



TORBAY
HALF MARATHON & 10K

LIVE
HAPPY
CARE
WELL

RACE BOOK

29.09.24



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Welcome to the Torbay Half Marathon & 10K

Dear participant,

We are delighted to welcome you to the 2024 Ocean Healthcare Torbay Half Marathon and 10k events, which return to the spectacular English Riviera this year. Whether you're a first time participant or a seasoned runner, we hope you have a great day out by the sea!

The events are more than just about crossing the finish line, they are a celebration of human spirit and endeavour, with community at the heart of the day. We're also proud to see so many charities being represented, and they'll benefit from the efforts of many runners. You will be helping make a difference.

We'd also like to extend a special thank you to Torbay Athletic Club, whose support and expertise has been invaluable in helping make this event a reality. Their dedication to fostering a love for running in the community is inspiring, and we're grateful for their partnership.

Finally, to all of our participants—you've put in the hard work, the miles, and the preparation to get here. Whether the goal is to set a personal best or you are taking on a completely new challenge, enjoy the day. The scenic route, enthusiastic volunteers and spectators, combined with a celebratory atmosphere, will help propel you towards that all important finish line!

Good luck and thank you for being part of the Ocean Healthcare Torbay Half Marathon and 10k events.

The Taurus Events Team





🏃 Event Day Information

Event Day Schedule

- 8:00** - Race village opens
- 8:30** - Welcome runners into their funnels
- 8:45** - Ocean Healthcare Welcome
- 8:50** - Warm up session Half Marathon
- 9:00** - Half Marathon Start
- 9:20** - Warm up session 10k
- 9:30** - 10k Start

*All times are subject to change and slight variations are to be expected.

💧 Water Stations

There are four Water Stations. These will be situated at Waters Edge Hotel (outbound), Living Waters Church (inbound) which you will pass twice, North Green, Paignton. The final water station will be at the finish.

Under no circumstances should bottles or lids be dropped on or around the course route!

👤 Course Marshals

Keep an eye out for our volunteer course marshals located around the route at key positions. You can't miss them – they will all be wearing luminous yellow high-vis jackets. As well as encouraging you along, they are also there to provide course and safety information so please pay attention to them (and give them a wave on your way past!)

+ First Aid

St John Ambulance will be based at Paignton Green, Princess Gardens & Preston Green and will be on-hand to help with any first aid issues. If you find yourself in any sort of difficulty whilst out on the route please identify yourself to the nearest course marshal and we will get medical aid to you. Please be aware medical aid may be using bicycles out on the course.

+ Emergency Access

In the event of an emergency, runners will be asked to move to the side of the road to allow access for an emergency vehicle. Please follow instructions given by marshals.

🧳 Baggage Drop

Every Race Bib will have a 'Baggage Label' that you can tear off and hand to our volunteers to secure your bags during the event. Our Baggage drop area will be located at People's Parkfield CIC – What3words location is:

[what3words.com/inches.goes.cares](https://www.what3words.com/inches.goes.cares)

Open between 7:30 – midday.

📏 Course Measurement

Course Measurement: The course route for both the Half Marathon and 10k is fully certified. Mile and KM markers will be displayed along the route for your information.

🏃 Pacers

Special thank you to Riviera Racers who will be providing pacers for the Torbay Half Marathon. Keep an eye out for the large blue pacer flags attached to their backs indicating their target finish time. Pacing is available for 1hr 30, 2hrs, 2hrs 15 and 2hrs 30.



🚻 Toilets

Available at the Start/Finish located at Paignton Green. There will also be two sets of public toilets (which are available 4 times on the half marathon route): Corbyn Head and Torre Abbey / Seafront.

🏆 Race Results & Prizes

Your race results will be available on our website torbayhalfmarathon.co.uk approximately 24 hours after the race has ended. Prize giving for the top three male and female finishers will take place at 10:30 (approximate time) on the day.

Team challenge and Age Category results will be announced approximately 1 week after the end of the race to ensure accurate verification. Age category winners will be given a free entry into next years event, individuals will be contacted by email from a member of the team with their code and how to claim their prize.

+ Sports Massages

Thanks to South Devon College, we will be offering pre and post-race massage's at our Race Village on the Paignton Green. Be sure to take advantage of this complimentary service but remember to ensure you allow enough time to get the start line if enjoying a pre-race massage!

🏁 Crossing the Line

Throw your arms in the air and celebrate your achievements! (Don't forget to wave for your finish line photos!) Please be respectful to others – step to the side after you have crossed the line and be aware of others. Once you have crossed the finish line, ensure you head to our 'Rewards' area to collect your finishers medal and t-shirt as well as a bottle of water!

Runner Information

Race Bibs

Keep your race number safe and dry. To be extra prepared, pin your race number to your race top so there is no way you could possibly lose it. You will need your number to access the start line.



- You must not let someone else use your race number. In the case that you are no longer able to take part in the Torbay Half Marathon & 10K please let us know in advance by emailing info@taurusevents.co.uk
- You cannot take part in an event that does not match your number i.e. you can only use a Torbay Half Marathon Race Number for the Torbay Half Marathon and not the Torbay 10k. Failure to comply with this will result in disqualification.
- In line with England Athletics guidance, if someone is found to be running under the incorrect number, they will be immediately disqualified from this and all future races conducted by Taurus Events.
- Please ensure the medical information on the reverse of the bib is completed prior to the start of the race.
- Don't forget your safety pins!

Race Bib Delivery

All Race Bibs have now been posted out for delivery to your registered address. Please allow for them to be delivered up until 2 working days prior to the event. If your number has not arrived by then, contact the team: info@taurusevents.co.uk



Safety Measures

We strive to deliver a fun, memorable and competitive race day experience for all our athletes and spectators. Adhering to the following safety guidance will help us achieve this:

- Your timing chip ensures that your start and finish time is recorded accurately. Please do not rush or overcrowd the start line hurrying to get to the front.
- Please try to arrive 'race ready' as queues for the help desk and bag drop can effect the start time for all athletes – help us to reduce the queues by leaving belongings in your car and having your race number already pinned to your running top.
- Listen and respond to all directional instruction being provided by the course marshals.
- Conditions on the day may change quickly – please ensure you are well equipped for the weather and wind conditions.
- Ensure you are well hydrated.
- Please be alert to road furniture and traffic calming measures on the road.
- Please do not wear headphones as this can limit your awareness of your surroundings as well as receiving key safety information whilst on route. (Official Shokz Headphones are excluded) as per England Athletic Guidance.
- Please respect your fellow athletes, volunteers and staff on the day! We strive to deliver a fun, memorable and competitive race day experience for all our athletes and spectators. Adhering to the following safety guidance will help us achieve this

Please don't run if you're unwell, injured or are not confident you will complete the course.

Half Marathon Route Map



📍 10K Route Map

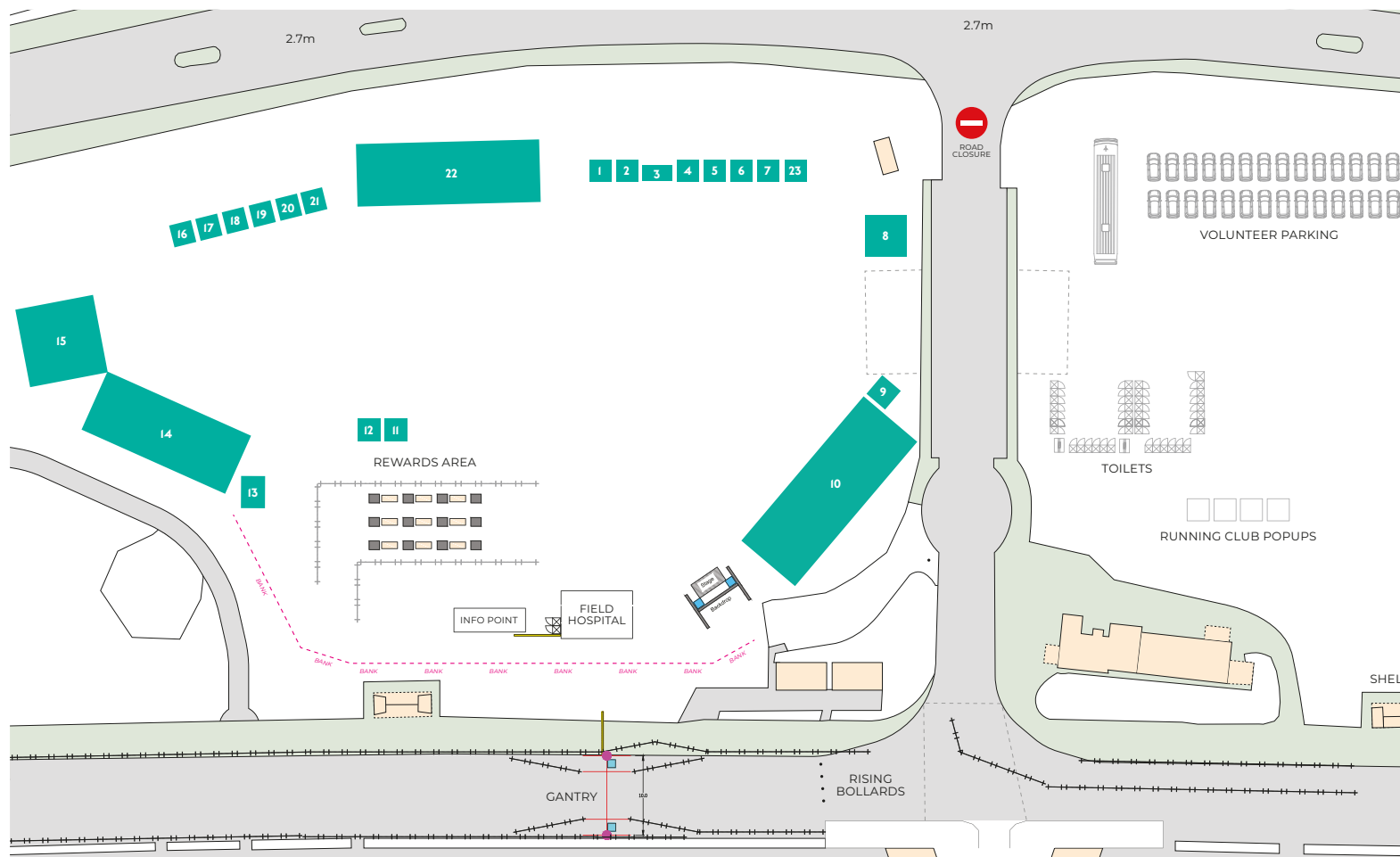


Race Village

New for 2024, the event village is the beating heart of the event, right next to the start / finish line on Paignton Green. Get prepared for your race with a pre-event massage by South Devon College and answer any questions at the information desk, before returning to the village to collect your finisher rewards (wear that medal with pride!) and experience some of the South West's finest food and produce!

Traders & Sponsors

1. Hector's House Cat Rescue
2. Mecure / Ibis
3. Yum Yumz
4. Kurtosh Cake
5. Resilient Lives / Pizza Pirates
6. G&Tea
7. Pink House Creation
8. Ocean Group
9. Rowcroft 1
10. Rowcroft 2
11. South Devon College Massage
12. South Devon College Massage
13. Tasty Toasty
14. Funtasia 2
15. Funtasia 1
16. NHS Torbay and South Devon
17. Octopus Energy
18. Devon Microgreens
19. Brain Tumour Research
20. Coasters
21. Buttons Knits
22. Ocean Healthcare
23. Primal Fitness and Nutrition





Event Day Checklist

Get ready to run the English Riviera with our handy race day checklist, ensuring you have everything you need for a great experience.

- ☐ Have a nutritional breakfast and make sure you stay hydrated.
- ☐ Check the weather forecast beforehand and be prepared for potential changes.
- ☐ Dress in comfortable clothing and footwear - it's never good to try new things on the day.
- ☐ Lubricate all moving parts - chafing is nobody's friend! If necessary, wear old clothes over the top of your running gear that you are happy to discard at the start line.
- ☐ Attach your baggage label to the top of your bag - we recommend warm and dry clothes to change into, a jacket and pre and post-race snacks / fuel.
- ☐ Remember to pin your race bib to the front of your top, ensuring it is visible at all times.
- ☐ Bring adequate food and drink for the duration of your race.
- ☐ Allow plenty of time for your journey and parking, being especially aware of potential road closures or diversions.
- ☐ Make use of the toilets before entering the start funnel. Toilets are located at Paignton Green as part of the Event Village. Remember your training, stick to your own pace and have a great day running. We'll meet you at the finish line for post-race celebrations!



Lets Get Social

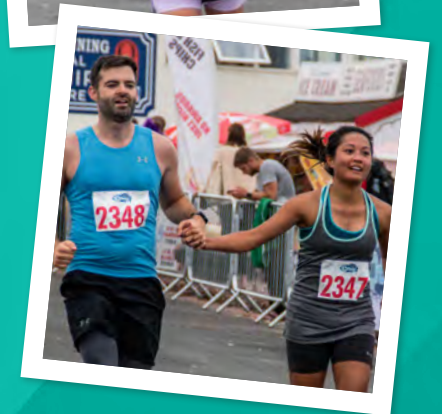
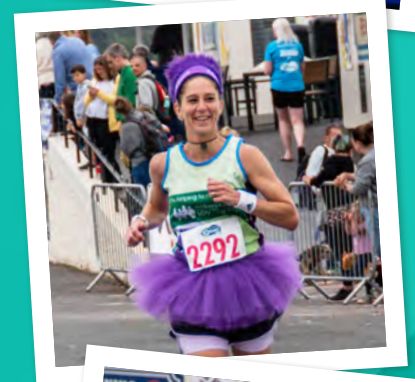
We will be posting on our socials throughout the event. Share your pics on Facebook and Instagram using the hashtag **#torbayhalfmarathon**

f @TorbayHalfMarathon **@torbayhalfmarathon**

Your Finish Line Photos!

We have teamed up with Epic Action Imagery, one of the world's leading mass participation event sports photography company, to capture your finish line moments!

Sunday 29th September, once you cross the finish line of your selected race you will be sent a link via text of where to access photos of yourself, making your triumphant finish! There will be a selection of photos available for each runner which are available in a variety of packages, including print and digital. You can also purchase a personalised race certificate containing your photo, name and finish time.



Enjoy Your Weekend!

Whether you are staying for the weekend or coming down just for the day, there's lots that the English Riviera has to offer for all visitors.

Images Credit:
englishriviera.co.uk



Cockington

Take a walk back in time in this quintessential English village, remaining barely unchanged from the 16th century. A water mill, arboretum, and Gamekeepers Cottage are just some of the highlights alongside the former manor house of the Cary family, former owners of the Cockington Estate.



Babbacombe Model Village

A world of miniature marvels, the award-winning attraction features hand-crafted

models of traditional scenes, modern landmarks and lots of humour along the way. Set across four acres, the outstanding craftsmanship of the 1/12th scale buildings and the meticulous gardens are sure to take your breath away.



Kents Cavern

One of the most important stone age sites in Europe and Britain's oldest home, the extensive labyrinth of caverns and rock formations are truly a sight to behold. Expert guides take visitors on a journey through their formation nearly 2.5 million years ago and chart the story of the caves through the Roman, Victorian and modern periods.



Paignton Zoo

A world-class wildlife conservation park set, Paignton Zoo is home to over 2,000 animals in its 80 acre site. Highlights include baboon rock, rhino house and the ape centre, it's a place to roam, discover, explore and get in touch with nature come rain or shine.



South West Coast Path

The UK's longest national trail at 630 miles, the coast path meanders along some of the most spectacular coastline in the country. Ranging from wonderful woodland, secluded coves and peaceful countryside, the Torbay section is part of the UNESCO Global Geopark due to its outstanding geology, landscapes and heritage.



Brixham Harbour

Home to one of the largest fishing fleets in the UK, the spectacular harbour is surrounded by colourful houses, independent shops and local bistros to create a vibrant atmosphere. Other highlights include a replica of Drake's Golden Hind and an outstanding statue of William of Orange, all proudly celebrating the town's rich maritime heritage.



Paignton Sands

The perfect destination for families with a sandy beach, swimming and a host of other activities including kayaking and paddleboarding. With an abundance of kiosks and cafés, ice cream shops and restaurants, the whole family are sure to be entertained!



ENTRIES OPEN NOW!

SUNDAY 11th MAY 2025



TAURUS EVENTS



Taurus Events is a renowned event management company with an outstanding track record in organising and executing a wide range of services from trade shows and exhibitions to mass participation runs. With a commitment to excellence, Taurus Events aims to elevate the participant experience and create memorable

moments for every individual, striving to create the most inclusive, friendly and sustainable events possible.

The Torbay Half Marathon is the newest addition to the Taurus Events portfolio, proudly standing alongside our signature event, Britain's Ocean City Running Festival held annually in Plymouth.

For full details on our services, including rates for event support & delivery, please contact us on:
info@taurusevents.co.uk



Plymouth
Britain's Ocean City
Running Festival

Half 10k 5k



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HALF MARATHON & 10K

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