



Frequently Asked Questions

1. Where does it start and finish?

Both races start on the West Bay promenade just below West Cliff. The finish is further up the promenade towards the pier, next to the shelters.

2. Can I bring my dog?

No, as there may be farm animals on the course and you will also be quite close to steep cliffs

3. Are headphones allowed?

It is preferable not to wear headphones. Why would you not want to experience the full sounds and sights of the beautiful Jurassic Coast?

4. Is there a course map?

Yes, a map is published on the website and will also be available at the registration.

5. Are there toilets and showers?

No showers but public toilets at the harbour and at the main car park.

6. What can I win?

There are prizes for first male and female finishers in both races and for first Vet (over 60) male and female in both races. Medal for all finishers!

7. How much does it cost?

Half Marathon is £23 and 10K is £18

8. Do I have to run up the hills?

There are many hills, some steeper than others. How you get to the top of them is up to you.

9. Are there water stations?

There will be 3 stations for the 10k and 6 for the half-marathon. However, we do advise that you take water with you if it's going to be very hot.

10. What is the elevation?

10K: 320 metres. Half-marathon: 720 metres



11. Where can I park?

There are public car parks around the harbour and on Station Road (there is a map of the Start /Finish area on the website and on Facebook)

12. Are there photographers?

We will have people taking pictures of the event but there will be no official photographers to take pictures of every runner.

13. Are there markers on the course? How is the course marked?

There are about 25 marshals, together with direction arrows and flags

14. What time does it start?

Both races start at 10.30 a.m.

15. Is there a cut-off time?

No. As a guideline: Last year all 10K runners finished within 2 hours and all half-marathon entrants within 4 hours.

16. Where is registration?

On the promenade by the shelters (there is a map of the Start /Finish Area on the website)

17. Can I pay on the day?

If we do not reach our limit of 250 runners before, then places will be still available on the day. Please check website, Facebook and FullOnSport

18. As it is classified as a Fell race – do I have to bring any special equipment?

No, we are not asking for a specific equipment/clothing to bring. However, we would advise to check the weather before and be equipped appropriately.