



The Doone Run

Information Notes

Under ARC Rules. Permit No: 11/193

Many thanks for your entry. **Please collect your number from the pre-registration desk prior to the race starting.** You should aim to arrive no later than 10:30 am, please attach your number to the front of your vest or shirt and it must not be folded or mutilated in any way, pins will be provided.

Date: Sunday 25th September 2011. Start time: - 11am

THE RACE

10 Miles of unique Exmoor Countryside. It's more or less the same route as the 11.4 mile race but without the run out down the Valley of Rocks and the up hill climb to the finish so just as tough. But, like any run, it's as tough as you make it. It's well marked and marshalled with 2 drinks stations out on the course.

HEALTH & SAFETY

The route is tough so if you feel unwell or unsure of your fitness please consider carefully if you should start.

The course as defined is largely off road but on well-defined paths but some of the going under foot can be lumpy and bumpy. This year there are some additional features to negotiate. Cattle grids have been installed plus some extra gates. Where possible they will be opened but at least one, will not. Please take care. Please follow the signage. Use the drinks stations to hydrate. If someone needs help please get word to a marshal. If you drop out yourself please notify a marshal. (That way we know if someone simply packs it in or the Beast Of Exmoor felt peckish.)

Parts of the route are along cross roads bearing vehicular traffic. These will be marshalled. Please run on the left hand side of the carriageway unless instructed by marshals to do otherwise. Only cross over the roads at the points indicated by the marshals. Please obey instructions from marshals, the police or any other emergency service personal at all times.

The route will be well marshalled and St John's will be in attendance.

PARKING

You can park in any of the main Lynmouth car parks; additional parking will be available on the foreshore of the Manor Grounds in Lynmouth. Those that choose this latter option may have to wait until the race is over as runners may be crossing your exit road.



REGISTRATION

Collect your number from the pre-registration desk by The Rock House Hotel, in this way we will know whose running from those that don't turn up.

FACILITIES

There are *very* limited changing facilities so please arrive ready to run. There are two public toilets a short distance from the start finish area, additionally toilets may be available in the Rock House Hotel.

FOOD & DRINK

There are many cafés and restaurants in Lynmouth, serving basic snacks and drinks to 3-course luncheons. The Rock House will also be serving food throughout the day and drinks too!

PRIZE GIVING

Prize giving will be at 1:30pm. Results will be posted at the Race HQ ASAP and will also be available on the website www.northdevonroadrunners.com

THINGS TO DO

Run! Run for Caring for Kids North Devon a charity that cares about children in the local area. Sponsorship forms are enclosed with this race pack. Please, please help them they are helping so many children and need your support. *Or*, checkout the Valley of Rocks at Lynton. The Town Hall is interesting. Head for Lynmouth and the river, seafront and harbour. *Take a walk*—it's what Exmoor is all about.

VIEWPOINTS (for spectators)

The Manor Grounds—start/finish.

Lynmouth (Start & Finish) - runners going along esplanade.

Watersmeet(2M) - National Trust Centre—great riverside spot and tearoom. Park on A39 and walk.

Hillsford Bridge (3M) - runners crossing onto Two Moors Way. Parking by Bridge.

The Bridge Inn (5M) - runners run past the beer garden—we hope.

Sinai Hill (5.5M) -

Valley of Rocks—view of runners crossing South Cleeve (7M) on way back.

With a bit of planning—and car -you can see the runners at several points on the course.

Accommodation - for those travelling from further a field.

The Denes 01598 753573 Lorna Doone House 01598 753354

Longmead 01598 752523 Fernleigh 01598 753575

Fairholme Hotel 01598752263 Southcliffe 01598 753328

Sunny Lyn Caravan Pk 01598 753384 also has camping facilities.

A Complete list of accommodation and more information can be obtained from:

Lynton TIC 01598 752225

Enjoy your day !

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