

BLACKDOWN BEAUTY 2019 – FINAL INFORMATION - START 11:45 from Priors Park Farm.

Thank you for entering the Blackdown Beauty. We expect about 80 runners on the day and we will accept entries on the day. Do check our web site (see below) just to check if any last minute issues. These instructions, Location Map, OS MAPs of Route, Route Instructions, and Route Overview Diagram can all be downloaded from www.honitonrc.com/blackdown-beauty1.html.

Parking: please arrive by 11:15 at the latest to register and prepare. (Location map on website page)

This will be alongside the drive leading up to the farm, not around the barn. 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. Bring your instructions and maps for 10.5 or 18 mile routes linked from web page.
3. Pay if you have not done so already. We have a list of those not paid!
4. **Water (free), Food and Drink at pubs, Cream Tea stop and finish – bring small change rather than £20 notes**
5. There will be a water station at end of Leg 2 and Leg A as the pub Merry Harriers has been burnt down! You can also put your own drinks there if you want on the way to the start.
6. At pubs just order your drink as usual. The cream tea ladies are geared up for the rush!
7. **At the end of the run back at the farm** we will provide soft drinks plus a basic BBQ. Donations to MacMillan are requested for the drinks and BBQ.

TOILETS

There is a toilet at the farm. 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 (Brexit theme) but not compulsory!
2. Off-road shoes best
3. Running tights will ward off the nettles on your legs.
4. Change of shoes & socks for the end is a good idea.
5. Hat & Sun cream and your own water.
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)

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 comprehensive 1st aid cover can be 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 number for the emergency car before the start.**
- Serious emergencies - Contact the relevant Emergency Service as normal and then the emergency car.
- Take a Mobile phone in your group though some areas will have no reception.
- **Phone Numbers to Ring for backup car if you need to be picked up will be displayed at the farm.**

- Note our insurance will not cover runners under the influence of alcohol so you drink at your own risk.

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 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 white (occasionally yellow) drawing pins 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 some 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: 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. Advice 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.

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

Photos and Reports

Please bring a camera and take photos. Forward photos or Facebook and other links to online albums to Roger's email sat.metman@gmail.com and any reports and comments will also be gratefully received.

Looking forward to another BEAUTY of a run.

Honiton Running Club