



Saturday 16th June 2018

The Maverick inov-8 X Series

Exmoor

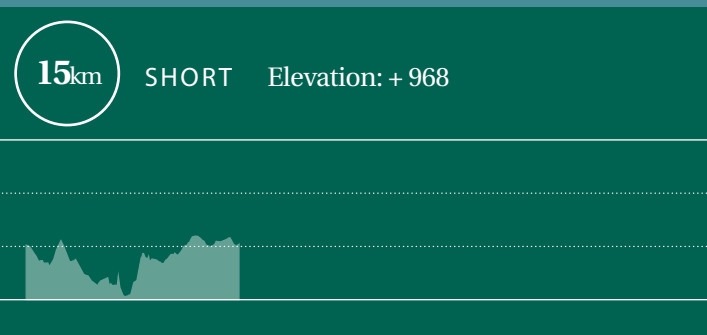
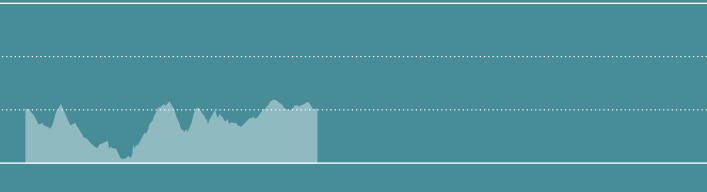
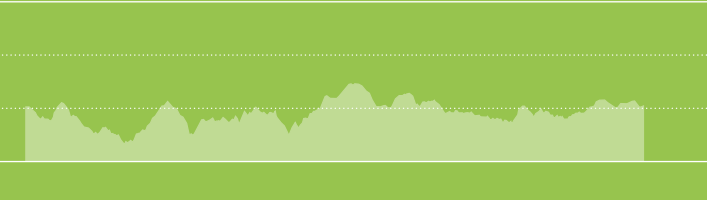
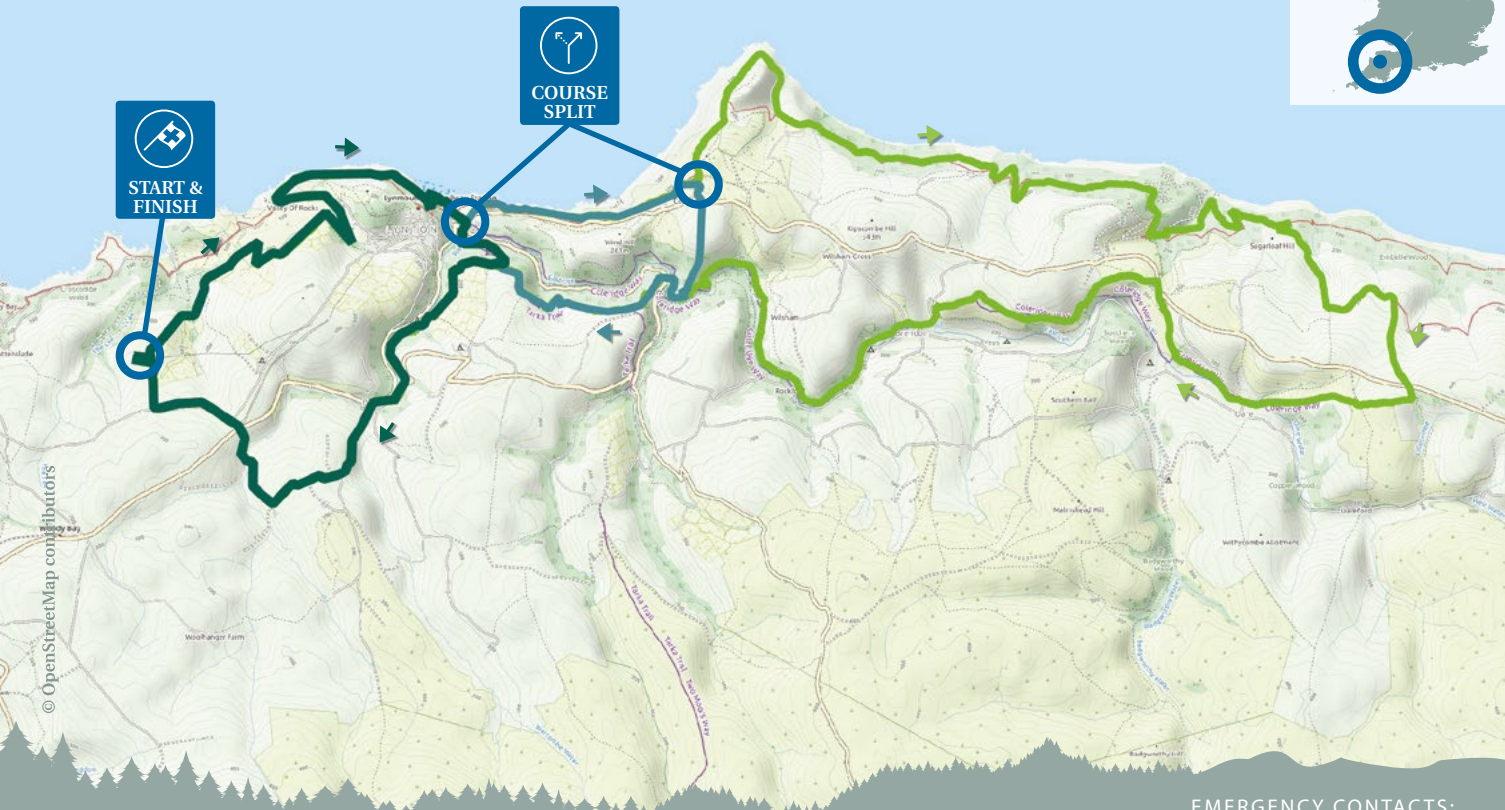
Lynton



Caffyns Farm, Lynton,
Devon, [EX35 6JW](#)



Gates open 7:00am
Registration: 7:30am
Race Start: 9am



42km LONG Elevation: + 1820

21km MIDDLE Elevation: + 1385

15km SHORT Elevation: + 968



THE MAVERICK INOV-8 X SERIES 2018

EXMOOR
16th June

PEAK DISTRICT
7th July

SNOWDONIA
29th September

EMERGENCY CONTACTS:
07792 516035 &
07545 017476
#adventureawaits



PRECISION
HYDRATION



STIVA



RUNDERWEAR
PERFORMANCE UNDERWEAR

TRIBE



Race information



EMERGENCY CONTACTS

Race HQ: 07792 516 035 / 07545 017 476

This number will be on your race numbers, so don't hesitate to call if you need help.



EVENT PARKING

The venue will open at **7:00am** to allow runners to get prepared, please do not arrive before this time.

All parking on the day will be **free of charge**. Please follow parking signage and race marshals who will direct you



REGISTRATION

Upon arrival please report to registration, which will open at **7:30am** - please bring a copy of your entry confirmation.

You will be asked to sign in and you'll receive your race number. **Numbers must be worn at all times.**



HYDRATION & NUTRITION OUTPOSTS

There will be **up to 3 nutrition and hydration outposts** on course. They are there to provide you with the correct electrolytes and food to help get you to the finish, so please use them. Please bare in mind that these are there as a top up for you and shouldn't be your only source of nutrition for the race. As you're running in a fairly remote location, the spacing of these along the route will be inconsistent.

Please help yourself but **DO NOT litter!** There will also be first aid at each outpost.



DURING THE RACE

Your routes will be **clearly signed** with arrows, tape, and small flags. Please look out for all of our signage on course and pay attention to any safety warnings.

We take pride in our course laying so if you spend anytime running and you do not see signs after 0.5km you will be off course for some reason please check.

Run your own race and do not follow the person in front they may not be paying attention to the signs.

Please **listen to our on course marshals** and take care at road crossings. You'll be running on public footpaths and bridleways, so please be considerate to other users.



ROUTES

There are **3 route options** on the race. Please make sure you look out for the 'course split ahead' signs and follow the correct route at that point.

If, during the race, you feel that you have chosen a route that is too much, you can choose a shorter route. If you do this, please let us know at the finish line and we will adjust your time accordingly.



PLASTIC FREE!

Support us in our quest for a plastic free 2019 season and run with a re-usable cup or bottle. Hydrapak Speed Cups are available to purchase at each event and online.

Compulsory items...

- ✓ Trail shoes
- ✓ Rain jacket
- ✓ Mobile phone (in case of emergency)
- ✓ Enough food and drink to last you the race - hydration outposts will be on course, provided by Precision Hydration and TRIBE
- ✓ Foil blanket
- ✓ Hat/Buff and gloves
- ✓ Additional base layers

