

Dorset Giant 13/14 April 2019

Registration/Timings

The Wey Valley School 436 Dorchester Rd, Weymouth DT3 5AN ([SY 668 827](http://www.wvvalley.com)).

Car Park opens at 06:30 (No overnight parking, camping or sleeping available at the school).

Registration will be open from 07:30 (Reminder that the transfer of entries is not permitted)

Tea and coffee will be from 07:30

Start Times

We will be operating a rolling start which allows slower walkers to leave from 08:30 and the faster runners up until 10:30.

- ✓ **You must get your tally scanned by the starter before leaving**
- ✓ **If you run, walk or jog faster than 3.5 mph you should plan to leave later than 08:30**
- ✓ **Anyone who arrives at CP1 before it opens will be held short of the check point**

	Check Points						Average pace from start mph				Distance		Ascent Ft	
		Grid	Open	Close	Max	Min	Max	Min	Leg	Total				
Start	Start	WVS SY 669 828	Sat 08:30	Sun 08:30	08:30	10:30								
CP1	Abbotsbury	Car Park SY 578 852	Sat 11:15	Sat 12:45	3.7	2.4	13.5	4.5	10.1	10.1	1018	1018		
CP2	Shipton Gorge	Village Hall SY 497 915	Sat 13:15	Sat 16:30	4.0	2.4	6.9	3.2	8.9	19.0	1300	2318		
CP3	Toller Porcorum	Village Hall SY 561 980	Sat 16:00	Sat 21:30	4.2	2.4	5.7	2.9	12.4	31.4	1128	3446		
CP4	Frampton	Village Hall SY 623 951	Sat 17:15	Sat 23:59	4.3	2.4	5.6	2.8	6.3	37.7	875	4321		
CP5	Charminster	Village Hall SY 678 927	Sat 19:00	Sun 03:30	4.3	2.4	5.4	2.7	8.0	45.7	1066	5387		
CP6	Max Gate	Outdoor SY 704 898	Sat 19:40	Sun 05:00	4.3	2.4	5.3	2.6	2.9	48.6	149	5536		
CP7	Finish	WVS SY 669 828	Sat 21:00	Sun 08:30	4.5	2.3	5.3	2.5	7.5	56.1	852	6388		
									56.1		6388			

Mandatory Equipment/Kit Check

You will be required to sign at registration to state that you are carrying the required equipment.

You may find a kit check on route where you will be required to show items from the kit list.

Missing kit, no continue!

Mandatory Kit

- ✓ Route description or an electronic version with adequate power supply to last the duration of the event.
- ✓ Maps (Explorer 117 and OL15 or Landranger 194). Maps in electronic format will be allowed with adequate power supply to last the duration of the event.
- ✓ A full set of waterproofs (jacket and trousers)
- ✓ Additional warm clothing i.e. long sleeved base layer or fleece
- ✓ Trousers are to be carried if shorts are worn. This can include tracksters or running tights
- ✓ Hat & gloves
- ✓ A whistle
- ✓ Compass
- ✓ A working torch with spare batteries and bulb if not an LED device
- ✓ A survival bag
- ✓ First aid kit, minimum must include plasters adhesive dressing, antiseptic wipes, fixation tape.
- ✓ Emergency food
- ✓ A sealable drinks container/water bottle minimum 0.5litre
- ✓ Reflective clothing, reflective markers on pack or light. (Must be visible at night)
- ✓ A cup or mug (cups may not be available at checkpoints)
- ✓ Mobile phone or money/debit/credit card in in case of emergency

Please do not attempt to skimp on warm clothing or equipment, the evening/night will be cold and no doubt subject to changeable weather.

Retirement during the event

Those participants who retire from the event must do so at a checkpoint if possible and hand in their tally card to a marshal. Transport will be arranged to return entrants to the finish.

Safety warning

The event includes sections of road walking at night, a reminder that entrants are to ensure that their reflective markers, patches or lights are visible.

Finish

Please ensure that you have enough rest and are fit to drive home. There is space available for sleeping and showering at the finish. The hall will be cleared and closed at 10am on the Sunday.

Dietary requirements/ Food intolerances

If you have any requirements other than vegetarian, we would be glad to know in advance.

Please note that we cannot guarantee that food provided will be free of contact with all allergens. Therefore, if you have specific sensitivities, you should plan to bring your own food, in labelled boxes, which we will transport to you. Any such boxes should be brought to the start at HQ by 7.30am

There will be vegan and dairy free options at checkpoints and at the finish.

Please email deirdre@flegg21.plus.com with any requests, so we can gauge quantities. Please reply by **28 March**.

Route description and GPX file

The route description and the GPX file for the Dorset Giant is now available on the Dorset LDWA webpage. The GPX file is provided in support of the route description, the definitive descriptor of the route remains the written Route Description.

Please download a copy of the route description and bring it on the day as they will not be provided at registration.

<https://www.ldwa.org.uk/Dorset>