



Welcome to the Event Information for the Final Countdown 10k on New Years Eve 2025 – Start time 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 me, please email brian@windingpaths.uk

IMPORTANT!

Race Transfers are allowed but **must be completed** by Monday 29th December 2025 (9am), so email at least a day earlier, to transfer email me with the new runners name and email, who I then email for all their details. You are NOT allowed to give your number to anyone else without going through the transfer process.

Event Information

10k starts at 9.30am on Sidmouth Promenade. 2 Hour Cut Off Time.

Start Race HQ & Start Line – Race HQ will be open between 8.10am and 9.20am

The Race HQ is in Connaught Gardens on Peak Hill Road (EX10 8RZ), which is opposite Manor Road Car Park (EX10 8RR). Connaught Gardens is also the finish line. HOWEVER the start line is on Sidmouth Prom, opposite Fore Street (Salt Rock Shop)



Map above shows Sidmouth and where the car parks, toilets, race HQ and Start/Finish lines are.

For the Car Parks the one marked (ED) is operated by East Devon Council and are cheaper if you use their Winter Parking offer, see section lower down on Parking.

Race Number Pick Up

Race Numbers and Safety Pins are picked up on the day, they will be at our Gazebos in Connaught Gardens, you can pick your numbers up between 8.10am and 9.20am. Be at the Start for 9.25am it is a 5 minute brisk walk from HQ to Start.

Race numbers must be worn at all times on your top at the front and be visible to marshals, please make sure your race number is visible on the finish line for timing. **Do not** put your number on your leg.

Car Parking

The map shows where the different car parks are, the cheapest car park is marked (ED) on the map located on Manor Road and East Devon Council offer a Winter Rate at this car park, it is also closest to Race HQ and Finish Line.

Please note it is your responsibility to correctly enter codes and pay for parking, so please double check when you are in the car park.

Toilets

There are several toilets in Sidmouth, do not leave it until the last minute to use them, we advise that you use the ones that are closest to where you park, as soon as you park.

Start

The race starts at 9.30am promptly, so please make sure you are at the start line at least 5 minutes before event starts for a short safety briefing.

Cut off time

There is a 2 hour cut off for the event, all runners must be finished within the 2 hours, we have sweepers on the event.

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 Wednesday Afternoon.

Prizes - We have on the day awards for the 1st, 2nd and 3rd Male and Female runners

Each winner in their Age Group will receive a voucher for 50% of the 2026 event, sent by email

Shoe Choice – Trail shoes are mandatory for the event!

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

Water Stop (Cupless event) – There is one water stop on the event, which you will pass at approx. mile 1.9 **the water stop is cupless**, so you will need to bring a cup or bottle to fill if you want to use the water stop. It is right after you cross the road before you go through a metal gate.

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Route and Signage

The route is 95% trail, with only the first 3rd of a mile being on tarmac, it heads along Sidmouth Prom and then climbs up the South West Coast Path to Peak Hill, here you turn towards Mutters Moor, after running around Mutters Moor, you will head back to the coast path and down to Sidmouth, putting your arms out to the sides and making aeroplane noises as you run down the big hill is optional.

There will be over 20 marshals along the route, as well as yellow arrow signs and red/white tape, the main rule is, if you are on a path, stay on it unless an arrow or marshal tells you to turn.

GPX

There is a GPX file available for the 10k, email brian@windingpaths.uk to request this, please do not leave this until the last minute as we will be out route marking and getting the event ready.

First Aid - We have a professional Medical Team from Peninsula Medical Services in attendance at the event, please ask them for any assistance required. They will be based at Race HQ and at Mutters Moor Car Park if anyone needs medical assistance and cannot make their way to a marshal then phone the Race HQ 07990 757395. 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, water will be available at the finish. Please make sure not to block the other runners coming to the finish line.

We will have cups of water at the finish, if you want more water reuse the cup given to you, do not take more than one cup.

I look forward to seeing you on the day

Best Wishes

Brian

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