



Welcome to the Event Information for the Exe Estuary 50k based at Budleigh Salterton on Sunday 30th October 2024.

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

CUPLESS – CUPLESS – CUPLESS

The Exe Estuary is a cupless event, we do not supply any cups at the aid stations or finish line, please remember to bring your own, if you do not and you are rude to any member of our team, you will be disqualified from the event! We do supply Squash, Water and Coke (Coke is at some aid stations) but you will need a cup, flask or bottle of some type to have some.

IMPORTANT!

The Defer deadline has passed, however Race Transfers are allowed until Wednesday 26th June, this is the date they must be completed by so email me earlier than this. To transfer email me with the new runners name and email, who I then email for all their details. You are NOT allowed to give your number to anyone else without going through the transfer process and you must not run with someone else's number.

Event Information

Cupless event – Remember all Winding Paths events are **cupless**, you will need to bring your own cup/bottle/flask, which you can refill at the Aid Stations.

50k starts at 7.45am

For the 50k it is a short walk from Race HQ to your start line, so please be at Race HQ - 10 minutes before your start time for walk to start and race briefing. See map lower down!

Race HQ – Please do not block the access path from the car park to Race HQ.

You can pick up your race number and safety pins between **7am and 7.35am**

The Race HQ is located at Lime Kiln, Car Park, Budleigh Salterton, EX9 6JD

The machines take cash (but sometimes cash is not accepted), card and also uses the RingGo App, Location number is 42944

FINISH LINE

All 3 distances finish at the flags by the Race HQ gazebo

Map below shows Car Park, Race HQ Location (which is also finish line), Toilets and 50k Start Location, which is by the toilets.



Race Numbers - Race numbers and safety pins will be given to you on the day at the Race HQ.

Race numbers must be worn at all times on your front and be visible to marshals, please make sure your race number is visible on the finish line for timing.

Results - The event will be timed by 32run timing 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 awards for the 1st, 2nd and 3rd Male and Female runners in all 3 distances.

Shoe Choice – If the weather has been dry then road shoes can be used, you do run on the South West Coast Path trails, however the majority of it is good underfoot, however there are a couple of short sections that are rocky/pebbly underfoot, a few short downhill can get muddy if wet, so if you do decide on road shoes then please take extra care on those sections, they are short but you will need to take extra care.

Kit – Please carry a mobile phone with the event day Race Director phone number in it, the phone number is **07990 757395** this is for **event day only** and is for any medical emergencies.

You need to carry a Water Bottle or Hydration pack filled to start (1 Litre capacity). If you want to have some squash or coke at aid stations you may also want to carry a spare cup.

Toilets - The toilets just a short walk away along the prom from Race HQ, they will be open from 7am – please use them as early as possible, do not leave it to the last moment as Half Marathon runners will then be about and you might find a queue.

Baggage - Sorry but there is no bag drop at this event as the event parking is right next to the Race HQ.

Route Terrain & Etiquette

The routes are multi terrain, with the main trail section being the South West Coast Path between Budleigh Salterton and Exmouth, the rest of the route is a mix of tarmac, hard packed gravel and wooden walkways. The 50k also does a approx. 5 mile loop of the River Otter which is a mix of tarmac and riverside trails.

Please keep to your left when running, as at some points there will be runners heading in both directions, but the majority of the pathways are wide.

In the wooded areas on the coast path take care as there can be tree roots and rocks underfoot, so please take care. Some of the steps are uneven and have lips, so watch your feet on them.

Take care on the small section that has loose stones underfoot.

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. You will run past loads of bins if required or there will be bins at the Aid Stations.

Please also be aware of other path users that are using the paths and trails.

The roads are not closed on this event, so please take care on the sections where you are running on roads, where there is no pavement, these are quiet lanes and traffic is usually minimal, but please keep left and be aware of your surroundings.

GPX – A GPX is available you can either email brian@windingpaths.uk stating which event you are doing to request the GPX or if you go to <https://www.windingpaths.uk/exeestuary/> scroll down to the bottom of the page, you will see maps of all 3 distances, click play on the 50k route and then if you click the menu button there will be a download option.

Route Markings – There are marshals along the route, with several in the section between Exmouth Prom and the Train Station, as there are a couple of road crossings, please listen to the marshals, they are not there to stop the traffic but to help you cross safely, there will also be yellow arrow signs on the route, please keep an eye out for these, however the section between Budleigh and Exmouth is 100% on the South West Coast Path so it's as simple as keeping the sea to your left on the way out and on your right on the way back, you can also follow the Coast Path acorn signs. For the 50k you also follow the Exe Estuary Trail which has a lot of straight paths, where a section is a long path with no turning then there will not be any extra signage as it's not needed, just stay on the path, you keep the river to your left on the way out and then to your right on the way back.

On the coast path section you run through the Caravan Park, simply follow the Coast Path and our signs here, keep on the same path/direction unless a coast path or yellow event sign says turn, **do not follow the sign that says "Coast Path Short Cut"**.

Headphones - Headphones are NOT allowed at the event due to our insurance. **However Bone conduction head phones are allowed but you must keep the volume low enough to hear marshals, other users and traffic.**

CUPLESS EVENT – Remember all Winding Paths events are cupless, you will need to bring your own filled bottle or hydration pack, which you can refill at the Aid Stations. Sorry to say it multiple times but I like to make it clear for everyone.

Aid Stations

If you are using the aid stations, you must have your own cup or bottle, you can fill your cup or bottle using the water containers, there will also be squash, there will be some snacks at the aid stations, usually a mix of sweet and savoury.

For the 50k there will be flat coke available (except at the first aid station), please ask for this.

Aid Station locations (all approx.)

For the 50k there are aid stations at **miles 5** Race HQ at Lime Kiln Car Park / **9** Exmouth (Orcombe Point) / **12** Carter Park/ **18** Topsham/ **24** Carter Park/ **27** Exmouth (Orcombe Point)

The Topsham Aid Station at approx. mile 18.3 is your turn around point, please turn at the aid station, do not turn any earlier.

If you are having someone meet you at points along the route, please **do not use** aid station locations.

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 at points along the route, if anyone needs medical assistance and cannot make their way to a marshal then phone the Race HQ, number is in Kit section above. If the medical emergency is life threatening then call 999 first.

Retiring

If you need to retire from the event, please let a marshal know or phone Race HQ to let them know, we keep track of the number of runners out on the route and if we aren't informed of a retirement then we could be out searching for them needlessly. There are sweepers on the route.

Finish Line

When you cross the finish line , please make sure your race number is clearly visible on your front, you will get your medal when you cross.

Photos

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

I look forward to seeing you on the day

Best Wishes

Brian

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