

Blackdown Beast Update

Hi All you Beasty Runners

Here is the last update before the day. Any changes from this point will be found on the front page of our website www.honitonrc.com

Weather

We know what a hardy lot cross-country runners are, so we will only cancel if driving conditions are so poor that most of you can't make it or if the route is made too hazardous by deep snow or ice or flooding. Notice of cancellation will be on the honitonrc.com website and the Blackdown Beast Facebook page so if in doubt please check these before you leave. The forecast so far looks good.

Venue and Parking

Venue (HQ) – Highfield Social Club, Culm Way, Dunkeswell, EX14 4JP Tel: 01404 891714

Start Time: 10:00am but you need to register so arrive by 9:30

Parking: The large parking area by the Club is not available for parking. Marshals will flag you into Culme Way or direct you away to park elsewhere in the large estate. Most will have to park on estate roads but PLEASE park with consideration for the locals and DON'T BLOCK driveways. **Please try and car share if possible.**

Dogs: Sorry but after several incidents with dogs not on leads we no longer allow dogs to run with you. We rely on the good will of the farmers to continue this event.

Registration

You need to:

1. Sign in on the Master List at the Hq so we know that you are here and next to your name put the number (from the list) of one other person you will be running with.
2. 10 mile runners sign in on the separate 10 mile list so we make sure we pick you up from the Sidmouth Arms, at the end of Leg 2 – this is going to take several minibus trips, so wait in the Sidmouth Arms if the bus is not there.
3. **Make sure you have written down the phone numbers for the emergency car displayed at the start.**
4. Tea/Coffee self-service available at Hq for a donation before and after the run.
5. Free pasty and drink after first leg in Smeatharpe.
6. Hot food should be available for purchase at the finish.

The Run itself

1. The run is self-navigating on public footpaths (except for part of Leg 4) and roads, and is not marked with tape. There are some drawing pins (mainly white) on stiles and finger posts to reassure you that you are on the right track.
2. Please run with at least one other person.
3. Take a mobile phone with you with number of emergency contact for race.
4. Carry money for drinks and food in pubs (nothing to pay at the end of Leg 1 for pasty)
5. **NO MEDICAL BACKUP** so for medical emergencies call the emergency services. There are First Aiders taking part and the Minibus will assist if there are injuries.
6. The written instructions are easiest to follow – BUT please READ THEM. It is v. easy to follow a track and miss a crucial turn. We recommend you download the route instructions and OS maps of the legs from the club www.honitonrc.com/blackdown-beast-jan.html
7. The route is mainly off-road and may be ankle deep in mud in places – 1st leg is the worst. Trail shoes are best but there are a few short stretches of road.

8. **Please, please close all gates** after you even if you think the next runner, half a field away, may do it for you. Last year we had a complaint from a farmer that several gates had been left open and livestock had escaped.
9. **IMPORTANT TICK OFF YOUR NAME ON THE LISTS AT THE START AND AT THE PASTY STOP AND AT SIDMOUTH ARMS so we know where you are.**

After the run

1. **Please TICK OFF YOUR NAME at the HQ otherwise we will send out a search party!**
2. Relax with a drink and something to eat.
3. Send us copies of any photos or links to where you have stored them, any comments and an account of your day.

Contact details before and after the event:

Roger Saunders – roger@saunders-home.co.uk, Phone 07742-920627

Contact number in case of problems during the event will be displayed at the start.

Don't forget the Blackdown Beauty Run on Saturday 13th July 2019. Entries will open in April.