



Endurancelife

SUFFOLK

11.10.2025

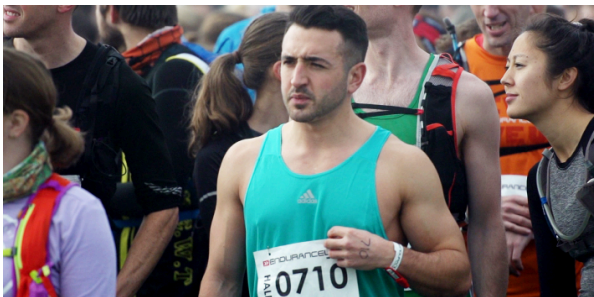
www.endurancelife.com/suffolk

Participant Event Manual

(All event distances, 10K to Ultra/Ultra+)

Britain boasts one of the most spectacular coastlines in the world and here at Endurancelife we are immensely proud of it. Each of our events is set in a different stunning location. Each event has its own character and throws up a unique set of challenges. What they all have in common is an incredible abundance of natural beauty, breathtaking scenery and unlimited potential to inspire.

It's all about the journey. Never give up.



Scope

- To provide detailed information for registered participants about what to expect from this event.
- A basic summary of safety and responsibilities.
- A helpful tick list so you come prepared.

What this document doesn't cover: The online booking platform, making changes and alterations to bookings. Please refer to the event webpage for this information.

Check List

Before you attend this event please;

- ☐ Read this manual carefully
- ☐ Add the [Event Safety Mobile](#) number to your mobile phone.
- ☐ Source your mandatory kit, nutrition and fill your water bottles.
- ☐ Check the Updates tab on the event webpage (this is where any changes to the event, weather warnings etc. are posted as the event date approaches).
- ☐ Pack your participant number (this will be posted out to you ahead of time).

Event Overview

Navigate to: IP17 3EN

Start: Dunwich, Suffolk

Finish: (as above).

Event Parking

Please drive with care to and from the event.

Parking must be purchased online prior to event day. Upon purchasing you will be sent an order confirmation email. When you arrive at this event please simply show the car parking team your order confirmation email on your phone - there is no need to print anything nor do you need to have anything displayed in your vehicle windscreen.

To avoid vehicles queuing on the road network we kindly ask that you have this permit ready to show on your phone as you arrive at the event.

Unfortunately cash can not be accepted on the day.

Location: (as above).

Cost: All day parking = £3. [BOOK NOW](#).

Drop-offs and collections of under 1hr = £free.



Event 'Day' Timeline inc. Starts

We recommend that you arrive no later than 30 mins before your start time.

Event site opens : 0730

Ultra & Marathon

Parking : 0730 - 0815

Briefing : 0820

Mass-start : 0830

Half Marathon

Parking : 0815 - 0845

Briefing : 0850

Mass-start : 0900

10K

Parking : 0915 - 0945

Briefing : 0950

Mass-start : 1000

Getting to the Event

The event is best accessed by the road network but it is possible to attend using public transport and a taxi. [Google Maps](#) is a great starting point for planning a trip.

Closest public transport hubs:

- International airport: Norwich International Airport
- Regional airport: Norwich International Airport
- Mainline train station: Ipswich
- Mainline coach station: Ipswich

Event Basics

Registration

All registrations must be done in advance online through the Endurancelife online booking platform; there are no entries, changes of category or swapping of participants on event day itself. If you have any amendments ahead of event day then please email support@endurancelife.com and we will do our best to oblige where we can.

Online Check-in

We will be asking all registered participants to check in online approximately two weeks from the event. The Check-in process will result in a simpler event experience for you by removing all the usual on-the-day administration. When you arrive at the event you can relax and focus on your final personal preparations prior to the start. Within the Check-in process we will ask you to confirm your preferred postal address to enable your participant number to be sent to you ahead of the event day and to watch the mandatory event safety video.

Briefing and Safety Video

The online briefing and safety video is part of the Check-in process. It is mandatory for everyone participating to watch this. Although there will be no official briefing on the day there will be a warm welcome from the PA prior to the start and the crew will be on hand and happy to answer any final questions you may have.

Participant Numbers

Your number must be displayed on the front (chest) at all times. Please do not fold your number. Your number will be scanned at checkpoints so please unzip or temporarily remove any layer which may be covering your number (i.e. jacket) as you approach the Checkpoints to ensure a speedy transition.

Timing

Timing will be done by scanning your participant number. Live finish line results will be online during the event. Split times (Checkpoints) will be added to the online results within 12 hrs of the

event.

Entry Age

Ages are based on your age on event day.

- 10K : 16 or over / 14 or 15 if accompanied by an adult (18+) for the duration of the event.
- Half Marathon : 16 or over.
- Marathon or greater distance : 18 or over.

Categories & Prizes

- All classes, both female and male : Overall 1, 2, 3
- Prizes from [Montane](#), [UltraRunner Magazine](#) & [GU Energy](#)
- Age categories : U20, Open, V45, V50, V55, V60, V65, V70
- Lots of great spot prizes!

There will be two prize giving ceremonies held throughout the afternoon. These will be for the overall top performers in each class. We regret not being able to recognise all the age category prizes winners on the day but it is not achievable to thoroughly verify the full results lists within the timeframe.

You will be included in the results of the event category you start in. For example: you can not be part of the Marathon results if you start in the Ultra but stop early and only complete the Marathon distance.

Participants who miss their start may be permitted a later start time or dropped a class. They will not be eligible for winners' prizes or medals, irrespective of their result, and real-time cut-offs will still apply.

Site Facilities

- Kit bags : There is a bag drop area at this event for your personal kit. Please ensure that any bag is under 30 litres in size, waterproof and clearly labelled with your name.
- Cafe : The Endurancelife cafe will be running throughout the day serving hot and cold drinks, porridge, bananas and other snacks.

- Massage : There will be massage available throughout the afternoon. Massage is charged at £12 for 10 minutes on the day. [BOOK NOW](#) to guarantee your spot and save 10%!
- Toilets : Yes.
- Changing tent : No.

(Tip! if you are travelling with other participants then it may be prudent for whoever is likely to finish first to carry the car keys.)

There are lots of great local cafes, restaurants and accommodation providers nearby; please do support them where you can.

[Tripadvisor](#)

[Flora Tearooms](#)

[The Ship at Dunwich](#)

[The Anchor](#)

Routes

Interactive route maps (and downloadable gpx files) are available from the website:

[Event Website](#)

Route changes : weather, climate and other force-majeure circumstances can often necessitate last minute course changes. NB: route markings always take priority over gpx files!

Navigation

The routes are fully waymarked and no other navigation aids are needed. You will be able to see full examples of the signing in place in the [Briefing and Safety Video](#).

Ultra Marathon : is a lap of the full Marathon course followed by the 10K course. As such, upon completing the marathon distance, you will see an “Ultra” split sign taking you on to the 10K course (and away from the finish line). From that point on you will follow the “10K” signage to complete your final loop.

Kit bag access : Ultra participants will have the opportunity to access their personal kit, should they wish to do so, after Marathon distance. NB This will necessitate a short detour off the route to the bag drop area or your vehicle in the parking area.

Water Stations (H2O) and Checkpoints (CP)

Water Stations will be positioned strategically along the course approximately every 6 miles. There will be one water station for the 10K route approximately mid way round.

Water stations provide water and basic nutrition supplies. All supplies are vegan friendly and will typically be : [GU Energy gels](#), [GU Energy Electrolyte Capsules](#), jelly sweets, bananas, oranges, biscuits and crisps. NB You should carry your own nutrition for the event; H2O station supplies should be used to **complement** your own nutrition. Whilst we encourage 10K runners to bring

their own reusable cup, there will be biodegradable cups available at the 10K water station.

Allergies: If you have allergies, please be mindful that it remains your responsibility to check the ingredients of any items provided at this event before consumption.

Toilets En Route

In addition to the toilets at the Event Base, there are a number of public facilities on or adjacent to the routes. Please note that access to some toilets may require a short detour from the route and some facilities may require payment.

Course	Miles	Location	On Route	Opening Hours	Cost
Ultra Marathon Half Marathon 40K	9.2 9.2 4.4	Walberswick (next to Village Hall)	Y	0700 - 1730 hrs	£FREE
Ultra Marathon Half Marathon 10K	24.2 & 30.3 24.2 3.9	National Trust - Dunwich Heath and Beach	Y	0900 - 1700 hrs	£FREE

Cut Offs

One of the many ways we ensure the safety of the event is by instructing cut-offs. It is rare that participants miss cut-offs but it is worth being aware of them. Endurancelife events are not walking events.

Cut offs are along the route only; there are no 'finish line' cut offs.

The times specified are the times you must have departed the position by.

The pace required between different Cut-off points is not always uniform so please read them carefully! We do this so, even if you aren't going to finish the whole course, you can get through as much of it as possible.

Ultra			
Distance (miles)	Time (hh:mm:ss)	Pace (mm:ss / mile)	Speed (mph)

26.4	06:30:00	14:46	4.06
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Marathon			
Distance (miles)	Time (hh:mm:ss)	Pace (mm:ss / mile)	Speed (mph)
20.7	05:30:00	15:57	3.76

Welfare and Safety

As a participant you understand that there are many risks associated with this event and that you have a duty of care to yourself and to those around you. By participating you accept that, a) you need to be aware of your surroundings at all times, b) you are responsible for your own safety (as well as those around you) as you travel along the route and that, c) you will stay within your limits and abilities at all times. If in doubt STOP.

Endurancelife's responsibility is to ensure the safety of all participants, working staff and the general public. Medical crew and marshals are there for your safety. Any participant may be removed from the event at any time; the marshal's decision is final and must be respected.

There could be many dangers out on the routes but there are three key dangers we would like you to think about carefully:

1. Cars (motorised vehicles).
2. Trip and slip hazards.
3. High cliffs in conjunction with strong winds.

The General Public

You will encounter other users of the paths, such as walkers / dog walkers. Please be courteous and kind at all times. Much of the route is open with plenty of passing space but other sections are not. Please stop and give way to others where necessary.

Kit and Equipment

Your kit may be checked at some point during the event; typically at an undisclosed location or when you cross the finish line.

Carrying the prescribed kit is paramount to the safety of all participants and incomplete kit will result in disqualification or time penalties. Please come prepared or else you may be disappointed at the end of a tough event!

We sell : [Event Safety Packs](#) (a basic 1st aid kit including a whistle)

Mandatory

The following must be carried on your person at all times:

Item	10K	Half	Mara	Ultra
Water bottle or bladder (500ml)		X	X	X
Nutrition		X	X	X
Windproof jacket		X	X	X
Mobile phone*1		X	X	X
Base layer top*4			X	X
Headwear (cap/Buf/hat)			X	X
£20 Cash min. or a card			X	X
Whistle			X	X
Basic 1st aid kit*2			X	X
Foil Blanket			X	X
Headtorch				X*3

We reserve the right to make amendments to the mandatory kit requirements based on the weather forecast for the event. Any changes will be posted on the [Updates](#) tab of the event webpage.

A kit check will be carried out either before or after the event and the consequence of failing to

carry the mandatory kit will either be a 10 minute time penalty or a disqualification, depending on the item missing. Failure to carry a water vessel, a windproof jacket or mobile phone when mandated will automatically result in disqualification.

*¹ With the [event safety mobile phone](#) number stored

*² Minimum : 1 sterile dressing, 1 antiseptic wipe and 2 plasters.

*³ Only applicable for the following event locations : Gower, Dorset, (South Devon for participants with anticipated finish times of over 8hrs). Please carry if you are unsure.

*⁴ Long sleeved thermal garment.

Recommended

This event is located in a remote and exposed location with little shelter. Do not underestimate how cold and wet it could be. It is not possible at this time for us to gather in groups inside marquees for shelter. Please bring warm and waterproof clothes with you.

We recommend that you carry the following items with you (if not already specified in the Mandatory kit list above):

- Trail shoes (highly recommended). We have stopped this being a mandatory kit item as, with the growing market of cross over shoes (Ultra specific shoes etc), it has become impossible for us to reasonably vet. Not only will you have a safer event, but you will have a more enjoyable experience if you have appropriate footwear - hence we encourage all participants to wear trail shoes.
- Waterproof jacket and trousers
- Warm clothes
- Lubricant
- Sunglasses
- Sun cream
- Reusable cup
- A small sealable plastic food bag (for valuables / phones)

Paths may be thick with foliage so, although all are passable, you may wish to bear this in mind when considering clothing choices.

Raising Help

If you were to get lost or you are feeling tired the most important thing to do is seek shelter to minimise your exposure.

If there is an emergency and you need to get in touch with us then the medical team carries a safety mobile. This number is printed on the reverse of your participant number but we also include it here. We recommend you save this to your mobile phone now : 07852 977461

In the same vein, if you were to come across anyone in difficulties and you suspect it may be serious (typically by this we mean a bad break or chest pain) then please call 999 (or 112) in the first instance. After having mustered the national services then call the event safety mobile number to initiate the localised response.

Ending Your Participation Early

If at any point you wish to retire from the event you must do so at a designated Checkpoint (Waterstation). If you are unable to do this you must have your withdrawal verified by a member of staff. The only reason for not conforming to this is if you are evacuated to hospital. You must also *personally* send an SMS to the [event safety mobile phone](#) detailing when and where you have retired.

Failure to comply with the above is a breach of your agreement with Endurancelife and you will be liable for any costs associated with us or 3rd parties making contact with you or conducting any search and rescue operations.

Buddy Call

It is a prerequisite that all participants will have informed one other non participating individual of their participation. They will have informed them of the event, the event organiser's details, and will have pre-planned a post event phone call at a set time to let them know that they are safe and well.

Tip! You will not be live tracked during this event but if you would like family and friends to track you (maybe they are participating in a different category or just coming to collect you post event) then why not [share your location](#) with them from your mobile phone? There are many ways to do this but just check that whichever app you choose continues to broadcast your location even when your phone is not actively in use.

Driving

Please drive with care to and from the event. After the event you should not drive until you are well rested; please stay locally overnight if you have a long journey home.

The Countryside Code

Gates : please leave gates as you find them, opening and closing them gently and respectfully so as not to damage them.

Zero litter : please make sure that all litter is carefully secured away on your person. There are bins at every Checkpoint along the route where you can drop off any rubbish you may have.

One litter campaign : please join us in our annual rubbish challenge as we ask each and every one of you to pick up one piece of rubbish along the route! This is a simple and powerful way for us all to give something back to the local community with very little effort.

Livestock : you will encounter livestock and other wildlife along the way. Please pass any animals slowly leaving as much space as possible. If you approach any animals from behind it's a good tip to give them plenty of notice by making some noise!

Misc Rules

Poles : running / walking poles are permitted.

Pacing : is not permitted.

Headphones : (the following applies to all forms of headphone including bone conduction. It also applies to both ears!) Headphones are permitted on most sections of the route. Headphones must be removed when: a) you come across any 'caution' sign, b) you run across or alongside any road, or c) you see a marshal. Failure to remove headphones will result in time penalties.

Dogs : attending the event and running with quiet and well behaved dogs is permitted so long as you are able to keep them on a lead and under control at all times. Running with a dog will preclude you from winners' prizes.



For further help or assistance:

support@endurancelife.com

+44 (0)1548 312314