



Welcome to the Event Information for The Loop! 8 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! 8 Mile run/hike starts at 9.10am at Broadsands Beach, Torbay, TQ4 6HL

Race HQ – Race HQ opens at 8am and closes at 9am.

There is a 3 hour cut off for the event! (12.15pm)

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!

Cupless – All our events are cupless, you will need your own water bottle or cup to have any water or squash at the aid station 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 8am, 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 – 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/3445369>

The route follows the same route as the 20 miler along country lanes and inland trails to approx. Mile 3.5 just after the view down the River Dart at Greenway. Here a marshal will be checking Race Numbers, you will be sent straight on through a gate and up a field, the 20 milers will be sent to the right through a different gate. **MAKE SURE YOUR RACE NUMBER IS VISIBLE**, other wise you may do 20 miles LOL! You will cross several fields and get to a road crossing after a style, STOP and Follow the Marshal instructions to get you across the road safely, after 3/4s of a mile you will get to another busy road crossing, again STOP and listen to the marshal, they will not stop traffic you have to wait, on the opposite side of the road is your aid station, approx. Mile 5. You now head through Churston and then down the side of Churston Grove to Churston Cove and now you follow the Coast Path.

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.

Route Markings – There are marshals along the route, there will also be yellow arrow signs, but after the first 6 miles the route is on the South West Coast Path, so keep to the Coast Path

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 station, there will also be some sweet treats and snacks available.

There is one Aid Station at Churston Road Crossing Mile 5.

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

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

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

See you at the event

Brian Lewis – Event Director

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