

# **Devon Coast to Coast / Devon 75k / Devon 100k / Exmoor in a day**

## **18-19<sup>th</sup> May 2024**

Congratulations on entering the Devon Coast to Coast, Devon 75k, 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 18<sup>th</sup> May – Wembury Beach, PL9 0HR**

**All participants (DC2C+D75k) 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: Minibus departs outside Riverside Caravan Park**

**6:30am: Registration opens at Wembury Beach**

**7:45am: Safety briefing for all participants**

**8am: Race start**

**Devon 75k start: 8am, Saturday 18<sup>th</sup> May – Wembury Beach, PL9 0HR**

**All participants (DC2C+ D75k) to register at Wembury Beach between 06:30am – 07:30am**

Please bring all mandatory kit with you.

### **Timings for the day**

**5:15am: Runners ready for the minibus next to Jubilee Hall, Chagford, TQ13 8DP**

**5:30am: Minibus departs Jubilee Hall**

**6:30am: Registration opens at Wembury Beach**

**7:45am: Safety briefing for all participants**

**8am: Race start**

**Devon 100km start: 9pm, Saturday 18<sup>th</sup> 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: Minibus 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 19<sup>th</sup> 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 through the Outdoor Active links:

[Devon Coast to Coast on Outdoor Active](#)

[Devon 75k 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.

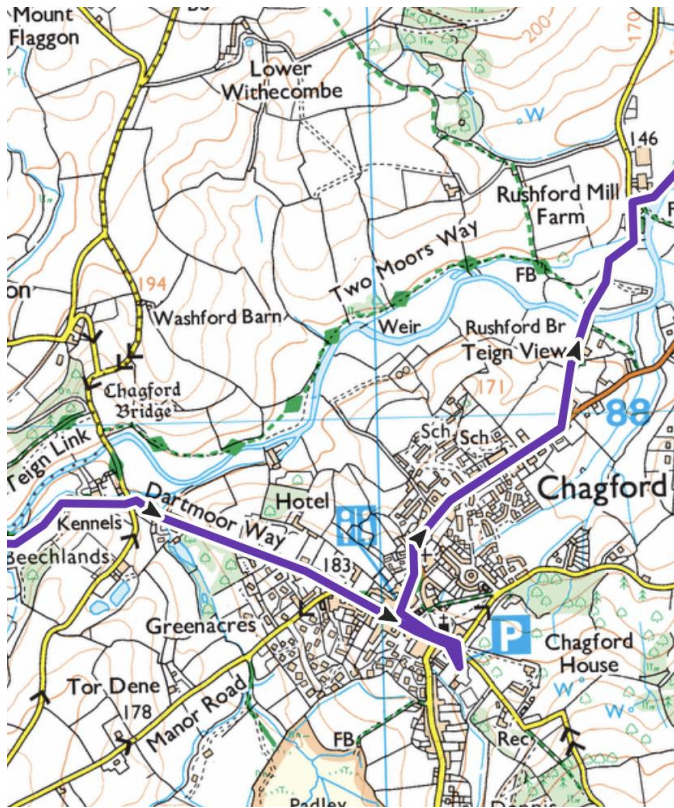
We recommend purchasing the **Two Moors Way map from Harveys**. This waterproof map covers the whole Devon Coast to Coast route apart from the first 17 miles from Wembury. The route marking on this section however is very good.

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

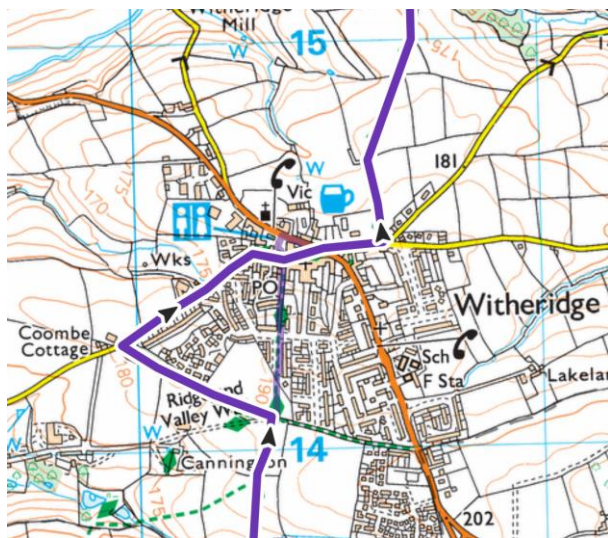
## **Diversions**

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 and D75k), 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.



The second one is just before Witheridge, where a short section of path has been temporarily closed. A left turn here will take you towards Coombe cottage before using the road to rejoin the route in Witheridge.



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

## 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 know anyone who might be interested in getting involved and receiving free/discounted entries in return, please ask them to 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 only. The best places for them to meet you is between our checkpoints.

## 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
Ivybridge Football Club	PL21 9ES	23km	Water, coke, sweet and savoury snacks	Basic Outdoor. Very limited parking here for crews. We recommend using the larger car park next to the leisure centre.
Scorriton Village Hall	TQ11 0JB	21km	Hot food, hot drinks, water, coke, cake	Indoor space for participants. <b>Cut off time 4pm.</b>
Jubilee Hall Chagford	TQ13 8DP	30km	Hot food, hot and cold drinks drinks	Indoor area for participants. <b>Cut off time 10pm.</b>
Morchard Bishop Village Hall	EX17 6PH	31km	Water, coke, hot drinks, sweet and savoury snacks.	Indoor area for participants. No parking here for crews. Use car park 150m further along the road. <b>Cut off time 5am.</b>

West Anstey Village Hall	EX36 3NU	28km	Hot food, hot drinks, water, coke, cake	Indoor area for participants. <b>Cut off time 11:30am.</b>
Simonsbath	TA24 7SH	27km	Hot drinks, water, coke, sweet and savoury snacks	Basic Outdoors. <b>Safety Cut off at 6pm.</b>
Lynmouth	EX35 6EG	17km	Cafes, bars, restaurants and takeaways at finish line.	<b>Finish!</b>

### **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)

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

West Anstey Village Hall, EX36 3NX – 11:30am (Overall pace required for this leg 4.5kmph)

Simonsbath Checkpoint, TA24 7SH – 6pm (Overall pace required for this leg 4.5kmph)

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

1/. Minibus transport is available for the DC2C. This will take you from outside Riverside Caravan Park, South Molton to the start at Wembury. It will also return from Lynmouth to South Molton at the end. **It will not return to Wembury after the race.**

2/. Minibus transport is available for the D75k. This will take you from the Jubilee Hall in Chagford to the start at Wembury. **It will not return to Wembury after the race.**

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

4/. 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, based on demand.

### **Parking and travel 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 minibus, then you will need to park here and aim to be ready to leave at least 15 minutes before coach departure time.

There is a pay and display car park next to the Jubilee Hall in Chagford.

The DC2C and D75k 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 38 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
- 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 Headtorches plus spare batteries (only 1 is required for Exmoor in a day and Devon 75k)
- Method for navigating the course; Harveys Map (recommended)/ Outdoor Active route maps / GPS device with enough power supply for 38+ 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 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. Participants on the 100k can also bring a small drop bag. This will be taken to West Anstey and then moved to the end.

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.

Race Director (Justin): 07966654867. 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 a number of cafes, bars and takeaways near here. Return transport to Riverside Caravan Park will run from here.

## **After the event**

We'd love to find out what you thought of the event. We'll send you a link to do this via Racecheck. There is also an option to do this through our website.

If you'd like to discuss any thing in detail, please contact us by email on [info@climbsouthwest.com](mailto:info@climbsouthwest.com).

