



## GUIDELINES & CONSIDERTIONS



***THIS ISN'T AN ORGANISED EVENT. THIS IS A PERSONAL CHALLENGE THAT WE WILL ACTIVELY SUPPORT YOU ON. THE FOLLOWING ARE GUIDELINES AND CONSIDERATIONS FROM US FOR YOUR SAFETY. SAFETY IS PARAMOUNT ON MOST ADVENTURES BUT ESPECIALLY THIS ONE.***

***WE MAY NOT ALWAYS BE ABLE TO GET TO YOU PERSONALLY AND BE AT YOUR CHALLENGE ATTEMPT, BUT WE WILL GET TO AS MANY AS WE CAN. IF WE CAN'T, WE'LL GET A MEDAL TO YOU THROUGH CREW SO IT CAN BE PRESENTED TO YOU UPON FINISHING. IF YOU DON'T FINISH AND HAVE TO BAIL OUT IN THE FIRST 7 MILES (THE ONLY PLACES YOU CAN) THEN IT WOULD BE APPRECIATED IF THE MEDAL WAS RETURNED TO US AND YOU WILL BE REFUNDED THE FULL COST OF THE MEDAL.***

***THIS CHALLENGE IS FREE BUT ONLY IN THE TERMS THAT WE DON'T PROFIT FROM THIS AS IT'S A PERSONAL CHALLENGE AND NOT AN ORGANISED EVENT. HOWEVER, IF YOU WISH TO PURCHASE A MEDAL, YOU CAN DO SO FOR £10 TO COVER THE COST OF THE LASER CUTTING SERVICES OF THE MAKING OF THE BESPOKE MEDAL. THERE IS ALSO AN ADVISORY DONATION TO THE DORSET WILDLIFE TRUST. IT IS RECOMMENDED THAT YOU DONATE A MINIMUM OF £20 IF YOU DO DECIDE TO DONATE, BUT IT'S WHATEVER YOU FEEL THAT YOU CAN GIVE, IF ANYTHING AT ALL. A SEPARATE LINK WILL BE EMAILED OUT TO YOU FOR THE JUST GIVING PAGE. IT IS YOUR OWN PERSONAL RUN. IT'S AN INDIVIDUAL ATTEMPT AT SOMETHING MORE DIFFICULT THAN THE NORM IN THE SOUTH WEST. COAST PATH CHALLENGES AND SKYLINES ARE TAKEN BY OTHER ORGANISERS AND PLATFORMS AND THIS IS OURS. THIS BEACH DESERVES TO BE PUT ON THE MAP AS ONE OF THE TOUGHEST RUNS IN THE SOUTH WEST. WE RECENTLY GOT THE FKT (FASTEST KNOWN TIME) PUBLISHED ONTO THE FASTEST KNOWN TIMES WEBSITE ([WWW.FASTESTKNOWNTIMES.COM](http://WWW.FASTESTKNOWNTIMES.COM)) AND THE TIME TO BEAT IS 2:41:15 WHICH WAS SET IN 1962. SO FAR THERE HAVE BEEN 5 PEOPLE WHO HAVE BEEN KNOWN TO HAVE RUN THIS BEACHH. THERE MAY HAVE BEEN MORE AS WE HAVE POTENTIALLY FOUND ANOTHER FROM 1965. WE WILL CONTINUE WITH THE RESEARCH INTO THE POSSIBILITY THAT MORE HAVE DONE IT AND WE WILL BRING THEM TO LIGHT WHEN WE CAN VERIFY THEM. 2 PEOPLE HAVE BEEN KNOWN TO RUN IT IN THE 21<sup>ST</sup> CENTURY AND 3 IN THE 1960s. THE LAST PERSON BEFORE THE BYS VYKEN R.D TO RUN THE BEACH CLAIMED THE R.D'S TIME DIDN'T COUNT BECAUSE IT WASN'T 'OFFICIAL', DESPITE IT BEING VERIFIED BY 5 WITNESSES, STRAVA, GARMIN AND A TRACKER. I SUSPECT THERE ARE SOUR GRAPES FROM A BEATEN TIME. SO IN RETURN, I AM HERE TO MAKE THIS CHALLENGE 'OFFICIAL' SO TIMES CAN REPEATEDLY GET BEATEN WITHOUT QUESTION FROM THOSE WHO DON'T ACT WITH GOOD SPORTSMANSHIP ,AND PEOPLE CAN EXPERIENCE THIS INCREDIBLE FORCE OF MOTHER NATURE AND TO HAVE EVERY TIME RECORDED AND ETCHED INTO RUNNING HISTORY FOR THE WHOLE WORLD TO SEE!***

**This is a personal challenge and not a race and needs to be taken on in either a solo capacity or no more than a group of 3. There's a lot of wildlife on and around the beach that shouldn't be disturbed, even though the beach is publically accessible. You should only attempt your challenge, either supported or unsupported. You'll have to let us know which one it will be. Please bear in mind however, that the only accessible points to this challenge are West Bay, Hive and Cogden Beaches, West Bexington, Abbotsbury (all of them cover the first 7 miles) and at the end at Chiswell Cove at Portland.**

**POSTCODES FOR THESE ACCESSIBLE AREAS ARE:**

- WEST BAY, BRIDPORT, DORSET – DT6 4HB
- HIVE BEACH, DORSET, - DT6 4RF
- BEACH ROAD, WEST BEXINGTON, DORSET – DT2 9DG
- ABBOTSBURY, DORSET – DT3 4LA
- CHISWELL COVE, PORTLAND, DORSET - DT5 1AP

Once you are past Abbotsbury at 7 miles you are now on your own. As the first 3 – 4 miles are tidal, there's not much in the way of being able to turn back. If you need to stop and get off, you need to do so at Abbotsbury. You have to be sure that you are fully committed enough at this point to carry on! If you're not then you will have a bad time as it's another 10 miles of exposed shingle bank to follow before the end. There is water both sides of you after this point. The only way off is air or craft. This is why it's important to contact all the NCI's (National Coast Watch) and the local lifeboats. It really could be the matter of life and death.

**THIS CHALLENGE NEEDS TO TAKEN DURING THE TIME PERIOD OF OCTOBER 1<sup>ST</sup> – 30<sup>TH</sup> APRIL. THIS IS THE TIME PERIOD WHERE THE ENTIRE BEACH IS OPEN FOR PERMITTED ACTIVITIES. A SECTION IS CLOSED FOR BIRD NESTING REASONS BETWEEN 1<sup>ST</sup> MAY AND 30<sup>TH</sup> SEPTEMBER AND CANNOT AND SHOULD NOT BE ACCESSED.**

Authorities, lifeboats and NCIs need to be contacted prior to the individual's challenge taking place. We will need to verify this and proven contact needs to be shared with us before we can acknowledge your attempt fully. Failure to do this will bring further attempts into discussion for non-approval by authorities, risk your life and make all of us look like dickheads in the long run. Excuse the pun). It is paramount that you alert everyone that you can that you are there. Some people probably won't approve but the beach is open for walkers in the time period that's its accessible, so running it shouldn't be a problem. You will only be stopped from running on firing days.

This beach is Britain's longest and is estimated to be made up of 180 billion pebbles (I don't know who counts this).

Running should only take place either on top of the bank or below it between the bank and the sea. Be careful however, as waves can come in high unexpectedly and in stormy conditions they bring debris in with them. This is a beach that's unfortunately littered with fishing and camping gear and large pieces of driftwood and parts of military equipment/machinery. You will need to be careful around these. There will be fishing activity taking place on certain sections of the beach, particularly at the Chiswell Cove/Portland end. It's renowned for being a fishing paradise.

There are pillboxes and military defences en route, including warden huts opposite the firing range at Chickerell/Tidmoor.

You **MUST NOT** run this beach if there is firing going on. We will NOT be responsible for you or your decisions and it will be ill-advised to forgo the minor detail that you might actually get shot!

Tide times must be checked at these areas:

- WEST BAY, BRIDPORT, DORSET
- HIVE BEACH/COGDEN BEACH, DORSET
- WEST BEXINGTON, DORSET

You should find a gap in the tide where the tide is on its way to being at its lowest and this challenge **MUST** start within daylight hours. You don't want to be running this beach in the dark or when the tide is in. Please study the tide times here or at any good tide times website and by contacting the aforementioned NCIs and lifeboat stations:

[https://tides4fishing.com/uk/england/chesil-beach#\\_tides](https://tides4fishing.com/uk/england/chesil-beach#_tides)

You are responsible for planning when your challenge will start and on what day it will start.

If you are aiming at the FKT (Fastest Known Time), then it's recommended that you hire a tracker. All times of all challenges can be submitted to us and we'll post all of these onto the 'Fastest Known Times' website, where I'll compile a comprehensive list of everyone that's done this challenge.

Please do not be fooled. The beach is barbaric. It's not to be taken lightly. This will hurt and will require specific training. I recommend running like for like beaches. Something with shingle. In Cornwall there's Loe Bar, which resembles the Abbotsbury area, or maybe get on the beach at Portland and run out and back for a few miles. (Check firing times and all considerations laid out). Ankle strengthening is key and cramp is inevitable.

There are no toilets on the beach.

**YOU WILL NEED TO NOTIFY US OF YOUR ATTEMPT WITH A MINIMUM OF 30 DAYS NOTICE, ESPECIALLY IF YOU WANT A MEDAL. MEDALS CAN BE PAID FOR VIA BACS OR PAYPAL AND DETAILS WILL BE SENT TO YOU ALONG WITH ALL THAT YOU NEED TO COMPLETE THE CHALLENGE. PLEASE EMAIL OR FACEBOOK MESSAGE US WITH YOUR INTENTION TO RUN AND LET US KNOW IF IT'S FOR COMPLETION OR FOR THE 'FKT'. YOU WILL BE ANNOUNCED ON OUR SOCIAL MEDIA PAGES (IF YOU GIVE PERMISSION. NO PRESSURE TO DO THIS HOWEVER).**

**OUR EMAIL IS: [bysvykencornishtrails@gmail.com](mailto:bysvykencornishtrails@gmail.com) and can be contacted through Facebook @BysVykenEvents**

**THE FASTEST KNOWN TIME PAGE FOR CHESIL BEACH, DORSET, UK WHICH WAS SUBMITTED BY US CAN BE FOUND HERE:**

<https://fastestknowntime.com/route/chesil-beach-united-kingdom>

The beach is largely exposed so good kit is advisory. There have been people who have taken on this challenge with minimal kit as being as light as possible on this beach can help with being quicker. However, if you find yourself having a problem then good kit may have prevented it.

When I ran the beach I wore a Raidlight Hyperlight jacket which was amazing and Montane VIA gaiters which were brilliant for the first few miles. The stones did however chew the chords under the shoes, but I suspect that was because the lugs on my shoes weren't deep enough. I wore New Balance Hierro V5 shoes as they are perfect for me running on the beach. I also wore Salomon Bonatti trousers and had a full kit packed. Please find below a list of kit that is advisory:

- Waterproof/taped seams quality jacket & trousers
- 1ltr minimum fluid with a hydration pack/system
- Good trail shoes that you're used to running with on the beach and on rock and stones
- Gaiters (personal choice)
- Hat/buff/similar
- Bivvy bag
- Food/nutrition
- Fully charged mobile phone
- Tracker (if you're going for the 'FKT' and it must be hired/purchased yourself from 'Race Director'.
- Gloves (waterproof and a liner)
- Anti-chafe cream/rub/gel
- Tissues (You never know when you'll be caught short)
- Mini – first aid kit with blister plasters/kit
- Please note that this run isn't something to consider if you're an entry level runner. This does require a certain amount of experience otherwise you'll be having a bad time out there.

Why not make a weekend of it and book somewhere to stay at the start or end areas. Head to [www.booking.com](http://www.booking.com) to secure yourself a room so you don't have to travel far to your challenge.

## Route: Chesil Beach (United Kingdom)

Submitted by BysVyken1989 on Wed, 10/07/2020 - 09:20am

United Kingdom

Distance: 18 mi

Vertical Gain: 536 ft

Chesil Beach is 18 miles (28 kilometres) long and, on average, 160 metres wide and rises to 15 metres in height. It is a pebble and shingle tombolo connecting Portland to Abbotsbury and then continuing north-westwards to West Bay near Bridport. It is the largest tombolo in the UK.

The pebbles are graded in size from fist-sized near Portland to pea-sized at Bridport. The pebbles are mainly a mix of flint and chert, with some quartzite pebbles from Buddleigh Salterton.

The origin of the beach continues to be argued over with some proposing it is actually two beaches. The stretch from West Bay to Abbotsbury appears to have different characteristics to the stretch from Abbotsbury to Portland.

Chesil Beach shelters Weymouth from the prevailing wind and waves and prevents the area being eroded by wave action. Evidence suggests that the beach is no longer being replenished by natural means.

The beach forms part of the Dorset and East Devon World Heritage Site, known as the Jurassic Coast.

It is the longest beach in the UK.

[Read less](#) ▲

## INFO & ROUTE FROM THE 'FKT' WEBSITE

