path and Springfield Road down to the main Dorchester Road, turn left, and the school is 600 yards along the road on your left.

By bus: The two principal services that stop at the school are the Number 2, which runs from Weymouth Kings Statue to Littlemoor and back again, and the Number 10 which runs between Weymouth and Dorchester. Both services are frequent during the day.

4 When you get there

Go into the school by the entrance to the right of the main hall – see plan. The gate to the school and the school itself will open at 7:45 am. Car parking will be allocated as discussed previously. If you are earlier than 9:45 am and have more than one participant in your car, go to the School, otherwise go to the Park and Ride. You can be dropped off in the turning circle in front of the entrance, but cars must then leave immediately so as not to block the entrance. The drop-off point will not be accessible between 9:45 am and 10 am because of the mass start. You can register for the 10 am start from 8 am, for the 12 noon start after 10:30 am, and for the 2 pm start from 12 onwards.



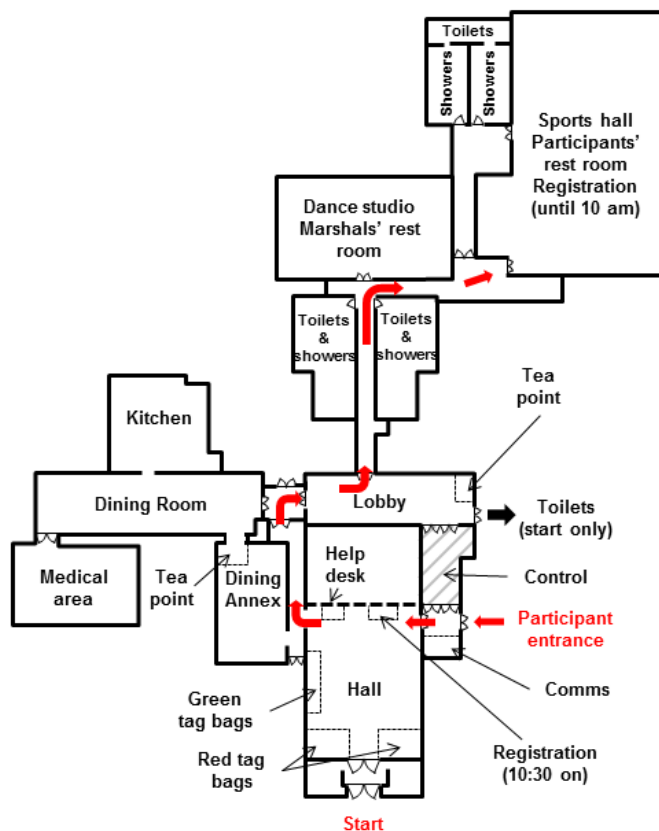
Registration will be in the sports hall at the back of the school (see plan on the next page). Go straight there and register. You may want to leave your bags in the main hall, register, and then pick them up again after registration. At registration, you will be given a tally, which you must carry with you throughout the event, and two luggage tags. You will have to sign that you have all the mandated kit.

Put the red tags (red to stay) on any bags you want to leave at the hall until you get back, and the green tag (green to go) on any bag you want taken to the breakfast stop at Beaminster. The plan on the right shows the internal layout of the school. You leave both bags in the main hall. Note that the breakfast bag must be less than 56cm x 46cm x 25cm (22" x 18" x 10") in size and weigh less than 6 kg (13lb). No plastic sacks or bin liners will be accepted.

If you have boxes of special food for yourself, you'll need to hand them in to the dining room before 9am, regardless of when you start, or you will miss the vans delivering food to the early checkpoints.

After registering, you are free to use the showers, changing rooms, and toilets, and to pick up a cup of tea or coffee. Check for any last minute changes to the route, which will be provided at or near registration desks in the unlikely event of extreme bad weather or serious safety issues.

You will start from the area in front of the main hall. Fifteen minutes before the 10.00am start time or 10 minutes before the other start times, go outside and gather with the others before you are sent on your way.



5 On the event

Basics: Follow the prescribed route on foot. Bear in mind that the route on the day will be slightly different from the recce route as it includes permissive sections over private land. Obey the country code. Be considerate to local landowners and residents, especially at night.

Rules: You must obey the rules of the event. If you are found to be in breach of the rules, you may be disqualified. In particular, deliberate taking of short cuts or failure to carry all the prescribed items of kit will get you disqualified. There will be a rigidly enforced kit check on the route. We will be sympathetic to participants who are genuinely lost and trying to get back on the route. You must at all times follow the directions of Marshals. This is especially important at road crossings where your safety is our prime concern.

Checkpoints: There are 14 checkpoints and two drinks stops on the route. At each checkpoint you will be offered food and drinks. Make sure your tally is recorded; otherwise you may not be credited with completing the event.

Clipper points: There will be unmanned clipper points on the route. Make sure you clip your tally card. There will also be clipper points that are not in the route description. If you do not have a full set of clips, you may not be credited with completing the event.

Breakfast stop: At the breakfast checkpoint at Beaminster you will have the opportunity to change clothes from a bag that will be delivered to Beaminster from HQ. The checkpoint is divided into two. You go first to the Beaminster Pavilion where you can pick up your bag, change clothes and have a

shower. Leave your bag at the Pavilion for return to HQ and then go to the Beaminster School for breakfast. If you want to retire, go to the School (it's about 500 metres) to await transport back to HQ.

Retiring: Only retire at a checkpoint. If, in extreme circumstances, you are forced to retire elsewhere, let us know. We will come and pick you up. Don't go home without telling us.

Medical treatment and emergencies: All checkpoints will have a first aid kit, but will not necessarily have a trained first aider. The breakfast stop and HQ will be served by trained first aid and emergency medical teams. In the case of an incident requiring medical attention, you will have to take action appropriate to the seriousness of the condition.

- If you come across someone who is unconscious call the emergency services direct. You will need to tell them precisely where you are.
- If you or another participant are unable to continue but are not in life-threatening danger, call the event emergency number – 07729 300810 - and we will take appropriate action, which may be to call out the emergency services, or to send a medical professional to pick you up.
- If you are able to do so without aggravating your injury, try to get to a place with vehicular access.
- For non-emergency injuries, eg cuts, use your first aid kit and carry on to the next checkpoint.

6 The finish

When you finish, your tally will be recorded and taken from you for checking. You will have it back when you collect your certificate.

Once your finish has been recorded, you can go and have a shower, change of clothes and a meal. There will be a room set aside for participants to sleep after the event. We must vacate the School before 2 pm on the Monday.

You will receive a certificate recording the number of miles you did, and a badge if you finished the 100 miles.

Don't attempt to drive home if you're not up to the task; get some rest first.

7 Supporters

We welcome supporters on this event and appreciate the extra atmosphere they contribute.

They need to follow some simple rules:

- Follow the instructions of marshals.
- Don't obstruct the participants eg by hanging round in doorways.
- Read and follow the advice about which checkpoints are suitable for supporters and where to park.
- Please note that at Dewlish the Oak public house is staying open specially to serve food and drink for supporters as the village hall is too small to allow supporters inside.
- Please **do not** go to Wardon Hill, Powerstock, or Corton.
- Park considerately, especially in remote village checkpoints where parking is limited.
- At HQ do not interrupt the recording team but ask at the help desk if you want to know where participants are on the route. We will be publishing progress on the web as we receive it in HQ. Dorset has many black holes in mobile coverage, so the people you are following may vanish off the radar for long periods.

The table on the next page contains a summary of information for supporters. If you are a supporter, print it out and take it with you. You can't rely on mobile coverage being adequate to access the web in darkest Dorset. The Dorset 100 website is <https://www.ldwa.org.uk/2016hundred>.

We have produced a calculator to predict when you might expect your participant to arrive at a checkpoint based on their time at a previous one. Don't expect miracles from it, as everyone is different. You'll find it under the Information tab on the 2016 hundred website.

CP	Check Point	Grid ref	Post Code	Leg	Tot.	Open	Time	Close	Time	Information for supporters
	Start HQ	SY 669 827	DT3 5AN		0	Sat	10:00	Sat	14:00	Supporters welcome
1	Crossways	SY 767 880	DT2 8JA	9.8	9.8	Sat	12:20	Sat	17:00	Very busy checkpoint. Supporters welcome, but not in hall
2	Briantspuddle	SY 818 931	DT2 7HT	6.9	16.8	Sat	14:00	Sat	19:00	Very busy checkpoint. Supporters welcome, but not in hall. Limited parking in village
3	Dewlish	SY 775 982	DT2 7LU	5.4	22.2	Sat	15:20	Sat	21:00	Very busy checkpoint. Supporters welcome but not in hall. Park near toilets about 200 metres north of hall. The Oak pub will be open.
	<i>Milton Abbas</i>	<i>ST 806 018</i>	<i>DT11 0BP</i>		<i>25.1</i>	<i>Sat</i>	<i>16:00</i>	<i>Sat</i>	<i>22:00</i>	Supporters welcome, but not in hall. Park well away from hall
4	Ansty	ST 764 031	DT2 7PN	10.3	32.5	Sat	18:00	Sun	01:15	Supporters welcome. Limited parking at hall, or on roads nearby
5	Buckland Newton	ST 693052	DT2 7BZ	6.2	38.8	Sat	19:50	Sun	04:10	Supporters welcome but no parking at hall. Park carefully in busy road and do not block entrances or affect visibility
6	Wardon Hill	ST 611 030	DT2 9PW	7.5	46.3	Sat	22:00	Sun	07:30	Basic outdoor checkpoint in barn. No supporters
7	Evershot	ST 575 045	DT2 0LF	3.1	49.4	Sat	22:45	Sun	09:00	Supporters welcome, but no parking at the hall. Some parking with care on the road.
8a	Beaminster (Baggage)	ST 479 015	DT8 3AL	8.1	57.5	Sun	00:40	Sun	12:00	Supporters welcome, not at pavilion. Parking on grass to side of field (follow directions) .
8b	Beaminster (Breakfast)	ST 479 018	DT8 3EP	0.2	57.7	Sun	00:45	Sun	12:45	Supporters welcome. Parking in school car park - follow signs
9	Blackdown	ST 397 023	DT6 5QQ*	6.6	64.3	Sun	03:30	Sun	16:10	Supporters welcome. Parking at hall. *SATNAV alert: hall is 0.4 miles north of post code centre.
10	Netherbury	SY 470 993	DT6 5LS	7.5	71.8	Sun	05:15	Sun	19:50	Supporters welcome, but absolutely no parking in hall car park. Use nearby roads.
11	Powerstock	SY 515 961	DT6 3TB	4.6	76.4	Sun	06:20	Sun	22:00	No supporters. Very limited parking in village, and approach roads are steep and narrow
12	Loders	SY 493 942	DT6 3SA	6.4	82.8	Sun	08:00	Mon	01:00	Supporters welcome. Park in hall car park
13	Long Bredy	SY 567 896	DT2 9HP	7.8	90.6	Sun	09:50	Mon	04:40	Supporters welcome in hall, but no parking near hall. Limited parking in village
14	Portesham	SY 599 855	DT3 4NS	4.5	95.1	Sun	11:00	Mon	07:00	Supporters welcome in hall. Some parking at hall. Otherwise park carefully in nearby streets
	Finish HQ	SY 669 827	DT3 5AN	6.5	101.6	Sun	12:30	Mon	10:00	Supporters welcome