



Welcome to the Event Information for The Loop! 20 Miler

Sunday 11th October 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

The Loop! 20 Mile run/hike starts at 9am at Broadsands Beach, Torbay, TQ4 6HL

Race HQ – Race HQ opens at 7.45am and closes at 8.50am.

There is a 9 hour cut off for the event! (6pm) with cut offs at Aid Stations as well.

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 on the finish line.

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 for Sunday evening!

Prizes - We have prizes for the 1st, 2nd and 3rd Male and Female runners.

Cupless – All our events are cupless, you will need your own water bottle or cup to have any water or squash at the aid stations and at the finish!

Shoe Choice - Trail shoes are mandatory. The rest of the Mandatory Kit is listed near the bottom of this document. We will be checking your kit as you pick up your numbers, so bring it all with you.

Race HQ - Race HQ will open at 7.45am, please arrive in plenty of time to register and pick up your race number.

A safety briefing will be held shortly before the event starts; the start is less than a minutes' walk from HQ.

Baggage - Sorry but there is no bag drop at this event, as the car park is right by HQ/Start/Finish

Race Parking -The event is held at Broadsands Beach, TQ4 6HL

There is a pay and display/ Ringo car park at the location.



Toilets

There are toilets behind the Venus Café, they are 30p entry, card payment.

Please allow plenty of time to use the toilets, as if you leave it to the last moment or after 8.30am then there will be longer queues. Please arrive early and use the toilets early, Broadlands is a gorgeous place to wait for the start, with your car also within metres of the start line.

Race HQ/ Finish Line

Race HQ is on the Prom right by the Car Park.

Start Line

The start line is at the start of Elberry Lane, I will give a shout out when it is time to head to start line.

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The Route – UPDATED ROUTE FOR 2026 -

The route can be seen at the below website, you can download the GPX file from this website, simply click “Menu” and then “Download” choose “Track” nor “Route” in the options, as if you choose Route your watch software may alter the route.

<https://www.plotaroute.com/route/3445358>

The route follows, country lanes and inland trails to Kingswear, there is a change as you get close to Kingswear, instead of crossing the railway track you now go through some woods and along the creek, after the aid station at Kingswear Village Hall (approx. 7 miles), a marshal will send you up a road, from this point on you are now on the South West Coast Path, you follow the SWCP all the way to the finish, EXCEPT at Brownstone Coast Watch Tower, here you will now turn left and then next right and will then be back on the coast path to the finish, there will be signage or marshals at this location.

The coast path is very well marked on this section, so we don't add any signs on the more remote sections. Simply follow the path you are on unless a coast path sign/acorn, marshal or an event arrow tells you turn.

GPX- There is a GPX file of the route, download it from the website mentioned above.

Route Markings – There are marshals along the route, there will also be yellow arrow signs, but after the first 7 miles the route is on the South West Coast Path, so keeping to the path unless a Marshal or arrow tells you differently is the way to go.

Headphones – Only bone conducting headphones are allowed but please have them paused or switched off at the start and along the first section when you are running on open roads.

Aid Stations – All our events are **CUPLESS**, you will need your own water bottle or cup to have any water, coke or squash at the aid stations, there will also be some sweet treats and snacks available.

There are three aid stations on the route.

Exit of Long Wood Aid Station is at approx. mile 5.3 - **Cut off 11.10am**

Kingswear Village Hall (toilets available) is just after mile 7 (**No car access**) - **Cut off Midday**

After Kingswear it is an 8 mile stretch of challenging scenic coast path – make sure you have fully topped up the fluids in your bottles/packs for this section.

Brixham Coast Path Aid Station is at approx. mile 15.5 (**No car access**) - **Cut off 3.30pm**

Please note that Kingswear and Brixham Aid Station have no parking at the aid station, so spectators should not drive to these locations. There are plenty of other locations in which family or friends can see you along the route, like Berry Head or Brixham Harbour areas.

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

Photos

We have a photographer on the route and photos will be free to download, tag and share after the event.

Mandatory Kit

Trail Shoes or proper walking/hiking shoes

Ability to carry 1 litre of Water (filled to start) – this can be water bottles or hydration pack

Cup or bottle – to use at aid stations

Mobile Phone with Medical Team Number - 07841 366656 (ONLY FOR MEDICAL ISSUES) & Race HQ Number 07990 757395 (These are both event day only numbers)

Showerproof Jacket

Foil Blanket or Dry Extra Layer

Map of the route -either printed out or on your phone or watch

Recommended Kit – if Sunny then wear suncream and consider wearing a cap

Running/Hiking Poles are allowed

See you at the event

Brian Lewis – Event Director

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