



The Grizzly 2022

EAST DEVON Sports Therapy
REHABILITATION & PERFORMANCE CENTRE

Lugger Run

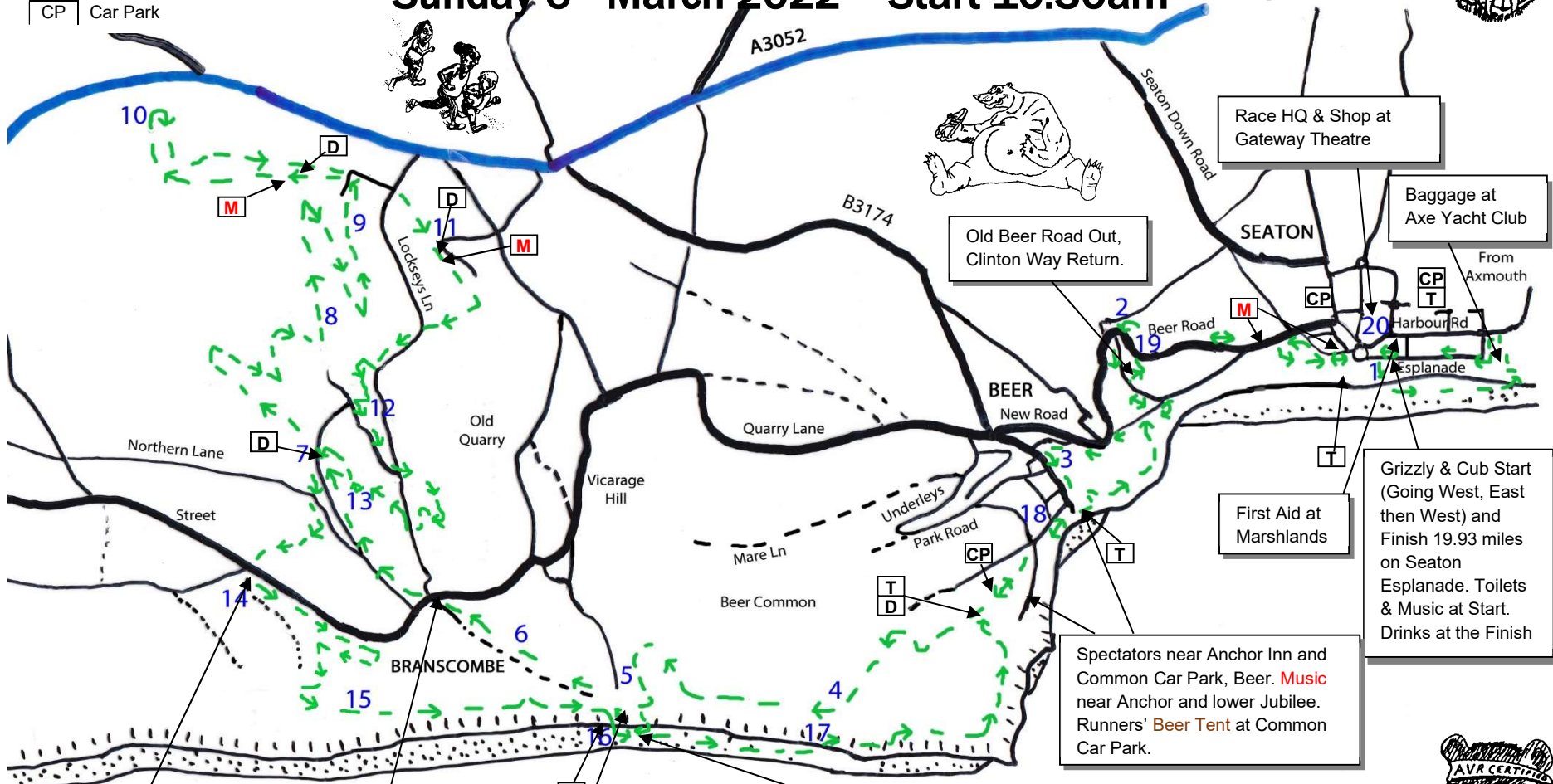


Key:- Distances in Grizzly Miles.

- D Drinks for runners only
- M Music en route
- T Toilets – Some are private
- CP Car Park

“Paws For Thought”

Sunday 6th March 2022 – Start 10:30am



Race HQ & Shop at Gateway Theatre

Baggage at Axe Yacht Club
From Axmouth

Old Beer Road Out, Clinton Way Return.

First Aid at Marshlands

Grizzly & Cub Start (Going West, East then West) and Finish 19.93 miles on Seaton Esplanade. Toilets & Music at Start. Drinks at the Finish

Spectators near Anchor Inn and Common Car Park, Beer. **Music** near Anchor and lower Jubilee. Runners' **Beer Tent** at Common Car Park.

Fountain Head Pub
Music - Toilets

Branoc Hall
Parking, Toilets,

Sea Shanty. Parking
Toilets, **Music**

Cub Split at Sea Shanty, then back along beach. Drinks just after split. Grizzly Memorial nearby.

SEEK – STRIVE - ATTAIN

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