

EXMOOR SEA VIEW 17

25th JULY 2010

OUR DESIGNATED CHARITY THIS YEAR IS HOME START – WEST SOMERSET

The race HQ is at the West Somerset Community College on the Eastern outskirts of Minehead where there will be ample parking and toilets open at 8:30 am. If you are entering on the day try to get to the College by 8:30 am as it gets a bit hectic.

The bus(es) will be leaving the college no later than 9:15 am to take runners to the start at The Exmoor Sandpiper by Countisbury Church (SS 746 499) where hopefully we will be able to avail ourselves of their toilet facilities. All extraneous items to running will be returned to the college to await collection.

The start will be at 10:30 am.

The run follows the South West Coastal Path and is well marked so if you keep your eyes open it should be fairly easy navigation. There will be markers at the tricky bits. Ordnance Survey Map OL9 Exmoor covers the route. The course starts beyond the Churchyard and heads straight on with a long drop to your left (Careful!! Faster runners first) before turning right (R) to run along the right hand side of a steep valley, down some steps to a road. Turn right up the steep hill to the top where you go straight on (SO) for 150 meters then over a stile (DO NOT GO DOWN OR UP HILL ON THE ROAD). You are now on an undulating path that takes you some three miles all the way to an unpaved track where you turn R gently uphill for some 400 metres, through the big gateposts with the gargoyles on top and immediately L through a small gate.

Down the dip (Water Pump chugging away?) up the steps and turn R uphill along a wide track, L through a gate steeply uphill to the first water station by the main road at County Gate (Where you had your comfort stop on the bus). Follow Bridleway to road for Yenworthy Farm, cross over road and up through the fields keeping hedge on left for a good mile until gate with signpost. Go down 150-ish metres to rejoin Coast path at sign for Broomstreet Farm. Turn right through small gate then through farm and along tracks to Silcombe Farm where after you shortly descend down to Culbone Church (SS 843 483) (along a wide track and ignoring sign to Culbone Church along narrow footpath), the smallest in England. Having passed by, your next milestone is Worthy Toll Gate (SS 858 482).

Follow the road SO for about 300 meters then bear left down a track through some fields to Porlock Weir where there is a shop near the tiny harbour, toilets in the car park and your next water station (865 479). Follow the coast road for about 500 meters then when the tubular metal railings finish there is a stile down to the shingle beach (CAREFUL). Follow the signs to Bossington where you will again find toilets and a water station in the car park (SS898 480).

Run through the car park and over the river bridge and turn L along a stony track. Follow this track for about $\frac{3}{4}$ mile (making sure to close the 5 bar gate behind you) until you arrive at a cross roads where unfortunately you go straight up. This is Hurlstone Combe the biggest hill on the route (298m or approx 969ft). At the top just follow the Acorn signs for the Coast Path, which undulates along for about a mile until you reach another water station. Keep on Through two small gates straight on for half a mile to a multi fingered signpost (SS950 477), where you go L steeply down following the Harbour sign. DO NOT follow the sign to the Sea Front.

This is the final descent into Minehead. The track goes steadily down for a mile or so. When you reach the 5 barred gate the official path has been changed and goes left and sharply down, **IGNORE this path** and carry straight on gently down until you join an unpaved road from the left. Keep going forward and it turns into a metalled road, which you keep on until you reach a fork. At this point leave the road and go through a gap on the left down a steep zig-zag path. When the Zig Zags stop the path flattens for 200 meters or so before going down again. Ignore first opening on your left (A dead end) but take the second down steps, a steep slope then more steps on your left down to sea front and the Hands and Map sculpture to mark the end of the SW Coastal Path. (As long as you keep going down you will get to the sea front no matter which path you take).

Run along Promenade towards Butlins white Dome where you turn R up Seaward Way over the railway line past Macdonalds, and Tesco. Keep on this road for about another half mile until the roundabout at the end and the turn right for about 300 metres then turn right through gates along a track into the College grounds. Follow the tape until the finish.

Showers, changing and free refreshments served by our lovely ladies await you.