



## Welcome to the Event Information for The loop!

Sunday 13<sup>th</sup> 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](mailto:brian@windingpaths.uk)

### **Event Information**

**The Loop! 20 Mile run/hike starts at 9am at Broadsands Beach, Torbay, TQ4 6HL**

**Race HQ** – Race HQ opens at 8am and closes at 8.50am.

**There is a 9 hour cut off for the event! (6pm)** with cut offs at Aid Stations as well.

**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 late Sunday afternoon.

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

**Cupless** – All our events are cupless, you will need your own water bottle or cup to have any water or squash at the aid stations and at the finish!

**Shoe Choice** - Trail shoes are mandatory.

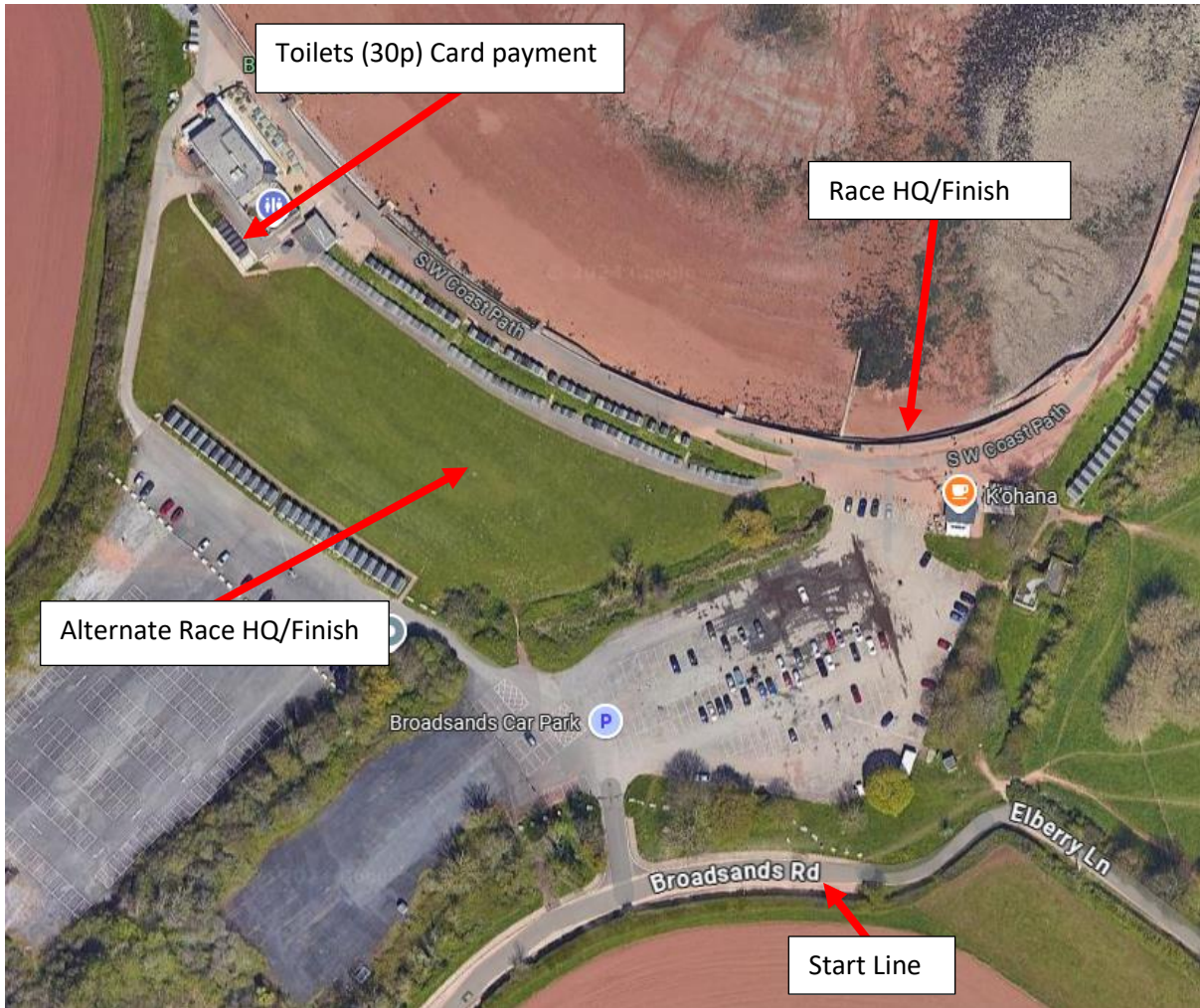
**Race HQ** - Race HQ will open at 8am, please arrive in plenty of time to register and pick up your race number.

A safety briefing will be held shortly before the event starts; the start is a minutes' walk from HQ.

**Baggage** - Sorry but there is no bag drop at this event.

**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.

### Race HQ/ Finish Line

Race HQ if the weather is not too windy, will be on the prom, opposite the main car park, this is also where the finish line will be.

However, if it is too windy to be on the prom, it will be on the grass behind the beach huts to the left of the car park, again if windy this is where the finish line will also be.

### 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.

**The Route** (please note we have had to reverse the route, from what we originally announced)

The new route can be seen at the below website, you can download the GPX file from this website, simply click "Menu" and then "Download".

<https://www.plotaroute.com/route/2753042>

The route follows, country lanes and inland trails to Kingswear, at Kingswear Village Hall (7 miles), a marshal will send you up a road, from this point on you are now on the South West Coast Path, you follow the SWCP all the way to the finish, 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.

**GPX-** There is a GPX file of the route, it can be downloaded from the website mentioned above.

**Route Markings** – There are marshals along the route, there will also be yellow arrow signs, but after the first 7 miles the route is on the South West Coast Path, so keeping to the path unless a Marshal or arrow tells you differently is the way to go.

**Headphones** – Only bone conducting headphones are allowed.

**Aid Stations** – All our events are cupless, you will need your own water bottle or cup to have any water or squash at the aid stations, there will also be some sweet treats available.

There are three aid stations on the route.

Exit of Long Wood Aid Station is at approx. mile 5.5 - **Cut off 11.10am**

Froward Point Watch Tower Aid Station is at approx. mile 9 (**No car access**) - **Cut off 12.45pm**

Brixham Coast Path Aid Station is at approx. mile 15.5 (**No car access**) - **Cut off 3.30pm**

**Please note** that Froward Point and Brixham Aid Station have no parking at the aid station, so spectators should not drive to these locations. There are plenty of other locations in which family or friends can see you along the route, like Berry Head or Brixham Harbour areas.

**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

Ability to carry 1 litre of Water (filled to start) – this can be water bottles or hydration pack

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

Foil Blanket or Dry Extra Layer

Map of the route -either printed out or on your phone or watch – A PDF of the route map is online at [www.windingpaths.uk/loop](http://www.windingpaths.uk/loop)

**Brian Lewis – Event Director**

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