



JP's Exe to Axe

A grade B Fell Race organised by Sidmouth Running Club under UK Athletic Rules and the auspices of the Fell Runners Association



Sunday 2nd April 2017 starting at 10.00 am

PLEASE ENSURE YOU READ THESE INSTRUCTIONS CAREFULLY.

This race has been issued a license by the Fell Running Association the "Fell Running Requirements for Runners" must be followed. This was a condition of entry which everyone agreed.

Thank you for your entry to this year's run. We are sure you will not be disappointed, please follow the rules and **ENJOY** the race.

Your Number will have been posted to you unless you are a late entry. If this is the case please collect your number on the day from the Race Headquarters at Exmouth (this is the shelter on the road by Foxes Holes Hill Car Park!). If you think you should have received your race number please email us, events@sidmouthrunningclub.co.uk and we will advise you if your number was posted. In an emergency a duplicate can be issued.

Please note that a number of previous runners have classed this as an extremely tough course, be prepared, it is your responsibility to wear appropriate clothing etc.

Only run if you are physically and medically fit, there is a six hour cut off and you will be asked to retire if you have not reached Sidmouth by 13:00hrs.

Please complete the rear of your race number with contact details and medical information. Marshals must be able to see your number at all times. If they do not they will not log you past checkpoints and you will not be registered as being a runner and be disqualified. This is not optional.

If you entered on-line during the past number of weeks you may have used the new Runners World system and runners have advised us that the transport option is not as visible as it was previously. They have also increased their booking fee which is beyond our control. We have also registered with SiEntries which has a lower administrative fee and which we may decide to use again next year.

IF YOU WISH TO BOOK TRANSPORT FROM THE FINISH TO THE START and you have not already done so, it may still be possible. The cost is £8 per seat. Please email us on events@sidmouthrunningclub.co.uk immediately and we will advise you if there are any spaces available. DO NOT TURN UP AND EXPECT A PLACE without having it confirmed that you have a seat on the coach.

GETTING TO THE START.

The race starts at the Foxholes Hill Car Park on the Exmouth Sea Front (Junction of Maer Lane and Queen's Drive). The Car Park has no Post Code but if you use EX8 2DB in your Sat Nav this will get you within a 100 yards or so. The Car Park is pretty basic but there are Public Toilets. Race Numbers can be picked up at the shelter facing the sea by the Car Park if you are a late entry.

TRANSPORT.

For those who have indicated that they want transport from Seaton (at a cost of £8 a head), the **coach will leave at 8.30am** from the Coach Park opposite the Tramway. Limited parking is available nearby. Please do not be late (or you will get left behind). It takes just about an hour to get to the start which will give runners sufficient time to get themselves warmed and prepared before the 10am start. Please note that the transport is only available to those who have booked it beforehand.

BAGGAGE

Runners can hand in baggage at the start for transport to Seaton where it can be collected again at the finish. Hand luggage only please – no suitcases. We can do nothing for runners who finish early and are waiting for their colleague who is still en route but has the key to the boot of the car with all the warm clothing in it. Place a tag on any baggage identifying your race number and name.

REGISTRATION

All runners (first runners for teams) must register at the start before the race so that we can ensure that no one gets lost or abandoned. Similarly runners and teams will be checked at the water/check points at Budleigh Salterton, Sidmouth Sailing Club and Branscombe Mouth

RESULTS

Results of the race will displayed at the finish every 25 or so runners and the full results will be on our club web site by the evening of the race.

PRIZE GIVING.

The majority of individuals and all the teams should complete the course within 5 hours but the winners will be in several hours before then. As a result Prize Giving will take place at the Finish on an 'as and when' basis. There will be prizes for the first 3 men and women and for the first under 23, over 40, 50, 60, 70 man and woman, plus a prize for the first relay team.

RULES AND FOR YOUR SAFETY.

Any runner or team dropping out of the race must report the fact to race marshals as soon as possible. These will be at the Check Points and Finish or as a last resort you can phone the Race Emergency Number **07831 559341 or 07811 468399**. There will also be a "Back Marker" marshal acting as a sweeper. During the race we will try and help any runner who is unable to complete the course by facilitating transport to the end where possible see (contact details), we cannot however provide transport after the end of the race. Be aware that the Coastal Path is popular with walkers; please respect their use of the amenity. Similarly you may come across sheep or cows on the way and it is for this reason that dogs are not permitted on the run. **Keep to the COASTAL PATH** (Look for yellow background arrow signs and arrow markings on the ground) and do not run on the beach except for the few yards at Weston Mouth where it is part of the Coastal Path. It is not the coldest time of the year but it can get quite breezy and wet along the coast and so clothing must be appropriate for the weather conditions. In extreme conditions competitors should arrive prepared to carry any or all of the following: windproof whole body cover, a whistle and emergency food. On the rare sections of road please run on the right hand side of the road and, although not busy roads, be aware of the dangers of passing traffic. Water bottles can be filled at the end of each stage, stay hydrated. Emergency First aid is available as required.

THE ROUTE.

This is not an Orienteering exercise so no map of the route is attached but for those not familiar with the area you can get the general idea by looking at an ordinary road map and following the coast line from Exmouth to Seaton. Small scale maps have been placed on our website www.sidmouthrunningclub.co.uk

OS Explorer Maps 115 (Exmouth & Sidmouth) and 116 (Lyme Regis & Bridport) provide more detail. The route follows The Coastal Path with its Acorn logo embossed on all signposts so apart from the occasional minor deviation there should be no difficulty. **The simple rule therefore is:**

Keep the sea on your right and follow the **COASTAL PATH ACORN SYMBOLS**

Brief notes on the route are given below, stage by stage:

Stage One Exmouth to Budleigh to Exmouth (Straightforward Four miles) From the start at the Foxes holes car park the route goes along the sea front to the end, then left up a winding path to the top, then turn right. The path is quite narrow path so we ask the slower runners to let the quicker ones forge ahead there is an awful long way to go so no point in sprinting away at the start. The field settles down very quickly. You will then pass by the Geo Needle at Orcombe Point. It is 5 metres tall and marks the start of the World Heritage Site that you are about to run through. The only tricky

navigational bit is through the Sandy Bay Holiday Camp. It is signposted but not always where you can see it. Just keep heading East with the sea on your right and skirt left round the Rifle Range which juts out to sea. Reaching Budleigh carry along the Promenade and the first Check Point/Water Station will be in the Large Car Park (BEWARE OF TRAFFIC IT IS A CAR PARK) at the Eastern End of the Prom. This is quite an easy stretch so do not get complacent. Life gets tougher as you progress

Stage Two Budleigh to Sidmouth (a little over 6 miles with some great views).

From the Car Park we have to go inland for half a mile or so to negotiate the River Otter. There is then a bridge over the river and another right turn brings you alongside the other side of the river back to the coast. Do not take short cuts, you will be observed. As you start the descent into Sidmouth there is a tricky right turn on to a busy road (TAKE CARE) at the bottom of a long flight of steps. Please be on the lookout for traffic at that point. Shortly afterwards the coastal sign directs you through a gate on to the grassy slope that gives you a glorious view as you run down the hill to the Esplanade. DO NOT CONTINUE DOWN THE ROAD but turn right down the path to Jacob's ladder.

Stage Three Sidmouth to Branscombe Mouth (a little over 6 miles and where it starts to get serious).

After the checkpoint at the Sailing Club, cross over the footbridge and up a zig-zag path. At the top of this the original coastal path has fallen prey to the tide so there is a little uphill bit on the road. Follow the road around and we will stick a couple of arrows to get you back on to the path. It is straightforward but with plenty of climb ahead of you to the top of Salcombe Hill. As you descend towards Salcombe Mouth you will see the way up ahead of you. You will come across a sign to Salcombe Beach but do not take those steps down. It is forbidden (and dangerous) to run along the beach from Salcombe Beach to Weston. In contrast, when descending later to Weston Mouth you go right down to the beach, along it for 10 to 15 metres – and then straight up again!

Final Stage Branscombe Mouth to Seaton – just under 4 miles.

A short distance up the hill after the Checkpoint at Branscombe there is a choice of route. (This is the only deviation allowed) The Coastal Path proper goes through the caravan site and stays level for some distance before steps take you up to the cliff top. We suggest however that you bite the bullet right at the start and climb straight up the grassy slope to the top of Hooken Cliffs from Branscombe Mouth. This option is more scenic and will be the choice of the locals as it is probably quicker. However, as you pass the abandoned Coastguard Building (you can't miss it as it is the only building on that stretch) **you MUST pick up the Coastal Path to your right around**

Beer Head and DO NOT take the short cut left (you will be observed) through the caravan park). The route through the pretty village of Beer is well signposted with the Acorn and by now you are nearly there, but the landslip on the Old Beer Road several years ago has become a permanent feature and is not passable. There is though a new path connecting the Old Beer Road with the new one which has been signposted as the Coastal Path and that is now the official route of the race. This means a right turn as you come down the steps on to Beer Hill road. Down to the bottom of the hill and then it is a left, almost U turn into the Old Beer Road where just round the corner is the path through the woods on your right. (LOOK OUT FOR DIRECTION ARROWS) At the top you come on to the new Beer Road so it is another right turn. Continue briefly up Beer Road and then it is a nice run downhill towards Seaton. It sounds complicated but we will put up some arrows for you so don't worry about it. By then you will be past caring. Coming in to Seaton look out for more arrows (**take a sharp right turn down a passage just before Wessiters on your left**) and they will direct you to the Esplanade. The race has been extended, so you can burn any energy you may have left. The final stretch along the sea front is around 750 metres to the finish line at the Axe Valley Sailing Club. As the course has been extended we will be setting a new course record so give it your best. When you complete the race DO NOT run through the finish line again with a friend because this messes up the timing and delays the results being published.

Present Course Records

Men: 2:41:41. Matthew Clist, Axe Valley Runners. 2015.

Women: 2:41:50. Annie Conway, Ambleside AC. 2015.

Course Average: Bit slower than your normal Marathon time.

IMPORTANT IN CASE OF BAD WEATHER monitor www.sidmouthrunninclub.co.uk or Sidmouth Running Club Face Book page for information to see if the race has to be suspended.

This race is run under Fell Running Association rules, BL Category race if in doubt refer to link below:

<http://fellrunner.org.uk/documents/2017/FRA%20Requirements%20for%20Runners%202017%2020-09-2016.pdf>

Contact Numbers - please take these with you

First Aid: Martin, M.E.T. Services, 077922 58575

Race Director: Paul 07831 559341. If busy try 07811 468399.

Need to pull out of the race: Advise a Race Marshal at a Water Station.

Need to pull out and need assistance getting to the finish: Race Director.

Emergency: Any Marshal, First Aid, Race Director.

SPECTATOR NOTES

Exmouth Start

Please keep the start car free, park in the car park, the runners will run along the sea front for a short distance, please cheer them along, make a noise.

Budleigh Salterton Car Park

Again please take care, we will have marshals from the Esplanade into the car park to warn motorists of runners, please keep any vehicle away from the water station. Runners will cross the car park to the coastal path. Sidmouth Sailing club which is on the Esplanade car parking situated on the ham par park near the swimming pool. See the runners run down Peak Hill along the sea front. This is thirsty work there are lots of café's you need to stay hydrated so you are fresh to encourage your runners.

Branscombe Mouth

The car park is via automated gates which is monitored via camera, a small fee is required for parking, it is a good vantage point with a nice cafe. The owner is very good allowing us to use his facilities, feel free to have a drink at the sea shanty whilst you wait for your runners.

Seaton

The finish is at the Axe Valley Sailing Club, your runner may wish to cool down in the sea so bring a towel, take them for a soft drink in the local whilst the results are printed.

This is a tough race please feel free to clap and cheer every runner they will appreciate it, finishing is an achievement. This is harder than your average marathon.

Have a fantastic day, runners become addictive to this race.

All enquiries to events@sidmouthrunningclub.co.uk