



Welcome to the Event Information for the Exe Estuary events based at Budleigh Salterton on Sunday 2nd October 2022.

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!

The Defer deadline has passed, however Race Transfers are allowed until Sunday 25th September, to transfer email me with the new runners name and email, who I email for all their details. You are NOT allowed to give your number to anyone else without going through the transfer process and you must not run with someone else's number.

Event Information

Cupless event – Remember all Winding Paths events are **cupless**, you will need to bring your own cup/bottle, which you can refill at the Aid Stations.

Start Times, only start at your events time.

50k starts at 9am

Half Marathon starts at 9.15am

Marathon starts at 9.30am

For the 50k and Half Marathon it is a short walk from Race HQ to your start line, so please be at Race HQ 10 minutes before your start time for walk to start and race briefing.

Race HQ – Please use the beach for waiting for your event to start, do not block the access path from the car park

You can pick up your race number and safety pins between 7.45am and 10 minutes before the start time of your distance!

The Race HQ is located at Lime Kiln, Car Park, Budleigh Salterton, EX9 6JD

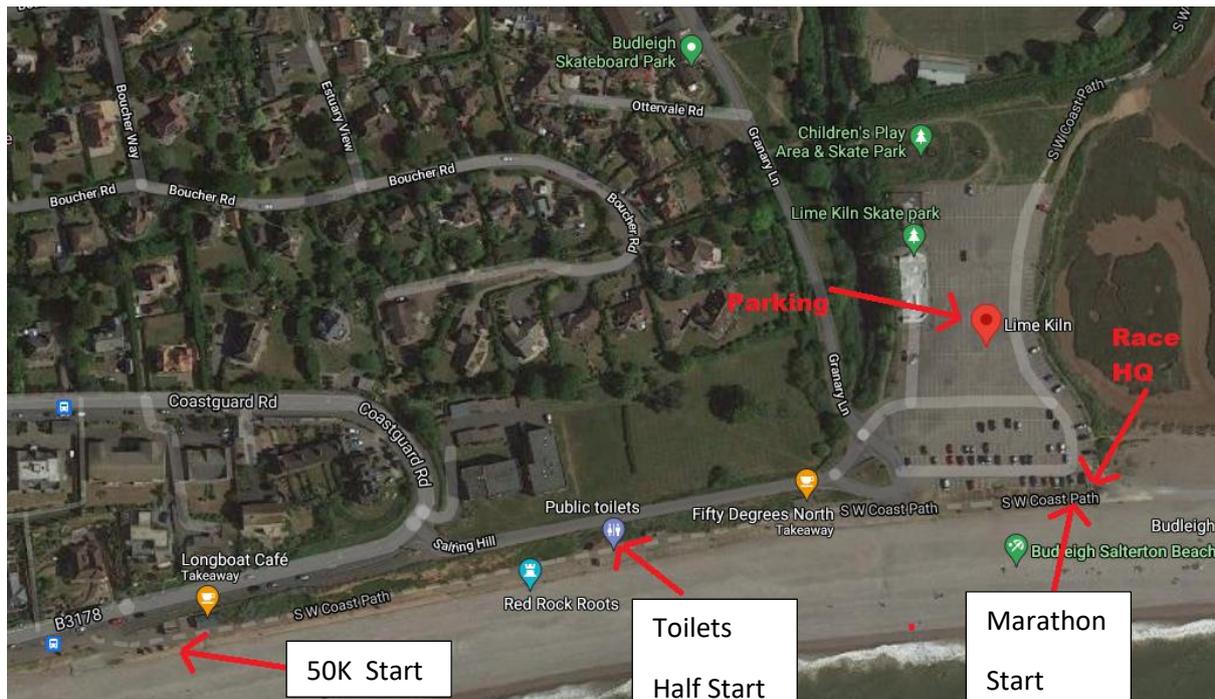
The machines take cash (but sometimes cash is not accepted), card and also uses the RingGo App, Location number is 42944

The Marathon start is by the Race HQ

The 50k starts further along the prom by the cafes, we will walk there at 8.50am

The Half marathon starts by the toilets, we will walk there at 9.05am

All 3 distances finish at the flags by the Race HQ gazebo



Race Numbers - Race numbers and safety pins will be given to you on the day at the Race HQ.

Race numbers must be worn at all times on your front and be visible to marshals, please make sure your race number is visible on the finish line for timing.

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.

Prizes - We have awards for the 1st, 2nd and 3rd Male and Female runners in all 3 distances.

Shoe Choice – If the weather has been dry then road shoes can be used, you do run on the South West Coast Path trails, however the majority of it is good underfoot, however there are a couple of short sections that are rocky/pebbly underfoot, a few short downhill can get muddy if wet, so if you do decide on road shoes then please take extra care on those sections, they are short but you will need to take extra care. If it has been wet then trails shoes should be seriously considered, for the Half the majority is trail.

Some People last year on the 50k and Marathon had someone meet them at Exmouth Promenade (Orcombe Point end), to swap from trail to road shoes and then back again when they returned, this is allowed.

Kit – Please carry a mobile phone with the event day Race Director phone number in it, the phone number is **07990 757395** this is for **event day only** and is for any emergencies.

For the 50k and Marathon you need to carry a Water Bottle or Hydration pack filled to start. If you want to have some squash or coke at aid stations you may also want to carry a spare cup.

For the Half Marathon we advise you carry a Water Bottle of Hydration Pack, but if you want to carry a cup to fill up at Aid Stations you can. But if it is warm we strongly suggest carrying fluid at all times.

Baggage - Sorry but there is no bag drop at this event as the event parking is right next to the Race HQ.

Toilets - The toilets just a short walk away along the prom from Race HQ, they will be open from 8am

Route Terrain & Etiquette (See end of PDF for route descriptions)

The routes are multi terrain, with the main trail section being the South West Coast Path between Budleigh Salterton and Exmouth, the rest of the route is a mix of tarmac, hard packed gravel and wooden walkways. Except the 50k and Half Marathon loop of the River Otter which is a mix of tarmac and riverside trails.

Please keep to your left when running, as at some points there will be runners heading in both directions, but the majority of the pathways are wide.

In the wooded areas on the coast path take care as there can be tree roots and rocks underfoot, so please take care. Some of the steps are uneven and have lips, so watch your feet on them.

Take care on the small section that has loose stones underfoot.

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. You will run past loads of bins if required or there will be bins at the Aid Stations.

Please also be aware of other path users that are using the paths and trails.

The roads are not closed on this event, so please take care on the sections where you are running on roads, where there is no pavement, these are quiet lanes and traffic is usually minimal, but please keep left and be aware of your surroundings.

Route Markings – There are marshals along the route, with several in the section between Exmouth Prom and the Train Station, as there are a couple of road crossings, please listen to the marshals, they are not there to stop the traffic but to help you cross safely, there will also be yellow arrow signs on the route, please keep an eye out for these, however the section between Budleigh and Exmouth is 100% on the South West Coast Path so it's as simple as keeping the sea to your left on the way out and on your right on the way back, you can also follow the Coast Path acorn signs. For the 50k and Marathon you also follow the Exe Estuary which has a lot of straight paths, where a section is a long path with no turning then there will not be any extra signage as it's not needed, just stay on the path, you keep the river to your left on the way out and then to your right on the way back.

On the coast path section you run through the Caravan Park, simply follow the Coast Path signs here, keep on the same path/direction unless a coast path or yellow event sign says turn, **do not follow the sign that says "Coast Path Short Cut"**.

Headphones - Headphones are NOT allowed at the event due to our insurance. **However Bone conduction head phones are allowed but you must keep the volume low enough to hear marshals, other users and traffic.**

CUPLESS EVENT – Remember all Winding Paths events are cupless, you will need to bring your own filled bottle or hydration pack, which you can refill at the Aid Stations.

Aid Stations

If you are using the aid stations, you must have your own cup or bottle, you can fill your cup or bottle using the water containers, there will also be squash, there will be some snacks at the aid stations, usually a mix of sweet and savoury.

For the 50k and Marathon there will be flat coke available, please ask for this.

Aid Station locations (all approx.)

For the 50k there are aid stations at miles 5 Race HQ at Lime Kiln Car Park / 9 Exmouth (Orcombe Point) / 12 Carter Park/ 18 Topsham/ 24 Carter Park/ 27 Exmouth (Orcombe Point)

For the Marathon there are aid stations at miles 4.5 Exmouth (Orcombe Point) / 7.2 Carter Park / 13.3 Topsham / 19.6 Carter Park / 22.3 Exmouth (Orcombe Point)

For the Half Marathon there are aid stations at miles 5 Race HQ Lime Kiln Car Park and 9 Exmouth (Orcombe Point).

If you are having someone meet you at points along the route, please **do not use** aid station locations.

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 and at points along the route, if anyone needs medical assistance and cannot make their way to a marshal then phone the Race HQ, number is in Kit section above. If the medical emergency is life threatening then call 999 first.

Retiring

If you need to retire from the event, please let a marshal know or phone Race HQ to let them know, we keep track of the number of runners out on the route and if we aren't informed of a retirement then we could be out searching for them needlessly. There are sweepers on the route.

Finish Line

When you cross the finish line, please make sure your race number is clearly visible on your front, you will get your medal when you cross.

T-shirts

We will be selling Exe Estuary Event T-shirts at the finish line, these will be just £5, **Cash Only** and please try and have the correct cash.

Photos

We have a photographer on the route and photos will be uploaded to Facebook and be free to tag, download and share for personal use after the event.

I look forward to seeing you on the day

Best Wishes

Brian

brian@windingpaths.uk

The Routes – This section is split into 3 parts one for each distance, please read the section for the distance you are doing:

50k

The 50k starts by heading back towards Race HQ and then alongside the car park up the River Otter, you do an anticlockwise loop around the River Otter before returning to Race HQ area, where your first Aid Station is located (mile 5), then you join the marathon route, heading along the prom and up onto the Coast Path towards Exmouth, just before you drop down to Exmouth Promenade, you will see the second aid station (mile 9), then you run the entire length of the Prom, before a marshal sends you to your right, the route goes along a couple of residential streets (marshals and signage show the way), then past Exmouth Train Station and onto the Exe Estuary trail, in Carter Park you will find the next aid station (mile 12), the Exe Estuary trail heads to Lypstone, where you head through the train station car park and over the bridge now you head onto Exton then along Topsham Quayside, at the far end of Topsham is a park, here you will find the turnaround Aid Station (mile 18), even if you do not want anything, please make sure you go to the aid station, as this is the measured turn around point, you now head back the exact way you came, visiting the Carter Park (mile 24) and Exmouth (Mile 27) aid stations again, once you drop down to Budleigh Salterton the finish line is in site at Race HQ. **Turnaround point is at Topsham Aid Station which is located on a playing field approx. mile 18**

Marathon

The marathon starts by heading along the prom and up onto the Coast Path towards Exmouth, just before you drop down to Exmouth Promenade, you will see your first aid station (mile 4.5), then you run the entire length of the Prom, before a marshal sends you to your right, the route goes along a couple of residential streets, then past Exmouth Train Station and onto the Exe Estuary trail, at carter park (mile 7.2) there is an aid station), head to Lypstone, you head through the train station car park and over the bridge, now you head onto Exton then along Topsham Quayside, at the far end of Topsham is a park, here you will find the turnaround aid station (mile 13.3), even if you do not want to use the aid station, you must run to it, as that is the measured part of the route, you now head back the exact way you came, visiting the carter park (Mile 19.6) and Exmouth (mile 22.3) aid stations again, once you drop down to Budleigh Salterton the finish line is in site at Race HQ. Turnaround is at **Topsham Aid Station which is located on a playing field approx. mile 13.3**

Half Marathon

The Half Marathon starts by heading back towards Race HQ and then alongside the car park up the River Otter, you do an anticlockwise loop around the River Otter before returning to Race HQ area, where your first Aid Station is located (mile 4.7), then heading along the prom and up onto the Coast Path towards Exmouth, just before the drop down to Exmouth Promenade, you will see the second aid station mile (9), **this is the Half Marathon turnaround point**, you now head back the exact way you came along the coast path, once you drop down to Budleigh Salterton the finish line is in site at Race HQ. **Turnaround is at the Exmouth Aid station, do not go along Exmouth Promenade.**