



Welcome to the Event Information for the Grand Canal Canter at Tiverton Canal Basin on Sunday 31st October 2021.

Please take a moment to read through this Event Information in full, we hope it will answer any questions you have, if you do need to contact us please email brian@windingpaths.uk

IMPORTANT!

If you are feeling unwell, have a temperature or displaying any symptoms of Covid-19, you must not come to the venue and must not take part in the event.

The Start Lists are final and Race Transfers are only allowed up to Sunday 24th October 2021 and you are not allowed to let someone else run with your number, this is to comply with Track and Trace and our Race Insurance.

Event Information

A reminder that British Summer Time ends at 2am on the Sunday morning and the clocks go back an hour, so don't forget to change them, otherwise you may be a tad early for the event.

The Grand Canal Canter is split into 3 events, with different start times, the email that was sent with the link to this document will remind you of which event/time it is you are doing, please only turn up for the event/time you are entered for.

8am Half Marathon – 2 hr 30 minute Cut Off time

Race HQ opens at 7.15am for Race Number Pick Up and closes at 7.50am

Race Briefing at 7.50am for an 8am start

8.30am Marathon – 6hr Cut off time

Race HQ opens at 7.50am for Race Number Pick Up and closes at 8.20am

Race Briefing at 8.20am for an 8.30am start

10.45am Half Marathon – 3 hr 30 minute Cut Off time

Race HQ opens at 10am for Race Number Pick Up and closes at 10.35am

Race Briefing at 10.35am for an 10.45am start

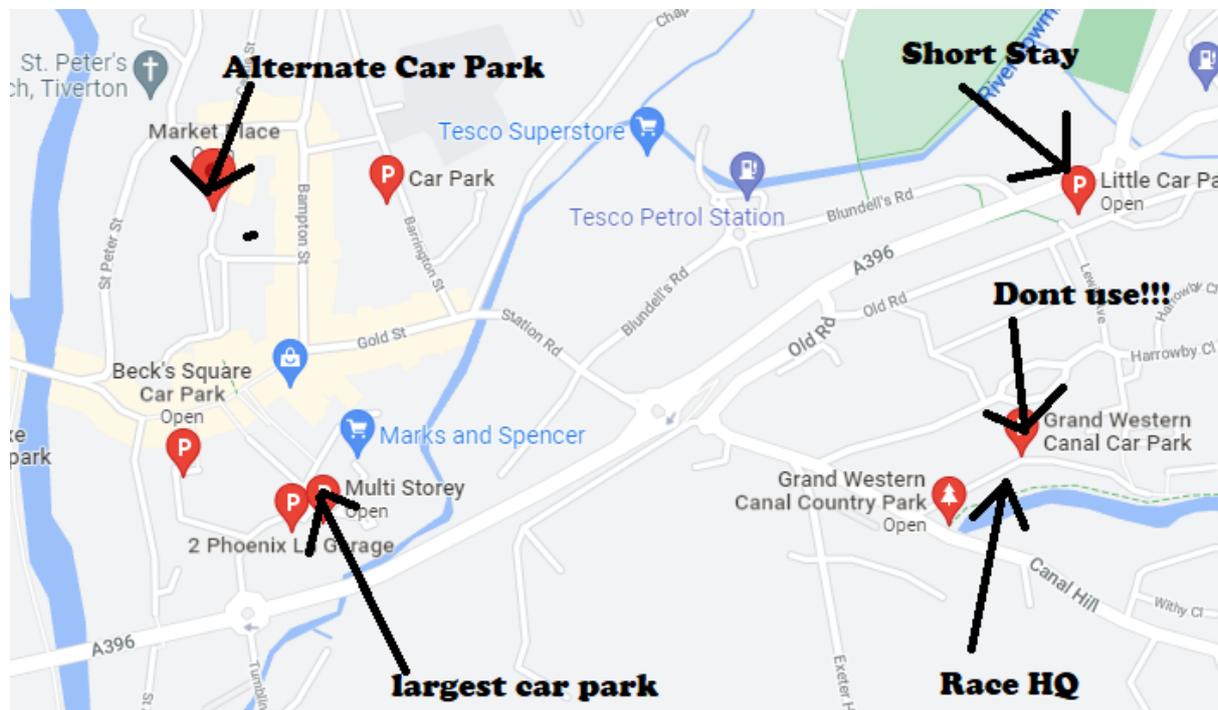
Race Numbers - Race numbers and safety pins will be given to you on the day at the Race HQ, please make sure your race number is visible at all times on your front or right leg, especially at the Finish Line.

Results - The event will be manually timed and results will be published on our website and on our Facebook page as soon as possible after the event, we are aiming for Sunday evening.

Race HQ -The event HQ is located at Tiverton Canal Basin, Grand Western Canal Country Park, Canal Hill, Tiverton.

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Race Parking



Important!!! Do not use the small Car Park at the Grand Western Canal itself, it is small and we have been asked not to use it by the Manager of the Canal, as small local businesses by the canal, rely on it for their customers to park. We will have a marshal located here to make sure this is adhered to.

There is plenty of parking just a short 10/15 minute walk from the HQ, the biggest place to park is at the Multi Storey Car Park next to the Premier Inn, EX16 5DQ, 5 hrs parking is £3 and 10 hours parking is £5.

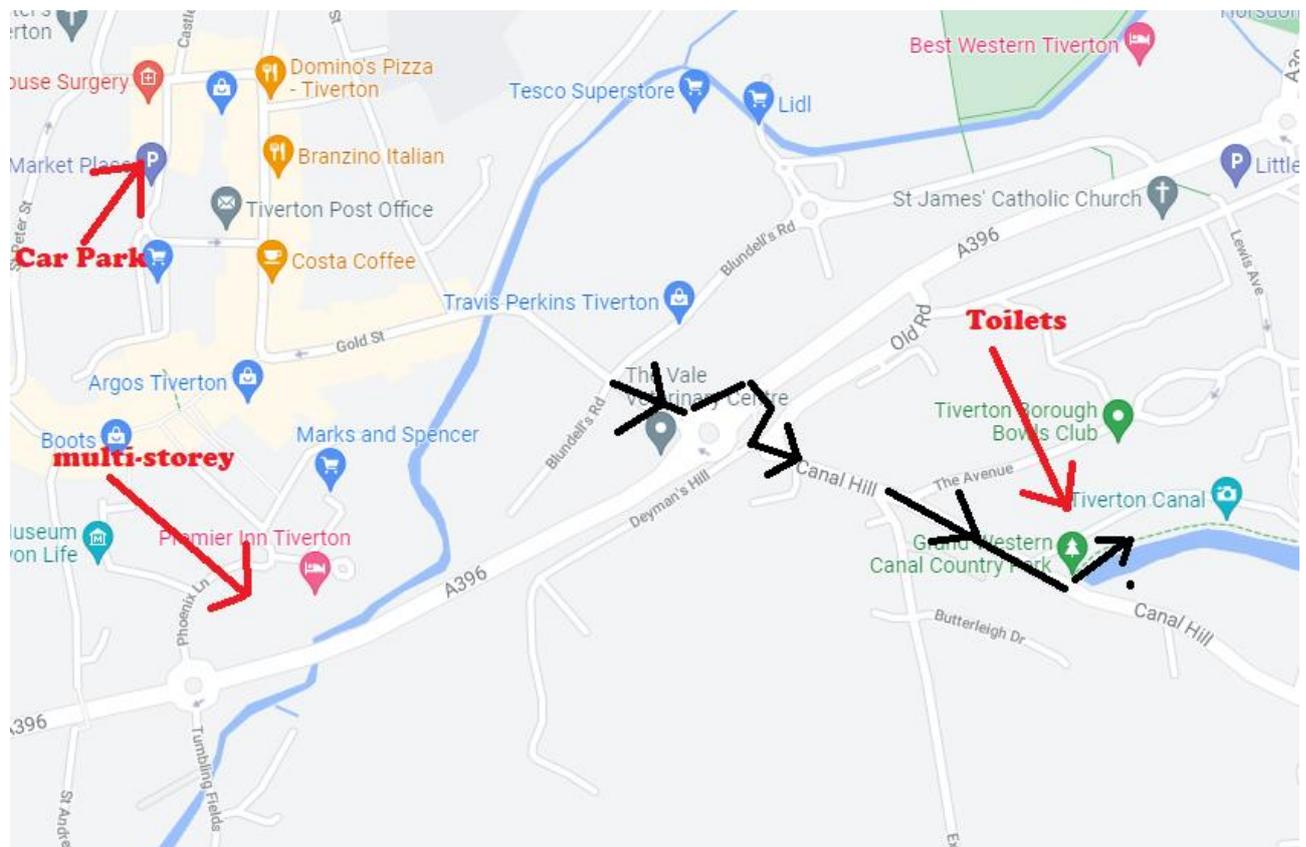
The alternate car park which has 110 spaces and also just a 10/15 minute walk away is at Market Place, EX16 6NL, on a Sunday parking is 10 hours for just £1.

The closest parking is the Short Stay car park, however it is small and probably best used by any family meeting you just for the finish. Again ask them not to use the Grand Western Canal Car Park.

The best way to walk to the HQ is via Station Road, you will get to the roundabout (pictured below), you cross at the lights and then head up the zig zag slope shown, which brings you to the bottom of Canal Hill, walk up Canal hill, (it's the only hill on the event) until you see the signs for the Grand Western Canal on your left, then enter the Canal Side.



Black arrows below show the route to the HQ from Station Rd, the Toilets are located below the Race HQ/Canal Basin.



Baggage – There is a small bag drop, maximum shoe bag sized bag, ideal for a warm top, to put on after you finish, bags are left at your own risk, at the back of one of the gazebos will be some tables to put your bag on and collect it when you finish.

Toilets

There is a toilet block which is near the entrance of the Car Park at the Grand Canal Car Park, the Car Park that is not to be used for parking, you go down some steps from the Race HQ to find it.

The Route - The route is a very simple out and back route along the canal side to Sampford Peverell and back again, 1 lap for the Half Marathon and 2 for the Marathon. On the outward leg the canal is on your right until mile 2.6 when you go up over a road bridge and drop down to the canal again with the canal now on your left, just before mile 3 is a water stop, now you head all the way to Sampford Peverell, just past the back of The Globe Inn pub there will be a marshal sending you right into a small park, here is the turnaround aid station, you **MUST** run to the aid station, even if you don't want anything as this is the measured turn around point.

Now you simply follow the same route back to Tiverton and the Start/Finish Line.

IMPORTANT – There will be runners heading in both directions on the route and the route passes under 5 bridges, some of these bridges have narrow paths, so give way to the runners on their return leg, so runners heading back to Tiverton, we aim to have marshals at all the bridges to help you.

Please also always keep to the left of the path you are on at all times and do not run side by side, unless the path is clear in front and behind you, when any other runner is coming towards you or overtaking you, run in single file.

Please look out for your fellow runners on the event, if someone falls please take time to check they are ok and back on their feet and let a marshal or Race HQ know of any issues.

Please no littering on the event, we are lucky to be able to run around this gorgeous area and any littering would compromise future events in this area, littering will lead to disqualification. There will be bins at the Aid Station and Race HQ.

Please also be aware of other path users that are using the paths, you have no greater right of way than any other user. Cycling is not allowed on the pathway though, so other users will only be walking or running.

The FINISH LINE AREA:

If you are on the Half Marathon you will do just one lap, so when you approach the finish area, run past the Aid Station gazebo and run to the Winding Paths Flags, this is the finish, make sure your number is visible to the timers.

If you are on the first lap of the Marathon when you get to the Finish Area, you stop at the Aid Station gazebo or if you don't want to stop, simply turn around at the Aid Station Gazebo, **DO NOT RUN PAST THE FLAGS!** **When you are finishing your second marathon lap**, you now run past the Aid Station Gazebo and run to the Flags to finish.

When you have finished please keep the finish area clear so the other runners can finish and the timers can see the runners. **Do not** head to the Aid Station gazebo, there will be water available where the bags are located.

Route Markings – There are some marshals along the route, these will be at the bridges and at the turning for the Sampford Peverell Aid Station, there will also be some yellow arrow signs but only a couple are actually needed as you are just following the canal, the only time you are not next to the Canal is at the Sampford Peverell Aid Station.

Headphones - Headphones are NOT allowed at the Race due to our insurance except Bone Conducting headphones, BUT you must keep the volume low so you can hear other users at all times.

Water Stop/Aid Station – CUPLESS EVENT – you will visit the midway Aid Station twice on each lap and the turn around aid station once, if on the Marathon there is also an Aid Station just before Race HQ. So on the Half you will see Aid Stations 3 times and on the marathon you will see Aid Stations 7 times.

If you are using the Aid Station, you must have your own cup or bottle, you approach the table if clear, use the hand sanitiser, then you can fill your cup or bottle using the water containers, then move away from the table. There will be volunteers making sure you do this. So just to remind you bring your own cup or bottle. There will also be some sweet treats and snacks on offer.

First Aid - We have a professional Medical Team from TEAMSS Medical Services in attendance at the event, please ask them for any assistance required. They will be based at Race HQ.

Photos

We have a photographer on the route and photos will be free to share after the event, most likely uploaded to Facebook on the Monday.

QUICK RECAP

Half Marathon, at the finish go to the Winding Paths Flags to finish.

Marathon, on your first lap the turnaround is at the Aid Station Gazebo located just before the Flags at the finish, DO NOT run to the flags. It is only when finishing the second lap that you run to the flags. Thank You

Please put the Race Day phone number for Race HQ into your phone 07990 757395, call for any emergencies, this number is only active on Event Day.

I look forward to seeing you on the day

Best Wishes

Brian

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