

Grizzly 2020 Weekend
Saturday 7th and Sunday 8th March 2020
Final Race Information – please read carefully

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1. INTRODUCTION

Axe Valley Runners welcome you to the 33rd Grizzly “2020 Hills Aplenty”, which is held under Association of Running Clubs rules with permit numbers ARC 20/039 (Grizzly & Cub) and 20/038 (Junior Race & Fun Run). Over the previous 32 years, more than £425,000 of race proceeds have been donated to numerous local charities, clubs and organisations.

IMPORTANT: PARKING IN SEATON WILL BE LIMITED AS USUAL THIS YEAR. Parking marshals will be on hand to direct you to available parking. We strongly recommend that you arrive early, as it may take a while to get parked and get to the start. Please share a car if you can. **Please note that there is a charge for the EDDC public car parks.** Further details below.

Please also note that race day **BAGGAGE STORAGE** this year this will NOT be at The Gateway, Seaton Town Hall but will be in the Function Room at The Old Picture House, Harbour Road, Seaton, EX12 2LZ.

New Grizzlers be warned: The Grizzly has more than 3,000' ascent in its 20 miles. There are two sections of beach, totalling well over a mile; two energy-sapping bogs, where runners are often up to their waists in water and mud; and the infamous “Stairway to Heaven”, a steep path up the side of a cliff (beware if you suffer from vertigo). Some of the descents are steep and often very slippery, so please take care. It will take roughly your road marathon time, perhaps longer if conditions are grim. **Please also note that runners will not have run this exact full Grizzly course before, so please study the route map carefully. There is no change to the Cub route from the last few years.**

The good news is that this year we have taken further steps towards becoming a more environmentally friendly event. We will again be using biodegradable marking tape around the course and runners will receive cups of water at the finish line instead of plastic bottled water. The technical race t-shirts have been manufactured using recycled plastic bottles and we have also eliminated the use of plastic packaging for these t-shirts. The runner goody bags have been manufactured using recycled materials. Finally, we have started to introduce multiple-use polyester marshal bibs instead of single-use plastic bibs, and biodegradable vegware cups instead of recyclable plastic cups. We hope to make further changes in the years ahead, so please help us in our drive towards an environmentally friendly Grizzly.

2. The DOs, DON'Ts and THANK YOUs

THINGS YOU SHOULD DO - PLEASE:

- Enjoy the race and stay safe - only run it if you are physically and medically fit and not intending to walk most of the route.
- Let us know if you've obtained someone else's number (using the [change of runner form](#) before race weekend).
- When accepting a transfer of race entry, please take all reasonable steps to check that the place is genuine. We do not allow places to be transferred for more than the initial race entry fee, so please do not pay more than the face value. We do not have a publicly available race entry list – if you are uncertain about the transferor, please contact the Race Director.

- Check out our [accommodation list](#) if you are still looking for somewhere to stay.
- Look at the [Seaton town map](#) to locate where everything is.
- Check the timetable below to make sure you are in the right place at the right time.
- Complete the reverse of your race number with emergency contact info and any medical details.
- **Help the support teams by marking a red cross at the bottom on the front of your race number if you have a medical condition written on the back of your number.**
- Tear off and give the baggage label found at the bottom of your race number to the helpers at the baggage storage area.
- Wear your race number on the front of your shirt – please do not tamper with the timing chip attached to the back of your number.
- Ensure that your number is 100% visible and do not obstruct with any clothing, bum bag etc.
- Take your race number to the team at the finish line when collecting your race t-shirt.
- Dress for the occasion - Grizzly weather varies year to year from very warm to bitterly cold and wet.
- Look out for and assist any other runners in difficulty – if you spot another runner who is injured and/or in need of assistance, then please stop, assess the situation and notify the nearest marshal. After all, you are all in this together!
- Keep to the marked route - especially going around field edges.
- Be patient if there is a queue - there may be some constrictions and you may be held briefly at road crossings to ease traffic flow.
- Respect the decisions and follow the instructions of the marshals at all times. **Anyone disobeying instructions or being rude to marshals/back-markers will be deemed to have retired from the race and asked to hand over their number, and may receive a possible ban from future AVR events, including the Grizzly.**
- We reserve the right to enforce shortcuts (at the earlier points) or withdrawals (at the later points) of slower runners. In the event of good weather on race day, these cut-offs will be based upon absolute times of runners at certain points around the course. In the event of inclement weather, due to the impact that the weather can have, we will not use absolute time cut-offs but will enforce shortcuts and withdrawals based upon the time gap between the final runners and the runners ahead at certain points of the course. Both the absolute cut-off times and the time gaps to be used can be found below. Anyone failing to follow marshal instructions to shortcut or withdraw from the race will have their race numbers taken from them, will no longer be insured and will effectively be trespassing on private land. Please note that shortcutted runners will be able to claim their T-shirt.
- Thank the marshals who give up a lot of their time and make the race possible.
- Read the full race [rules](#).
- Wear shoes with very good grip and tie the laces well.
- Be careful when running along the clifftops.

THINGS YOU SHOULDN'T DO – PLEASE:

- Don't park in the Tesco car park other than in allocated spaces as directed by parking marshals. We have been allocated certain space in Tesco car park **for runners only**, but if you park outside these for more than two hours you will incur a fine. You need to obtain a paper parking permit from the Grizzly parking marshal when entering the Tesco car park (please place on your windscreen) and also give them your vehicle

registration number. No permit + no registration number = no free parking, so you can't just go and park in the designated parking area at Tesco without these (otherwise you will only get 2 hours free parking).

- Parking anywhere in the Co-op car park for more than two hours will incur a fine (free ticketless parking for first hour, paid ticket has to be purchased beyond that). Please also do not park in the Premier Inn car park unless you are staying there as a guest. Park considerately at all times and don't block anyone's driveway.
- Don't use any private part of the Grizzly course at other times.
- Don't cut-off Seaton beach in the first mile earlier than indicated by race markings and marshals.
- Don't wee in front of members of the public - available toilets en route are on the [course map](#).
- Don't drop litter, especially gel sachets - marshals should have carrier bags so hang on to any litter until you reach them (drink cups within the water station area are acceptable).
- Don't wear headphones which fully cover the ears as **all runners must be able to hear instructions from marshals at all times**. While the use of headphones that work by conducting sound through bones and do not sit in the ears is acceptable, we strongly advise runners not to use these devices during the run so that they are in a position to fully hear marshal instructions at all times.
- Don't take dogs into Cliff Field Gardens or Seafield Gardens in Seaton (otherwise you may be fined).
- Don't run with dogs or walking poles. **Just to re-emphasise, anyone ignoring instructions to stop using walking poles will be immediately withdrawn from the race and may be banned from future events.**
- Don't expect to be able to change your race t-shirt size at the time you finish. Our policy regarding race t-shirts is explained further below and includes details of possible options for swapping sizes.
- Don't start before the official race start or without a race number.
- Don't expect to complete the course without running any of it (you WILL be pulled out).

THANK YOUs

To enable this race to go ahead, many, many thanks go to the sponsors, landowners and more than 500 members of the support crew, obviously too many to mention, but here are our supporters in no particular order (apologies if we've forgotten anyone):

- South West Coast Path Association (charity partner)
- Scimitar Sports (T shirts)
- East Devon Sports Therapy & General Injury Clinic (main sponsor and goody bags)
- Lyme Bay Winery (main sponsor, race prizes, goody bags and discount offer for runners)
- Tesco, Seaton (car parking)
- Photo-fit.net (Event Photography)
- Axminster Tools (postage)
- SAK Logistics (van hire)
- Gilly Humphreys at Pottelake Pots (trophies)
- Axe Skip Hire (waste skip at finish)
- Howard Bidmead (race commentary)

- Seaton Town Council (Marshlands building – First Aid centre)
- The Gateway (race HQ)
- Old Picture House (baggage storage)
- Safeguard GB (traffic management)
- St. John Ambulance (medical support)
- Jon Dove (race doctor)
- Howard Bailey (race referee)
- Branscombe Cricket Club (runner pick-up vehicles)
- Axe Yacht Club (safety barriers)
- Seaton Jurassic (discount offer for runners)
- The Filling Station (discount offer for runners)
- Darkplace Brewery (Grizzly beer)
- Sunshine Samba (recycling)
- Seaton firefighters (hose down)
- PPL PRS charity and community discount scheme (music licence)

3. **WEEKEND VENUES, EVENTS AND CHARITY PARTNER**

RACE HQ- At Seaton Town Hall - known as "The Gateway". Here you will find the info desk for any race queries and number issues (no number changes after 10.00 a.m. on race day). There will also be a stall selling Grizzly merchandise (hoodies, snoods, beanies and car stickers) and a shop run by Run Venture selling bargain priced items of clothing and shoes together with running accessories. Gateway cafe open from 10.00 a.m. on Saturday 7th and from 8.00 a.m. on Sunday 8th. See below for further details. **Note** that this year, entries on the Saturday for the Fun Run and Junior Grizzly will be at the unused ice cream kiosk opposite the Galley Cafe on the Esplanade from 10.45 up until 13.45.

GRIZQUIZ- the popular Grizquiz will again be held on the evening of Saturday 7th March at The Gateway, Seaton Town Hall, 7.00 for 7.30pm. Teams of 6 max, licensed bar (including bar snacks), prizes for winning team. Get your tickets from The Gateway box office, £5 per person, either by phoning the box office on 01297 625699 or online through their website at <http://thegatewayseaton.co.uk/>. All profits will go towards The Gateway's fundraising efforts to upgrade their lights to LED. Don't miss this great fun social evening.

PASTA EVENING- the Old Picture House will be hosting a pasta evening on Saturday 7th March from 5.00pm until 7.30pm in the Function Room. Dig into an all you can eat pasta buffet with a choice of dishes available. Phone pre-booking (01297-20494) £8 per person; pay on the door £10 per person.

TALK BY DAMIAN HALL- at the conclusion of the Old Picture House pasta buffet at 7.30pm, Damian Hall will give a talk in the Function Room about his life as a record-breaking ultra-marathon runner. In 2016 he set the fastest known time on Britain's longest National Trail, completing the 630-mile South West Coast Path in 10 days and 15 hours - a record that still stands. In January this year he set the fastest time for a winter run of the infamous Paddy Buckley Round, completing the 100km circuit of 47 summits in Snowdonia in 21 hours and 30 minutes. His talk will last for approximately 45 minutes and will be followed by Q&A. Entry: free of charge and no booking required.

SUNDAY BUFFET BREAKFAST and SUNDAY LUNCH- the Old Picture House will be hosting an all you can eat breakfast "fueling" on Sunday 8th March from 8.00am until

10.00am in the Main Bar. Buffet breakfast - full English plus porridge, fruit, juices, tea and coffee etc. £10 per person; no booking required. A Sunday lunch will also be served in the Main Bar at the Old Picture House from 12 noon until 2.30pm. £10 per person; no booking required.

SWCPA- The Grizzly Committee has nominated the South West Coast Path Association (SWCPA) as our official charity partner for this year's race. Given that both the Grizzly and the Cub runners use part of the glorious South West Coast Path we wanted to support its continued protection and improvement. We will be donating one pound for each runner that completes the Grizzly or Cub events. To find out more about the SWCPA visit <https://www.southwestcoastpath.org.uk/about-coast-path/about-us/>

4. WEEKEND TIMETABLE

| Day | Time | What and when | |
|-------------------------------------|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Sat 7th March | 09:00 | Seaton parkrun at the Esplanade (5k run) – come along in one of your old Grizzly t-shirts: http://www.parkrun.org.uk/seaton | |
| | 10:30 – 16:00 | Information desk, AVR sales and running shop (Run Venture) open in Seaton Town Hall. | |
| | 10:45 – 13:45 | Entry desk open at the unused ice cream kiosk opposite the Galley Cafe on Seaton Esplanade for Fun Run, Junior Cub and Junior Grizzly. | |
| | 14:00 | 4K Junior Grizzly (for Over 11s) start/finish on the Esplanade (outside Hook & Parrot). Entries on the day at the unused ice cream kiosk opposite the Galley Cafe on the Esplanade. | |
| | 14:30 | 2K Junior Cub (for Over 8s) start/finish on the Esplanade (outside Hook & Parrot). Entries on the day at the unused ice cream kiosk opposite the Galley Cafe on the Esplanade. | |
| | 15:00 | 2K Fun Run (for Under 8s) start/finish on the Esplanade (outside Hook & Parrot). Entries on the day at the unused ice cream kiosk opposite the Galley Cafe on the Esplanade. | |
| | 17:00 – 19:30 | Pasta evening at the Old Picture House (Function Room). See above for details. | |
| | 19:30 – 20:30 | Talk by Damian Hall at Old Picture House (Function Room). See above for details. | |
| | 19:00 for 19:30 | Grizquiz at The Gateway, Seaton Town Hall - Tickets from the Gateway Box Office (Tel: 01297 625699). See above for details. | |
| | Sun 8th March | 08:00 – | Breakfast buffet at the Old Picture House (Main Bar). See above for details. |
| | | 10:00 | |
| 08:00 | | Grizzly Cafe open for breakfast at The Gateway, Seaton Town Hall. | |
| 08:30 – 15:30 | | Information desk, AVR sales and running shop (Run Venture) open in Seaton Town Hall. | |
| 09:00 – 10:20 | | Pre-race massage available near start/finish line, courtesy of East Devon Sports Therapy & General Injury Clinic. | |

- 09:30- Baggage store open at the Old Picture House (Function Room). Please
- 18:00 ensure all belongings are collected before 18:00
- 10:30 Grizzly and Cub start together on Esplanade; finish in same place.
- 18:00 Race HQ closes

5. **PRE-RACE:**

PARKING– As stated above, parking will be at a premium, so lift share if you can. Please note there is a cost to park at the East Devon District Council car parks at Orchard, Seaton Town Hall, Seaton Jurassic and the overspill on The Underfleet West. A £2 ticket purchased at any time on Sunday 8 March 2020 from any of these pay and display car parks will be valid until midnight on that day, regardless of the expiry time actually printed on the ticket. Please note - this offer is valid for cash purchases through the payment machines only - unfortunately it cannot be extended to parkmobile (pay by mobile phone) customers.

We have a number of allocated spaces in Tesco car park **for runners only**, but you are likely to get a ticket from the car park operator if you park other than in the allocated spaces as directed by parking marshals (unallocated parking spaces have a maximum stay of 2 hours). Please do not park on the roads outside the new houses next to Tesco. Follow the parking marshal instructions and car share if you can! Please park considerately and don't block driveways etc.

BAGGAGE STORAGE–this year this will NOT be at The Gateway, Seaton Town Hall but will be in the Function Room at The Old Picture House, Harbour Road, Seaton, EX12 2LZ. Runners will be directed to the baggage area using signs from Race HQ as well as by marshals. There are no changing or washing facilities available and very limited toilet facilities (please use the marked public toilets around the corner from The Gateway or at Thury Harcourt Place in front of Tesco). Please note that all baggage must be collected from the Old Picture House before 6.00 p.m. on race day. **Please could you also only bring along and drop off a small bag containing essential items and NOT any large suitcases containing all your clothes for the weekend. Please note that any baggage is left at the owner's risk.**

TOILETS- Marked on the town map, public ones at Tramway, next to Town Hall, West Walk and supplemented by portable loos on the esplanade near the start/finish and close to the Riverside Units.

REFRESHMENTS – there will be plenty of places in Seaton, including Race HQ, where runners and spectators can enjoy refreshments before, during and after the race.

6. **THE RACE**

The Course – the exact route for the full Grizzly has never been used before but is the same as last year for the Cub. See this [hand-drawn map](#) with distances, water stations, good spectator points and more; a more detailed map will be placed on the Grizzly website closer to race day. The Grizzly Committee reserves the right to make changes to the route either in advance or during the race, depending upon weather and other conditions.

Terrain - The usual tough and uneven terrain and lots of "girt" big hills, some steep and/or slippery. It will be very muddy in places - you may struggle for grip in some places so wear suitable footwear and take care, especially on the steep downhill sections.

Start line etiquette – please could all runners note the following:

- Please aim to arrive at the start line at least 15 minutes before the start of the race.
- From 10.10am we will cut off access to the start line along the main Esplanade approaching from the West. After that time, runners must approach the start following directions either over the Moridunum or from the East (via Beach Road).
- Runners should line up on the start line according to their predicted finish times (faster runners at the front, slower runners at the back). Signs will be used showing expected finish times so please look out for these.

The race starts at Seaton Esplanade before doubling back for your first run on our lovely pebbles. Please note that runners must stick to the race markings on the beach and must not cut off the beach any earlier than indicated.

The route then follows Beer Road (largely) on the way out of Seaton. The road will be closed to traffic outbound but since it is a fairly major route it will need to be re-opened promptly. Anyone walking the whole route to that point will not make it through ... be warned. It will be open to traffic for the return run so please keep inside the cones. Remember that vehicles have right of way.

Bogs – It has been well over knee deep in the past, so tie your shoe laces tight - be warned.

Drinks - There will be eleven water stations on the Grizzly and three on the Cub Run, all serving water and some serving food as well.

Dropping Out – hopefully you won't get ill or injured, but if you do need to drop out, contact the nearest marshal and, if you are able, make your way to the nearest water station or designated pick-up point – the marshal should be able to tell you how to get to the nearest one. Mobile phone signal is poor/non-existent at some points on the course but water stations will all be in contact with race control and first aid is available at most.

Dogs – although runners aren't allowed to run with dogs, the course is open to the public during the race and dogwalkers may be on the route. Please take care when running near dogs, particularly on narrow sections of the course, and walk past them if they appear to be agitated.

Toilets – available toilets en route are on the [course map](#). Please note that the public toilets at Seaton Hole after approximately 2.4 miles will NOT be open this year, so the first toilets en route after the start line will be opposite The Anchor Inn in Beer after approximately 3.1 miles. Please also note that the old toilet block at Branscombe Mouth has been demolished and a new toilet block is now available situated behind the Sea Shanty building.

Finish – although the finish line for both the Grizzly and Cub races is in the same place, this year we will split the finishers so that Grizzly runners finish on one side of a central barrier and Cub runners finish on the other side. Please look out for direction arrows before the

finish and also listen to marshal instructions as you approach the finish line. If you have changed to the Cub race during the race, then please pass through the Cub finish area.

We have chip timing again this year which will hopefully make the results more accurate and quicker to compile. Please still have your number clearly visible on the front of your shirt at the finish and do not obstruct with any clothing, bum bag etc. **Do not cross the finishing line a second time** eg with another runner, as this can play havoc with the recording and may lead to a ban for future races.

Post Finish - After the finish line, pick-up your water/banana/flapjack, collect your well earned technical race T-shirt and goody bag, and get a hose-down by Seaton Firefighters on The Esplanade. Please keep moving after crossing the finish line and arrange to meet friends/family beyond the Beach Road turning NOT beforehand. A one-way system will be in operation and you will **NOT** be allowed to turn back through the finish area or over the Moridunum.

Massage- You can have a massage, courtesy of East Devon Sports Therapy & General Injury Clinic <http://www.eastdevonsportstherapy.co.uk> (£5 for a local charity). Pre-race massages are also available near the start/finish line from 9.00 a.m. on race day.

Technical race t-shirts – the t-shirt size selected when the **original** runner entered the race will be the size that they receive at the finish line. Runners will not be allowed to try on different sizes and change their selected size at the finish line. Changes may possibly be made as follows:

1. If a runner comes to the t-shirt team **at the finish line after the race has finished at approximately 5.00 p.m.** and hands back their unworn t-shirt. There is no guarantee that t-shirts in other sizes will still be available.
2. An unmanned area will be set aside **at Race HQ from 2.00 pm for runners to meet and swap t-shirts**. A small number of spare t-shirts may also be made available by race organisers for runners to exchange.

Please note that a letter has been printed on each of the race numbers which will correspond to the t-shirt size to be handed out to you. These letters do **NOT** abbreviate to the size that you will receive. Please do NOT amend the letter that is printed on your race number.

Anyone arguing with or abusing members of the t-shirt team will run the risk of being banned from future events.

Goody bags – This year, runners will receive a goody bag containing their race t-shirt and various other items, including a miniature bottle of alcohol. Please could any Under 18s identify themselves to the t-shirt team at the finish line as they will receive another item instead of alcohol.

Results – Provisional results should be available on-line at our timing provider's website [Results](#). It may still take a while to sort out anomalies etc. More information about results will be posted on our website near race day.

Course Marking – the route will be clearly marked and marshals will also be located around the course to assist and direct runners. Signs will be placed before any marshal points where

drinks are available, where first aid teams are positioned and to identify a marshal point which is also a runner pick-up point.

Memorial - If you would like to remember someone, something or a special occasion, you can bring a ribbon to tie to the memorial. We will endeavour to have this on the beach at Branscombe again at 16-17 miles (5-6 miles for the Cub), but this may change at short notice.

Photos – Official photography will again be provided by Photo-Fit.Net (photo-fit.net). You can register with them to be notified when the photos are on-line and can search with your race number. Prints and downloads will be available. We will also email all entrants when the photos are available. Please support them as we benefit from every sale. We don't condone any freeloaders selling photos of the race.

Cub Split - At Branscombe Mouth beach - anyone switching from Grizzly to Cub en-route should appear in the Cub results providing they ensure their race number is marked by the marshal (no guarantee so, ideally, please tell us before if you're switching).

Trophies – Will be awarded to the first three male and first three female finishers in the Cub and the Grizzly races as they finish or soon after (ie there is no formal awards ceremony). Trophies will also be awarded to the first Axe Valley Runners male and female finishers in both the Cub and the Grizzly. There are no race medals for participants in either run, just the Grizzly T-shirt for all finishers. It's the taking part that counts!

Music - This event has been supported by the PPL PRS charity and community discount scheme. PPL PRS licenses the use of copyright music across the UK, giving businesses and organisations the permission they need to play the music they want. For more information about PPL PRS, visit www.pplprs.co.uk or call 0800 0720 808.

Lost Property – Any lost property found over the race weekend will be collected and kept at Race HQ. Runners can claim any lost property from Race HQ until 6pm on race day, after which they should send an email to the Race Director enquiring about their lost property. The cost of mailing any lost property back to the owner will be paid for by the owner.

7. SHORTCUT/CUT-OFF POINTS

The Grizzly is approximately 20 miles and the Cub Run 9 miles. The Cub split is at Branscombe Mouth, where this year Cub runners will experience the thrill of entering the stream on the beach before heading back towards Beer and Seaton. There are shortcuts/cut-offs on both routes, saving marshalling time.

| Race distance | Time | Distance saved | Location |
|---------------|------------------|----------------|-------------------------------------------------------------------------------------------------------|
| 1.0m | 10.48am | Pull-out | Start/Finish – anyone who has made no attempt to run the first mile or more than 18 mins elapsed time |
| Cub 4m | 3 min or 11.45am | 2.3m | Before Coastguard lookout – turn left before gate and rejoin course above Stairway to Heaven |
| 5.4m | 3 min or 12.10pm | 10.9m | Branscombe Mouth Cub split - onto Cub back to finish |
| 6.9m | 5 min or 12.40pm | 6.6m | Junction of Hole House lane with footpath up to Northern Lane – turn left up footpath |
| 9.4m | 6 min or 1.30pm | 1.2m | Lane junction with Elverway Farm – ahead through farmyard instead of left to Baldash Cottage |
| 12.9m | 7 min or 2.45pm | Pull-out | Junction of Trafalgar Barton & Lockseys Lane |
| 14.0m | 8 min or 3.10pm | Pull-out | Fountainhead |
| 16.2m | 12 min or 3.50pm | Pull-out | Branscombe Mouth |

Anyone failing to follow marshal instructions to cut-off or withdraw from the race will have their race number taken from them, will no longer be insured and will effectively be trespassing on private land. Please note that shortcutted runners will still be able to claim their T-shirt.

8. SPECTATORS

Please **DO NOT** enter the finish area at any point – please meet your runners at Race HQ, at the baggage area at the Old Picture House, or beyond the Beach Road turning.

Allow plenty of time to drive anywhere around Beer or Branscombe since the roads are very narrow and become congested, particularly where the race route crosses them, and there will be some road closures/ diversions in place. The best points are:

- Esplanade (start & finish) or on top of the Moridunum.
- Beer Head Car Park (now paying) or near the Anchor Inn in Beer (3m & 18m).
- Sea Shanty at Branscombe Mouth in paying car park (5m & 16m).
- Branoc (Branscombe) Village Hall (6m).
- Fountainhead pub in Branscombe with almost no parking but great beer! (14m).

Note that Beer Head car park charges all year.

Note that the Branscombe Mouth car park has a camera operated payment system using car registration.

Please follow any diversions and road closures that are in place and please be considerate and park courteously, ensuring that you don't block roads or driveways, or park in any passing places.

Lots of cheering, clapping and encouragement essential!

All enquiries to Tony Smith as per our [contact page](#).

BUT MOST OF ALL, ENJOY YOURSELF!