



Portland Hard Way Half Marathon Race Instructions 2019

Welcome to HW Half 2019, you would have worked out by now (clues in the name) that this 'undulating' course makes for a pretty tough event which takes you around the whole of the island, from the top to the bottom and back up again by way of two particularly steep hills....will you beat the Goat Path? Along the way you will run along clifftops, coastal paths, pebble beaches and tracks, taking in views of the prison, historic High Angle Batteries, The Verne, Portland Marina, Chesil Beach, Portland Bill and Church Ope Cove; we've also booked good weather...but no guarantees!

Getting here The Race HQ, Start and finish is at the Blues Club Grove Road, Portland. This is the home ground of Portland United Football Club and parking, as well as toilet and changing facilities, are available.

To get there by road head for Weymouth then follow the signs for Portland on the A354. Follow the main road to the top of Portland to the Heights Hotel roundabout. Go straight across the roundabout to Easton. After approximately 300 yards you will pass the Chesil Beach Motors Garage and the Recycling Centre on your left, the next turning on the left is Grove Road.

The PUFC ground is approximately 300 yards on your left. If using a Satnav enter the postcode DT5 1DP.

Registration is at the Blues Club and will be open from 08:30, closing promptly at 09:45am. Please don't be late. All numbers are to be collected on the day.

On the day entry is available, same timings as above and the standard +£2 entry fee applies. This doesn't apply to you as you've already entered or you wouldn't be reading this but spread the word to your friends!

Race times The race starts at 1000 sharp and at 0950 there will be a race briefing outside the Blues Club, please attend and listen to the briefing which will contain important safety points...The coast of Portland can be a wild and scary place and so can the locals...we don't want to fall foul of either!

Baggage can be left at the registration area in the Blues club but this area will not be manned and personal belongings are left at the owners risk

Toilets and Showers are available on site. There are 2 male WC's (one on the ground floor male toilets and another toilet in the home changing room). 4 Female WC's 1 located upstairs in the bar, 1 on the ground floor and also the Away dressing room and the Ref dressing room will have temporary signs to designate them as female toilets for the day. There is also a disabled WC which will be unisex on the ground floor.

Designated male and female changing rooms (Home and Away changing rooms) are available within the club house, each with two showers. Event signage will be used to direct runners to the respective facilities.

The Course takes place entirely on land open to the public, you will encounter dog walkers, horse riders, wildlife and all manner of Grockles (Holiday makers) along the route, please be courteous and considerate to other users of the byways. The course will be well marked with signs, tape and marshalls. Please dont dump your litter on the route; marshalls and water stations will happily take it off you.

As a guide for time, club records show that nobody has ever taken more than 3.5 hours to complete the race, so although there is no official cut off time at around the three hour mark we will be looking at starting to pull the Marshalls in, although the finish will remain open until at least three and a half hours after the start. There will be a sweeper and we reserve the right to pull you out of the event for safety reasons.

The weather is unpredictable so please come prepared..sunscreen and shades along with raincoat and thermals, we won't cancel because of the weather unless it is extreme so come prepared for all eventualities.

Medical cover is provided by St Johns ambulance and all marshalls will have the contact number for them. If the worse happens and you have to drop out through injury or another reason please don't just go home. Let a marshall know or return to race HQ and give your number to an official so we can account for you and don't start panicking!

Complete the emergency contact details on the back of your number.

Headphones of any type including bone conducting ones will not be permitted to be used during the race. Any person seen wearing headphones of any type will have their number taken and their race result will be cancelled as they have not adhered to the rules of the race.

Abusive behavior to other runners, marshals or members of the public will not be tolerated and will be reported

The route starts and finishes at The Blues Club. The race starts on Grove Road where the runners head east up Grove Road to the Hole in the wall where they turn left and follow signage down Incline road where, approx. half way down they turn left and follow the tracks onto the road leading up to Fancys farm. After passing Fancys Farm runners follow the road to the top of Tillycombe Hill where the route goes off road around the side of the Verne until they reach the top of Incline. Heading down incline runners are marshalled through the Marina until they reach the Sailing Academy where they cross the road and run along the top of the embankment to Victoria Square. At Victoria Square they are marshalled across the road onto Chesil Beach where they run along a marked route until they reach Quiddles Café and climb the steps that lead to Lancridge Hill. Runners then head through Tout Quarry to Tradecroft where there is a small paved section before heading out to Westcliff which will take the runners to Portland Bill along the SW Coast path, from Portland Bill the route goes through Cheyne, onto another small paved section on Southwell Road, which runners have to cross at marshalled points twice in close succession, before heading down to Church Ope and onto East Weares which they follow onto the old railway track that leads them to the bottom of the Goat path. After climbing the Goat path runners turn right and follow the prison wall to the Hole in the Wall where they head back along Grove road to the finish at the Blues club.

Have a great race

Jim

Race Director