



Event Information for the City to Sea Half Marathon on Sunday 1st Sept 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

IMPORTANT!

Race Transfers and Change of Distance are allowed up to Sunday 18th August, to transfer or change distance email brian@windingpaths.uk the name and email of the person taking your place or the distance you want to change to.

After the 18th August the start lists are final, no changes will be made.

You are NOT allowed to give your number to someone else without an official transfer, this is to comply with our Race Insurance. Anyone found running with someone else's number will be disqualified and banned from all future events as will the original entrant whose number it is.

Event Information

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

Half Marathon timings: RACE START IS 9.15am

The coaches leave Babbacombe Downs at **8.15am**

Race HQ at Dawlish Warren opens at 8.30am

Coach Arrives approx. 8.45am

Race Briefing at 9.10am

Half Marathon starts at **9.15am**

Half Marathon Cut Off 1– The Ness Hotel, Shaldon – **2pm** (7 Miles)

Cut Off Finish **6pm**

Race Number Pick Up

If you are on the coach transport you will pick up your race number before you board the coach, **do not board the coach without picking up your race number!**

If you are making your own way to the Start Line, you will pick your Race Number up from the start at Dawlish Warren, which is also the location of the toilets and a minute walk from the start line.

Finish Line is on Babbacombe Downs, Babbacombe Downs Road, Torquay, TQ1 3LH

Finish Line/Coach Pick Up Parking

The closest pay and display car parks to Coach Pick Up/Finish Line/ Finish Race HQ are:

Babbacombe Model Village Car Park, TQ1 3LA

Princess Street Car Park, TQ1 3LW

Walls Hill Car Park, TQ1 3LZ

Hampton Avenue Car Park, TQ1 3LA

Coach Transport

If you have booked onto the coach transport (Check the list online if unsure) then you will pick up your race number between **7.30am and 8.10am** from Race HQ on Babbacombe Downs! **Do not board a coach without your Race Number!**

Only those who have paid for the coach transport can travel on the coach.



The map above shows the location of Race HQ, this year it is at the opposite end of Babbacombe Downs to previous years, it is by the Babbacombe Theatre.

Map also shows where the coach picks up, which is the layby opposite the Theatre outside Hamiltons.

Two car parks are shown on the map, the other car parks are in the direction the arrow points.

Remember that you need to leave plenty of time to park up, pick up your number and board the coaches – the two closest car parks are smaller car parks and may be full, so you may need time to go to a different car park and walk a bit further.

The largest car park is at Babbacombe Model Village, a half mile walk to Race HQ.

Start HQ – If you are not using the Coaches, then you will pick your number up from the Start Line at Dawlish Warren.

The Start Race HQ & Start Line are located at Dawlish Warren Beach, EX7 0NF



The Race HQ will be located near to the Toilets.

Toilets are the Public Toilets at Dawlish Warren.

The Start line for the Half Marathon is on the main promenade at the top of the slope just up from the amusement arcade. **This is a different start location to last year!** The route involves a quarter of a mile out and back to start, as shown by the arrows on map above, a marshal will tell you when to turn. When you get back to the start you keep on the seawall all the way to Dawlish.

Half Marathon starts at 9.15am – Race Briefing at 9.10am at the start.

NEXT PAGE

Race Numbers - Race numbers and safety pins will be given to you on the day as stated above, **Race numbers must be always worn on your front and be visible to marshals**, please make sure your race number is visible on the finish line for timing. **If you are putting the Race Number on your leg, please put it on your right leg.**

What Shoes? Blue ones or maybe green! Seriously though: The first 7 miles are a mix of Tarmac and Hard Packed Gravel, the final six miles are hilly Coast Path trails, if it has been dry then road shoes could be worn, if it has been wet then the trails may be muddy, so trail shoes would be recommended, I update on what the trails are looking like the day before the event.

Results - The event will be timed by 32Run 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, once we have got home.

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

CUPLESS EVENT – Remember all Winding Paths events are cupless, you will need to bring your own filled bottle/s or hydration pack, which you can refill at the Aid Stations.

Mandatory 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. Please also put the Medical Teams (Peninsula Medics) mobile number in your phone **07841 366656 you can call this number for any medical issues.**

Water Bottle/flask or Hydration pack filled to start at least 500ml capacity. If you want to have some squash or coke at aid stations you may also want to carry a spare cup.

Showerproof Jacket – If the forecast is for dry weather we may update this the day before.

£20 Cash or Credit/Debit card for emergencies

Race Nutrition/Fuel – While there will be Aid Stations along the route, carrying some food/gels yourself is a good idea.

Baggage - Sorry but there is no bag drop at the event as your cars are a couple of minutes' walk from the finish line.

Cut Off Times!

There is a generous 8 hour cut off for the Half Marathon.

There is also one other cut off point, these are designed to make sure you have enough time for the final 6 miles of very hilly coast path.

Half Marathon Cut Off 1 – The Ness Hotel, Shaldon – **2pm** (7 Miles Approx.)

Final Cut Off – Finish Line – **6pm** – 13.2 Miles (Approx.)

The Route & Navigation

The route will have yellow arrow signs and there are marshals along the way.

You start by heading along the seawall with the sea on your right, after half a mile a marshal will tell you to turn, you now head back to the start and then keep on the seawall, with the sea on your left, you follow it all the way to the far end at Dawlish, your first climb awaits, its short but steep, up through a park and out onto the road, here you cross over and follow it up and down to Smugglers Lane and the Seawall to Teignmouth.

You run the entire length of the Seawall and then keep on along the prom at Teignmouth to the lighthouse and the 1st Aid Station (approx. Mile 5.5). Signage and marshals send you through the streets of Teignmouth and on to Shaldon Bridge, cross Shaldon Bridge and you will be sent to the Ness at Shaldon, here is where you now follow the South West Coast Path all the way to Babbacombe, at Approx. Mile 10 is the final Aid Station just after Maidencombe Car Park, which you head through. Even though its just 3 miles to the finish, there are a few more hills to contend with, until the finish line on Babbcombe Downs.

GPX FILE

A GPX file is available, you can either email brian@windingpaths.uk for the GPX, but don't leave it until the last minute, as we will be out on the route on the days leading up to the event.

Or if you go to the City to Sea event page on www.windingpaths.uk scroll to the bottom, you will see the maps for the event, press play on the Half map and then the menu option will appear, now simply choose the download option.

Route Terrain & Etiquette

The route is multi terrain, with the first 7miles being tarmac or hard packed gravel and the last six being coast paths trails.

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.

Please look out for your fellow participants on the event, if someone falls please take time to check they are ok and back on their feet and let a marshal, Race HQ or medical team 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 be aware of your surroundings.

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.**

Weather – Being the UK it could be any weather, so be prepared.

CUPLESS EVENT – Remember all Winding Paths events are cupless, you will need to bring your own filled bottle/s 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 be snacks the aid station, there will be squash and coke at the aid stations, if you want this, please ask the volunteers. Some of the snacks available will be Haribo packets, raisins, skittles, crisps, flapjack, crisps, pretzels, salted peanuts etc.

If you do have supporters meeting you on the route, please ask them **NOT** to meet you at the Aid Station locations, there are plenty of other locations they can meet you.

Aid Station locations (approx. distances)

Teignmouth **Mile 5.5**

Maidencombe Car Park **Mile 10**

First Aid - We have a professional Medical Team from Peninsula Medical 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 or Medical team, the numbers are in the Mandatory kit section of this PDF. 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 are not informed of a retirement then we could be out searching for them needlessly. There are sweepers on the event.

Finish Line

When you cross the finish line **with your race number clearly visible on your front**, you will be given your well-deserved medal, at the Race HQ Gazebo, our team will check your number to see if you ordered a T-Shirt, if you did, they will get it for you. You will also be given a token for your pasty, head to the Pasty Cove van and they will give you the pasty you chose when entering.

There will also be a coffee/snacks van at the event.

There will be a table with water and some snacks available close by and the First Aid tent will also be here.

Spectators & Family Members

Please do not have anyone meet you at Aid Station locations, as these need to be kept clear for the participants to use safely. There are other locations along the route they can see you.

Photos

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

Other

If there are any questions after reading all the above email me brian@windingpaths.uk but please be aware that from Wednesday 28th August, I will be extremely busy and out most of the days, so any emails will take longer to reply to and any sent after 5pm on Saturday 31st will not be answered until after the event. If you cannot make the event, then you do **not** need to email to tell me, as we track the runners present by the race numbers that are picked up.

I look forward to seeing you on the day

Best Wishes

Brian

brian@windingpaths.uk