

Devon Coast to Coast – 15th May 2021

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: 6-8am, Saturday 15th May – Wembury Beach, PL9 0HR

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 Beach (PL9 0HR) between 06:00am – 07:45am

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 mini bus outside Riverside Caravan Park (32hrs or more expected finish time)

5:00am: Mini bus departs Riverside Caravan Park (face covering required)

5:15am: Runners ready for the mini bus outside Riverside Caravan Park (less than 32hrs expected finish time)

5:30am: Mini bus departs Riverside Caravan Park (face covering required)

6:00am: Registration opens at Wembury Beach

6-30am: Registration and start for participants expecting to take longer than 36 hours

6:30-7am: Registration and start for participants expecting to take between 32-36 hours

7-7:30am: Registration and start for participants expecting to take between 28-32 hours

7:30-8am: Registration and start for participants expecting to take less than 28 hours

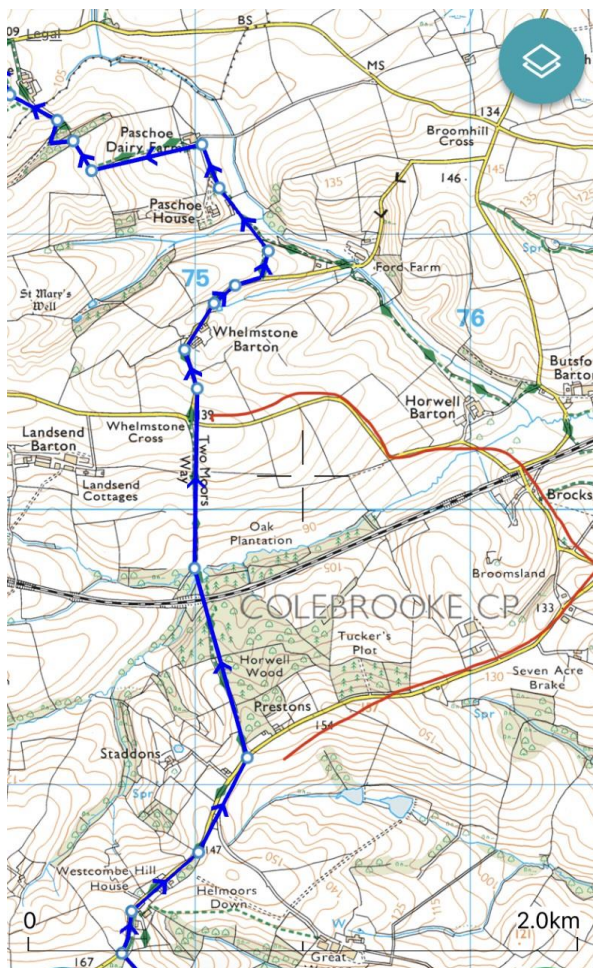
8:00am: No further starters permitted

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, open areas of moorland 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.

Diversions

There are currently a couple of diversions in place. The first is 7km after Hittisleigh CP where the footpath has been closed for essential work near the railway crossing. The diversion will add roughly 2km and will be clearly marked with orange Climb South West branded signs.



Tarr Steps (10km after West Anstey CP) currently has a one way system in place at this tourist hotspot. If you arrive here during the night, it's unlikely to be an issue. At all other times, you should follow the river bank up to the footbridge about 1.5km upstream from Tarr Steps clapper bridge. Once over, turn left and continue on the Two Moors Way. The National Park signs here make this pretty clear.

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 to direct you to our checkpoints, but you should be able to recognise when you have made a mistake out on the course.

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)**.

Due to restrictions relating to the coronavirus pandemic, there are some checkpoints where crew will not be permitted to attend. Crew will not be permitted to enter any of the indoor checkpoints this year.

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

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. Tracking will be provided by Open Tracking.

Checkpoints

Our mandatory checkpoints will be at 16 – 28 km intervals, see below. Food and drink are available for **participants only**. Space is very limited at Scorrison and Hittisleigh village halls. Support crews should aim to use other locations.

Name	Post Code	Distance from last CP	Food available	Notes
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Ivybridge Long stay car park	PL21 OSL	24km	Water, coke, sweet and savoury snacks	Basic Outdoor
Scorriton Village Hall	TQ11 0JB	21km	Hot food, hot drinks, water, coke, cake	Indoor space for participants only. Mask required for entry. No crews here. Please use Newbridge car park or another location. Cut off time 6pm.
Bennett's Cross Car Park	PL 20 6TA	20km	Water, coke, sweet and savoury snacks	Basic Outdoor.
Hittisleigh Village Hall	EX6 6LG	22km	Hot food, hot drinks, water, coke, cake	Indoor area for participants. Mask required for entry. No support crews here. Please use Drewsteignton or another location. Cut off time 4am.
Morchard Bishop	EX17 6PJ	21km	Water, coke, hot drinks, sweet and savoury snacks.	Basic Outdoor.
West Anstey Village Hall	EX36 3NU	28km	Hot food, hot drinks, water, coke, cake	Indoor area for participants. Mask required for entry. No crews indoors. Please

				<p>use large car park next to hall.</p> <p>Cut off 2pm.</p>
Simonsbath	TA24 7SH	27km	Hot drinks, water, coke, sweet and savoury snacks	<p>Basic Outdoors.</p> <p>Safety Cut off at 8pm.</p>
Lynmouth	EX35 6EG	16km	Cafes, bars, restaurants and takeaways at finish line.	Finish!

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.

Scorriton Village Hall, TQ11 0JB - 6pm

Hittisleigh Village Hall, EX6 6LG - 4am

West Anstey Village Hall, EX36 3NX - 2pm

Simonsbath Checkpoint, TA24 7SH - 8pm

Coach Transport

Coach transport for this event is available to book separately (£45). This will take you from our outside 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 Riverside Caravan Park (EX36 3LZ) for those staying on site. Others will need to park in the lane leading up to the gates. This has been agreed with RCP. 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.

The event will start from Wembury Beach. There is a small pay and display car park, but you will not be able to leave your car here during the event. **Overnight parking here is not permitted.** 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. There is also a free car park in the village. Please make sure that you arrive at the beach car park by your chosen time slot above.

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 and gloves
- Face covering (buff or similar is fine)
- Whistle
- 2 x Headtorch plus spare batteries

- 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.

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.

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 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: Race Director: 07966654867 / Mike: 07855255150 / Matt: 07549180436 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. This is directly opposite Exmoor National Park Visitor Centre, EX35 6EQ. There are number of cafes, bars and takeaways near here. Return transport to Riverside Caravan Park will run from here.

