



**AVAST YE LAND LUBBERS, CAPTAIN "TRAILFEET" LEWIS
HERE, SENDING YE DETAILS FOR THE SHIVER ME TIMBERS!
EVENT AT GOODRINGTON ON SUNDAY 11TH JUNE AT 9.30AM.**

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

Event Information

The Shiver Me Timbers 10 Mile run/walk starts at 9.30am at Youngs Park, Goodrington.

Race HQ – Race HQ opens at 8.15am and closes at 9.20am.

There is a six hour cut off for the event!

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 on 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.

Prizes - We have awards for the 1st, 2nd and 3rd Male and Female runners and best dressed Pirate!

Cupless – All our events are cupless, you will need your own water bottle or cup to have any water or squash at the aid stations.

Shoe Choice - Trail shoes are recommended, however if it has been dry, then road shoes could be an option, we will update on Facebook the day before it has been wet on the route.

Race HQ - Race HQ will open at 8.15am, please arrive in plenty of time to register and pick up your race number. It is situated in Youngs Park, shown on map below.

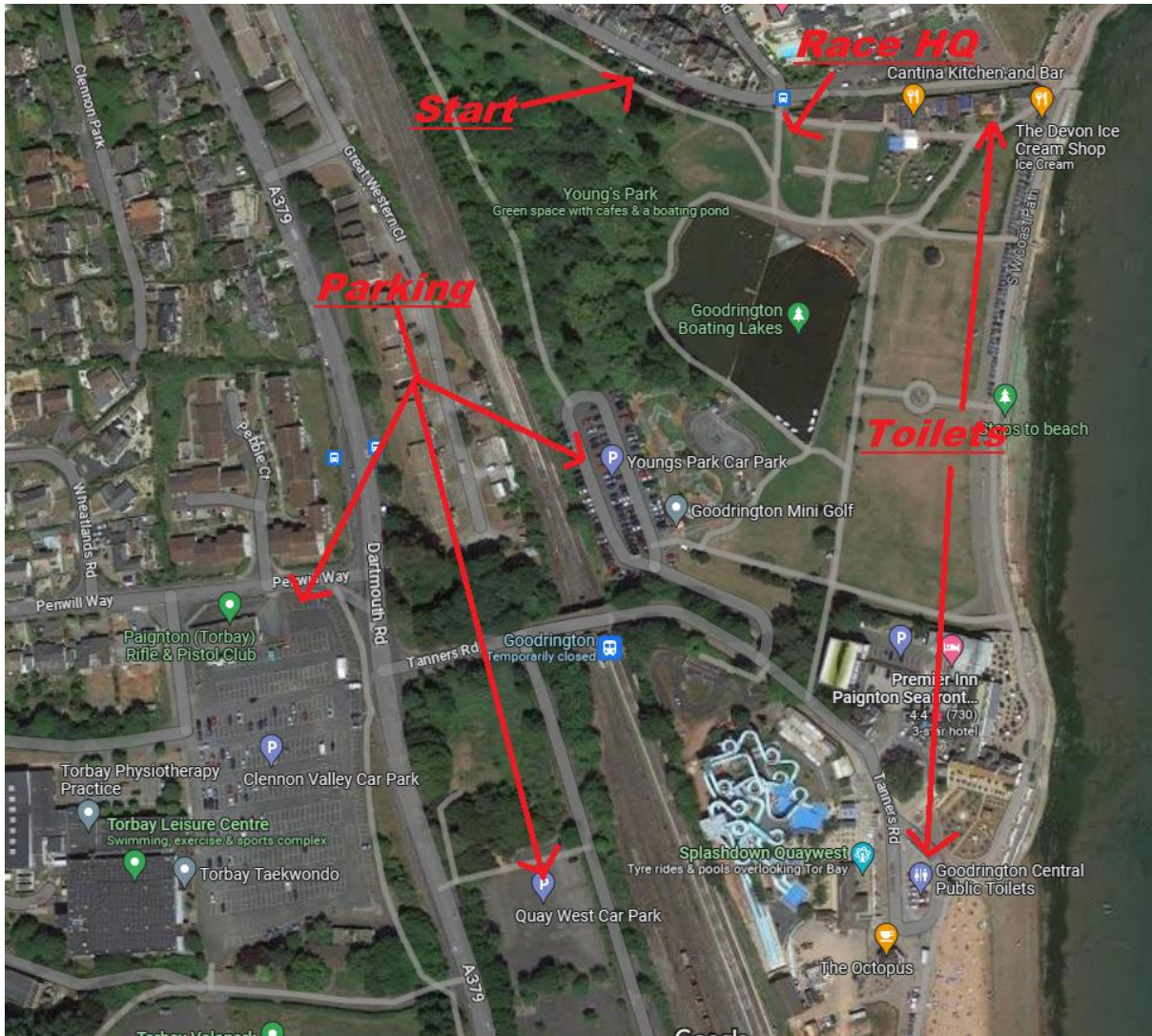
A safety briefing will be held shortly before the race starts, the start is a couple of minutes' walk from HQ.

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

Race Parking -The event is held at Goodrington Beach, postcode is TQ4 6LN

There are several pay and display/ Ringo car parks at the location as shown on the map below.

Youngs Park, Quay West Car park and Clennon Valley Car Park are all a short walk away, Youngs Park is a smaller car park. See map below:



Toilets

There is a block of toilets in front of Quaywest (marked as Goodrington Central on map) and a smaller block closer to Race HQ, but if there is a longer queue at the smaller block, you should go to the bigger block of toilets, you may want to go direct from car park to the toilets before coming to HQ, leave plenty of time to use the toilets. They do however cost 30p to use, card payment only.

The Route - The outward route follows the South West Coast Path all the way to Brixham, we will be putting more signs out as well as the coast path signs and there will be some marshals, when you reach the Pirate King at Brixham Harbour, take one of his coins and keep it safe (you will need it at the finish), now you turn and head back. The outward leg is shorter than the return leg! So it is not quite half way!

On the return leg there are two sections that marshals will send you away from the coast path, the first is a short section in Battery Gardens (to avoid two way running on narrow paths) and the second as you enter Churston Woods, here you will head left and inland to another marshal who will send you into Churston Grove and you will head all the way down the centre of the Grove to Churston Cove and another marshal, now you are back on the Coast Path all the way to the finish line.

In the wooded areas 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 know of any issues.

Please no littering on the event, we are lucky to be able to run around this gorgeous countryside 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.

GPX- There is a GPX file of the route for anyone that wants it, email brian@windingpaths.uk

Route Markings – There are marshals along the route, there will also be yellow arrow signs, but the majority of the route is on the South West Coast Path, so keeping to the path unless a Marshal tells you differently is the way to go.

Headphones - Headphones are NOT allowed at the Race due to our insurance, except bone conducting headphones.

Aid Stations – All our events are cupless, you will need your own water bottle or cup to have any water or squash at the aid stations, there will also be some sweet treats available.

There are two aid stations, but you will visit each one twice!

Broadsands Aid Station (Broadsands Beach) is at approx. mile 2 and 8

Brixham Aid Station (Freshwater Quarry Car Park) is at approx. mile 4 and 5

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

Photos

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

Mandatory Kit

Water Bottle, hydration pack or cup – Ideally a water bottle or Hydration pack filled to start.

Mobile Phone with Medical Team Number - 07841 366656 & Race HQ Number 07990 757395 (These are both event day only numbers)

Recommended Kit

Suncream

Sun Cap or Buff

I will see ye scurvy crew on the 11th day of the 6th month in the Year of 2023

Best Wishes

Captain "Trailfeet" Lewis

brian@windingpaths.uk