

Sid Valley Ring Half Marathon

Thanks for joining us on the inaugural Sid Valley Ring Half Marathon. After many months without any races and walking challenges taking place, we look forward to seeing you back out on the trails. Things will be a little different at this event compared to our previous ones, but we want to make it as safe and enjoyable as possible. Impact on the local community is also an important concern to us in these strange times that we find ourselves in.

REGISTRATION AND START:

Registration will be on Sidmouth seafront, near the junction with Glen rd, EX10 8NS. You'll collect your race numbers here.

For this new event and to comply with Covid guidelines, we will have staggered registration/start times. Please maintain a minimum of distance of 2m from other people at registration and use the hand sanitiser provided. Hand sanitiser will also be supplied at the checkpoint.

Registration / start times will be based on your expected finish time for this event (please see below). After collecting your number and preparing yourself to start, you will be directed to a marshal who will give you a start time. We aim for you to start as soon as possible after registration in small groups.

REGISTRATION AND START TIMES:

- **7:30am - 8am: Registration for runners expecting to take less than 2hrs**
- **8am: Group start for first wave**
- **8am - 9:30am: Rolling starts for everyone else (please see time slots below)**
- **8am - 8:30am: Runners expecting to take 2 - 2.5hrs**
- **8:30am - 9am: Runners expecting to take 2.5 - 3hrs**
- **9am - 9:30am: Runners and walkers expecting to take more than 3hrs**

Start times are based on your expected finish time. To avoid crowds forming, please only come to registration when you are ready to start. Registration will just take a few minutes.

Your finishing position will be based on your time out on the course. Finish times and positions will be posted on our website.

CAR PARKING

There are lots of car parks near the start on Sidmouth seafront. The closest is here:

<https://goo.gl/maps/K395iQsTcYctVqtM6>

Public toilets can be found in Connaught gardens and at both ends of the seafront.

MANDATORY KIT LIST

The weather could throw anything at us in early May and the course visits a couple of fairly remote areas. For your safety, the following is an absolute minimum:

- Base layer
- Trail shoes / walking boots (suitable for the conditions at the time of the event)
- Mobile phone with event number saved (07966654867)
- Rucksack, waist pack, race vest or similar
- Hydration system (min capacity 500ml)
- Survival bag / space blanket
- Basic first aid kit, including sanitising wipes or gel
- Nutrition (energy foods, gels, bars etc.)
- Face covering (buff or similar is fine)
- Waterproof / windproof jacket (recommended if weather forecast looks poor)

ROUTE MARKING

The Sid Valley Ring Half Marathon follows the newly created Sid Valley Ring walking route. Most of the route is very well signed, but we will place additional event markers in a few areas where the route is less clear. The route can also be found on ViewRanger, link on our website. Please don't attempt to take any short cuts or deviate from the marked route.



CHECKPOINT

You must check in with our team here.

There will be an opportunity to refuel just before half way in Sidbury. There will be water, coke, crisps, sweets and snack bars available. You will need to use the hand sanitiser provided and fill your own water container. Please dispose of any rubbish responsibly, by using the bins at the checkpoint or at the finish line.

There will be first aid cover here, at the start line and mobile units in between.

COVID 19

Please don't come to the event if you or any other member of your household have recently tested positive, or 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:

- a high temperature
- a new, continuous cough
- a loss or change to sense of smell or taste

If this applies to you, please get in touch as soon as possible so that we can discuss your options.

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 the checkpoint for your use. Please bring a face covering for any situations where the 2m rule can't be maintained.

Participants should avoid running in the slipstream of other participants. Overtaking on course should be done at a safe distance of at least 2m if possible. Please also be considerate towards other users out on the paths during the event.

After finishing, we ask that participants and supporters don't congregate at the finish line. Please move to another location on the sea front to reduce the chance of a crowd forming.

YOUR SAFETY

- We have experienced staff who are there to provide first aid cover and support you during the event and at the checkpoint in Sidbury. You must not proceed beyond this location without checking in with our team first.
- Please take extreme care on all road sections and especially when crossing main roads. The use of headphones is not permitted at this event.
- Please take additional care when descending the final path into Sidmouth and when on the seafront. If it's a sunny day, this area is likely to be busy. Maintain a minimum distance of 2m from other people at all times where possible.
- The route passes through farmland, where you might find yourself close to livestock. Give the animals time or space to move away. Please close all gates immediately after passing through, unless there is someone directly behind you.
- 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 as soon as possible after.

ENDING YOUR PARTICIPATION

If you need to leave the event before reaching the finish, please notify one of our marshals or text the race director on 07966654867 with your name and race number.

WHAT'S NEXT?

We hope that you have a thoroughly enjoyable day with us and return again in the future. We have a range of single and multi-day races and challenges from 20 – 120 miles.

- May – Devon Coast to Coast Ultra
- June – Jurassic Coast 100 / 50
- June and September – Welsh 3000s
- July Devon Coast to Coast (4 day challenge)
- September – Dartmoor in a day
- October – North Coast 110 / Exmoor Coast 50

Full details can be found on our website: [Ultra Trail Events - Climb South West](#)

