



## **Salt Settlers Six Hour Race 2024**

Welcome to our inaugural Salt Settlers Six Hour Race. Thanks for being a part of it! We have kept things small and low key for 2024, but we'd would love to see it grow in the future.

2 November 2024, Budleigh Salterton, East Devon.

- Our event will run for a maximum time of 6 hours (11am-5pm)
- Complete as many 4.5km loops as you can. No time limit per loop, but your final loop must be finished by 5pm for it to count
- 5 loops will be a half marathon distance
- Complete 10 loops for a marathon
- Open to individuals and pairs (pairs will participate as a relay, with one runner on the course at a time. You can run as many loops as you like before swapping over. You can swap as many times as you like).

### **WHAT'S INCLUDED?**

- Fully marked course
- Indoor event HQ, with toilets and showers
- Aid station with drinks and snacks for participants
- First aid cover
- Salt Settlers Six memento for all participants

- Prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> solo participants
- Food and drink available to purchase at The Holt Bar and Grill

### **Car Parking**

Free car parking at event base. Additional roadside car parking and alternative car parks nearby.

### **Registration and start time**

Registration will be open from 9:30am on Saturday at the event HQ (Budleigh Salterton Cricket Club, The Holt, East Budleigh Road, EX9 7BA).

**Start time: 11am on Saturday 2<sup>nd</sup> November**

### **Your safety**

You'll be looked after by our team of professionally qualified staff, who'll also take care of any first aid incidents during the event. If they decide that it isn't your best interest to continue, you must withdraw from the event.

### **Kit List**

You will need to come prepared for any weather. Spare clothing and kit can be left at the event base. You don't have to carry this all with you. We **recommend** the following:

- Base layer (long sleeved, thermal properties)
- Additional warm clothing
- Trail shoes (course is mainly gravel with a short muddy section)
- Waterproof jacket with taped seams
- Water bottle and reusable cup (**Cupless event**)
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters)
- Warm headwear
- Nutrition (energy foods, gels, bars etc.)

## **The Rules**

- The Salt Settlers Six Hour Race follows a way marked 4.5km loop
- You must follow the same course clockwise for all loops. Do not attempt to take any short cuts.
- You must pass through the start/finish area in front of the clubhouse on each loop.
- No time limit per loop, but your final one must be finished by 5pm. Any loops finished after this time won't be included in your total.
- Pairs will only have one runner on the course at a time. Each participant must pass through the start/finish area before swapping over.
- Pairs can run as many loops as they like before swapping over. You can swap over as many times as you like.
- The person / team who completes the most loops will be declared the overall winner. If two people / teams complete the same number of loops, the winner will be the one who completes their final loop first.
- Please be mindful of other people out on the course as the entire route is on public footpaths.
- You must return to the event base and notify the director if you decide to drop out.

## **What's the name all about?**

The Salt Settlers is a nod to the early settlers in Budleigh Salterton. Salt panning in Budleigh Salterton is listed in the Domesday book, but it is believed that the practice went on far longer here.

The area has changed lots over the years, especially recently with the Lower Otter Flood Restoration work. On high spring tides, parts of the course will be underwater. We have positioned our event between the high tides. Return late from your final loop and you might get salted!

