



Welcome to the Event Information for the Grand Canal Canter 10k at Tiverton Canal Basin on Sunday 22nd March 2026

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

10am Start – 2hr Cut off time

Race HQ opens at 9am for Race Number Pick Up and closes at 9.50am

Race Briefing at 9.50am for an **10am** start

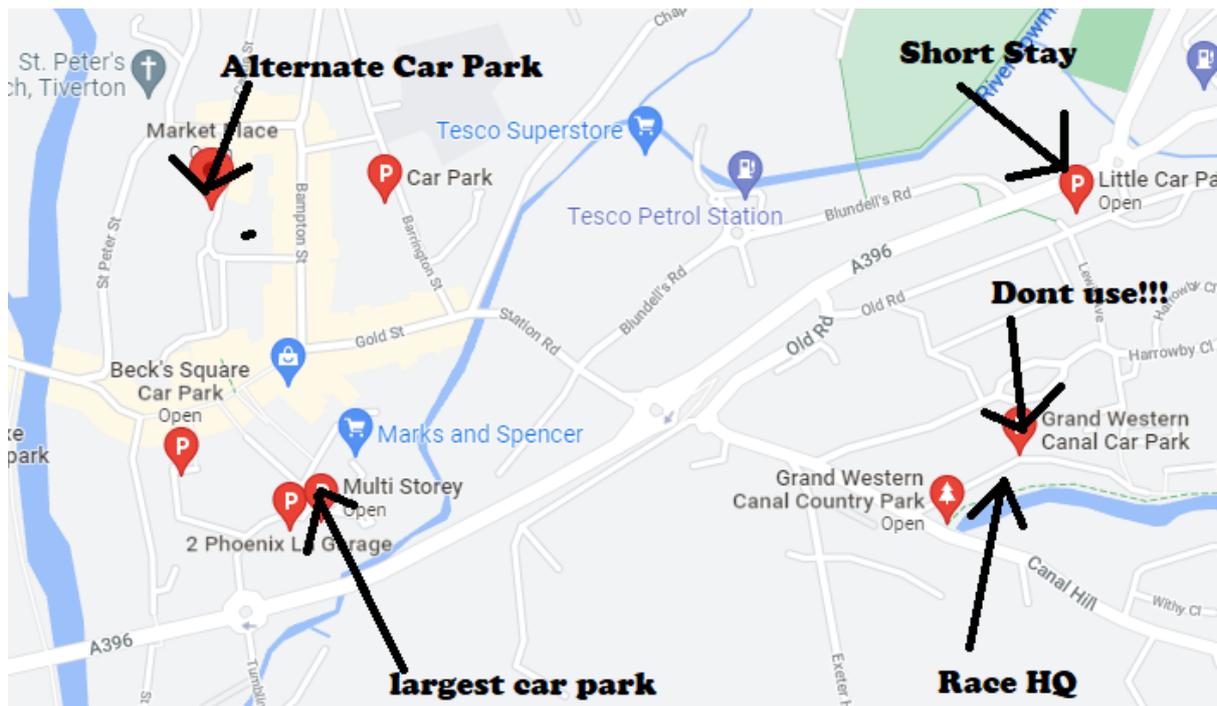
Race Numbers - Race numbers and safety pins will be given to you on the day at the Race HQ, please make sure your race number is visible at all times on your front or right leg, especially at the Finish Line.

Results - The event will be timed by a timing company and results will be published on our website and on our Facebook page as soon as possible after the event, it should be Sunday evening.

Race HQ -The event HQ is located at Tiverton Canal Basin, Grand Western Canal Country Park, Canal Hill, Tiverton.

what3words location [///tight.enter.fuzzy](https://www.what3words.com/enter/fuzzy)

Race Parking



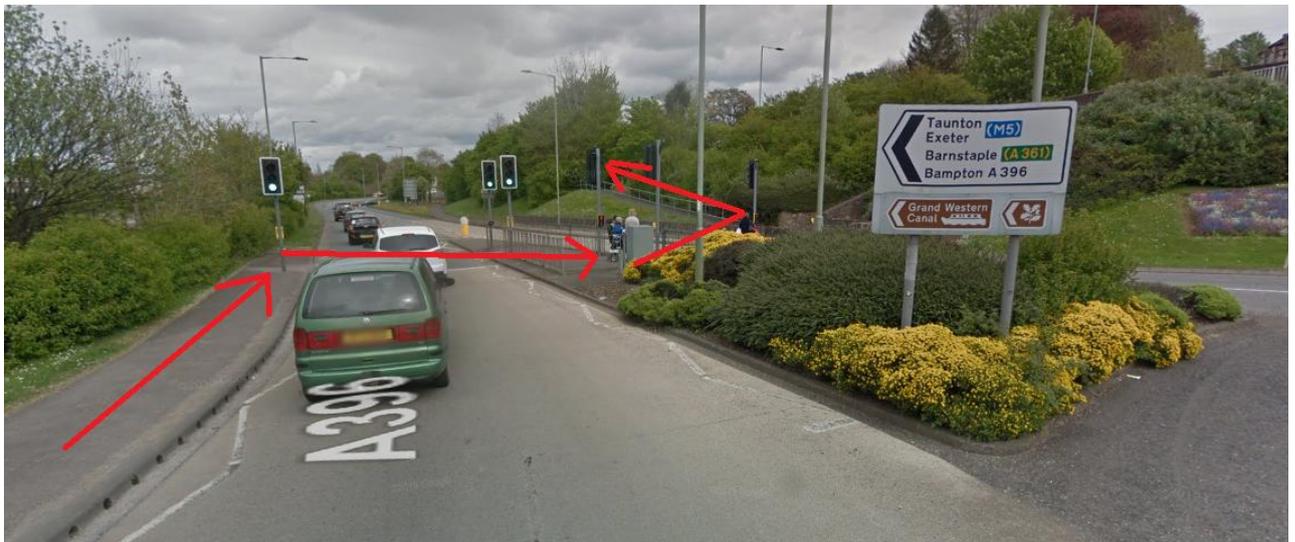
Important!!! Do not use the small Car Park at the Grand Western Canal itself, it is small and we have been asked not to use it by the Manager of the Canal, as small local businesses by the canal, rely on it for their customers to park. We will have a marshal located here to make sure this is adhered to.

There is plenty of parking just a short 10/15 minute walk from the HQ, the biggest place to park is at the Multi Storey Car Park next to the Premier Inn, EX16 5DQ.

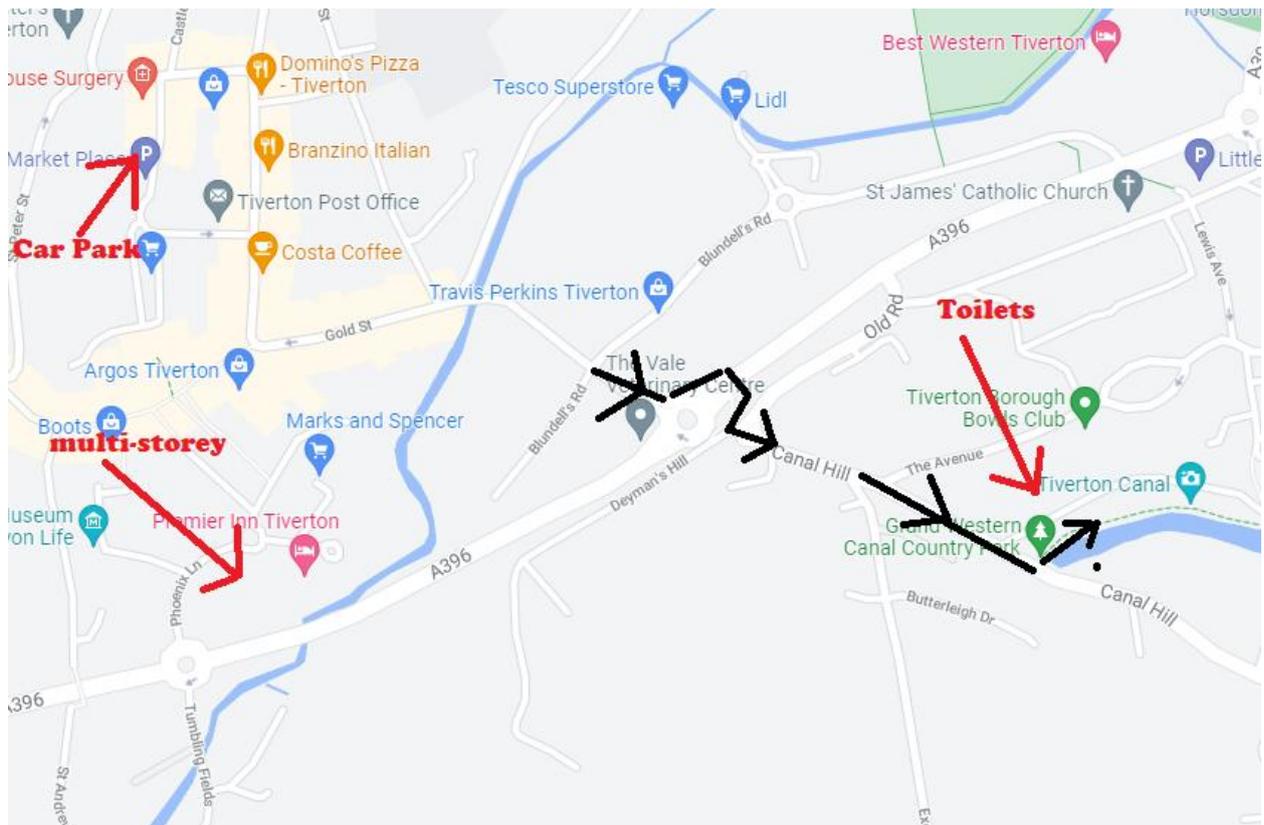
The alternate car park which has 110 spaces and also just a 10/15 minute walk away is at Market Place, EX16 6NL.

The closest parking is the Short Stay car park, however it is small and probably best used by any family meeting you just for the finish.

The best way to walk to the HQ is via the A396, you will get to the roundabout (pictured below), you cross at the lights and then head up the zig zag slope shown, which brings you to the bottom of Canal Hill, walk up Canal hill, (it's the only hill on the event) until you see the signs for the Grand Western Canal on your left, then enter the Canal Side.



Black arrows below show the route to the HQ from Station Rd, if parking at Multi Storey you can walk the path alongside the A396, the Toilets are located below the Race HQ/Canal Basin.



Baggage – There is a small bag drop, maximum shoe bag/small rucksack sized bag, ideal for a warm top, to put on after you finish, bags are left at your own risk, at the back of one of the gazebos will be some tables to put your bag on, or plastic boxes underneath to put them in. **Please do not bring anything larger than a small sized bag as we are very limited on space and what we can keep dry if wet.**

Toilets

There is a toilet block which is near the entrance of the Car Park at the Grand Canal Car Park, **the Car Park that is NOT to be used for parking**, you go down some steps from the Race HQ to find it.

10k Route – You follow the canal path to the marshals at the road bridge at mile 2.6 where you cross over to the other side of the road, your single aid station is just before mile 3, **HOWEVER** this is **NOT** the turn point, there is a **TURNING POINT MARSHAL** just after the Aid Station, they will tell you to turn around and you head back the way you came all the way to the finish. **Make sure your race number is visible as they need to see it to know you are a 10k runner!**

IMPORTANT – There will be runners heading in both directions on the route and the route passes under 5 bridges, some of these bridges have narrow paths, so give way to the runners on their return leg, so runners heading back to Tiverton, we aim to have marshals at all the bridges to help you.

Please also always keep to the left of the path you are on at all times and do not run side by side, unless the path is clear in front and behind you, when any other runner is coming towards you or overtaking you, run in single file.

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. There will be bins at the Aid Station and Race HQ.

Route Markings – There are some marshals along the route, these will be at some of the bridges and at the turning for the Sampford Peverell Aid Station, you simply follow the canal.

The FINISH LINE AREA:

You Run through the **Winding Paths Flags**, this is the finish, make sure your number is visible to the timers.

When you have finished, please keep the finish area clear so the other runners can finish and the timers can see the runners.

Headphones - Headphones are NOT allowed at the Race due to our insurance, except Bone Conducting headphones, BUT you must keep the volume low so you can hear other users at all times.

Water Stop/Aid Station – CUPLESS EVENT – There is an aid station half way between the start and the Half/Marathon turn point, you will visit this aid station going in both directions, there is also an aid station at the turn point for the Half/Marathon, for the Marathon there is an aid station at the start/finish area.

10k runners = 1 Aid Station

If you are using the Aid Station, you can fill your cup or bottle using the water containers. Just to remind you bring your own cup or bottle. There will also be some sweet treats and snacks on offer.

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

Photos

We have a photographer on the route and photos will be free to share after the event, most likely uploaded to Facebook on the Monday.

Shoes

Road shoes are fine for the event, it is mainly hard compacted gravel, if it has been wet before the day, there may be some puddles, the only areas that may have a tiny bit of mud are under the bridges, so extra care should be taken here as we don't want to fish anyone out of the canal.

Race Day emergency phone number

Please put the Race Day phone number for Race HQ into your phone 07990 757395, call for any emergencies, this number is only active on Event Day.

I look forward to seeing you on the day

Best Wishes

Brian

brian@windingpaths.uk