

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 Beast website

<http://www.honitonrc.com/blackdown-beast-jan.html>

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 OK for Saturday.

Venue and Parking

Venue (HQ) – SkyDive Centre, Dunkeswell Airport, Dunkeswell, EX14 4LG

What3words: verbs.marbles.incorrect

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

Parking: The large parking area beyond the Aviator Café is available for parking. Marshals will direct you.

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 and after

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. If you are going to be picked up by someone else, not the minibus, please indicate this on signup sheet.
3. **Make sure you have written down the phone numbers for the emergency contact displayed at the start.**
4. Tea/Coffee will be available at Hq at cost before the run. Cash and cards accepted.
5. Toilets are available at Hq and in the Aviator.
6. Pasty (meat, veggie, gluten free or vegan) and mulled wine available after first leg in Smeatharpe Village Hall.
7. Refreshments may also be available at Luppitt village hall for a small fee **so bring some cash**. Its before the start of the last leg.
8. Hot food and drinks will be available for purchase afterwards at the Aviator Café.

The Run itself

1. This year to avoid long queues at stiles near the start we have arranged with the farmer to avoid the footpath initially and run down the track to his farm. **Note this is not a footpath and should not be used outside the run.** The gpx file does not have this small deviation but there will be arrows to show the way. We will also still start in waves as last year. We ask the faster runners to be in the first wave and steadier runners in the 2nd or 3rd waves.
2. The run is self-navigating on public footpaths (except for part of Leg 4) and roads, and is not marked with tape. There are drawing pins (mainly white) on stiles and finger posts to reassure you that you are on the right track. Look out for them and if you cross several stiles without them you may be off the route.
3. Please run with at least one other person.

4. Take a mobile phone with you with the what3words app to enable us to locate you.
<https://what3words.com/>
5. Carry cash for drinks in Sidmouth Arms and possibly Luppitt (nothing to pay at the end of Leg 1 for pasty/drink)
6. **NO MEDICAL BACKUP** so for medical emergencies call the emergency services. There are First Aiders taking part and there will be a car to assist if there are injuries.
7. 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 map of the route from the web site www.honitonrc.com/blackdown-beast-jan.html . There is also a gpx file of the route which can be downloaded for your device.
8. The route is mainly off-road and may be ankle deep in mud in places – 1st leg is the worst. Trail shoes are advisable as it is slippery in road shoes but note there are a few stretches of road.
9. **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.
10. **IMPORTANT TICK OFF YOUR NAME ON THE LISTS AT THE START.**

After the run

1. **Please TICK OFF YOUR NAME at the HQ afterwards otherwise we will send out a search party!**
2. Relax in the warm with a drink and something to eat at the Aviator. Its good food.
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 on the day in case of problems during the event will be displayed at the start.

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