

Rules of the Dorset 100

1 The Event:

- 1.1 The aim is to complete, on foot, a defined route of 100 miles within a maximum of 48 hours.
- 1.2 Entrants may start at 10am, 12 noon, or 2pm on Saturday 28th May 2016. Entrants may use any of the start times, but fast walkers and runners should start at 12 noon or 2pm (see 11.2 about checkpoint opening times). Entrants must finish by 10am on Monday 30th May 2016.

2 Start and Finish:

- 2.1 Wey Valley School, Dorchester Road, Weymouth. DT3 5AN. GR SY669827.
- 2.2 Car parking is available at a cost of £2 per vehicle payable on the day – no camper vans.

3 How to enter

- 3.1 The registration period for the Dorset 100 opens on Monday 12th October 2015 and closes on Friday 27th November 2015. If more than 550 valid entries are received by 27th November 2015 entrants will be selected by means of a ballot (see section 6)
- 3.2 If fewer than 550 valid entries are received by 27th November 2015, all valid entries at that date will be accepted (subject to conditions of entry) and the remaining places filled on a first come first served basis irrespective of LDWA membership. The final closing date for entries will be Monday 18th April 2016.
- 3.3 The preferred method of entry is online via SiEntries at www.sientries.co.uk. Full details of this method of entry will be found on this site.
- 3.4 Entries will be acknowledged via email.
- 3.5 You may also enter by post. Send an SAE for the entry form to Julie Bardswell, Pentreath, 166 Bridport Road, Dorchester, DT1 3AH. Send it with your payment and evidence of your qualifying event completion as set out on the Entry Form to the Entries Secretary. No cheques will be presented at this stage. When your entry is accepted, your payment will be cashed and you will be advised that you have a place on the event.
- 3.6 If entrants do not use email, then entries will not be acknowledged unless stamped self-addressed postcards or sealed envelopes marked “Entry Received” and “Entry Accepted” are forwarded with the entry. The SAE for entry acceptance or non-acceptance will be posted on the 3rd December 2015 once it is known whether an applicant has been accepted on the event or not (subject to the ballot).

4 Conditions Of Entry:

- 4.1 All entrants must:
 - Be aged 18 years or over on the 28th May 2016

- Have demonstrated the skills to navigate and read a map including during the hours of darkness
- Provide evidence of having completed an event of at least 50 miles, or completion of 50 miles of an event of longer than 50 miles, after 1st January 2015. If entering by post this can be a photocopy of a certificate or results sheet. If entering online, this can be a link to an event website results page. Conditional entry on the basis that a qualifying event will be completed in the future will not suffice. Entries will only be accepted when evidence is produced that a qualifying event has already been completed.
- Be aware that acceptance of an event not included in the list of qualifying events shown on the event website will be at the discretion of the organising committee. However the event should enable the entrant to display the necessary stamina and fitness and navigate the required distance including during the hours of darkness.
- Have paid the required entry fee.
- Agree to comply with the event rules.

5 Cost:

The entry fee is £63.00 for LDWA Individual and Family Members (which must be current at the time of entry and also at the time of the event), and £83.00 for non-LDWA members.

- 5.1 Payment will be made either by the online event SPORTIDENT page or cheque (which should be made payable to “Dorset 100”).
- 5.2 The entry fee includes all refreshments provided during the event including a meal at the breakfast checkpoint, transport for retirements, a meal at the finish, a certificate for all starters and a badge for all finishers. Transport of entrants’ own food to checkpoints for those with special dietary requirements is included in the cost provided the food is supplied and labelled with their name, walk number and checkpoint number to be delivered to, and the organisers are notified in advance. The event report and results will be published on the event website soon after the event.

6 Ballot:

- 6.1 If the number of valid entries received at the end of the registration period (see section 3.1) is greater than the entry limit, there will be a ballot to determine which entries are accepted.
- 6.2 Entries will be grouped into the following categories for the ballot:
 1. LDWA Individual and Family Members who were members on 1st January 2015.
 2. LDWA Individual and Family Members who joined between 1st January 2015 and 12th October 2015.
 3. Non-members
- 6.3 The entries will be drawn from category 1, then category 2, and finally category 3 until the entry limit is reached. The entries thus drawn will be accepted.

- 6.4 The rest of the entries will be drawn in the same order of category to form a reserve list. Entries from the reserve list will be invited in order of drawing to fill the spare place left if payment for an accepted entry is not received. Thereafter, entries may be invited from the reserve list in order of drawing, if space becomes available, at the absolute discretion of the event organisers.
- 6.5 If two or more entrants wish to be included or excluded together in the event of a ballot, then the entries should be sent in the same envelope with a statement to that effect attached (or if entering online added as multiple entries).
- 6.6 The ballot will be witnessed by an independent auditor nominated by the LDWA NEC who is not an entrant nor involved in the organisation of the event. The ballot will take place on or before 3rd December 2015.
- 6.7 Those successful in the ballot will be notified as soon as possible after the ballot. If payment has not been received by Thursday 17th December 2015, then, if there is a reserve list, the entry will be cancelled and the place offered to the first person on the reserve list.
- 6.8 Notice of non-acceptance will be sent after 3rd December 2015.

7 Cancellation & Withdrawal:

- 7.1 The event is organised by unpaid volunteers who have made reasonable endeavours to organise the event.
- 7.2 If the event is cancelled for any reason we will do our best to contact you before you start your journey, using the contact details that you have provided to us. We will also put a notice on our website and we ask you to check this before you depart. Cancellation of the event will be at the discretion of the organisers and your entry fee will be refunded less a proportional amount for costs incurred etc.
- 7.3 If you withdraw your entry on or before 31st March 2016 we will refund your fee, less £5 for administration. There will be no refund if you withdraw after 31st March 2016.

8 Kit required:

- 8.1 **The kit listed below is the minimum required. Every participant must carry every item of kit, sharing is not permitted.** There will be a kit check at some point during the event, and any participant not carrying a required item of kit will be immediately disqualified and transported to the finish by official transport – see Section 12
- 8.2 **The kit required is:**
- Route Description.
 - Maps as specified below.
 - A full set of waterproofs.
 - Long-sleeved Base Layer / Fleece.
 - Trousers to be carried if shorts are worn.
 - Compass and whistle.

- A working torch with spare batteries and bulb if not an LED device.
- Survival bag or space bag (not a space blanket).
- First Aid kit, which at a minimum must include plasters, adhesive dressing, antiseptic wipes, fixation tape and low adherent dressing.
- A cup or mug (none will be provided on route)
- Emergency food and drink.
- Suitable footwear in good condition to be worn.
- Reflective clothing or reflective markers on rucksacks/backpacks. These must be visible when walking at night.
- Money/Debit/Credit card or mobile phone for emergency use.

9 Maps Required:

- 9.1 OS 1:25,000 Explorer 116, 117 and OL15 or
- 9.2 OS 1:50,000 Landranger 193 and 194 or
- 9.3 Bespoke map, A0 size, centred on (360900,94300) which is about 1.5km WSW of Frampton. Details will be published on the website.
- 9.4 Computer-generated versions of these maps printed in colour at a scale of not less than 1:50,000, waterproof and covering at least 1 mile either side of the route will be acceptable or
- 9.5 Maps in electronic format will also be allowed provided durability and adequate power supply can be demonstrated if requested by a marshal.

10 Baggage:

- 10.1 A single small bag marked with your walk number should be deposited in the area provided at Wey Valley School, and will be transported to the breakfast stop at Beaminster. It will then be taken back to Wey Valley School for collection at the finish.
 - You undertake not to leave cash or valuables (e.g. mobiles/GPS) in it.
 - A numbered tag will be supplied which should be secured to your breakfast stop baggage.
 - Please keep the size and weight of your bags within a maximum permitted size 56cm x 46cm x 25cm (22" x 18" x 10") and maximum weight 6 kg (13lb).
 - Your bag may be weighed and measured and bags exceeding the size or weight specified above will not be transported. No plastic sacks or bin liners will be accepted, nor items other than those wholly contained within the bag. This includes walking poles.
- 10.2 Baggage may also be left at the Wey Valley School for the duration of the event.
- 10.3 All bags must be collected by 11.00am on Monday 30th May 2016.

11 Conduct of the Event:

11.1 Throughout the event each entrant must:

- Follow the route description provided including any late changes notified at the start or en route by marshals, and get their time recorded and tally punched at each checkpoint, including any self-clip.
- Pass through checkpoints in order. In the event that they deviate from the route they must get back on route by the shortest practical means without trespassing on private property. (Deliberate deviation from the route to gain advantage will result in disqualification)
- Complete the event exclusively on foot unless for safety reasons on a marshal's instructions.
- Make yourself aware and comply with the Countryside Code at all times and do nothing to bring the LDWA into disrepute.
- Be responsible for the conduct of any supporters on the route and at checkpoints.
- Be especially quiet at night, in particular whilst near residential property.
- Obey directions given to them by marshals, and hand in their tally and retire from the event if so directed by a marshal.

11.2 Checkpoint opening and closing times will be clearly posted in the route description and will be strictly enforced – please be aware of these when choosing your starting time.

11.3 The organisers reserve the right to vary the route for any reason such as adverse conditions or road closures, in which case entrants will be informed of the variations by marshals.

11.4 Marshals shall be entitled to group entrants for reasons of safety, for example during adverse conditions.

11.5 No dogs are permitted on the event.

12 Disqualification

12.1 Entrants in breach of any of the rules of the event will be disqualified. They will be asked to surrender their tallies, and they will be transported back to the finish by official transport.

12.2 Should any participant decide to continue after disqualification, the LDWA will have no liability for the consequences, the individual will not be covered by the LDWA insurance and they will not receive any support.

13 Retirements:

13.1 Retiring entrants should hand in their tally card at a checkpoint and wait for transport to be arranged to Weymouth. In an emergency, if retiring entrants cannot reach a checkpoint they should pass their tally to another person to hand in, or call the emergency telephone number. Under no circumstances should anyone retire from the event without ensuring the organisers are informed. Checkpoint marshals shall be entitled to retire entrants who in their opinion are behind schedule or who

appear to show signs of distress going beyond normal fatigue or to require medical attention. However they have no obligation to do so, and entrants must not rely on checkpoint marshals as to the state of their own fitness.

- 13.2 No entrant shall be allowed in a checkpoint other than during the official opening times of the checkpoint. These times will be displayed on the event web site and in the route description.
- 13.3 Any entrant arriving at a checkpoint after that checkpoint has closed will be retired.
- 13.4 Checkpoint marshals will retire any entrant remaining at a checkpoint for more than 2 hours.
- 13.5 In all matters connected with the event the decision of the organisers is final. At checkpoints the decision of the marshals is final.

14 Reconnoitring the Event:

- 14.1 Accepted entrants who wish to reconnoitre the event should please note that the route may be subject to alteration and that some of the route crosses private land or land that has restrictions on access. Permission is required for organised groups to cross this land and such permission has been granted at the required times during the event only.
- 14.2 Any person who is identified as trespassing on land where access has been negotiated for the duration of the event only may be subject to disqualification.
- 14.3 Any person who is identified as marking the route will be disqualified.

15 Privacy, Data Protection & Personal Information:

- 15.1 For operational and safety reasons we need to store your personal information on a computer. This is a pre-condition of entry and by signing the entry form you agree to this storage. This information will be held by the teams helping to plan and run the event and will be erased after the report and results have been published.
- 15.2 You should however be aware that the LDWA maintains a Hundreds Database held on the hard drive of a personal computer of the Keeper of the Database. This database is also stored on a re-writable disk. The Hundreds Database contains names, gender, local group, age (where declared on entry forms), number of Hundreds started and finished, and years and times. It does not include addresses or telephone numbers. If you do not want your personal details to be stored on the Hundreds Database, then please enter by post only and mark the form accordingly.