



Welcome to the Event Information for the Total Coastal 50k on Saturday 20th April 2024.

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!

Race Transfers are allowed up to Tuesday 16th April 6pm, to transfer email brian@windingpaths.uk the name and email of the person taking your place.

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.

Ultra-timings: RACE START IS 7.45am

The coaches leave the Ness Car park at Shaldon at 6.15am sharp, they will not wait.

Race HQ at Kingswear Village Hall opens at 6.30am

Coach Arrives approx. 6.55am

Race Briefing in Upper Hall at 7.35am

Walk to start line at 7.40am

Ultra starts at 7.45am

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 Kingswear Village Hall, which is also the location of the toilets and a minute walk from 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 **5.30am and 6.10am** 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.

There are two coaches for the Ultra.



Start HQ – The Start line HQ for the Ultra is at Kingswear Village Hall, Fore Street, Kingswear, TQ6 0AD. It will be open between **6.30am and 7.35am** at 7.40am we will do a short walk to the start line.

Only runners are allowed inside the Village Hall, Spectators and Family Members are not allowed in the hall. Race Number Pick Up is in the Upper Hall, walk past the toilets and enter the Main Hall, you can also use the lower hall to wait in, but please come up the upper hall at 7.30am for the Race Briefing, do not leave any belongings in the lower hall as we will be locking it at 7.35am

Please be aware that Fore Street ends at a Ferry Crossing, it is not easy to turn around at the bottom of Fore Street, as there could be a ferry queue, so if someone is dropping you off we advise dropping you at the bus stop or parking in the Dart Haven Marina pay and display car park.

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The map below shows Kingswear, **red** arrows show the one way system into and out of Kingswear.

Blue Arrows show Car Parks (Pay and Display) and the Coach Drop off Point, which is also the start line.

Orange Arrows show the Race HQ at Kingswear Village Hall and the location of the extra toilets.



Toilets – These will get busy when the coaches arrive, so if not on the coach try and use them before 6.55am if not on the coach!

There are 3 toilets in the village hall, one in the downstairs hall (female only) and 2 in the upstairs hall and also 2 unisex public toilets close by, so please if the hall toilets are busy, try the public toilets. I would also advise that anyone not using the coach, uses the toilets before the coaches arrive (6.55am) as the toilets will get very busy then as 66% of runners are on the coach. Do not leave a toilet visit until the last moment.

Please do not leave anything in the halls as we will not have access after the start of the race.

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.

What Shoes? Trail shoes are the only sensible option for this event, over 80% of the route is trail, some of which is technical, rocky, tree roots etc. If it has been wet or the day itself is wet then there will be mud, especially in the latter stages, there are some steep ascents and descents and you will need the extra grip of trail shoes. The main tarmac section is in the middle and is also the flattest part of the route.

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 – Spot checks will take place before and at the finish line, kit must be carried at all times!

– 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 1litre capacity. If you want to have some squash or coke at aid stations you may also want to carry a spare cup.

Showerproof Jacket

£20 Cash or Credit/Debit card for emergencies

Race Nutrition/Fuel – While there will be Aid Stations along the route, carrying some food/gels yourself is a good idea, especially for the first section as this stretch of coast path is longer and strenuous, so you may take longer than expected.

Foil Blanket or Extra Layer in a sealed bag for emergencies.

Baggage - Sorry but there is no bag drop at the event as your cars are a minutes' walk from the finish.

Cut Off Times!

There is a generous 11 hour 15 minutes cut off for the Ultra, there is a cut off time at Meadfoot Aid Station of 3.30pm, with a cut off at Maidencombe of 5.30pm. A sweeper will be at the back.

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 more urban locations 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.

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The route starts in Kingswear, this year to make the distance a 50k a small 1.4 mile loop around Kingswear has been added to the start, which will see you come back to the start line along the river and across the Railway Bridge, then after $\frac{3}{4}$ of a mile of very quiet country lane, you hit the rollercoaster trails, this section passes by Brownstone Battery with Coast Watch Tower, the twin beaches of Mansands and Scabbacombe, which both feature big descents to the beach and big ascents after the beaches, after Sharkham you head to Berry Head, the first aid station is approx. 9.8 miles into the route, located before Berry Head, there is no space at all for any supporters here, so we don't announce the exact location, but you won't miss it as it's on the coast path.

After Berry Head you now head down to Brixham Marina for a tarmac section, head around the Marina and Harbour to Brixham Fish market, then back onto the trails where you pass through several coves and beaches until you reach Goodrington, here the flatter tarmac section part of the route begins as the route heads through Paignton and to Preston Green at Mile 18.5 which is the location of Aid Station 2.

Then 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 3 at mile 21.9, after Meadfoot you climb up to Babbacombe, 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, just before Maidendcombe car park, mile 28.4, 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 80% Trail, with the main road section between Goodrington 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, Race HQ or medical team 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.**

Weather – Being the UK it could be any weather, so be prepared.

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 snacks 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, salted peanuts etc.

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

Aid Station locations (approx. distances)

Nr Berry Head **Mile 9.8**

Preston Green **Mile 18.5**

Meadfoot Beach Car Park **Mile 21.9**

Maidencombe Car Park **Mile 28.4**

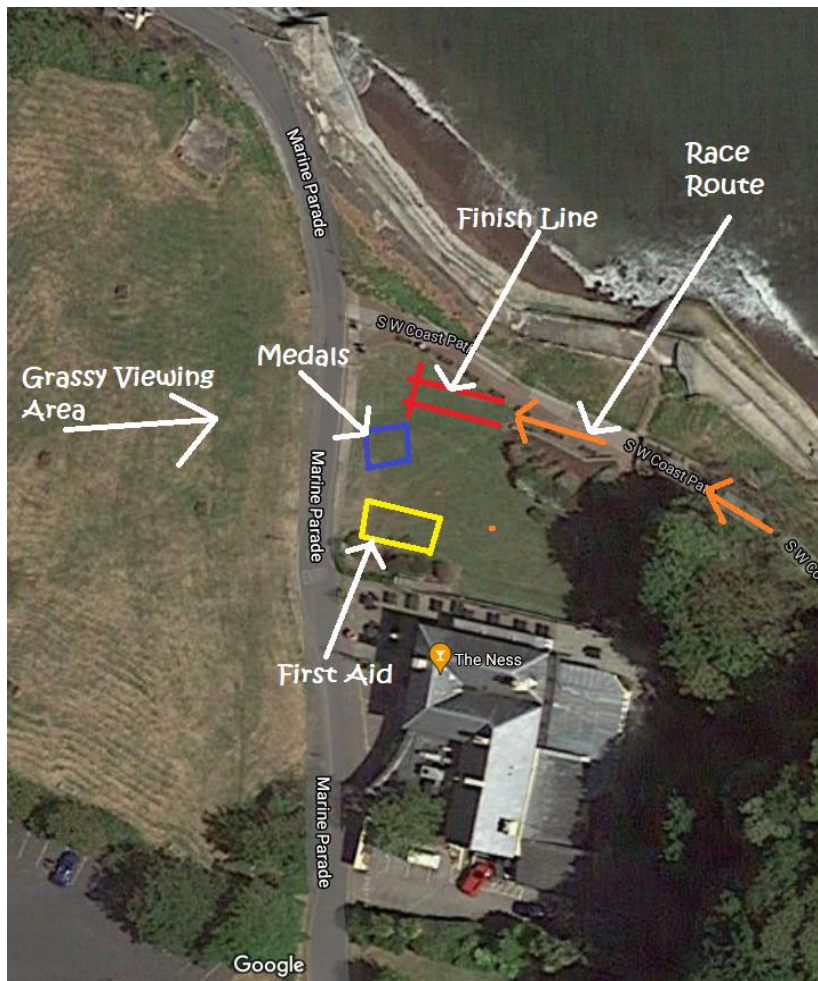
First Aid - We have a professional Medical Team from Peninsula Medical in attendance at the event, please ask them for any assistance required. They will be based at Race HQ and at points along the route, if anyone needs medical assistance and cannot make their way to a marshal then phone the Race HQ 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, at the Race HQ Gazebo. There will be a table with water and some snacks available close by and the First Aid tent will also be here. There is a small amount of space on the grass for spectators to wait but if they can keep, the finish area clear, there is a large grass bank opposite with plenty of room for people to wait or to recover after you finish. **Do not sit on the balcony of the Ness Hotel unless you are ordering food.**



Spectators & Family Members

Please do not have anyone meet you at Aid Station locations, as these need to be kept clear for the runners to use safely. There are other locations along the route they can see you.

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

Other

If there are any questions after reading all the above email me brian@windingpaths.uk but please be aware that from Wednesday 17th March, 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

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