



Congratulations on entering this year's Clifftop Challenge.

Set out below are some details to help in the smooth running of the event and, more importantly, to ensure your safety.

Challenge details.

1. The challenge will take place on Saturday 17th June 2023.
2. The route follows the Saxon Shore Way, Royal Military Canal & North Downs Way from Hastings, start point, for 55 miles, finishing on Walmer Green, Deal seafront. Runners join the event at intermediate start points along the route as follows:
 - **55 mile ultra start point** – Hastings (Beginning of track outside Shearbarn campsite – meet in car park on the right 200m before campsite)
 - **36 mile start point** – Appledore (Junction Royal Military Canal/B2080 at Appledore)
 - **Marathon start point** – Lympne Castle car park
 - **15 mile start point** – Battle of Britain Memorial (Capel-le-Ferne)
 - **10 mile start point** – Dover Sea Front (Central on promenade)
 - **5 mile start point** – Dover Patrol Memorial (St Margaret's)
 - **Finish point** – Memorial Bandstand Walmer Green, Deal Seafront
3. Start times (**in bold**) are as follows:
 - 55 Ultra – **0200** Saturday 17th June (opens 01.30 don't be late you have a long way to go!)
 - 36 Ultra – **06.00** (opens 05.30)
 - Marathon – **08.30** (opens 07.00 – in support of Ultra runners)
 - 15 miler – **11.00** (opens 09.30 – in support of Ultra/marathon runners)
 - 10 miler – **11.30** (opens 10.00 – in support of Ultra/marathon runners)
 - 5 miler – **12.00** (opens 11.15 – in support of Ultra/marathon runners)
4. The above points will be manned from the stated times. Further water stops will be manned at the following points:
 - 45 mile point – mobile check point (open to suit ultras)
 - 20 mile point – broadcasting tower Etchinghill (open 0730 – 0930ish {once last 55/36/marathon has passed})
5. Each manned check point will be stocked with water and a selection of food (flap jacks and bananas). Runners will be responsible for the restocking of their own energy bars/gels etc as required. A mobile team will be in support of the 55 and 36 ultras and able to carry personal items, including gels, food and energy drinks for resupply along the route.

6. First Aid support (provided by St John) will be at the following points:

- Marathon start point
- 20 mile water point
- 15 mile start point
- 10 mile start point
- 5 mile start point
- Finish line

Elements of St John will also be mobile throughout the event.

7. Participants are to make their own way to their start point; car sharing is encouraged in order to reduce the amount of traffic around the start points. Please be aware of the following:

- **15 mile start point** – As with last year, this year's registration and start point is at the **rear gate** of the Battle of Britain Memorial Site (on Old Dover Rd). There will be space to drop off runners, but **NOT** to park. Should you wish to park and see runners off, then please park on Old Dover Rd (consider local resident's drives etc).
Access to the Battle of Britain Memorial Site should **NOT** be made through the main gate due to other events being held at the same time. Toilet facilities will be available at the Clifftop Challenge registration point, the main facilities on the Battle of Britain Memorial Site are **NOT** to be used.
- **10 mile start point** – This year's start point, as last year, will be centrally located on Dover Promenade, at it's widest point to accommodate all the runners.
- **5 mile start point** – There will be no facility to park at the Dover Patrol Memorial this year, there will be space to drop off runners, turn around and make your way back down Granville Rd. Should you wish to see runners off, please park in the lower half of Granville Rd (consider local resident's drives etc.) – the upper half of Granville Rd, from Hotel Rd upwards, is a private road and should **NOT** be parked in.

Your help in following the above is much appreciated as we rely on the support of national bodies, site staff and local residents for the use of these start points. Their support may be lost should we receive complaints, resulting in the Clifftop Challenge being unable to use these start points for future events. Unfortunately, we have had issues in the past with a small minority who think they are exempt from the above guidance.

8. On reaching a check point/start point please ensure you check in with the marshal so that your name can be ticked off the list. Failure to check in could lead to you being considered missing and the instigation of a needless search – you will be in lots of trouble!

9. We ask you to pin your running numbers to your front and to ensure that they are clearly visible as you approach checkpoints.

10. Runners are encouraged to carry the following equipment as a minimum:

- Mobile phone
- Water bottle/camelback
- Whistle (to attract attention if injured/lost)
- Food/gels etc as required
- Sunglasses & sunblock
- Jacket
- Contact numbers (Phil 07970 413281/Chantele 07968 725090)

All those running the 55 and 36 ultras MUST carry the above, plus the following:

- Facility to carry at least 1 litre of water

- Headtorch (with fresh batteries) – **55 Ultras only**
- Map of route (although the route is marked we cannot guarantee that some markers have not been removed or turned the other way around!)
- Hat (wooly/sun dependent on weather forecast)

11. The going underfoot varies. Most of the route for all runners is cross country following tracks in various states of repair. Tracks tend to be uneven and for the 55/36 ultras, in places overgrown. Be aware of an increased chance of slipping if the conditions are wet, particularly on the chalk cliffs.

12. Please take note of the following safety points:

- The route crosses a number of major roads, some will be marshalled, others not. Please take care when crossing, particularly during the later stages of your challenge. No roads will be closed so you can expect normal traffic flow.
- There are places where the route follows a road, use pavements where present, otherwise in general run on the side of the road facing the oncoming traffic unless on a sharp bend.
- Keep away from cliff edges – the route generally follows the paths away from the cliffs, particularly the leg from Capel-le-Ferne to Dover and Dover onto St Margaret's. Please ensure you follow the route as indicated on your map and marked on the ground by the CTC direction arrows.
- If you come across a runner in distress please stop and offer assistance.
- Please stick to the marked route – any runner missing will be searched for along the event route only.
- If you feel unable to continue or have suffered an injury please try and make your way to the nearest manned check point, this may be one you have already passed. If unable to reach a check point please alert a fellow runner of the situation and try and make contact with one of the marshals by phone (numbers to follow once confirmed).
- Please ensure you take on plenty of fluids prior to the event, this does not include Pinot Grigio and Stella! Stay well hydrated during the event.

13. General admin points:

- There will be no official timekeeping for the event, runners who wish to know their running times will be responsible for starting their own stop watches, and stopping them (ultra runners ensure you have extra batteries!).
- Please ensure you take ALL litter home with you/place in bin bags at check points.
- Contact numbers for marshals and safety staff will be issued once confirmed.
- Direction markers on the ground are made up of directional arrows labelled CTC. Each start point will have an example of the direction markers available for viewing.
- Please be aware that distances are approximate.

14. For the 55/36 ultra runners and marathon runners the following cut off times apply:

	55 Ultra	36 Ultra	Marathon
Start time	0200	0600	0830
Lympne Castle (CP3)	0900 (7hrs)	0800 (2hrs)	-
Battle of Britain Memorial (CP5)	1200 (10hrs)	1100 (5hrs)	1115 (2 ¾hrs)
Dover Seafront (CP6)	1300 (11hrs)	1200 (6hrs)	1230 (4hrs)
Dover Patrol Memorial (CP 7)	1430 (12 ½hrs)	1330 (7 ½hrs)	1345 (5 ¼hrs)
Deal (finish)	1600 (14hrs)	1500 (9hrs)	1500 (6 ½hrs)
Average speed	3.9mph	4mph	4mph

- Please be aware that should you miss a cut off time, marshals reserve the right to remove you officially from the event. This is primarily for your own safety.

- Should you be removed from the event we cannot guarantee transport back to Deal, however we will do our best to facilitate this, but as said, this is not a guarantee.

15. Above all, no matter what distance you have set yourself as a challenge – ENJOY IT!!

16. Any questions at this point please contact:

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Keep an eye out for the route markers!:

