

Devon Coast to Coast – 18th May 2019

Congratulations on entering the Devon Coast to Coast from Climb South West. We are very excited to take you on a journey across our beautiful county, all 117 miles of it! Please read all the information below to make sure you have a safe and enjoyable experience.

Event Start: 8:00 am, Saturday 18th May – Wembury Beach, PL9 0HN

Overview

Starting in Wembury, in the beautiful South Hams, you will follow the 17-mile Erme-Plym Trail to Ivybridge where you will meet the Two Moors Way; a 100-mile waymarked trail from the South of Dartmoor, to the North of Exmoor where it meets the sea in the town of Lynmouth.

Registration

All participants to register at Wembury Village Hall (PL9 0LF) between 06:00am – 07:30am

You will receive an event T-shirt at registration and all finishers will be awarded an exclusive Devon Coast to Coast buckle. Please bring all mandatory kit with you.

Timings for the day

4:45am: Runners ready for the coach at Riverside Caravan Park

5:00am: Coach departs Riverside Caravan Park

6:00am: Registration opens at Wembury Village Hall

7:20am: Safety briefing and start for walkers and runners (Wembury Village Hall)

8:00am: Event Starts on Wembury Beach

The route

The route follows a waymarked path, with some of the way markers brand new in the past few years. However, this does not mean the whole route is obvious and care should be taken when crossing fields or following sections of road, especially at night. The route is available on ViewRanger and can be followed using the app. A GPX file is also available for those that would like to use a GPS device. This can be downloaded from our website.

Devon Coast to Coast full route on ViewRanger

Although the Devon Coast to Coast follows a way marked route (Two Moors Way), the ability to navigate comes highly recommended. We will have additional markers where the route is less clear, but you should be able to recognise when you have made a mistake.

Map

There is a printable PDF for each stage on our website, but if you'd like the whole route on one sheet, we recommend purchasing the Two Moors Way map from Harveys. This waterproof map covers the whole Devon Coast to Coast route apart from the first 17 miles from Wembury. The route marking on this section however is excellent.

<https://www.harveymaps.co.uk/acatalog/Two-Moors-Way-YHWRTW.html>

If you would like to learn some basic navigational skills or brush up on existing ones, please get in touch at info@climbsouthwest.com. We can tailor our navigation workshops for individuals or groups of walkers / runners from beginners through to advanced skills for mountainous areas.

Your Safety

This is our primary focus at all of our events. The Climb South West team are all professionally qualified outdoor specialists with vast experience in managing groups of people engaged in outdoor activities. They will be on hand at all checkpoints, providing first aid cover and support where it's needed most. We will also have mobile units out on the course to provide rapid response, should there be a problem in between these locations.

If a member of the Climb South West Team decides that it isn't in your interest to continue with the event for any reason, please accept this decision.

We welcome help from volunteers at all our events, to support the work of our team. If you are interested in getting involved and receive free/discounted entries in return, please get in touch.

Support crew

Although this is a supported event with checkpoints and medical cover, some of you may wish to use a support team to meet you at various points along the route. They can arrange to meet you as often as required, but we ask that they do not join you for sections of the route, unless it's an emergency. This is to enable us to know exactly who is out on the course and for fairness to all participants **(No pacers at this event)**.

If using a support crew, please let us know their mobile number(s) at registration.

It will also be beneficial for them to have internet access which will allow them to track your progress using our online GPS tracking system.

GPS Tracking

We will be providing GPS trackers that participants must carry at all times. This is for your safety but also for friends and family to track progress. Please look after the tracker; **there will be a charge if you lose it or do not return it after the event.**

We'll post a link on our website for live tracking during the event.

Checkpoints

Our mandatory checkpoints will be at 10 – 25 km intervals, see below. Food and drink is available for **participants only** but crews can top up water here. Space is very limited at Holne and Hittisleigh village halls. Support crews will ideally use another location.

Name	Post Code	Distance from last CP (KM)	Food available	Notes
Ivybridge Scout Hut	PL21 OSL	24km	Water, coke, cakes, fruit, savoury snacks	
Holne Village Hall	TQ13 7SL	21km	Hot food, hot drinks, water, coke, cake	Indoor area for participants. Limited space here for support crews.
Hameldown	TQ13 7PN	10km	Water, coke, sweet and savoury snacks	No crews here please.
Metherall	TQ13 8EA	12km	Hot drinks, water, coke,	No crews here please.

			cakes, fruit, savory snacks	
Hittisleigh Village Hall	EX6 6LG	20km	Hot food, hot drinks, water, coke, cake	Indoor area for participants. Limited space here for support crews.
Morchar Bishop	EX17 6PJ	19km	Water, coke, sweet and savory snacks	
Witheridge Village Hall	EX16 8AG	22km	Hot drinks, water, coke, cakes, fruit, savory snacks	Indoor area for participants.
West Anstey Village Hall	EX36 3NU	16km	Hot food, hot drinks, water, coke, cake	Indoor area for participants.
Withypool	TA24 7QP	18km	Water, coke, sweet and savory snacks	
Simonsbath	TA24 7SH	10km	Hot drinks, water, coke, cakes, fruit, savory snacks	
Lynmouth	EX35 6EG	16km	Cafes, bars, restaurants and takeaways at finish line.	Indoor area for participants.

Cut off times.

Cut off times for this event are there for your safety. You will not be permitted to continue after the times listed below.

Holne Village Hall, TQ13 7SH - 6pm (10hrs)

Hittisleigh Village Hall, EX6 6LG - 4am (20hrs)

West Anstey Village Hall, EX36 3NX - 2pm (30hrs)

Simonsbath Checkpoint, TA24 7SH - 9pm (37hrs)

Coach Transport

Coach transport for this event is available to book separately (£42). This will take you from our event HQ at Riverside Caravan Park, South Molton to Wembury. It will also return from Lynmouth to South Molton at the end. **It will not return to Wembury after the race.**

Parking and coach arrangements

There is ample parking at Event HQ at Riverside Caravan Park (EX36 3LZ). If you have booked a place on the coach, then you will need to park here and aim to be ready to leave at least 15 minutes before coach departure time.

If you are planning on meeting us at the start in Wembury, then the meeting place for registration is at Wembury Village Hall (PL9 0LF). There is a free car park nearby.

The event will start from Wembury Beach. There is a small car park, but you will not be able to leave your car here during the event, we recommend getting a lift or using our coach transport. Alternatively, you could use on-street parking options locally, but we cannot guarantee spaces here. Please make sure that you arrive at the beach car park by 7:50 am. **Registration beforehand at Wembury Village Hall.**

Kit

Weather is always a factor on the moors and with the event lasting anything up to 40 hours, it's good to be prepared for anything and have the right kit for the changing terrain and temperature.

Mandatory Kit to be carried at all times

- Base layer (long sleeved, thermal properties)
- GPS tracker (provided by Climb South West)
- Trail shoes / walking boots
- Waterproof jacket and trousers with taped seams
- Mobile phone with race directors' numbers saved (07966654867 and 07855255150)

- Hydration system (bladder or bottles, min. capacity 1 litre)
- Survival bag (foil or plastic survival bag (not blanket) £3-£16 from any outdoor store)
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters)
- Warm Headwear
- Gloves
- Whistle
- 2x headtorches with 2 sets of spare batteries for each
- Method for navigating the course; Harveys Map (recommended)/ Viewranger route maps / GPS device with enough power supply for 40+ hours)
- Nutrition (energy foods, gels, bars, etc.)
- Red flashing light for use at night, attached to rucksack or headtorch band.

Fingers crossed for sunshine and blue sky but please come prepared for the worst weather! Make sure that you have all these items with you. This is for your safety and there will be checks at registration and further spot checks on the course. You will not be permitted to take part without all items on the list.

This is not an exhaustive list but a list of essentials. Through training, we suggest that you find out what works for you in terms of additional clothing and food. Our advice is that you don't experiment with a different diet or new shoes on the day.

Drop Bags

We can take a small bag to the halfway checkpoint at Hittisleigh for you. This will then be taken to the end in Lynmouth. Please make sure that this contains some warm layers for when you finish.

Ending your participation

If you need to end your participation before the finish of the route, you must contact us on the event mobile 07966654867 / 07855255150 or speak to a marshal. Please store these numbers in your phone so that you have them available. They will also be on your race number.

We have arranged for a minibus to follow the challenge. Should you need to leave the event, we can get you back to Riverside Caravan Park. This minibus will not return to Wembury.

Our event mobiles are 07966654867 / 07855255150 and are for emergency use. For medical emergencies, please use 999 in the first instance and contact us after.

Please make sure that you are well rested before continuing your journey home, or possibly stay overnight

The Finish

The event finishes at the “Wire Man”, Two Moors Way marker on Lynmouth Esplanade. There are number of cafes, bars and takeaways here. Drop bags and return transport will be from Rock House, EX35 6EN. Our team will direct you here.

Accommodation

If you are using our transport to the start and back from the end, the most convenient place to stay is at Riverside Caravan Park, South Molton (EX36 3LZ). Camping pitches, hard standing for campervans, static caravans and en-suite rooms are all available here. There is also an on-site restaurant, serving breakfasts and evening meals.

Alternatively, there are lots of other accommodation options available locally to suit all budgets.

What's Next?

Enjoyed completing 117 miles? Why not join us in June for the Jurassic Coast 100 where you can run 100 miles or 100 km of the Jurassic Coast in Dorset and Devon. There's also the Welsh 3000 challenge, summer 2019 (over 2 days or 24hrs) and our Dartmoor in a Day events. You also like to consider our new event: Exmoor Coast 50K or the North Coast 100K. There will be run and walk options for all these events. Details are available on our website, www.climbsouthwest.com and our Facebook page.

After the event.

We welcome any feedback about our events and strive to make them as safe and enjoyable as possible. If you have something that you'd like to share with us, please contact us by email: info@climbsouthwest.com.