



## Welcome to the Event Information for the Final Countdown 10k on New Years Eve 2024 – Start time 9.30am

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 me, please email [brian@windingpaths.uk](mailto:brian@windingpaths.uk)

### IMPORTANT!

Race Transfers are allowed but must be completed by Sunday 29<sup>th</sup> December 2024 (9am), 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 no one must run with someone else's number.

### Event Information

**10k starts at 9.30am on Sidmouth Promenade. 2 Hour Cut Off Time.**

**Start Race HQ & Start Line – Race HQ will be open between 8.15am and 9.20am**

**The Race HQ, start and finish line are located at The Esplanade, Sidmouth, opposite the bottom of Station Road. EX10 8NR. The Start line is a couple of minutes' walk along the promenade.**



Map above shows Sidmouth and where the car parks, toilets, race HQ and Start/Finish lines are.

For the Car Parks the one marked (ED) is operated by East Devon Council and are cheaper if you use their Winter Parking offer, see section lower down on Parking.

## **Race Number Pick Up**

Race Numbers and Safety Pins are picked up on the day, they will be at our Gazebos opposite the Car Park at the bottom of Station Road, you can pick your numbers up between 8.15am and 9.20am.

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

## **Car Parking**

The map shows where the different car parks are, the cheapest car park is marked (ED) on the map and is £2 for all day parking, you use Ringo app you need to use the **East Devon Council Winter Offer code 42973**

**Please note it is your responsibility to correctly enter codes and pay for parking, so please double check when you are in the car park.**

## **Toilets**

There are several toilets in Sidmouth, do not leave it until the last minute to use them, we advise that you use the ones that are closest to where you park.

## **Start**

The race starts at 9.30am promptly, so please make sure you are at the start line at least 5 minutes before event starts for a short safety briefing.

## **Cut off time**

**There is a 2 hour cut off for the event, all runners must be finished within the 2 hours, we have sweepers on the event.**

**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 on the day awards for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female runners

We will send prizes for Age Groups after the event.

**Shoe Choice** – Trail shoes are mandatory for the event!

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

**Water Stop (Cupless event)** – There is one water stop on the event, which you will pass at approx. mile 1.9 **the water stop is cupless**, so you will need to bring a cup or bottle to fill if you want to use the water stop.

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### **Route and Signage**

The route is 90% trail, with only the first and last 3<sup>rd</sup> of a mile being on tarmac, it heads along Sidmouth Prom and then climbs up the South West Coast Path to Peak Hill, here you turn towards Mutters Moor, after running around Mutters Moor, you will head back to the coast path and down to Sidmouth, putting your arms out to the sides and making aeroplane noises as you run down the big hill is optional.

There will be over 20 marshals along the route, as well as yellow arrow signs and red/white tape, the main rule is, if you are on a path, stay on it unless an arrow or marshal tells you to turn.

### **GPX**

There is a GPX file available for the 10k, email [brian@windingpaths.uk](mailto:brian@windingpaths.uk) to request this, please do not leave this until the last minute as we will be out route marking and getting the event ready.

**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 Mutters Moor Car Park if anyone needs medical assistance and cannot make their way to a marshal then phone the Race HQ 07990 757395. 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, water will be available at the finish. Please make sure not to block the other runners coming to the finish line.

*I look forward to seeing you on the day*

*Best Wishes*

*Brian*

[brian@windingpaths.uk](mailto:brian@windingpaths.uk)