



Welcome to the Event Information for the Canal 10k at Sampford Peverell nr Tiverton on Saturday 9th May 2026, start time is 9am.

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 Canal 10k starts at 9am.

Race HQ – Race HQ opens at 8am, please do not leave it until the last minute to pick up your race number, race number pickup will close at 8.50am.

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.**

At the finish there are signs saying Turn Point ignore these as they are for the challenge event, instead run through the flags lower down the path, as this is 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 early Saturday evening.

Shoe Choice – Road Shoes are totally fine, if it is or has been wet there may be some puddles in places.

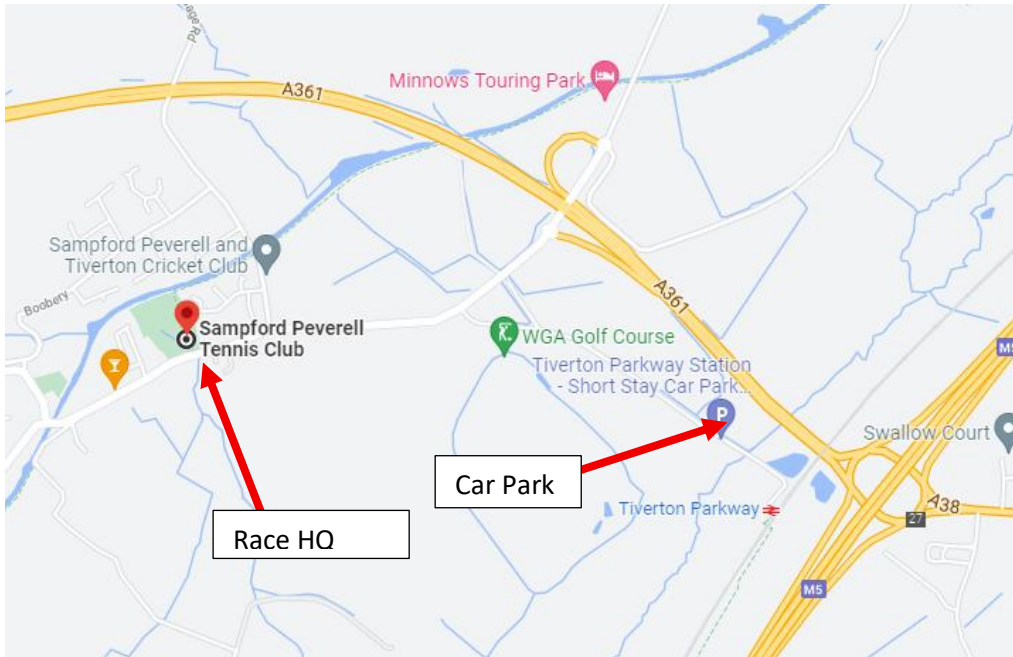
Location -The event HQ is located at Sampford Peverell Village Hall, with the Start/Finish line in the play park opposite the hall (maps on next page).

HOWEVER the official Race Parking is at Tiverton Parkway Car Park, it is a short half mile walk to the Hall from here, park in the car park furthest from the train station as this shortens the walk, you will be able to leave a bag and coat in the hall during the event. Please do not park in the small car park opposite the Village Hall as the spaces are needed for the event team and volunteers.

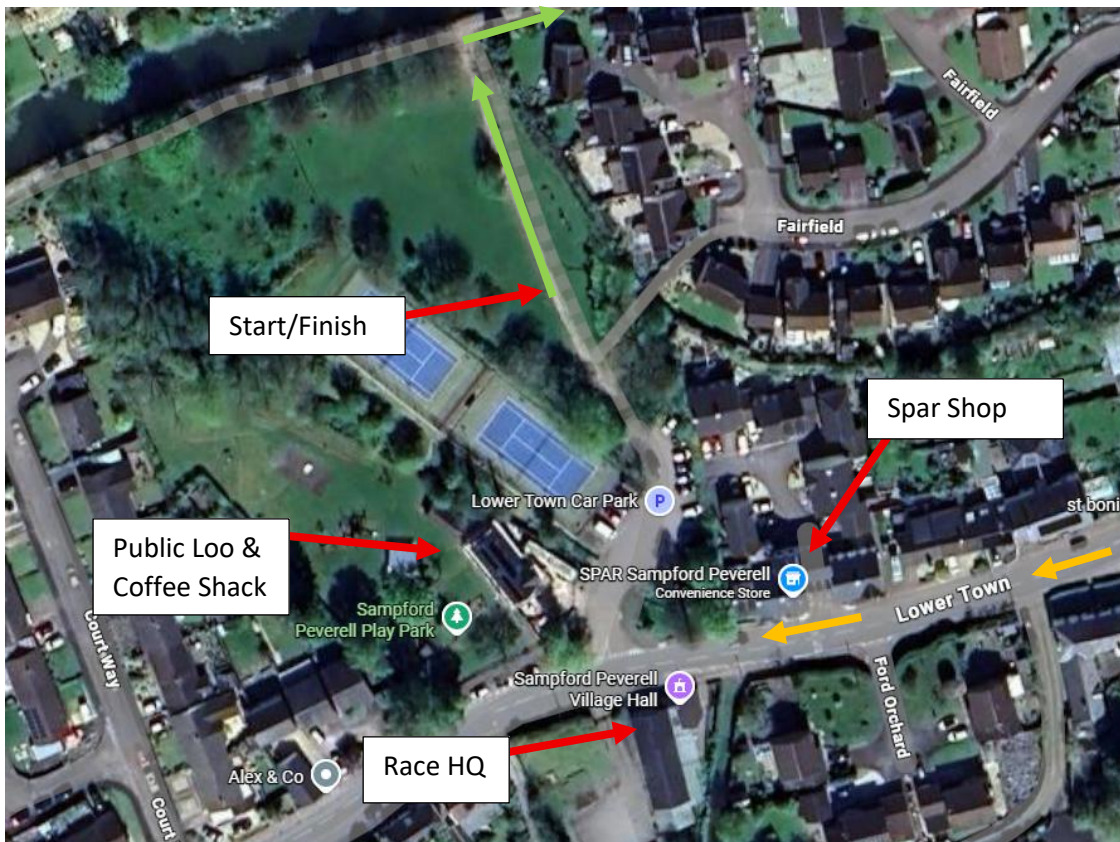
See next Page

Tiverton Parkway Car Park (EX16 7EH) this is just a few minutes' drive from Junction 27 of the M5

It is a pay and display car park. Once parked you walk back the way you drove, past the golf course on the left and turn left into Sampford Peverell, follow this road to the village hall.



Below shows where the Race HQ is, where the start/finish line of each lap is, the green arrows are the race route. The orange arrows show where you will come from after parking at Tiverton Parkway. As well as the toilets in the Hall, there is an extra toilet in a park next to a Takeaway drinks and food shack.



Race HQ – Sampford Peverell Village Hall (EX16 7FB)

Race HQ will open at 8am, please arrive in plenty of time to register and pick up your race number and use the toilets.

A final race briefing will be held at 8.45am in the Hall and then we will walk across the road to the start/finish line. Please note the start line is a short walk from the Finish Line, this is to make sure you just do a 10k lap.

NO MUDDY SHOES IN THE HALL – If your shoes have got wet/muddy in any puddles on the route, leave them outside.

Baggage – You can leave a bag at your own risk in the Hall, One of our team will always be in the hall and only runners will be allowed in the hall, do not leave valuables in your bag.

There is an aid station approx. 3 miles into the route, this IS NOT the turn point, there is a marshal about 200 metres along from the aid station, they are the turn point.

Toilets

There are toilets inside the hall, Men's, Ladies and Disabled, we will use the Disabled toilet as a Unisex toilet.. Do not leave it to the last minute for the toilet or to arrive. You do not have to stand around outside; you can wait in the warm hall.

See Next Page

The Route – You start on the side of the canal and stay on the canal path and follow it for approx. 3 miles where there is an aid station by a bridge, carry on passed the aid station and around 200 metres is a marshal, turn here and follow the route all the way back to the Finish line. It is that simple, just follow the same side of the canal all the way. Remember the AID STATION is NOT the turn point, you go past the AID Station to the TURN POINT Marshal and turn here.

At the finish run through the FLAGS telling the timers you are finishing, showing your race number, so we can mark you as finished and give you your medal.

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, medic 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.

Please also be aware of other path users that are using the paths, you have no greater right of way than any other user. **Route Markings** – There wont be any Route Markings as you simply always follow the canal path. There will be an arrow pointing down to the park at the end of each lap.

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.

Water Stop/Aid Station – CUPLESS EVENT – There is an aid station on the route, as well as one at the start/finish line. **You must have your own cup, bottle or hydration pack.**

There will be as a minimum crisps, pretzels, nuts, haribo, party rings, water, squash and flat coke

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 near the Aid Station.

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

