

Devon Coast to Coast / Devon 100k / Exmoor in a day

13th- 14th May 2023

Congratulations on entering the Devon Coast to Coast, Devon 100k or Exmoor in a day. 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.

*This is the published distance for the extended Two Moors Way (Devon Coast to Coast). It's also on the sign post at both ends. We believe that the total distance is actually closer to 112 miles.

Devon Coast to Coast start: 8am, Saturday 13th May – Wembury Beach, PL9 0HR

All participants (DC2C) to register at Wembury Beach between 06:30am – 07:30am

Please bring all mandatory kit with you.

Timings for the day

5am: Runners ready for the coach outside Riverside Caravan Park, South Molton, EX36 3HQ

5:15am: Coach departs Riverside Caravan Park

6:00am: Registration opens at Wembury Beach

7:45am: Safety briefing for all participants

8am: Race start

Devon 100km start: 9pm, Saturday 13th May – Jubilee Hall, Chagford, TQ13 8DP

All participants (D100K) to register at Jubilee Hall, Chagford between 07:30pm – 08:30pm

Please bring all mandatory kit with you.

Timings for the day

6:30pm: Runners ready for the coach outside Riverside Caravan Park, South Molton, EX36 3HQ

6:45pm: Coach departs Riverside Caravan Park

7:30pm: Registration opens at Chagford

8:45pm: Safety briefing for all participants

9pm: Event start

Exmoor in a day start: 9am, Sunday 14th May – West Anstey Village Hall, Yeo Mill EX36 3NU

All participants (Exmoor in a day) to register at West Anstey Village Hall between 07:30am – 08:30am

Please bring all mandatory kit with you.

Timings for the day

7:30am: Registration opens at West Anstey Village Hall

8:45am: Safety briefing for all participants

9am: Event start

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 Outdoor Active 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 on Outdoor Active](#)

[Devon 100k on Outdoor Active](#)

[Exmoor in a day on Outdoor Active](#)

Although the Devon Coast to Coast follows a way marked route (Two Moors Way), the ability to navigate will be required. There are moorland sections without any markers. We will have additional markers to direct you away from the Two Moors Way to our checkpoints, but you should be able to recognise when you have made a mistake out on the course.

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

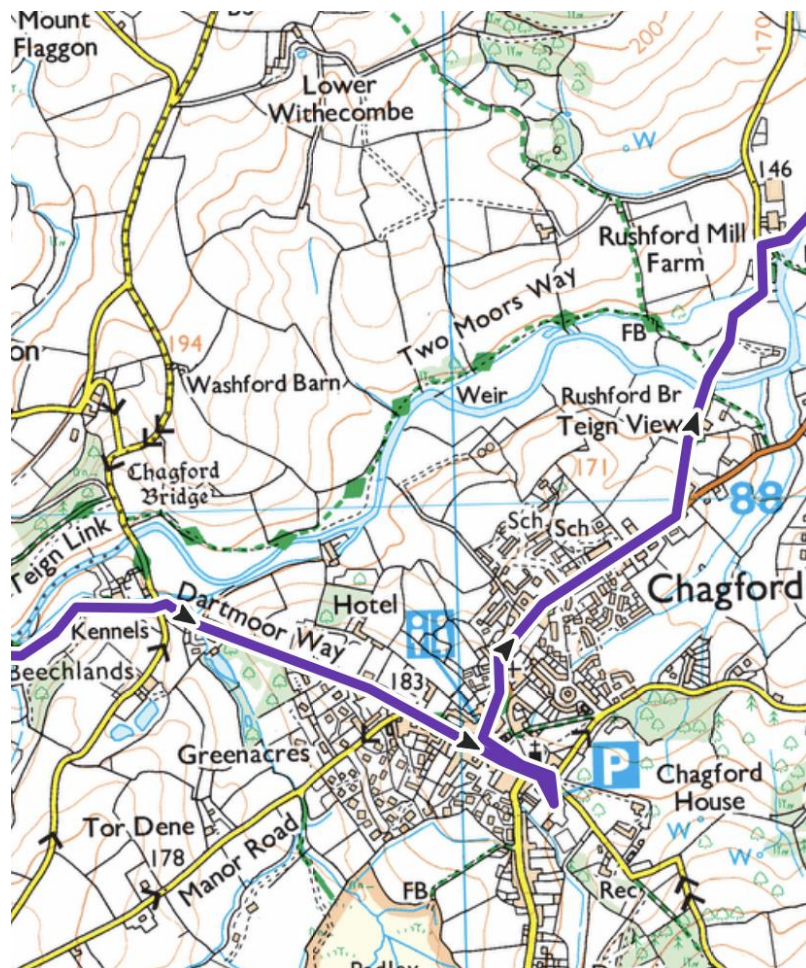
route marking on this section however is excellent.

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

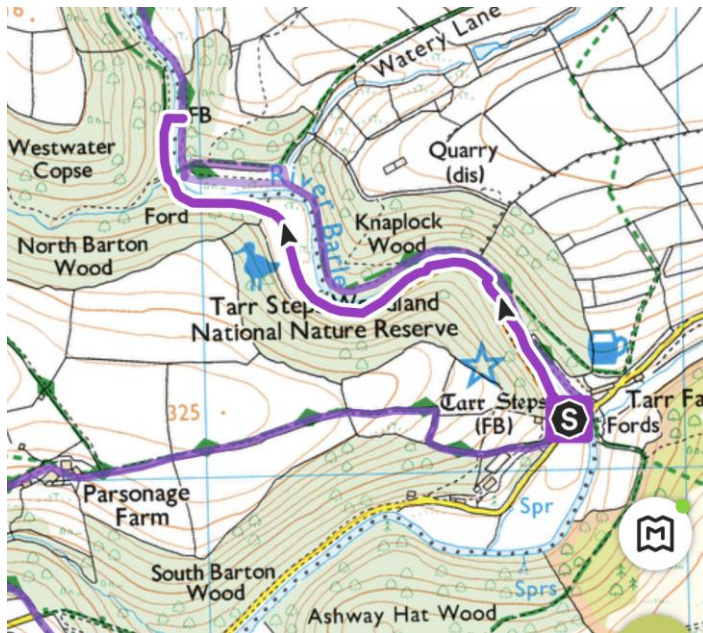
Diversions

There are currently 2 diversions that will take you away from the Two Moors Way as shown on the Harveys map.

The first is at Chagford (approx 73km on the DC2C), where getting to the checkpoint will involve leaving the Two Moors Way and temporarily following the Dartmoor Way (we'll have signs here to direct you). The Devon 100k starts at the Jubilee Hall in the middle of this diversion away from the Two Moors Way.



At the time of writing, a section of Tarr steps is missing. You will need to follow the marked diversion up the riverbank for about a mile and cross the next footbridge. This doesn't add any distance to your route and is easy to follow.



Both these diversions have been included on the Outdoor Active route and GPX file on our website.

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 safety 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 help, 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 receiving 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 please)**.

If using a support crew, please let us know their mobile number(s) at registration. We also ask that they don't wait inside our checkpoints for you to arrive. These areas are reserved for participants and our support team.

GPS Tracking

We will be providing GPS trackers that participants must always carry. 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 – 31 km intervals, see below. Food and drink are available for **participants only**.

Name	Post Code	Distance from last CP (approx)	Food available	Notes
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Ivybridge Football Club	PL21 9ES	23km	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. Cut off time 4pm.
Jubilee Hall Chagford	TQ13 8DP	30km	Hot food, hot and cold drinks drinks	Indoor area for participants. Cut off time 10pm.
Morchart Bishop Village Hall	EX17 6PH	31km	Water, coke, hot drinks, sweet and savoury snacks.	Indoor area for participants Cut off time 5am.
West Anstey Village Hall	EX36 3NU	28km	Hot food, hot drinks, water, coke, cake	Indoor area for participants. Cut off time 12pm.
Simonsbath	TA24 7SH	27km	Hot drinks, water, coke, sweet and savoury snacks	Basic Outdoors. Safety Cut off at 7pm.
Lynmouth	EX35 6EG	17km	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 – 4pm (Overall pace required for this leg 5.5kmph)

Chagford Jubilee Hall, EX6 6LG – 10pm (Overall pace required for this leg 5kmph)

Morchart Bishop Village Hall, EX17 6PH – 5am (Overall pace required for this leg 4.5kmph)

West Anstey Village Hall, EX36 3NX – 12pm (Overall pace required for this leg 4kmph)

Simonsbath Checkpoint, TA24 7SH – 7pm (Overall pace required for this leg 3.9kmph)

Coach Transport (Can be booked through your SiEntries account, either at the time of entering or by editing your entry later)

Coach transport is available for the DC2C. This will take you from 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.**

Coach transport is available for the D100k. This will take you from outside Riverside Caravan Park, South Molton to Chagford. It will also return from Lynmouth to South Molton at the end. **It will not return to Chagford after the race.**

There is also a shuttle service back from Lynmouth to West Anstey for people on the Exmoor in a day event. This will need to be booked in advance. Return buses will run at roughly 2hr intervals.

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 DC2C 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 well before the race starts. There are also public car parks next to the start of the D100K and Exmoor in a day.

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
- Whistle
- 2 x Headtorch plus spare batteries (only 1 is required for Exmoor in a day)
- Method for navigating the course; Harveys Map (recommended)/ Outdoor Active 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 (DC2C and D100K only)

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 Chagford checkpoint for you. This will then be moved to West Anstey CP and then to the end in Lynmouth. Please make sure that this contains some warm layers for when you finish. Please mark it clearly with your name (and race number when known).

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 this number in your phone so that you have it available. It 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 move you forward to the next checkpoint.

Our event mobiles are:

Race Director (Justin): 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.

