

GRIZZLY 2024

Sunday 17th March 2024

RACE INFORMATION

PRE-RACE:

COVID-19

If you have COVID-19, you can pass on the virus to other people for up to 10 days from when your infection starts. Many people will no longer be infectious to others after 5 days.

You should:

- try to stay at home and not participate in the Grizzly and avoid contact with other people for 5 days
- avoid meeting people at higher risk from COVID-19 for 10 days, especially if their immune system means they're at higher risk of serious illness from COVID-19, even if they've had a COVID-19 vaccine

Current NHS advice - [Click Here for current advice](#)

BAGGAGE STORAGE

Due to limited storage space, please try to limit the amount of baggage that you leave at the storage area which this year this will be at Axe Yacht Club, The Harbour, Seaton, EX12 4AA. Runners will be directed to the baggage area using signs from Race HQ as well as by marshals. Please do NOT drive any vehicles into the Axe Yacht Club car park and do NOT enter the clubhouse building at any time – any baggage should be left with and collected from a volunteer outside the right hand entrance to the building.

Tear off and give the baggage label found at the bottom of your race number to the helpers at the baggage storage area.

Please ensure that you get to the baggage storage early as there is then a walk of around 600 metres to the start line. There are no changing or washing facilities available and very limited toilet facilities (please use the nearby portaloos or the marked public toilets at Thury Harcourt Place in front of Tesco. Please note that all baggage must be collected from Axe Yacht Club before 6.00 p.m. on race day. **If you do need to leave baggage, please could you 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.**

Any runner found urinating within the grounds of the Axe Yacht Club will be immediately disqualified from the race and all future Axe Valley Runners races.

CAFES /RESTAURANTS

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

CHANGE OF RUNNER PROCESS

If you are unable to run and plan to pass your race number to another person please use the transfer process on the Race-Nation booking platform. After race bibs (numbers) have been issued (approx 5/6 weeks before the race) we will ask you to complete the change of runner form which will be placed on our website. Changes can also be made in person at the Race HQ, The Gateway Theatre over the race weekend.

When accepting a transfer of race entry, please take all reasonable steps to check that the place is genuine and beware of possible fraudsters. 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.

NUMBERS (BIBS)

Race numbers will be posted to your registered address 5/6 weeks before the race. Please let us know at grizzlyentries@gmail.com if you change your address before the number are sent out.

- 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.
- Complete the reverse of your race number with emergency contact info and any medical details.

PARKING

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 at Orchard, Seaton Town Hall, Seaton Jurassic and the overspill on The Underfleet West.

Please do not park in the Tesco (unless you have pre-booked a place [Park with Horizon Parking \(horizonspaces.co.uk\)](https://horizonspaces.co.uk)) and Aldi (the old Coop) car parks or 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.

Don't drive any vehicles into the Axe Yacht Club car park which is for members only.

Please do not park in the Premier Inn car park unless you are staying there as a guest.

ROUTE

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 before the road is reopened & you will be pulled out ... 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.

START LINE ETIQUETTE

- 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.

TOILETS

Marked on the [Seaton town map](#), public ones at the Tramway, West Walk and supplemented by portable loos on the Esplanade near the start/finish and close to Axe Yacht Club.

THE RACE

THE COURSE

The routes for the full Grizzly and the Cub are the same as for 2023. See this [hand-drawn map](#) with distances, water stations, good spectator points and more; a more detailed map is

available here [detailed map](#). 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. Please follow this link for a proper taster of the race:
<https://www.youtube.com/watch?v=b15HOJWuL6c>

ANIMALS

You will be running over farm land where farm animals such as cattle, sheep, horses and goats may be grazing, land owners are asked to move animals from the route but we cannot guarantee you will not encounter them. However, the route takes you over well used public footpaths where animals are used to the public. Please take care when passing animals particularly horses on bridle paths and footpaths, and be prepared to walk and/or change direction.

BOGS (Grizzly only)

You will run (or more likely walk) through two bogs. It has been well over knee deep in the past, so tie your shoe laces tight - be warned.

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.

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).

DOGS

Although runners aren't allowed to run with dogs, the course is open to the public during the race and dog walkers 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.

DRINKS/FOOD

There will be nine water stations on the Grizzly and three on the Cub Run, all serving water and some serving food as well. **Please note that this is a cup-free event so please carry your own water supply in a bladder pack or bring along reusable cups to be filled at water stations. Grizzly paw branded reusable cups will be available for sale at the merchandise stall in Race HQ over the weekend.**

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 marshalls 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.

FINISH LINE

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, straps, bum bag etc. **Do not cross the finishing line a second time** e.g. with another runner, as this can play havoc with the recording and may lead to a ban for future races.

HEADPHONES WHILST RUNNING

The use of personal stereos, iPods, phones or other music devices is not allowed under UKA rule 240 S5 – the wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic.

The wearing of such equipment may prevent you from hearing instructions from marshals and other event staff as well as the hearing of sirens/horns from emergency services and other vehicles. By wearing such devices you are putting yourself and those around you at risk.

Rule 240 S5 also accepts use of conductive headphones, however the final decision lies with the Event Organiser, and we DO NOT allow their use as it is impossible for marshal to differentiate between them and other types of headphones when runners pass them.

The Event Organisers will have no responsibility should this rule be ignored. Please do not risk our ability to be granted a future licence.

Runners seen to be wearing headphones will be disqualified by the Event Organisers.

MEMORIAL

If you would like to Pause For Thought, 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 update our Facebook page and website 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.

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.

Both The Grizzly & Cub are running races.

You will be required to run the majority of the route or you will not make the Shortcut & cut-off points (see table below). These will be strictly enforced on both routes, the purpose of which is to minimise the time marshalls are kept out on the course, sometimes in inclement weather, & therefore ensuring the good will of our marshals is maintained without which we could not hold this iconic event safely for you the runner.

Race Distance	Time Gap	Distance saved. P/O or S/C	Location
1.0m	10.48am	P/O	Start/Finish – anyone who has made no attempt to run the first mile or more than 18 mins elapsed time
Cub only 4m	3 min or 11.45am	2.3m S/C	Before Coastguard lookout – turn left before gate and rejoin course above Stairway to Heaven
5.4m	3 min or 12.10pm	10.9m S/C	Branscombe Mouth Cub split - onto Cub back to finish
6.9m	5 min or 12.40pm	6.6m S/C	Junction of Hole House lane with footpath up to Northern Lane – turn left up footpath

9.4m	6 min or 1.30pm	1.2m S/C	Lane junction with Elverway Farm – ahead through farmyard instead of left to Baldash Cottage
12.9m	7 min or 2.40pm	P/O	Junction of Trafalgar Barton & Lockseys Lane
14.0m	8 min or 3.05pm	P/O	Fountainhead Inn.
14.2m	9 min or 3.10pm	0.5m S/C	Pitt Farm, Right turn uphill instead of downhill left
16.2m	12 min or 3.50pm	P/O	Branscombe Mouth

Cut off times will be strictly enforced & anyone failing to follow **any race officials** 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.

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.

TOILETS

Available toilets en route:-

Portaloos on the sea front near the yacht club (junction Trevelyn Rd)	0.7 mile
Portaloos on the sea front near the start line (junction Beach Rd)	0.8 mile
Opposite the Anchor Pub Beer	3 miles
Beer Head Caravan Park (next to water Station)	3.5 miles
Behind the Sea Shanty cafe, Branscombe	5.5 miles
Branscombe Village Hall	6.3 miles
Fountains Head Public House	13.9 miles
Behind the Sea Shanty cafe, Branscombe	16 miles
Beer Head Caravan Park (next to water Station)	17.7 miles
Opposite the Anchor Pub Beer	18.2 miles
Portaloos on the sea front near the start line (junction Beach Rd)	20 miles

WALKING POLES

The use of walking poles is not permitted, any runner found to be using them will be asked to hand them over. Any runner failing to do so will be disqualified and risks a ban from future Axe Valley Runners races

WATER STATIONS

9 water stations will be positioned around the course where our marshals will provide you with light refreshments. This is a cup free event, so please carry your own cups or bladder packs. Collapsible cups will be on sale at our Race HQ

POST RACE

After the finish line, 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.

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.

MASSAGE

You can have a massage, courtesy of East Devon Sports Therapy & General Injury Clinic <http://www.eastdevonsportstherapy.co.uk> (£10 for a local charity). Pre-race massages are also available near the start/finish line from 9.00 a.m. on race day.

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.

TROPHIES/MEDALS

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 (i.e. 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 will be race medals for all finishers.

SPECTATORS

Please **DO NOT** enter the finish area at any point – please meet your runners at Race HQ, at the baggage area at Axe Yacht Club, 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 is 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 is essential!

All enquiries to Andy West or Steve Haines via grizzlyenqs@gmail.com

BUT MOST OF ALL, ENJOY YOURSELF!