



## **Event Information for the City to Sea Marathon on Sunday 1<sup>st</sup> 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](mailto:brian@windingpaths.uk)

**If you have taken part in the City to Sea before, please read fully, as some aspects have changed from previous years.**

### **IMPORTANT!**

Race Transfers and Change of Distance are allowed up to Sunday 18<sup>th</sup> August, to transfer or change distance email [brian@windingpaths.uk](mailto:brian@windingpaths.uk) the name and email of the person taking your place or the distance you want to change to.

**After the 18<sup>th</sup> 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 and at finish. **Please see Mandatory Kit List.**

#### **Marathon timings: RACE START IS 8am**

The coaches leave Babbacombe Downs at 6.30am Sharp.

Race HQ at Exeter Quayside opens at **7am**

Coach Arrives Exeter approx. 7.10am

Race Briefing at 7.50am

Marathon starts at **8am**

Marathon Cut Off 1 – Starcross Aid Station - **Midday** (11 Miles)

Marathon Cut Off 2 – The Ness Hotel, Shaldon – **3pm** (20 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 Exeter Quayside, 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 **5.40am and 6.20am** from Race HQ on Babbacombe Downs! **Do not board a coach without your Race Number! COACH LEAVES AT 6.30am**

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

Babbacombe Downs is a short few minutes' walk from the Car Parks.

Leave plenty of time to walk to the HQ and then to the Coach Pick Up Point.

**There are two coaches for the Marathon, they will park as shown on the map on next Page.**

The map below 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 coaches pick up, which is the layby opposite the Theatre outside Hamilton's.

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.

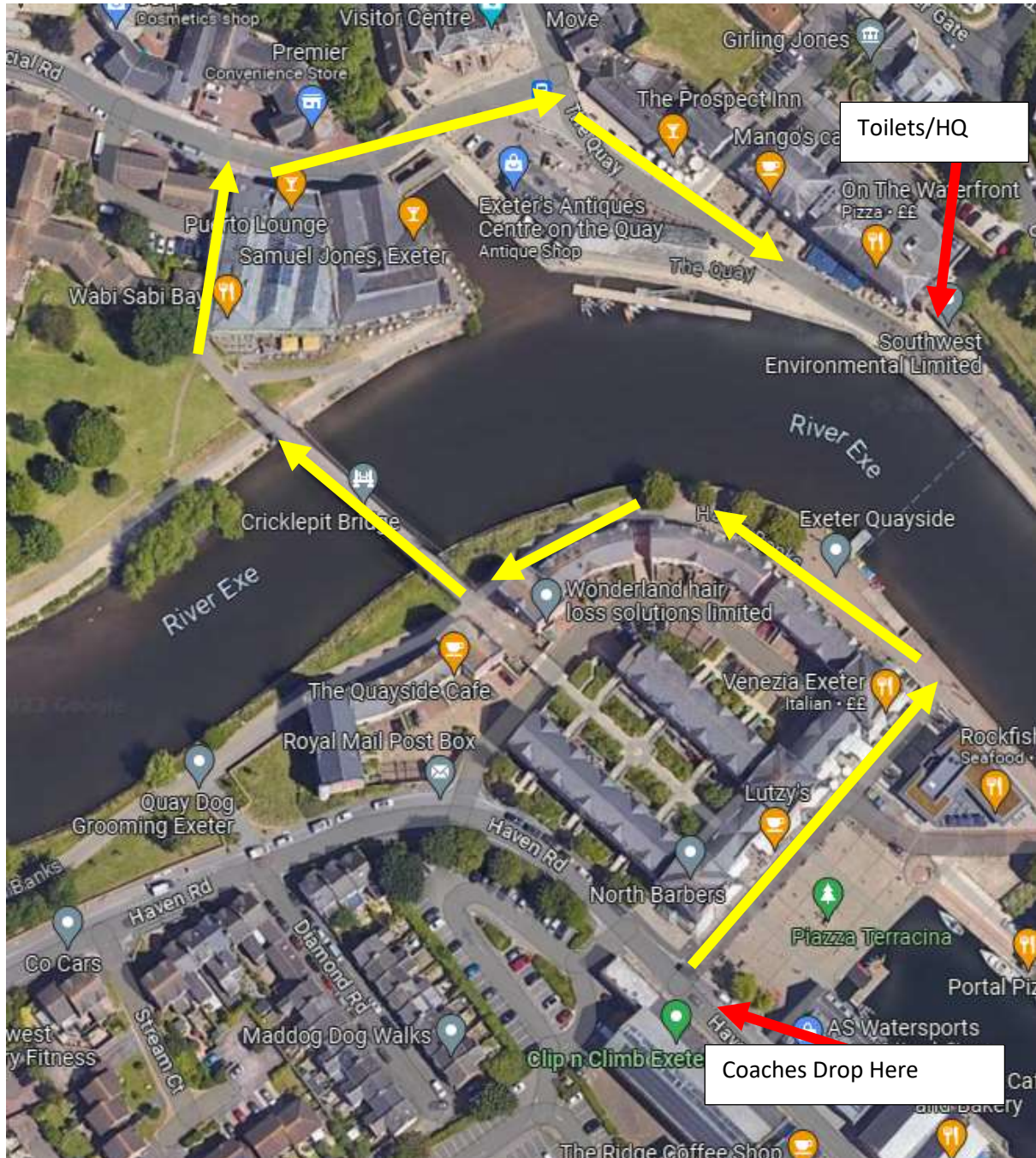
The largest car park is at Babbacombe Model Village, a half mile walk to Race HQ.



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## Coach Drop Off Exeter

Coaches drop off by the Quay Climbing Centre, follow the yellow arrows and head over the bridge to the other side of Exeter Quayside for the HQ, Toilets and Start Line.

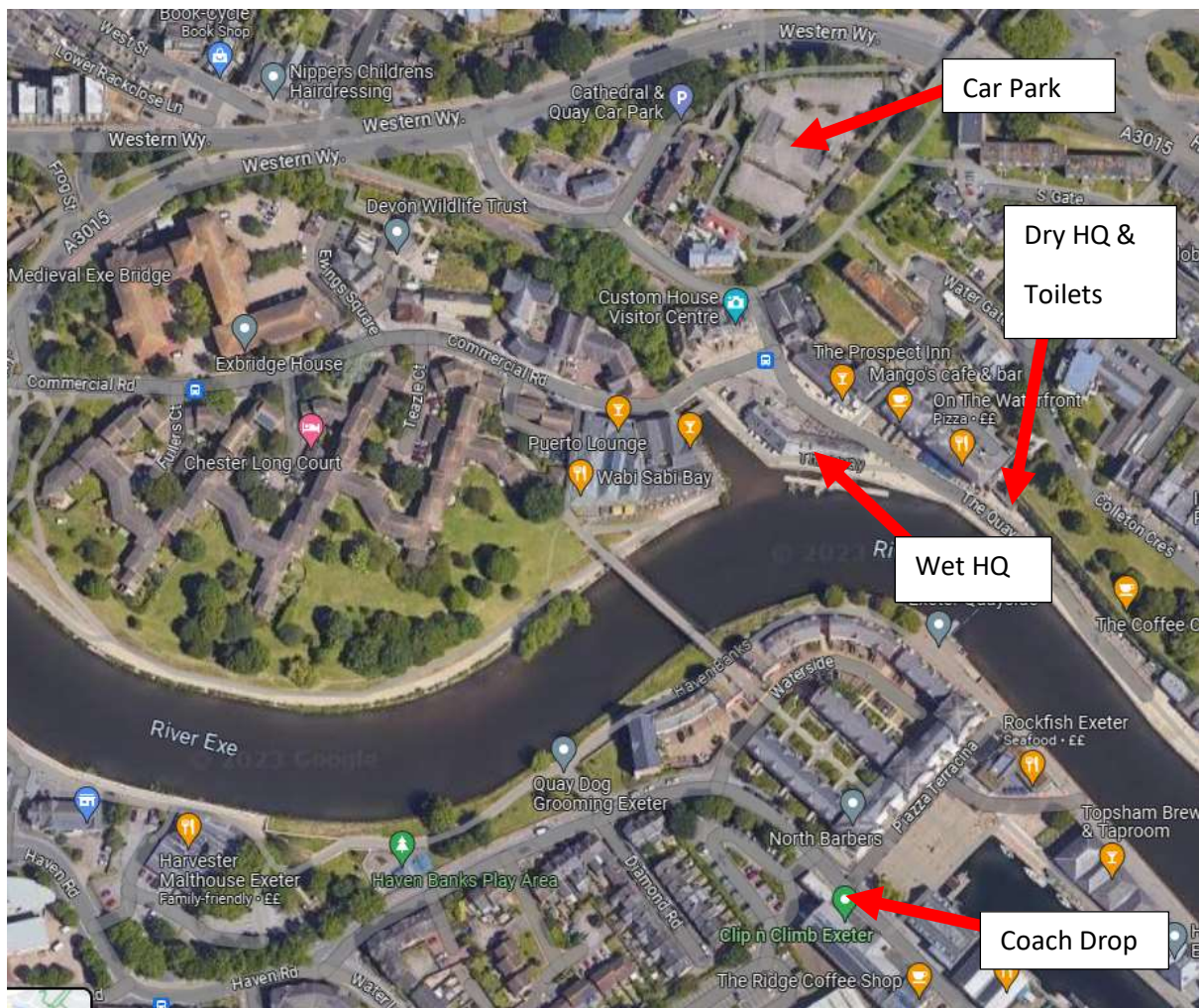


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**Start HQ** – If you are not using the Coaches, then you will pick your number up from the Start Line at Exeter Quayside, EX2 4AP. Closest Car Park is Cathedral and Quay Car Park, EX1 1DE

If it is dry then we will be located near to the Toilets on the Quayside. If it is wet, we will be under cover near the Antiques Centre.

**IMPORTANT** – If being dropped off by someone, do not drive direct to the Quayside as it is narrow and a dead end, it is easier to be dropped off, either by the Car Park or on the other side of the Quay, where the coach drop off point is. **We have been asked by the Quay Manager not to drive down Commercial Road to the Quay, please do not do this.**



The Start line for the Marathon is less than a minutes' walk from the Toilets.

The toilets are the public toilets on the Quayside, they are open from 7am

**Marathon starts at 8am – Race Briefing at 7.50am**

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**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? Red Ones or maybe Green ones! Seriously though:** The first 20 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 from the event.

**Prizes** - We have awards for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female runners.

#### **Mandatory Kit**

**CUPLESS EVENT** – You must have a cup/bottle/flask/hydration pack to use at Aid Stations/finish.

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 (any retirements call main Race Director number).**

Water Bottle 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 10 hour cut off for the Marathon.

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

Marathon Cut Off 1 – Starcross Aid Station - **Midday** (11 Miles Approx.)

Marathon Cut Off 2 – The Ness Hotel, Shaldon – **3pm** (20 Miles Approx.)

Final Cut Off – Finish Line – **6pm** – 26.3 Miles (Approx.)

There are sweepers on the event, who will follow the participants on the route.

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## **The Route & Navigation**

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

You start by heading up the river keeping the river on your left, you cross the river by the Mill on the Exe and then head up the river, now with the river on your right, a marshal about a mile up the river will then tell you to turn and head back down the river, so now the river will be on your left, you follow the river all the way to the first Aid Station near Countess Wear Swing Bridge (approx. mile 5.2). After crossing the road using the traffic lights you still keep the river to your left and just follow this all the way passed the Turf Locks, passed the grounds of Powderham Castle and into Starcross, where the 2<sup>nd</sup> Aid Station is located (Approx. Mile 11), you head straight through Starcross, around Cockwood harbour and into Dawlish Warren, here marshals will direct you onto the seawall, which you follow 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 3<sup>rd</sup> Aid Station (approx. Mile 18.5). 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 23.4 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 Babbacombe Downs, you run across Babbacombe Downs to the finish.

## **GPX FILE**

A GPX file is available, you can either email [brian@windingpaths.uk](mailto: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](http://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 20 miles 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.** Please keep volume of music to a minimum, no loud music.

**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 and for use at finish.

### **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)**

Exeter Countess Wear Swing Bridge Mile **5.2**

Starcross Mile **11**

Teignmouth Mile **18.5**

Maidencombe Car Park Mile **23.4**

**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.

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## **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 is also a Coffee/Tea/Snacks van at the event, selling some cold and hot snacks.

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 plenty of 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](mailto: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 31<sup>st</sup> August 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](mailto:brian@windingpaths.uk)