

# Sid Valley Ring Half Marathon

**29<sup>th</sup> April 2023**

Thanks for joining us for the third Sid Valley Ring Half Marathon. After many months without any races and walking challenges taking place, it has been great to see people back out on the trails. We had staggered starts in 2021, but everyone will start together this year!

## **REGISTRATION AND START:**

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

## **REGISTRATION AND START TIMES:**

- **7:30am: Registration opens for all participants**
- **8:50am: Mandatory race briefing**
- **9am: Race starts**

Results will be posted on our website as soon as possible after the finish.

## **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.

## **RECOMMENDED KIT LIST**

The weather could throw anything at us in April and the course visits a couple of fairly remote areas. For your safety, we **recommend** the following. We'll allow experienced runners to make their own decisions about what to carry at this event.

- 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
- Nutrition (energy foods, gels, bars etc.)
- 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 areas where the route is less clear. The route can also be found on Outdoor Active, link on our website. GPX file also available. Please don't attempt to take any short cuts or deviate from the marked route.



## CHECKPOINTS

**You must check in with our team here.**

There will be an opportunity to refuel at two locations on the route. These will be at White Cross car park and just after the road crossing at Trow. There will be water, coke, fruit and sweet/savoury items available. Paper cups will be provided here.

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.**

## YOUR SAFETY

- We have experienced staff who are there to provide first aid cover and support you during the event and at the checkpoints. 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.
- **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.

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

