



## Welcome to the Event Information for the Total Coastal 10k on Saturday 25<sup>th</sup> March 2023.

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](mailto:brian@windingpaths.uk)

### IMPORTANT!

**Remember it is a new START location for 2023, so read all the details below!**

**There are no more Defers or Race Transfers**

**You are NOT allowed to give your number to someone else, this is to comply with our Race Insurance. Anyone found running with someone else's number will be disqualified and banned from all future events as will the original entrant whose number it is.**

### Event Information

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

#### **10k-timings:**

Race HQ at Shaldon Beach Shelter (shown in picture below) opens at 9.30am

Race Briefing at 10.10am

10k starts at 10.15am

#### **Race Number Pick Up**

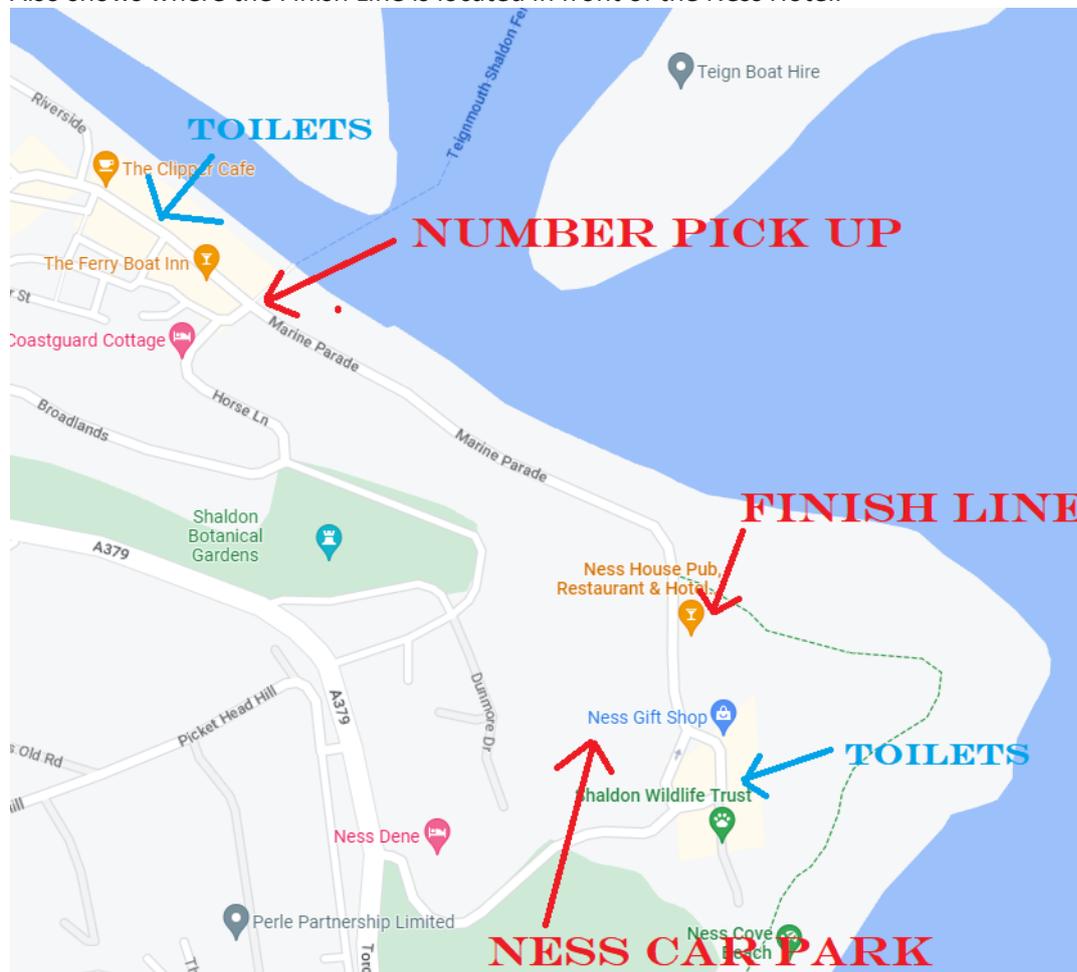
**You will pick your Race Number up from the Shelter on Marine Parade, Shaldon Beach, there are toilets near the event car park and a short distance from the Race Number Pick Up Location, see the map on the next page for more details, closest postcode is TQ14 0DP**



## Event parking

Parking is at Ness Car Park, Shaldon, TQ14 0HP. Ringgo app can be used for parking.

Map below shows the location of the Race Number Pick Up location, this is also the start line. The two sets of toilets, one close to the car park, the other close to the start line. Also shows where the Finish Line is located in front of the Ness Hotel.



**Toilets-** There are toilets shown on the map above.

**What Shoes?** - Trail shoes are mandatory on the event, the majority of the event is trails, with only a tiny amount of tarmac at the start.

**Race Numbers** - Race numbers and safety pins will be given to you on the day as stated above, **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 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 Saturday evening.

**Prizes** - We have awards for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female runners in the 10k.

**Mandatory 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. Please also put the Medical Teams (Peninsula Medics) mobile number in your phone 07841 366656 you can call this number for any medical issues.

Water Bottle or Hydration pack filled to start at least 250ml capacity. If you want to have some squash or coke at aid station you may also want to carry a spare cup.

**Baggage** - Sorry but there is no bag drop at the event.

### **Cut Off Times!**

There is a generous 6 hour cut off for the event.

### **The Route & Navigation**

#### **Acorns, Signs and Marshals! Route Change due to blocked path! Please Read!**

The route starts by running along Marine Parade towards the Ness Hotel, here you will turn left onto climb up the coast path, you follow the Coast Path signs from here to Maidencombe, you run through the car park to the Aid Station at roughly mile 3.4, **DO NOT** go passed the aid station, this is where **you turn**, run back the way you came, now you simply follow the South West Coast Path all the way back to the finish. It may be 3 miles to the finish but they are a very hilly 3 miles, so have some supplies and top up your drink.

Sometimes there are two arrows underneath the acorn pointing in two different directions, always follow the arrow directly beneath the Acorn as that is the South West Coast Path.

**GPX FILE** A GPX file is available, please email [brian@windingpaths.uk](mailto:brian@windingpaths.uk) for the GPX, but don't leave it until the last minute, as we will be out on the route on the days leading up to the event.

### **Route Terrain & Etiquette**

The route is trail, expect for a couple of tiny tarmac sections.

There will be runners in both directions on a small section, please take care.

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.

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.

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

**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.**

**Weather** – Being the UK it could be any weather, so be prepared, if it is wet or forecast wet or cold then consider carrying a showerproof jacket.

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

### **Aid Station**

If you are using the aid station, you must have your own cup or bottle, you can fill your cup or bottle using the water containers, there will be some snacks at the end of the aid station, , there will be squash and coke at the aid stations, if you want this please ask the volunteers. Some of the snacks available will be Haribo packets, raisins, skittles, crisps, flapjack etc.

### **Aid Station location (approx. distance)**

Maidencombe Car Park **Mile 3.5**

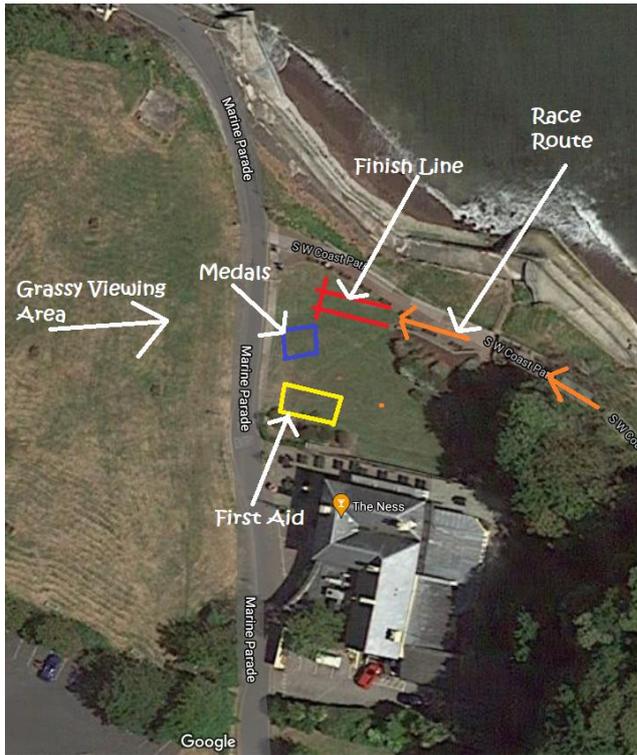
**First Aid** - We have a professional Medical Team from Peninsula Medical in attendance at the event, please ask them for any assistance required. They will be based at Race HQ and at points along the route, if anyone needs medical assistance and cannot make their way to a marshal then phone the Race HQ or the medical team, numbers in the KIT section above., the number will be sent in an email before event day. 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 event.

### **Finish Line**

When you cross the finish line **with your race number clearly visible on your front**, you will receive a medal, a team member will check your number to see if you ordered a T-shirt. There will be a table with water available close by and the First Aid tent will also be here. There is a small amount of space on the grass to sit if required by HQ, but overlooking the finish there is a larger sloped stretch of grass to sit on and enjoy the view, which is where spectators/family can wait for you. **Do not sit on the balcony of the Ness Hotel unless you are ordering food.**



### **Ness Hotel**

The Ness Hotel are very kindly letting us use the area of grass for the event finish, with its view over the River Teign and Teignmouth Beach, they will be open and selling food and drink, so why not take advantage and start refuelling.

### **Finish Line Toilets**

**Please do not use the Ness Hotel toilets** unless you are ordering food or drink from them, there are toilets located a short walk along the path above the Ness Hotel, near the entrance to Shaldon Zoo and the car park, please use those toilets.

### **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.

### **Shaldon Wildlife Trust**

We are delighted that Shaldon Zoo have made a very generous offer, this is for runners family members to enjoy a 20% discount on entry to Shaldon Zoo on Saturday 26<sup>th</sup> March 2022.

Please print of the voucher on the next page and take to the Zoo on the day to get the discount on event day. The zoo is located a couple of minutes' walk away from the finish line.

## Other

If there are any questions after reading all the above email me [brian@windingpaths.uk](mailto:brian@windingpaths.uk) but please be aware that in the week before the event I will be extremely busy and out most of the days, so any emails will take longer to reply to and any sent from 5pm on Friday evening will not be answered until after the event. If you cannot make the event, then you do **not** need to email to tell me, as we track the runners present by the race numbers that are picked up.

*I look forward to seeing you on the day*

*Best Wishes*

*Brian*

[brian@windingpaths.uk](mailto:brian@windingpaths.uk)

VOUCHER ON NEXT PAGE

 <p><b>SHALDON</b> Wildlife Trust <b>Shaldon Zoo</b></p>	<p><b>Total Coastal 20% Discount Voucher</b></p> <p>This voucher entitles a family to 20% discount on their entry fees to Shaldon Zoo on Saturday 25<sup>th</sup> March 2023.</p> <p>One voucher per family.</p> <p>Cannot be used with any other offer.</p>
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