



Welcome to the Event Information for the Total Coastal Half Marathon on Saturday 25th 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

IMPORTANT!

There are no more Defers and Race Transfers must be completed by Tuesday 21st March at 6pm, to transfer to another runner, email their name and address to brian@windingpaths.uk 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 Stations. Please see Mandatory Kit List.

Half Marathon-timings:

The coach leaves the Ness Car park at Shaldon at 8.30am sharp, it will not wait.

Race HQ at Preston Green opens at 8.30am

Coach Arrives approx. 8.55am

Half Marathon starts at 9.30am

Race Number Pick Up

If you are on the coach transport you will pick up your race number before you board the coach, do not board the coach without picking up your race number!

If you are making your own way to the Start Line, you will pick your Race Number up from Preston Green, which is also the location of the toilets and the start line.

Coach Transport / Finish Line parking

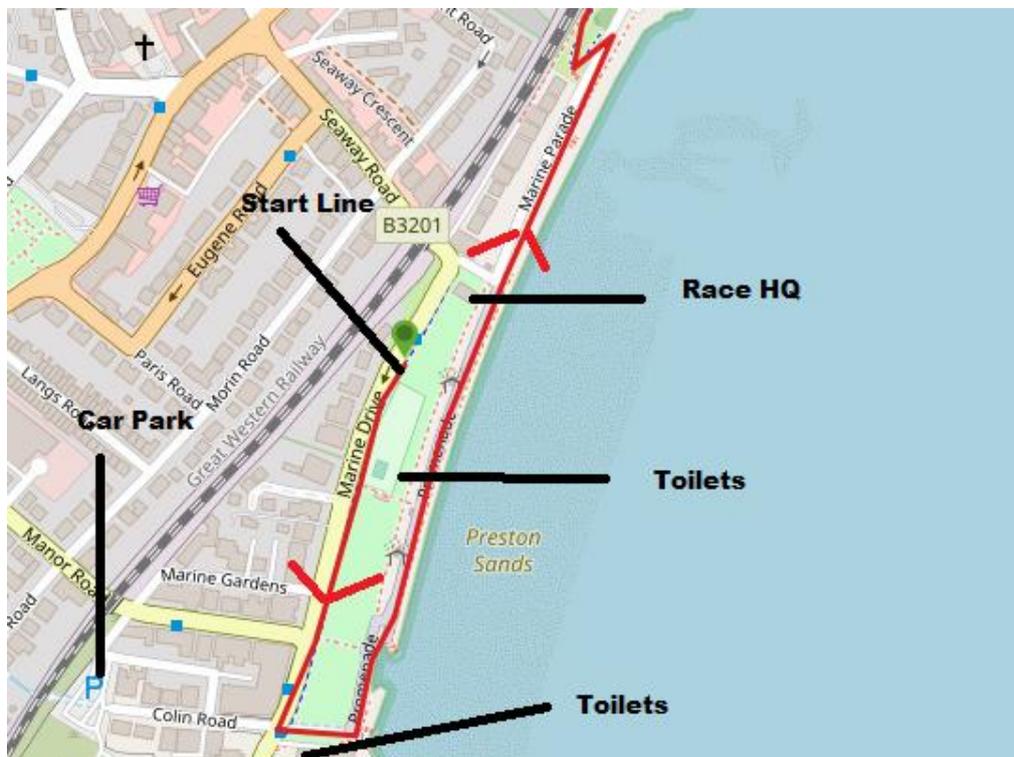
If you have booked onto the coach transport then you will pick up your race number between 7.45am and 8.20am from the Ness Car Park, Shaldon, TQ14 0HP. Pay and Display

Do not board a coach without your Race Number!

Only those who have paid for the coach transport can travel on the coaches.



Start HQ – The Start line HQ for the Half Marathon is at Preston Green, Marine Drive, TQ3 2NS



The map above shows Preston Green, it shows the Race HQ which is located at the back of the closed toilet block, the start line, the toilets and the closest car park. There is some on street parking but it is limited.

Toilets

There are two sets of toilets on Preston Green, in the middle of the green are a block of 4 individual toilets and at the far end and toilet block, sorry but all of these are 30p to use, card payment is required.

What Shoes?

The big question that is always asked about multi terrain events, which shoes to wear, trail shoes are the only sensible option, over 75% of the route is trail, there are some steep ascents and descents and you will need the extra grip of trail shoes. The main tarmac section is right at the start between Preston and Torquay Harbour and is also the flattest part of the route. If it has been wet before or on event day, then expect mud on the route.

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 by 32Run 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 1st, 2nd and 3rd Male and Female runners.

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 500ml capacity. If you want to have some squash or coke at aid stations you may also want to carry a spare cup.

Showerproof Jacket

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

Cut Off Times!

There is a generous 8 hour cut off for the Half Marathon.

The Route & Navigation

Acorns, Signs and Marshals!

The route follows the South West Coast Path which is well marked with signs, they all have the famous Acorn symbol, so follow the acorns and keep the sea on your right, where there are missing or hard to spot signs we will be placing yellow arrow signs to help you and there will be marshals along the way, the majority in the latter stages to help you on your way.

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.

From the start at Preston Green you nearly do a loop of the green before the route heads to Torquay, along Torquay seafront and from you then pass the Imperial Hotel and now it's a mix of tarmac and trails to Meadfoot Beach, on the drop down to Meadfoot Beach is Aid Station 1 at mile 3.8, after Meadfoot you climb up to Babbacombe, then dropping down to Babbacombe Beach and heading under the Cliff Railway, you then pass Torquay Golf Club, here the rest of the route is all rollercoaster trail, at Maidendcombe car park, mile 10, is the final aid station, with just 3 miles left of the route, but don't be mistaken as the last 3 miles has several big climbs, so make sure to top up again, the route leaves Maidencombe and heads to Shaldon and the Finish Line at the Ness Hotel.

GPX FILE A GPX file is available, please email 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 routes are multi terrain, with around 75% Trail, with the main road section between the start and Torquay

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. 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 be aware of your surroundings.

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/s 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 be some snacks at 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, crisps, pretzels, peanuts etc.

If you do have supporters meeting you on the route, please ask them **NOT** to meet you at the Aid Stations, there are plenty of other locations they can meet you.

Aid Station locations (approx. distances)

Meadfoot Beach Car Park **Mile 3.8**

Maidencombe Car Park **Mile 10**

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 Medical Team, the numbers are in the Mandatory Kit section of this PDF. **If the medical emergency is life threatening then call 999 first.**

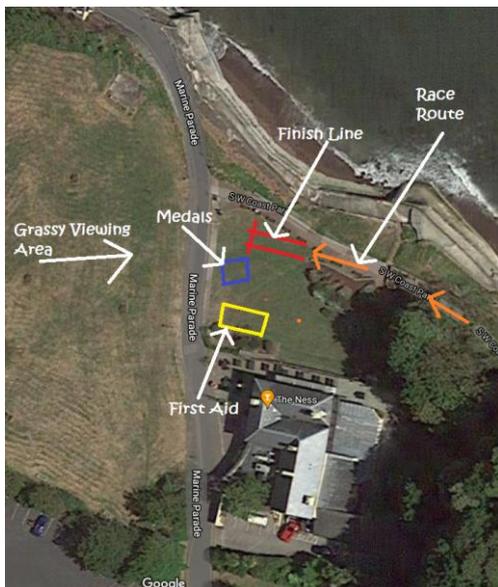
Retiring

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 be given your well-deserved medal, our team will check your number to see if you ordered a T-shirt, if you did you will be given it, 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, overlooking the finish there is a larger sloped stretch of grass to sit on and enjoy the view, which is where spectators/family can also wait for you. **Do not sit on the balcony of the Ness Hotel unless you are ordering food.**



Spectators & Family Members

See lower down for a voucher for family members for 20% discount at Shaldon Zoo on the day.

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 25th March 2023.

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 but please be aware that the week leading up to the event will be very busy and any emails sent after 5pm on Friday will not be answered until Monday 27th March, you **DO NOT** need to email if you cant make the event, we track who is on the route by the race numbers that are picked up.

I look forward to seeing you on the day

Best Wishes

Brian

brian@windingpaths.uk



SHALDON
Wildlife Trust
Shaldon Zoo

**Total Coastal
20%
Discount Voucher**

This voucher entitles a family to 20% discount on their entry fees to Shaldon Zoo on Saturday 25th March 2023.

One voucher per family.

Cannot be used with any other offer.