



## North Coast 110km - 2nd October 2020

### Overview

The route starts in Barnstaple, and heads east to finish in Minehead, at the official South West Coast Path start/finish marker.

The North Coast 100k begins with an exciting night time start. This will take you along the bank of the Taw estuary, through Braunton Burrows and onward to Croyde Bay and Baggy Point. From here, the route continues through the sandy sweep of Morte Bay and Woolacombe, becoming increasingly hilly as you approach Ilfracombe. After another couple of notable hills, you'll pass the stunning Water Mouth cove and arrive at Combe Martin, your half way point. The next section will take you along the entire length of the Exmoor Coast.

The route is approximately 110km and almost entirely off road. It is generally well marked, as it follows the South West Coast Path. There will however be additional event markers to keep you on track where the route is less clear.

This event should not be underestimated, as it is a tough section of coast! As with all Climb South West events, you will be supported by our team of qualified Mountain Leaders with extensive experience and local knowledge of the North Devon and Exmoor Coasts. They will also provide first aid cover at key points along the route, with sweepers on the course in between.

### Food and Drink

There will be checkpoints at four locations where food and drink will be available. This isn't a fully catered event but we will have a range of drinks and snacks available to supplement whatever you bring with you. You will need to be self-sufficient for stages at night of up to 29km (18 miles) between checkpoints. Please see the table below (menu will be confirmed the week before).

<b>Name</b>	<b>Postcode</b>	<b>Distance to next CP</b>	<b>Food available</b>	<b>Notes</b>
Barnstaple Rugby Football Club	EX31 1JH	29km	Water, hot drinks	Start for North Coast 110km
Woolacombe Village Hall	EX34 7BY	22km	Hot food, hot drinks, coke, water	<b>Cut off here 2am</b>
The Dolphin Inn, Combe Martin	EX34 OAW	21km	Hot food and drinks for North Coast 100km included.	<b>Cut off here 8am</b>  Registration and start for Exmoor Coast 50
Manor Green, Lynmouth	EX35 6EN	19km	Water, Coke, sweet and savoury snacks.	<b>Cut off here 1pm</b>
Porlock Weir	TA24 8PB	15km	Hot drinks, Coke, sweet and savoury snacks.	<b>Cut off here 5pm</b>
South West Coast Path marker, Minehead	TA24 5UJ	N/A	Pubs, Cafes and takeaways near finish line.	Finish line for North Coast 100k and Exmoor Coast 50k.

**Map**

Most of the route follows the South West Coast Path, with navigation being reasonably simple. The route can be viewed in detail on ViewRanger or Strava below (this is also available to download from our website as a PDF). If you'd like a more detailed map, we'd recommend 1:25,000 OL 9 Exmoor.

The full North Coast 110km route can be found on ViewRanger:

<https://my.viewranger.com/route/details/MjYxNzY1NA==>

The Viewranger app is well worth downloading turning your Smartphone into a GPS device. Once you have downloaded the route, the app will continue to work without the need for mobile reception. It is possible to download the route "without purchasing premium map" as the basic one works fine. You can however choose to download an OS version. This app is particularly useful if you need to pinpoint your exact location at any time.

If you'd like to learn more about navigation, we can tailor our navigation workshops for individuals or groups of walkers / runners. These are available at any time of year and they are suitable for beginners through to more advanced skills for mountainous areas.

## **Parking and coach arrangements**

### **Transport to the start - Before the event**

There is ample, unrestricted free roadside parking in Minehead, near the event finish line. This will be at the South West Coast Path marker, near The Quay Inn, TA24 5UJ. Lots of parking options, south and west from here. Please allow plenty of time to park your car.

If you have booked a place on the coach, you will need to meet on Minehead seafront, near the Quay Inn, ready for departure at 6:30pm on Friday 2nd October. Please bring a face covering for this journey.

If you haven't booked a place on the coach but would like one, this can be booked under "North Coast Transport Only 110KM" on our website.

## **Timings for the 2<sup>nd</sup> October**

### **North Coast 110k**

6:30pm Coach leaves Minehead seafront.

7:00pm Registration opens at Barnstaple Rugby Football Club, EX31 1JH. For this year, we will have staggered registration/start times. Each group should present themselves at registration during the time slot below and leave soon after. Please see below:

7-7:30pm – Expected finish time longer than 24 hours

7:30-8pm - Expected finish time between 20-24 hours

8-8:30pm – Expected finish time between 16-20 hours

8:30-9pm – Expected finish time less than 16 hours. Start for this group will be 9pm

8am (3rd October) Cut off at Combe Martin

**There is no transport back to the start after the event.**

### **Mandatory Kit**

- Base layer (long sleeved, thermal properties)
- Additional warm layer
- Trail shoes / walking boots
- Waterproof jacket with taped seams
- Mobile phone
- Rucksack, race vest or similar
- Hydration system (bladder or bottles, min capacity 1ltr)
- Survival bag, not a blanket (a £2.50 plastic bag that could save a life, available from any outdoor retailer / lightweight more expensive versions available)
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters)
- Headwear (e.g., cap or buff)

- Whistle
- Headtorch and spare batteries
- Spare headtorch
- Nutrition (packed lunch / energy foods, gels, bars, etc.)

Please make sure that you have all these items with you. They are for your safety and there will be spot checks at the start.

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.

### **Your safety**

We have experienced staff who are there to provide first aid cover and support you during the event and at the four mandatory checkpoints. You must not proceed beyond these locations without checking in with our team first.

We have arranged for a minibus to be used for safety cover at this event. It can take you forwards to the next checkpoint. From here, we recommend being picked up or taking public transport to the end. Anyone timed out at Porlock Weir will be taken to Minehead. This minibus will not return to Barnstaple after the event

Our event mobile is 07966654867 and is for emergency use. This will also be on your race number. 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.

### **COVID 19**

Please don't come to the event if you or any other member of your household have recently experienced any of the symptoms associated with Covid 19. This would also be the case if you had recently had close contact with someone with Covid 19 or similar symptoms. See <https://www.gov.uk/coronavirus> for specific guidance.

We will maintain a minimum of 2m social distancing at registration and checkpoints. Please continue to do the same out on the course with anyone who isn't part of your immediate

group. There will be hand sanitiser at registration and checkpoints for your use. Please bring a face covering for any situations where the 2m rule can't be maintained.

### **Ending your participation**

The event finishes at the South West Coast Path marker, near The Quay Inn, Minehead.

This is also where you will collect your finishers medal.

If you need to end your participation before the end of the route you must contact us on the event mobile 07966654867 / [info@climbsouthwest.com](mailto:info@climbsouthwest.com) . Please store this number in your phone so that you have it available.

### **What's Next?**

We'd love to see you again in 2021 on one of our single or multi day events, distances from 20-120 miles. Full details on our website.

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](mailto:info@climbsouthwest.com).

