



Welcome to the Event Information for the Total Coastal 10k on Saturday 29th March 2025

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!

The Defer deadline has passed however Race Transfers are still allowed but must be completed by 9am Wednesday 26th March, to transfer email brian@windingpaths.uk the name and email of the person taking your place. I send them an email and only when they reply and send their details to me is the transfer complete.

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 Station. Please see Mandatory Kit List.

10k-timings:

Race HQ at Babbacombe Downs opens at 9.30am

Closes at 10.05am

10k starts at 10.15am

Race Number Pick Up

You will pick your Race Number up from Babbacombe Downs, which is also the location of the toilets.

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Start HQ – The Start line HQ for the 10k is on Babbacombe Downs, in front of the Babbacombe Theatre, car parking is available at Walls Hill Car park, TQ1 3LZ or Princess Street. HQ will be open from 9.30am to 10.05am.



The above map shows the location of the Race HQ/ Start and Toilets.

Toilets- There are public toilets on Babbacombe Downs, shown on the above map, they are under the viewing area, so you walk down the slope to them, they do cost 30p to use by card.

What Shoes? - Trail shoes are mandatory on the event, the majority of the event is trails, with only a tiny amount of tarmac.

Race Numbers - Race numbers and safety pins will be given to you on the day as stated above, **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 manually 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 daytime.

Prizes - We have awards for the 1st, 2nd and 3rd Male and Female runners in the 10k.

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.

Water Bottle or Hydration pack filled to start at least 250ml capacity. If you want to have some squash or coke at aid station you may also want to carry a spare cup.

Baggage - Sorry but there is no bag drop at the event as the event parking is just a one minute walk from the Race Finish.

Cut Off Times!

There is a generous 6 hour cut off for the event, don't panic while it is a challenging event, the cut off is due to the Ultra also taking place on the same day, so we will be at the finish for most of the day anyway.

The Route & Navigation

Acorns, Signs and Marshals!

The route follows the South West Coast Path which is well marked with signs, they all have the famous Acorn symbol, so follow the acorns and keep the sea on your right, where there are missing or hard to spot signs we will be placing yellow arrow signs to help you and there will be a couple of marshals on the 10k route.

Sometimes there are two arrows underneath the acorn pointing in two different directions, always follow the arrow directly beneath the Acorn as that is the South West Coast Path.

You start by running along the Downs, before dropping down to the side of the Cliff Railway a marshal will send you under the Cliff Railway (from this point you are also on the 50k/Half Marathon Route and follow the South West Coast Path at all times), you then pass Torquay Golf Club, here the rest of the route is all rollercoaster trail, at Maidendcombe car park, mile 3.5, is the aid station, with just 3 miles left of the route, but don't be mistaken as the last 3 miles has several big climbs, so make sure to top up if needed, the route leaves Maidencombe and heads to Shaldon and the Finish Line at the Ness Hotel.

GPX

We advise you download the GPX for your watch or phone, visit <https://www.plotaroute.com/route/2904418>

Select Menu and then you will see the Download option.

Route Terrain & Etiquette

The route is trail, expect for a couple of tiny tarmac sections.

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 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.

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, if it is wet or forecast wet or cold then consider carrying a showerproof jacket.

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 Station.

Aid Station

If you are using the aid station, you must have your own cup or bottle if you want water, squash or flat coke.

Aid Station location (approx. distance)

Maidencombe Car Park **Mile 3.5**

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 on 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 event.

Finish Line

When you cross the finish line **with your race number clearly visible on your front**, you will be given your medal.

Ness Hotel

The Ness Hotel are very kindly letting us use the area of grass for the event finish, with its view over the River Teign and Teignmouth Beach, they will be open and selling food and drink, so why not take advantage and start refuelling.

Finish Line Toilets

Please do not use the Ness Hotel toilets unless you are ordering food or drink from them, there are toilets located a short walk along the path above the Ness Hotel, near the entrance to Shaldon Zoo and the car park, please use those toilets.

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.

If there are any questions after reading all the above email me brian@windingpaths.uk but please be aware that from Wednesday 26th march, I will be extremely busy and out most of the days, so any emails will take longer to reply to and any sent from 5pm on Friday evening 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