

## North Coast 110 Miles - 6th October 2023



### Overview

The North Coast 110 Mile Ultra takes on the true North Coast of the South West peninsula. We believe that this is our toughest event yet. With nearly 6,000m elevation gain, and 12 hours of darkness, the North Coast 110 mile ultra, promises to be a brutal adventure of epic proportions.

The route is approximately 110 miles and almost entirely off road. It is generally well marked, as it follows the South West Coast Path.

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 six 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'll need to be self-sufficient for stages of up to 35km (22 miles) in between checkpoints. Please see the table below.

Name	Postcode	Distance to next CP	Food available	Notes
Hartland Quay	EX39 6DB	35km	Water	Start for North Coast 110 miles
Northam Burrows,	EX39 1XS	29km	Water, coke, hot drinks,	(Outdoors)

Westward Ho!			sweet and savoury snacks.	
Barnstaple Rugby Football Club	EX31 1JH	29km	Water, hot drinks, coke, water, soup and rolls, sweet and savoury snacks.	<b>Indoor space for participants only</b>  <b>Drop bags</b>  <b>Cut off here 9pm</b> Start for North Coast 110km
Woolacombe Village Hall	EX34 7BY	23km	Hot drinks, coke, water, instant pasta, instant soup, sweet and savoury snacks	<b>Cut off here 2am</b>  <b>Indoor space for participants only</b>
Combe Martin Village Hall, Combe Martin	EX34 OHR	22km	Hot drinks, hot food	<b>Indoor space for participants only</b>  <b>Crews please use Kiln Car Park on the seafront</b>  <b>Drop Bags</b>  <b>Cut off here 8am</b>
Flood Memorial Hall, Lynmouth	EX35 6EL	19km	Hot drinks, coke, water, sweet and savoury snacks.	<b>Cut off here 1pm</b>  (Shelter)
Porlock Weir	TA24 8PB	15km	Hot drinks, coke, water, savoury snacks, homemade cakes	<b>Cut off here 5pm</b>  (Outdoors)

South West Coast Path marker, Minehead	TA24 5UJ	N/A	Pubs, Cafes and takeaways near finish line.	Finish line for North Coast 110k and Exmoor Coast 55k.
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### Support Crew and drop bags

We encourage the use of support crews at this event. They can meet you as often as you like but please take care on the roads and park responsibly. **We ask that support crews do not enter our indoor checkpoints unless it's an emergency.**

**You can prepare a small drop bag and give it to us at the start. We will take it to Barnstaple and then move it again to Combe Martin. It will be available for collection at the finish from 10am.**

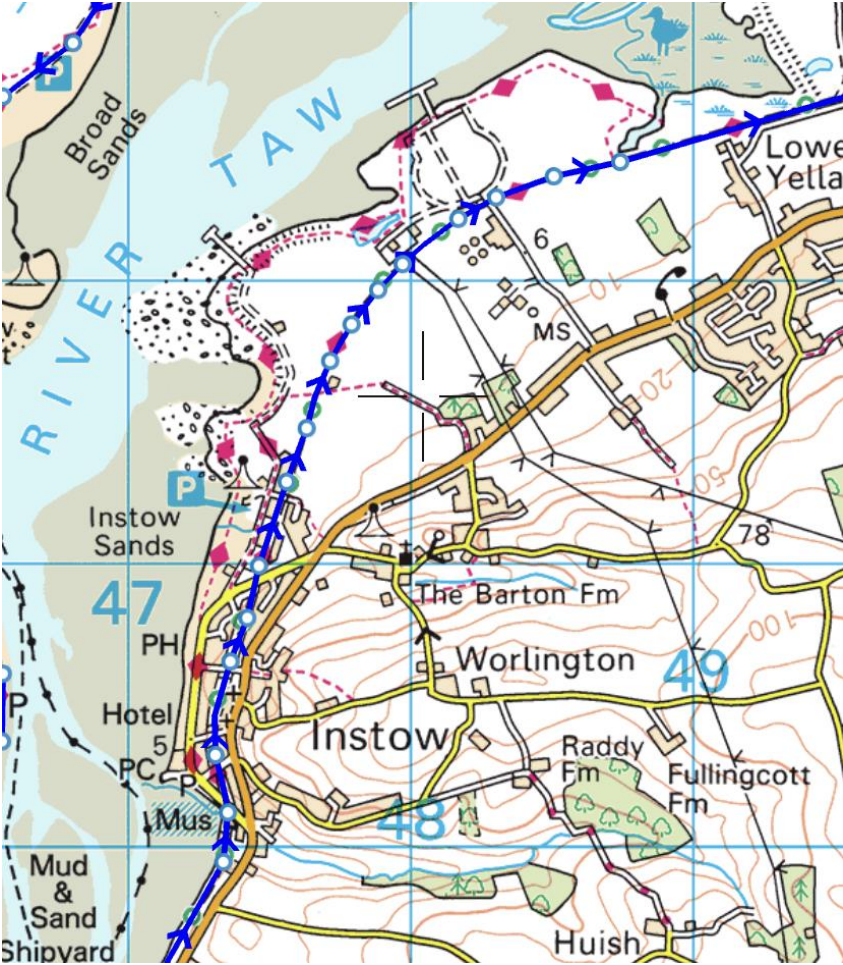
### Map

Most of the route follows the South West Coast Path, with navigation being reasonably simple. It is generally well marked with South West Coast Path signs with an acorn symbol.



The South West Coast Path should be followed as closely as possible without attempting to shorten the route. The only exceptions are below.

Permitted short cut at Instow (10km before Barnstaple CP). Stay on cycleway as shown below. The new GPX and Outdoor Active links go this way.



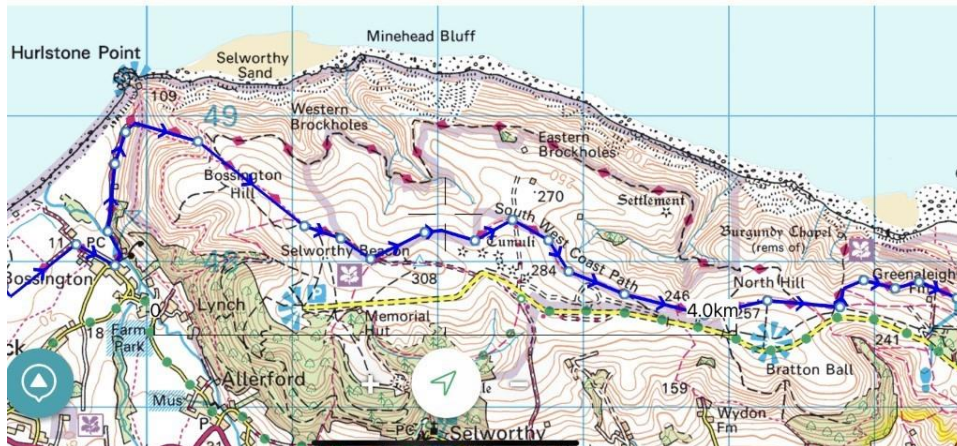


After leaving Woolacombe CP, continue on road with care until a South West Coast Path sign directs you towards Morte Point. Ignore new SWCP sign that attempts to send you inland just before Watersmeet Hotel.





About 4km before reaching Lynmouth, the coast path splits. The left option takes you out towards Crock Point, but our event route stays on the road.



After Bossington Hill, take the high level "South West Coast Path" not the "Rugged coast path". Continue following signs for "Minehead via Coast Path".

The full North Coast 110 mile route can be found on Outdoor Active: <https://out.ac/gbJ9x>

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 **5am** on Friday 6th October.

### **Timings for the 6th October**

#### **North Coast 110 Miles**

- **5am Coach leaves Minehead seafront.**
- **6:30am Registration opens at Hartland Quay, (car park above hotel)**
- **7:30am Safety briefing and start for all participants**
- **9pm (6th October) Cut off at Barnstaple**
- **8am Cut off at Combe Martin**
- **1pm cut off at Lynmouth**
- **5pm cut off at Porlock Weir**

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

## **Mandatory Kit**

- Base layer (long sleeved, thermal properties)
- Additional warm layer
- Trail shoes
- 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 Hartland 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.

### **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 buckle.

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 2024 on one of our single or multi day events, distances from half marathon to 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).

