



Welcome to the Event Information for the Canal Shuffle at Sampford Peverell nr Tiverton on Saturday 9th May 2026, start time is 8.30am.

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 Canal Shuffle starts at 8.30am.

Race HQ – Race HQ opens at 7.30am, please do not leave it until the last minute to pick up your race number, race number pickup will close at 8.20am.

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 and end of each lap.**

At the end of each Lap at the turn markers, YOU MUST SHOW YOUR RACE NUMBER TO THE TIMER!

IF YOU ARE STOPPING then run past the turn markers and through the flags lower down the path, telling the timers you are finishing.

Only run through the flags if you are stopping, otherwise turn at the turn markers and show your number to the timing team.

If you need to use the toilet at the end of a lap, please tell the timers that is what you are doing.

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.

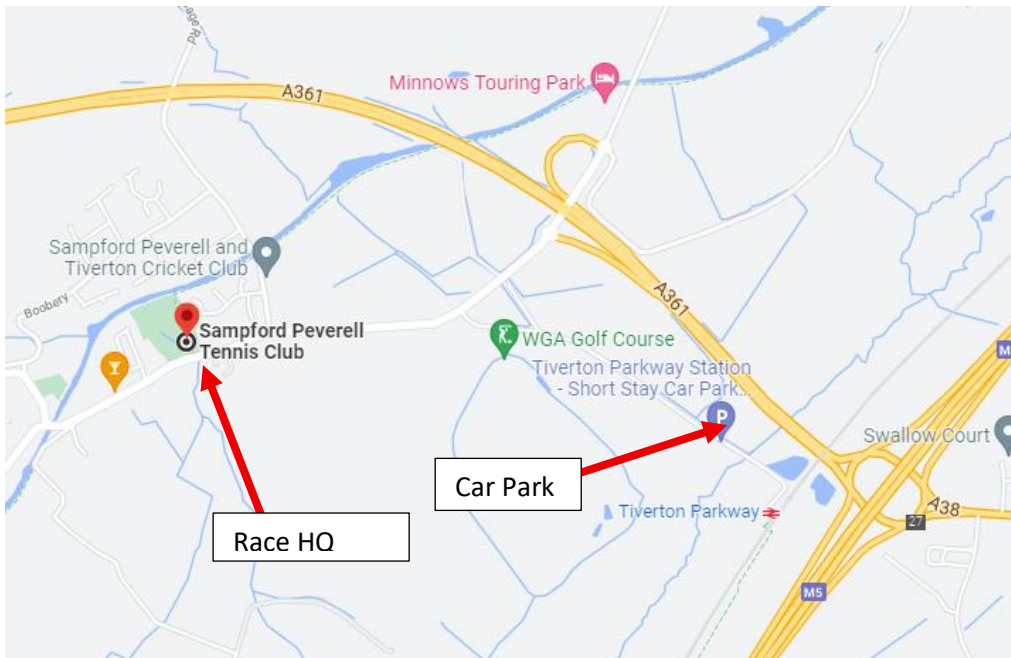
Location -The event HQ is located at Sampford Peverell Village Hall, with the Start/Finish line in the play park opposite the hall (maps on next page).

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.

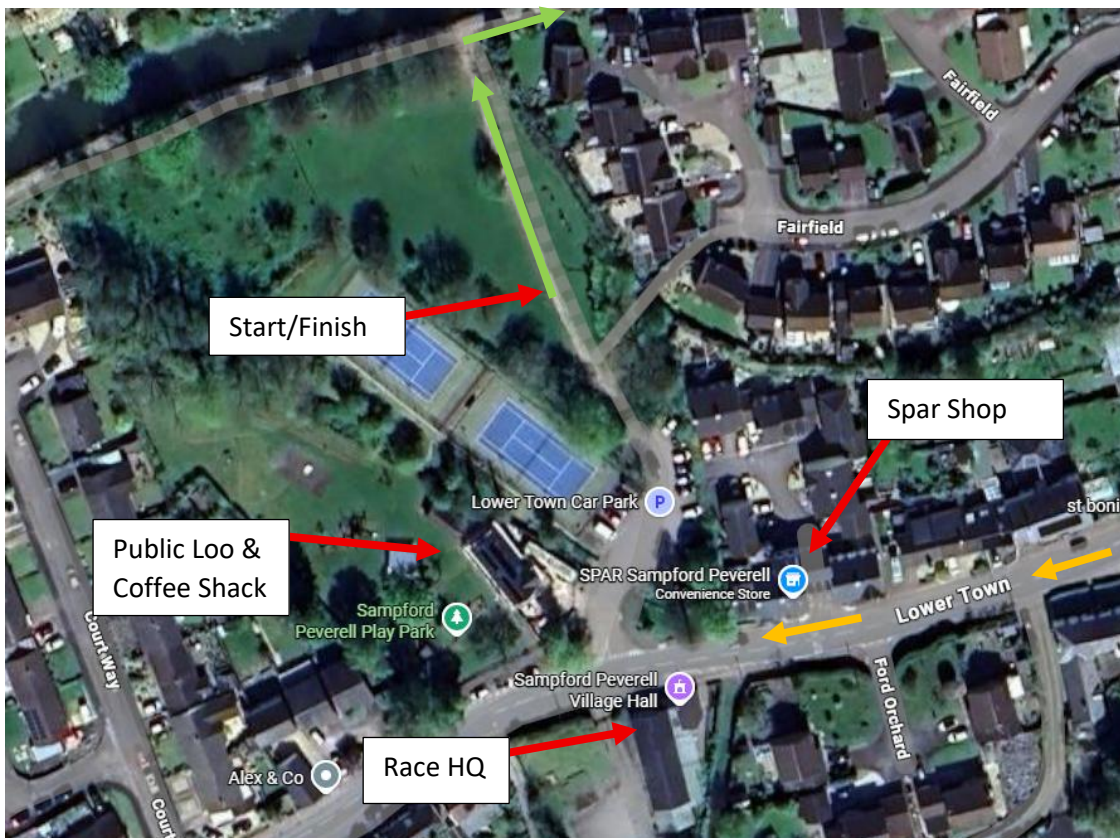
See next Page

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 7.20am, 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 8.20am in the Hall and then we will walk across the road to the start/finish line.

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.

Your own Food/Drink – Details of the aid stations is lower down, **HOWEVER** if you want to have access to any of your own food/drink at the end/start of each lap, please take that to the Gazebos in the park by the Start/Finish line, where you can leave it on one of the tables, this means you don't have to leave the route to get access to it.

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 - The route heads up the park and turns right onto the canal path itself, you 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 just under a 1/3rd of a mile later is the turn point marshal, turn here and follow the route all the way back to the Start/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.

When you drop back down to the park, you will see some TURN SIGNS, **if you are doing another lap**, turn just after these signs, show your race number to the timers and do the next lap. There will be an aid station here as well.

If you are finishing carry on and 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.

Race Rules

1. How long is each lap?

Each lap is approx. 6.55 miles

2. How many laps do I have to do?

You have to run at least 1 lap, after that the choice is yours, stop or run another lap.

3. Can I stop for a rest and then continue?

Yes at the Start/Finish, but the clock is always ticking, so any rest is included in your total elapsed time.

4. What is the latest I can start a lap?

You must start your final lap before **2.30pm**, however all final laps must be finished by **3.30pm, any finished after that time will not count. So only start a lap if you will finish before then.** A sweeper will start at 2.30pm and run a lap in an hour.

This gives you 7hrs in which to complete all your laps.

5. How hilly is each lap?

The route is flat, with approx. 20ft of ascent.

6. How are laps counted?

When you get back to the Start/Finish Line, **you must show your race number to the timers at the Turn Point** - DO NOT go through the flags unless you are finishing for good.

IMPORTANT! If you are finishing for the day, as soon as you cross the flags, show your number to the timers, tell them you are finishing and they will write the time down.