

**North Coast 110 miles / 110 km / Exmoor Coast 55 km 4-5th October 2024**



## **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 race starts with a particularly hilly section from Hartland Quay, before turning East at Hartland Point. The views out to Lundy island are incredible from here. The hills keep coming as you pass the pretty village of Clovelly and onwards to Westward Ho! From here a flat section takes you around the Torridge and Taw estuaries to join the North Coast 110 KM Ultra in Barnstaple.

**The North Coast 110km** begins with an exciting night time start. This will take you along the bank of the Taw estuary, through Braunton Burrows and onward to Croyde Bay and Baggy Point. From here, the route continues through the sandy sweep of Morte Bay and Woolacombe, becoming increasingly hilly as you approach Ilfracombe. After another couple of notable hills, you'll pass the stunning Water Mouth cove and arrive at Combe Martin, your half way point. The next section will take you along the entire length of the Exmoor Coast.

**The North Coast 55km (Previously Exmoor 55km)** starts in Combe Martin, and heads east to finish in Minehead, at the official South West Coast Path start/finish marker. This completes a full traverse of the Exmoor Coast and includes the longest coastal woodland in England.

All routes are almost entirely off road. They are generally well marked, as they follow the South West Coast Path national walking trail.

**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 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. On the 110 mile race, 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 from last CP	Distance to next CP	Food available	Notes
Hartland Quay	EX39 6DB  ///chains.cover.detonated	N/A	35km	Water	Start for North Coast 110 miles
Northam Burrows, Westward Ho!	EX39 1XS  ///pampering.leads.tune	35km	29km	Water, coke, hot drinks, sweet and savoury snacks.	(Outdoors)  <b>Cut off here at 2:30pm</b>
Barnstaple Rugby Football Club	EX31 1JH  Signs will lead you 500m off the coast path to reach the checkpoint.  ///scenes.mint.nails	29km	29km	Water, hot drinks, coke, water, soup and rolls, pasties, sweet and savoury snacks.	<b>Indoor space for participants only</b>  <b>Drop bags</b>  <b>Cut off here 8:30pm</b> Start for North Coast 110km
Woolacombe Village Hall	EX34 7BY  Signs will lead you 400m off the	29km	23km	Hot drinks, coke, water, pasta, soup, sweet and	<b>Cut off here 2am</b>  <b>Indoor space for</b>

	<p>coast path to reach the checkpoint.</p> <p>///erupt.solid s.strong</p>			savoury snacks	<b>participants only</b>
Combe Martin Village Hall, Combe Martin	<p>EX34 OHR</p> <p>Signs will lead you 1300m off the coast path to reach the checkpoint.</p> <p>///cheetahs.i mply.clap</p>	23km	23km	Hot drinks, hot food such as beans on toast, porridge and breakfast baps.	<p><b>Indoor space for participants only</b></p> <p><b>Crews please use Kiln Car Park on the seafront. Do not park at the village hall!</b></p> <p><b>Drop Bags</b></p> <p><b>Cut off here 7am</b></p>
Kiln Car Park	<p>EX34 ODN</p> <p>///flattens.eu phoric.hook</p>	N/A	22km		<b>Registration for 55km</b>
Flood Memorial Hall, Lynmouth	<p>EX35 6EL</p> <p>///turntable. metro.umbrella</p>	23km	19km	Hot drinks, coke, water, sweet and savoury snacks.	<p><b>Cut off here 12:30pm</b></p> <p>(Shelter)</p>
Porlock Weir	<p>TA24 8PB</p> <p>///wimp.ranged.tribes</p>	19km	16km	Hot drinks, coke, water, savoury snacks, homemade cakes	<p><b>Cut off here 5pm</b></p> <p>(Outdoors)</p>

South West Coast Path marker, Minehead	TA24 5UJ  ///orbit.indulges.engrossed	16km	N/A	Pubs, Cafes and takeaways near finish line.	Finish line for all distances.
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## Cut offs

**Northam Burrows 2:30pm (5kmph)**

**Barnstaple 8:30pm (4.9kmph)**

**Woolacombe 2am (5.3kmph)**

**Combe Martin in by 7am and back out by 7:15am (4.6kmph)**

**Lynmouth 12:30pm (4.4kmph)**

**Porlock Weir in by 5pm and out by 5:30pm (4.3kmph)**

**Finish 9:30pm (4kmph)**

## 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. Keep noise to an absolute minimum overnight, especially in built up areas!

**We ask that support crews do not enter our indoor checkpoints unless it's an emergency.**

**Participants this year may be accompanied by 1 support runner/walker between the hours of 7pm and 7am.**

**Participants on the 110 mile race 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 and the finish.**

**Participants on the 110 km race can have a drop bag which will be accessible at Combe Martin and then moved to the finish.**

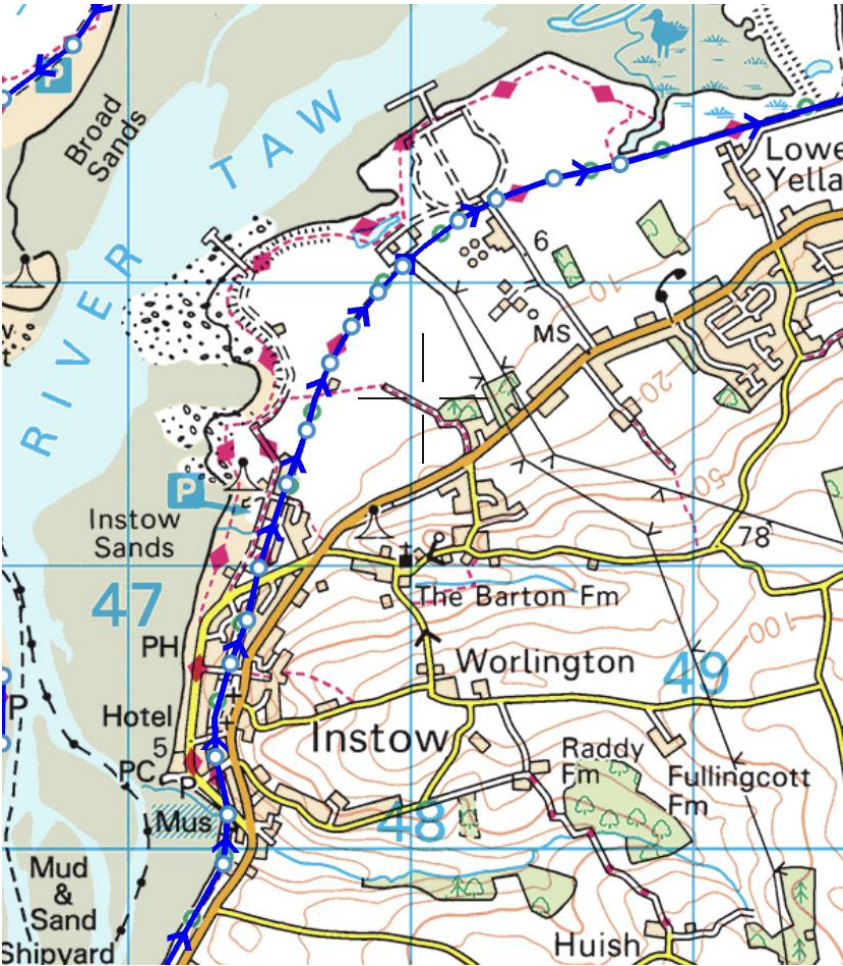
## The route

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.



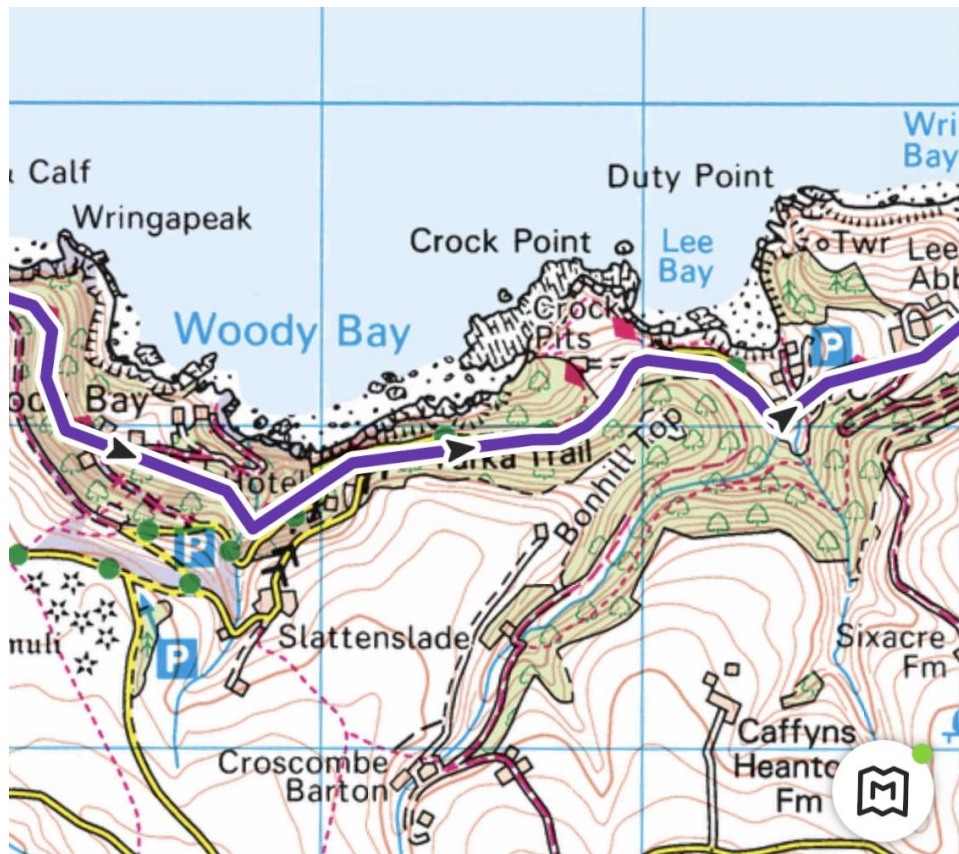
The South West Coast Path should be followed as closely as possible without attempting to shorten the route. **The only exceptions are below.**

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. This is marked as “South West Coast Path on road”. Stay on the road until you reach the roundabout at the Valley of the rocks. A tarmac footpath marked “South West Coast Path” leaves the road here and continues to Lynmouth.

After Bossington, the Coast Path has changed from previous years. It now avoids Hurlstone Combe and continues to Hurlstone Point. From here, it climbs up to join the path that was previously marked “Rugged Coast Path”. This is the new South West Coast Path and is clearly marked with SWCP markers and acorn symbols. Continue following signs for “Minehead via Coast Path”.

**The routes for all 3 distances and GPX files can be found on our website. All routes take the diversions or variations described above.**

[North Coast 110 / Exmoor Coast 55 - Climb South West](#)



## **Parking and minibus travel 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. The minibus will pick you up from here.

## **Timings for the 4th October**

### **North Coast 110 Miles**

- **5am (4<sup>th</sup> October) Coach leaves Minehead seafront near The Quay Inn, TA24 5UJ.**
- **6:30am Registration opens at Hartland Quay, (car park at the bottom of the hill)**
- **7:30am Safety briefing and start for all participants**
- **8:30pm (4th October) Cut off at Barnstaple**
- **7:30am Cut off at Combe Martin**
- **1pm cut off at Lynmouth**
- **5pm cut off at Porlock Weir**

### **North Coast 110km**

- **6:00pm (4<sup>th</sup> October) Coach leaves Minehead seafront near The Quay Inn, TA24 5UJ.**
- **7:00pm Registration opens at Barnstaple rugby club, EX31 1JH.**
- **8:30pm Safety briefing and start for all participants**
- **7:30am (5th October) Cut off at Combe Martin**
- **1pm cut off at Lynmouth**
- **5pm cut off at Porlock Weir**

## **Timings for the 5th October**

### **Exmoor Coast 55k**

**5:30am (5<sup>th</sup> October) Coach leaves Minehead seafront near The Quay Inn, TA24 5UJ.**

**6:30am Registration opens at Kiln Car Park, Combe Martin EX34 ODN.**

**7:30am Safety briefing and start for all participants**

**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) **We recommend carrying more in warm weather.**
- 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 (110 mile and 110 km races)
- Nutrition (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 checkpoints. You must not proceed beyond these locations without checking in with our team first.

All distances will have GPS trackers for our safety team and your family/friends to track your progress. This must be returned at the finish or the next checkpoint if you do not complete.

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 bib. 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.

If you need to end your participation before the end of the route you must contact us on the event mobile 07966654867. Please send a text or WhatsApp to this number, clearly stating your name, race number and where you have gone. This number will also be on your race bib.

## What's Next?

We'd love to see you again on one of our single or multi day events, distances from half marathon to 112 miles. Full details on our website.

We welcome any feedback about our events and strive to make them as safe and enjoyable as possible. We will send you a link to leave feedback through Racecheck.

If you have something that you'd like to discuss with us in detail, please contact us by email [info@climbsouthwest.com](mailto:info@climbsouthwest.com).

