



SALCOMBE COASTAL MARATHON



Saturday 1st May 2010

This is the first running of a Coastal Marathon from Torcross to Bantham, via Salcombe along some of South Devon's most beautiful coastline. This is a multi-terrain event. The distance of 26.2 miles with 4500' ascent has been calculated using a GPS and altimeter. The nature of the terrain and ascent/descent makes actual distance a little academic. We hope to attract both walkers and runners and will have two coach transfer times to allow for different speeds. This is organised as an event rather than a race due to the logistics of having to stagger starts for safety on narrow sea cliff footpaths and also due to waiting for the ferry across to Salcombe. Self-timing will be in use, although we will of course publish results. The event is being organised to help Gillian Orme raise money for Mencap. Gillian is running the 151 mile, 6 day Marathon des Sables this April, and has pledged to raise a minimum of £4000 for Mencap (this does not include the entry fee which she is paying herself).

Car Parking will be available at the finish at Bantham with Coach Transport to the start at Torcross. A mini-bus shuttle will be in use between Salcombe and Bantham for those that may be forced to retire or wish to only do a Half marathon. The entry fee is £20 and we hope that a minimum of £10 per entry will go directly to the charity, any further surplus will also supplement this total. While essentially this is a self-supporting event, we will provide a water and jelly baby stop between Torcross and Salcombe and another at Hope Cove. From Salcombe onwards you will have access to shops to purchase refreshments and time spent for a lunch break at Salcombe need not be included in your time.

Due to needing to pre-book coaches and other logistics Entry **must** be in advance, although it is possible to enter on the day (if sufficient spaces) if you can provide your own transport. For walkers the coaches will leave Bantham at 8 am promptly and runners at 9. Please indicate clearly whether you plan to walk or run.

Certificates will be issued to all finishers, together with a cloth badge. The event will start from 9 am for walkers and 10 am for runners from Torcross and everyone must have passed through Salcombe by 3 pm at the latest (approx 13 miles).

Minimum age of 18 years on day of event, although younger individuals can take part as part of a team, if accompanied by at least one person over 18. Entry fee £20, inclusive of parking, coach & ferry transfers, payable to Salcombe Coastal Marathon – (£25 EOD with own transport!).

For more information visit <http://www.tvh3.org.uk/salcombemarathon.htm> or email stewartbondi@sky.com.

In entering this event I accept that I take part at my own risk, I am aware that the course is on uneven paths that in places are very exposed and I am responsible for my own safety. I accept that in order to process my entry these details will be entered on a computer.

Surname:	Forename:
Address	
Home No:	Mobile No:
Email:	Date of Birth:
Run or Walk:	Male or Female:
Club:	Signature:

Please make cheques out to Salcombe Coastal Marathon and mail to Stewart Bondi, 1 Nelson Close, Teignmouth, Devon TQ14 9NH, enclosing a SAE. Closing Date for entries 15th April 2010.