

## **BLACKDOWN BEAUTY – FINAL INFORMATION - START 11:45 from Priors Park farm.**

Thank you for entering the Blackdown Beauty. We expect about 150 runners on the day.

These instructions, Location Map, OS MAPs of Route, Route Instructions, and Route Overview Diagram can all be downloaded from [www.honitonrc.com/blackdown-beauty-jul.html](http://www.honitonrc.com/blackdown-beauty-jul.html)

### **Parking: please arrive by 11:15 at the latest if possible. (Location map on website page)**

This will be alongside the drive leading up to the farm. Please follow the directions of the parking marshals. Please share transport if you can.

### **Registration (in open-sided barn):**

1. Please tick your name off on the master list so we know who we've got **and also tick your name off at the end of the run**. Also put the number of a person you are running with next to your name.
2. Collect a set of A4 route instructions and plastic wallet
3. Pay if you have not done so (should only be Honiton Members)

### **Food and Drink at pubs and finish – bring small change rather than £20 notes**

1. Order drinks upon arrival at pubs.
2. The cream tea ladies are geared up for the rush!
3. **At the end of the run back at the farm** we will provide bottled beer, lager and cider and soft drinks plus a basic BBQ . Suggested donations for hot dog, burger or alcohol is £1 with profit going to Macmillan Cancer.

### **TOILETS**

Toilets are limited so unless the gents need a seat we suggest they wander off behind a suitable hedge. PLEASE NOTE THE START TIME OF 11:45 so go early!

### **What to wear – note there are a few boggy sections.**

1. Don't forget FANCY DRESS (Super Heroes or anything else) – not compulsory!
2. Off-road shoes best
3. Running tights will ward off the nettles .
4. Change of shoes & socks for the end is a good idea.
5. Hat? Sun cream.
6. Pouch for money and phone.
7. Glasses for reading instructions!

### **The routes – plan your route using the route diagram**

The main route is approx. 18 miles (Legs 1 to 6), which is a long way even for walking if you are not used to that distance. There is also a 10 mile option (Legs A,B & C). You can mix and match legs using the Overview of Routes diagram on the website (and attached)

There have been minor amendments made to the instructions from previous years. The footpath which was closed in **LEG 4A** is now open.

### **Dropping out, backup car & emergencies. PLEASE RUN WITH OTHER PEOPLE so help is at hand. This is an "AT YOUR OWN RISK SOCIAL EVENT" and no 1<sup>st</sup> aid cover is provided.**

- If you need to drop out then get to the next stop where arrangements can be made to get you back to Priors Park Farm. If you can't get that far at least get to a road. PLEASE note the mobile numbers for the emergency car before the start.
- Serious emergencies - Contact the relevant Emergency Service as normal
- Take a Mobile phone in your group.

- **Phone Numbers to Ring for backup car if you need to be picked up will be displayed at the farm.**

### **Finding your way**

- The written A4 instructions are the best way to navigate (if you READ them!) If you want to use OS maps of the route these can be downloaded from our website. The souvenir booklet is now out of date in one or two places.
- The route follows public rights of way so look out for stiles, gates, footbridges, finger posts and short posts with the yellow foot path marker and follow in the direction of the arrow.
- The routes will also be marked at intervals by drawing pins (mostly white) on posts, stiles, gates and trees - good eyesight required. Always reassuring to see them.
- Footpaths are public rights of way even though they may go through the centre of a field of crops, a farmyard or down the side of a house.
- PLEASE STICK TO THE ROUTE but someone always get lost somewhere!
- CLOSE ALL GATES even if you know there are other runners following close behind.
- Please DO NOT drop litter.

### **Animals in fields and yards**

SORRY but NO DOGS on this run

PLEASE DO NOT RUN through the middle of a group of animals, you may cause them to stampede and then they could jump fences or injure themselves trying to get away.

***Advice from Jim Hill, farmer and runner: Re. Cattle: By & large cattle are inquisitive more than aggressive, if you run thru them chances are they will also run (herd instinct) if you walk they will probably stay where they are. If you take a dog thru they will definitely want to investigate often at a trot. Advice, no dogs & don't split a herd either walking (recommended) or running through them. Always go round the outside of the whole group allowing mothers a clear route back to their calves.***

Electric fences are switched on in some places as one of our runners found recently, so take care.

If you have to climb gates ,do so at the hinge end not the catch end!

### **Photos and Reports**

Please bring a camera and take photos. Forward photos or Facebook and other links to online albums to the email [rw.saunders 'at' virgin.net](mailto:rw.saunders@virgin.net) and any reports and comments will also be gratefully received.

Looking forward to another BEAUTY of a run.

Judy Davey