



PORTLAND COASTAL MARATHON **RACE BRIEF**

SUNDAY 8TH FEBRUARY 2026



BUSTINSKIN EVENTS

THE PORTLAND COASTAL MARATHON

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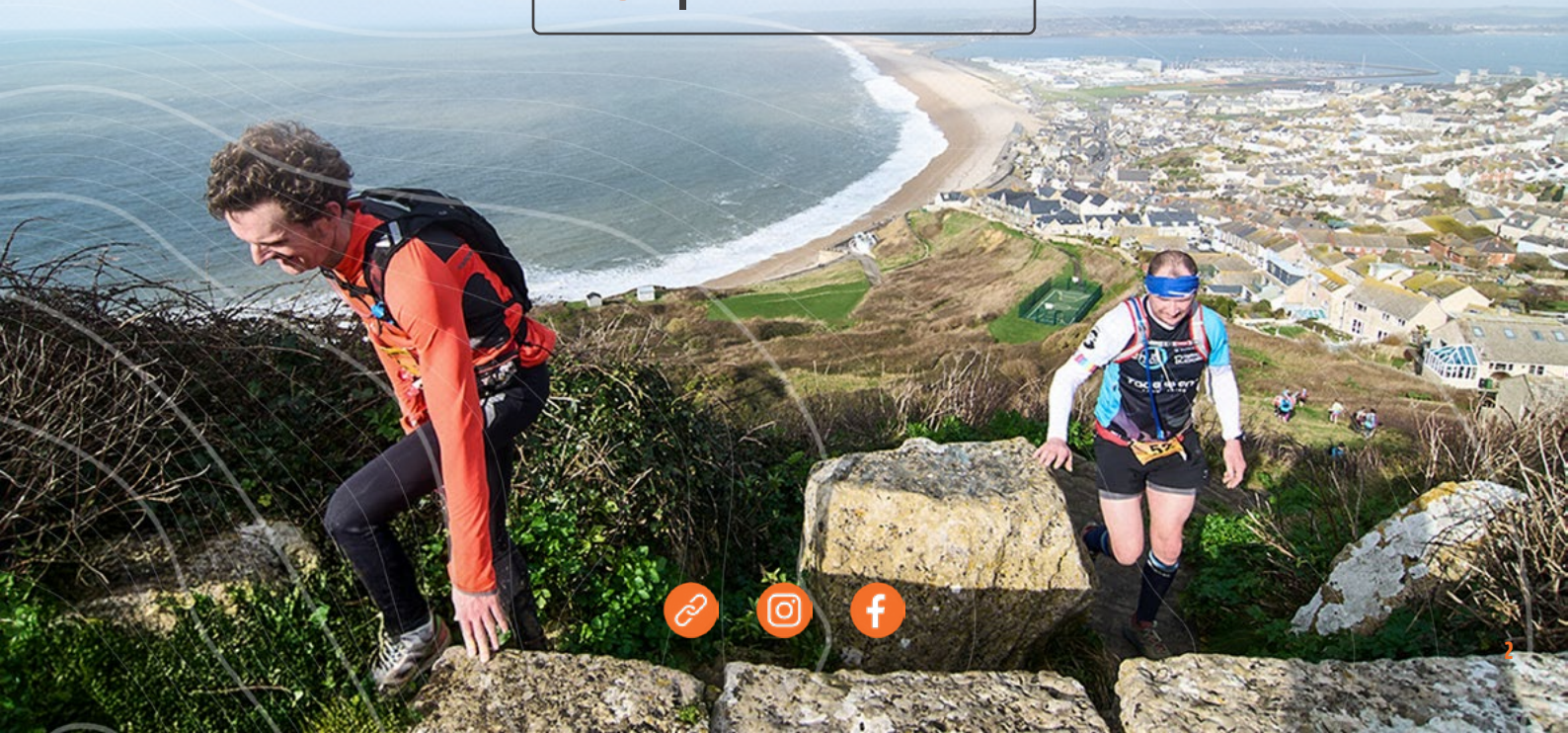
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PRE EVENT

What should I consider before taking part?

Are you fit enough?

Your training should reflect the distance, elevation, and coastal terrain of this event.

Recent illness or injury?

If anything affects your breathing, heart, balance, or mobility, seek medical advice before racing.

Is your kit ready?

Check shoes, clothing, hydration, and nutrition for the expected weather and terrain.

By starting the event, you confirm you are medically fit to do so.





RACE LOCATION

The Portland Coastal Marathon takes place at:
Weymouth & Portland National Sailing Academy
Osprey Quay, Portland, Dorset, DT5 1SA
01305 866000

What3Words: ///ripples.objective.havens

The event includes:
Marathon, Half Marathon & 10K
All races take place on one of the UK's most spectacular coastal trail routes.

GETTING TO US

By Car

From Dorchester - Take the A354 to Weymouth
From Poole / Bournemouth - Take the A352, which becomes the A353 to Weymouth
From Bridport - Take the B3157 to Weymouth
Once in Weymouth, follow signs for Portland (A354).
Cross the causeway linking Weymouth and Portland.
At the mini roundabout halfway across the causeway, turn left, follow signs for "Sailing Academy", and park in the designated event car park.

By Bus

Number 1 bus from Weymouth to Portland Victoria Square
Runs every 10 minutes during the day
For bus timetables and routes: National Express - 08705 808080

By Rail

Direct services to Weymouth from:
London Waterloo - approx. 2 hrs 40 mins
Bristol Temple Meads - approx. 2 hrs 45 mins
Southampton Parkway / Southampton Central - approx. 1 hr
For up-to-date train times - nationalrail.co.uk
National Rail Enquiries - 08457 48 49 50





PARKING & ARRIVAL

Do not park on the road.
Event HQ is located in the main hangar.

Free on-site parking is available.
Park only in designated areas, clearly marked and marshalled.

PLEASE ARRIVE IN GOOD TIME TO:

- Collect your race pack
- Have your kit checked
- Attend the race brief, which will cover:
 - Weather conditions
 - Any last-minute updates
 - Course changes if required





REGISTRATION

Getting your stuff – the easy bit.

You will collect your race number, timing chip, and any event items at registration. Nothing will be posted out in advance.

REGISTRATION TIMES & START TIMES

(Please arrive in good time – late arrivals may not be able to start)

	Marathon	Half Marathon	10K
Registration:	07:30 – 08:30	07:30 – 09:10	07:30 – 09:40
Race Brief:	08:45	09:15	09:45
Start Time:	09:00	09:30	10:00

Important Notes

Registration closes promptly at the stated times.

You must attend the race brief for your event.

Please allow time for kit checks where required.





RACE TIMING

Race timing will be provided by Timing Monkey using chip timing.

Your results will be published after the event at:

timingmonkey.co.uk/results-list

If you experience any issues with your recorded time, please contact:

info@timingmonkey.co.uk

TIMING CHIPS

Timing chips are attached to the back of your race number.

Do not fold, crease, or alter your race number in any way.

Folding or damaging the number may break the chip, resulting in no recorded time.

Wear your number clearly on the front for the entire race.

CUT-OFF TIMES

Marathon: 6 hours

(09:00 – 15:00)

Half Marathon: 4 hours

10K: No cut-off

(This is still a race – please choose the distance appropriate to your ability.)

Cut-off times may be extended in extreme conditions, but this is a tough course. If you require more than 6 hours on a good day, this event may not be suitable.





NAVIGATION & COURSE MARKING

This is a self-navigated race. To minimise impact on this sensitive and beautiful environment, the course will not be fully marked. You are expected to navigate using a combination of:

- South West Coast Path acorn markers
- Your GPS device
- The provided route map
- Directional Marking at the Start
- To send you off correctly, we will mark accessible road sections:
- Clockwise loop > Orange signs
- Anticlockwise loop > Yellow signs
- Once on the coastal path, navigation is primarily via SWCP acorn posts, a very well-worn trail, and your GPS.

DISTANCE-SPECIFIC GUIDANCE

10K

- Splits at Feed Station 1
- From there, follow LARGE GREEN signs
- Rejoins the main trail before returning to the finish at WPNSA

Half Marathon & Marathon

- Follow the main coastal route
- Please obey redirection signs around coastal erosion areas
- The diversion is approx. 500m – no major reroute required

Do not attempt to bypass erosion controls

GPS Routes

10k - [Ride With GPS](#) or [Komoot](#)

Half - [Ride With GPS](#) or [Komoot](#)

Marathon - [Ride With GPS](#) or [Komoot](#)

EXPECT:

Coastal footpaths and cycle paths

Hamm Beach

Steps, rocks, mud, and uneven ground

Dress and shoe choice accordingly.

Marshals will be positioned at key locations for safety and support. Please stay on the correct route at all times so we can locate you quickly if needed.





DO'S & DON'TS

DO'S

- Only take part if you are physically and medically fit to do so.
- Complete the reverse of your race number with emergency contact details and any relevant medical information.
- Wear your race number on the front, clearly visible at the finish (this helps the timekeepers – hiding it causes problems).
- Dress for the conditions – Portland weather can change quickly from mild to cold, wet, and windy.
- Follow marshal and back-marker instructions at all times, including being asked to shorten the course or withdraw if required for safety.

DON'TS

- Park in the main Sailing Academy area – please use the designated parking provided.
- Arrive late for registration.
- Urinate in public areas – toilets are available at the start and on route at Portland Bill.
- Drop litter – all feed stations have bin bags. Use them.
- Run with dogs or walking poles – this is not a Canicross or Nordic Walking event.
- Start before the official race time or without a visible race number.
- Rely solely on other runners for navigation – this is your responsibility.





FEED STATIONS

Cup-Less Event

All feed stations are cup-less.

You must carry your own drinking vessel (bottle or hydration system).

Number of Feed Stations

10K - 1 feed station

Half Marathon - 4 feed stations

Marathon - 9 feed stations

All feed stations will have water and cola.

Feed Station Contents (subject to availability)

Please bring your own nutrition – feed stations are a supplement, not a full meal service.

Feed Station 1 – 2.6 miles - Full / Half / 10K - Jelly Babies

Feed Station 2 – 6.7 miles - Full / Half - Bananas & crisps

Feed Station 3 – 9.6 miles - Full / Half - Mini Mars Bars

Feed Station 4 – 12.4 miles - Full / Half - Jelly Beans

Feed Station 5 – 13.2 miles (Half Finish / Full midpoint) - Full / Half
- Selection of the above

Feed Station 6 – 14.4 miles - Full - Jelly Beans

Feed Station 7 – 17 miles - Full - Mini Mars Bars

Feed Station 8 – 20 miles - Full - Bananas & crisps

Feed Station 9 – 24.1 miles - Full - Jelly Babies

Finish

What You Must Carry

Minimum 500ml water capacity (as per kit list)

Your own energy bars/snacks

Your own specialist or dietary-specific nutrition

First Aid & Support

Limited first aid supplies (e.g. antiseptic wipes) will be available at feed stations.

Floating marshals and medics will be on course – if you need help, ask. They will stop and assist.





DROPPING OUT

If you become unwell or injured and need to stop:

- Inform the nearest marshal immediately.
- Do not leave the course without telling a marshal.
- If you are able, make your way to the nearest feed/water station, where medical assistance and return arrangements can be organised.

If you see another runner who appears to be struggling or in distress:

- Alert a marshal immediately.
- Do not assume someone else has already done so.
- Your safety – and knowing where runners are on the course – depends on this.





KIT LIST

To keep runners safe while minimising what you need to carry, we have produced a slimmed-down mandatory kit list.

WHO THIS APPLIES TO:

Marathon & Half Marathon - MANDATORY

10K - Highly recommended, but not mandatory

Mandatory Means Mandatory

If an item is listed below, you must carry it with you for the entire race.

You may eat and drink your supplies.

You may not discard or stash kit with friends, spectators, or on the course.

Kit checks will take place before the start and may occur during the race and at the finish.

Runners without mandatory kit will not be allowed to start.

If found without kit during or after the race, you will be disqualified.

NO KIT = NO NUMBER, NO RESULT, NO REFUND

MANDATORY KIT (FULL & HALF MARATHON)

- Windproof jacket
- Water bottle or hydration system - minimum 500ml
- Basic small first aid kit
- (blister plasters, antiseptic wipes, 1× wound dressing)
- Emergency foil blanket
- Energy bar / snacks
- Mobile phone
- Waterproofed (sandwich bag is fine), switched on, volume up
- Hat or technical headwear
- Whistle

All of the above should fit easily into a small pack, bum bag, or hydration vest.





AWARDS

Prizes and awards will be presented to the top three female and male finishers in each event.

Prize giving will take place as soon as possible after competitors finish, so winners can get on with their day.
(There will be no formal awards ceremony.)

Every finisher will receive:

A BustinSkin Events buff

A quality finisher's medal

Thank you for being part of the Portland Coastal Marathon.
We hope you stay injury-free and have a great race.

Mark and the BustinSkin race team x

