



Welcome to the Event Information for the Exe Estuary Half Marathon 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.

Start Time - Half Marathon starts at 8.15am

For the Half Marathon it is a short walk from Race HQ to your start line, which is near the toilets, so please be at Race HQ 10 minutes before your start time for walk to start and race briefing.

Race HQ – Please use the beach for waiting for your event to start, do not block the access path from the car park

You can pick up your race number and safety pins between 7.15am and 8.05am

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

The Half marathon starts by the toilets, please be there ready for a Race Briefing at 8.05am.

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



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 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 downhills 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. If it has been wet then trails shoes should be seriously considered, for the Half the majority is trail.

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 emergencies.

For the Half Marathon we advise you carry a Water Bottle or Hydration Pack, but if you want to carry a cup to fill up at Aid Stations you can. But if it is warm we strongly suggest carrying fluid at all times.

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

Toilets - The toilets just a short walk away along the prom from Race HQ, they will be open from 7am

Route Terrain & Etiquette

The route is multi terrain, however for the Half Marathon there is approx. 80% trail.

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 these sections, these are on the loop around the river Otter, in Otterton keep to the right side of the road, a marshal will tell you to do this.

Route Markings – There are marshals along the route, 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.

On the coast path section you run through the Caravan Park, simply follow the Coast Path 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.

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.

Aid Station locations (all approx.)

For the Half Marathon there are two aid stations at approx. mile 5 this is next to Race HQ at Lime Kiln Car Park. Then at mile 9 Exmouth (Orcombe Point), **PLEASE NOTE THIS IS YOUR TURN POINT!**

First Aid - We have a professional Medical Team from Peninsula Medical Services 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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