

DISTANCE
7.8 Miles**SOUTH MOLTON****STRUGGLE 2016****TERRAIN**
Multi Terrain

Race Instructions - South Molton Struggle - Sunday 30th October 2016

South Molton Strugglers thank you for entering the South Molton Struggle. We hope that you have a great days running.

The race will start promptly at 11.00am. Race Headquarters will be at South Molton Rugby Club. The start and holding area will be clearly marked.

All finishers will receive a memento and basic refreshments. Food and drinks will also be available to purchase at Race Headquarters.

There will be a photographer on the course to record your heroic efforts. Prints will be available to view on the website within a few days.

Directions and Parking

South Molton lies just off the North Devon Link Road (A361), 25 miles from Junction 27 of the M5.

South Molton Rugby Club can be found at the lower end of Pathfields Industrial Estate which is just a two minute drive from the A361. There will be no parking at the Rugby Club for safety reasons.

Ample parking is available at numerous different businesses on Pathfields Industrial Estate near the Rugby Club. Due to the number of pedestrians at the Rugby Club, if driving, we ask that you approach from the higher end of the Industrial Estate, leaving the A361 at the roundabout at Aller Cross as opposed to the junction. Marshals will be situated from the top of the estate giving you clear directions and to answer any questions. It is no more than a five minute walk from your car to Race Headquarters. Please do not park on the side of the road at any point through the estate as the run takes this route.

There is limited disabled parking available at the Rugby Club, if you require a space then please get in touch before the event so we can reserve one for you – email: struggle@southmoltonstrugglers.co.uk

South Molton Rugby Club – Race Headquarters

At the Rugby Club you will find further information about the race, toilets, changing rooms, showers, refreshments, kit store (kit stored at own risk), first aid, information desk, etc.

Go to the Registration desk to pick up your bib numbers. Entry on race day will also take place here.

First Aid will be provided on the day by St Johns Ambulance at various points throughout the route and Race Headquarters. We also have the benefit of marshals and race officials providing vital communication support throughout the course.

If you are unable to take part and wish to transfer your number to someone else, please let the race organisers know before the event.

Runners are strongly advised not to wear MP3 Players or such like as these prevent you being aware of what is going on around you.

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The Start

The Start line will be at the bottom of Pathfields to the left, it will be clearly marked.

The race will start promptly at 11.00am. Please listen to and heed the pre race announcements – they will be important and provide valuable information regarding the race. Your race number must be worn on the front of your person, not cut down or otherwise defaced. Please fill in the emergency details section on the rear.

The Course

The route takes you across a range of terrain including public footpaths, agricultural land and public highways. You commence by going up through Pathfields Estate and you join the footpath through South Molton Recreational Ground. At the top left corner you will cross the B3226 and join a public footpath that continues through a number of undulating fields and farms. Marshals will be in place to give clear directions and stop traffic when necessary but please ensure care is taken when crossing roads. Please also show respect when running through farms, they may be on public footpaths but they are also someone's home.

There will be a drinks station situated at approximately two miles providing water only. This will also be the 5 mile point and therefore provide further water if necessary. Novices are advised to take a small plastic bottle of water with them.

Mile 3 and 4 take you along the B3227. Please ensure care is taken when running along this stretch as cars may be travelling along. Despite our best endeavours to ensure a safe course, the danger posed by impatient or negligent road users cannot be eliminated. Please keep to the left and follow marshals instructions at all times.

At mile 5 you rejoin the route taken on mile 1 and 2 and follow this back to the finish.

A map of the course is available to view on the website www.southmoltonstrugglers.co.uk

All runners enter at their own risk and the organisers do not accept any responsibility for any injury sustained during or after the run.

All wheeled vehicles including cycles, skates, skate boards are banned from the race and runners must not be accompanied or followed by others in or on such vehicles or by dogs.

If at any point you wish to withdraw from the event, please notify the nearest marshal who will assist you and ensure that your withdrawal has been registered.

The Finish

The race will finish in the field opposite the Rugby Club. Stay in the same order as you go down the finish funnel (or the results will be inaccurate) and collect your memento and water. Further refreshments will be available in the Rugby Club house for a small charge. If you have left belongings in the kit store, these can be collected from the club house. Do not stand about getting cold once you have finished, change into warm and dry clothes. Shower facilities will be available in the club house although they will be limited.

We hope to have the results available and commence the awards ceremony at approximately 1pm. Please join us for these, soak up the atmosphere and enjoy a few moments relaxation. Results will be displayed upstairs in the Rugby club and also online.

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Accommodation and Public Transport

There is an extensive range of accommodation in the South Molton area, ranging from town centre hotels to farmhouse B & B. To obtain further details please contact the South Molton Tourist Office on 01769 574122 or www.visitsouthmolton.co.uk Transport links are not as helpful especially on a Sunday. A train service links Exeter with Tiverton and Barnstaple although from there the bus service is limited and taxi (which can be expensive) is likely to be the only option.

Places to eat and stay in and around South Molton

There will be some refreshments provided at the finish (for a small charge) although if you require further sustenance following the run, there are numerous pubs and restaurants in the area providing a variety of food types.

The Coaching Inn, Queen Street, South Molton 01769 572526

Sunday opening hours – 11.30-3pm and 6-11pm

A carvery is served between 12 and 2pm . Full menu served 6-9pm

Accommodation is also available.

The Corn Dolly 115a East Street, 01769 574249

Sunday opening hours 11-5pm. A real tea shop serving a selection of lunches, desserts, cakes and of course cream tea. A large selection of teas to choose from as well as coffee, hot chocolate and cold drinks.

The Northgate Inn, Aller Cross, South Molton – on the second South Molton roundabout (nearest Barnstaple) on the A361 01769 579555

Opening times 8.30-11.30am Breakfast. 12-8pm Carvery. The North Gate Inn aims to provide a friendly, comfortable surrounding, where good home cooking is the engine room of our success. A simple bowl of soup, an all day breakfast or substantial 3 course meal can all be enjoyed at an affordable price.

The Honey Farm, North Road, 01769 572401

They have plenty of delicious homemade cakes and hot drinks on offer as well as hot and cold food for you to enjoy so why not pay them a visit after the run.

Riverside Marsh Lane, North Molton Road, South Molton 01769 579269

A 4 star park with 5 star facilities, set in 70 acres of open landscaped parkland with camping for caravans and tents electric pitches for caravans is £22.00 per night, and tents with electric is £21.00 per night, camping in the open camping field is £18.00 per night, all our prices are based on a family of 4 sharing that is 2 adults and 2 children, more in the party are welcome but there is an extra fee. There is a tea room on site. If you are interested in staying it is advisable to book

Feedback

Your feedback is invaluable. Our aim is to provide a top class event which everyone enjoys, however, if there is anything you feel we could do to improve next year please do let us know. We would also appreciate your positive comments if you feel they are deserving.

Please drop us an email at struggle@southmoltonstrugglers.co.uk or in the comments box that you will find at race headquarters.

Thanks

May we take this opportunity to thank all those who help make this event possible including our sponsors, St Johns Ambulance, marshals, volunteers and helpers, many of whom have no interest in



being there for all the family
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running but simply turn out to help us on the day and without whom this event would not be possible. And finally a big thank you for entering and making this event happen.

Race Sponsors

