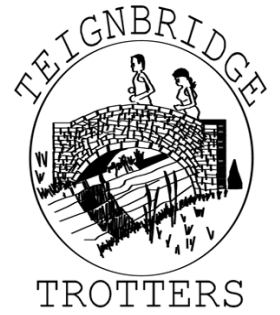




Haytor Heller 2024

ARC Permit No. 24/0207 — held under ARC rules

Saturday 20th July 2024 - 5.30pm



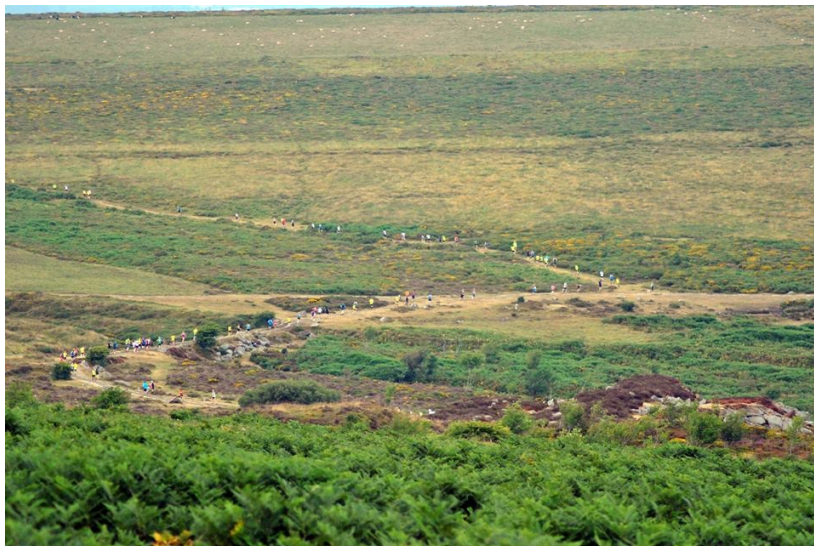
Thank you for entering the 38th Haytor Heller.

If you've run this race before, then it's great to see you back again; if it's your first time, I hope you've done some hill training beforehand!

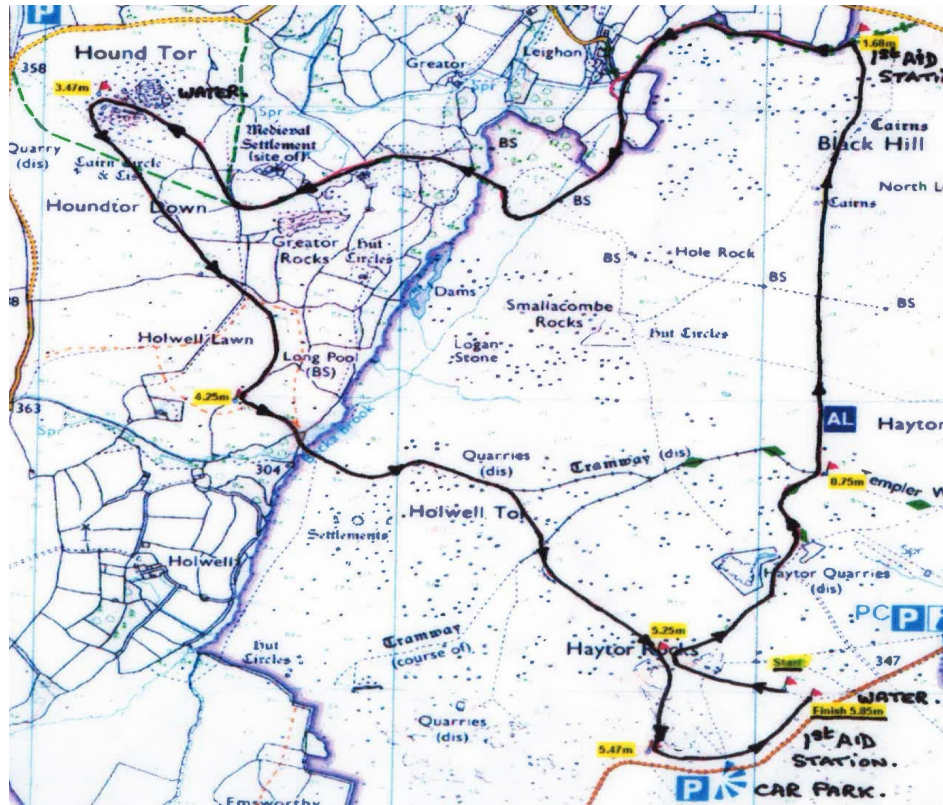
Please come to Race HQ on the day to pick up your number.

If you have any questions about the Haytor Heller, please contact me at eamoncrowe64@gmail.com

**Eamon Crowe
Race Director**



The Course



This popular, well established moorland race, now in its 38th year, starts below Haytor Rock and follows a hilly, single lap route before returning once again to Haytor Rock with a fast downhill scamper to the finish opposite the middle car park at Haytor.

The course is approximately 6 miles and is challenging, with several steep ascents and descents and is generally run across rugged, open moorland, apart from two sections through woodland; firstly below Hound Tor and secondly below Haytor and includes a stream crossing. The course is completely off-road, passing through private land. **Please don't leave litter anywhere on the course.**

NOTE: Please follow the marshals instructions and any markers at all times.



SIBELCO

**Empire
scaffold**

07500 017649
01626 365597

MI
PLANT ENGINEERING
LIMITED



We'd like to say a **big** thank you to our sponsors Sibelco, MEC Electrics, Empire Scaffold and M I Plant

Without the help of our sponsors, the event wouldn't be such a success.

Race brief....

Please adhere to the Country Code and note that dogs will not be allowed to accompany runners, nor likewise will any following cyclists.

Being late July there will still be some ground nesting birds present. Please keep to existing tracks over Black Hill.



Where the course is marked (from Becka Brook up to Holwell Tor), please keep to the track. The course will be marshaled by experienced marshals—please follow their instruction. This event is not suitable for wheelchairs, prams or pushchairs.

Drinks will be available at Hound Tor (approx. 4 miles) and at the finish. First aid cover is provided by A2E Medical. You're in safe hands!

Please be aware that the use of all types of headphones is not permitted; anyone found wearing them will be disqualified from the race.

There is a cut-off time of one hour at Hound Tor. If you fail to make the cut off time you will be politely asked to withdraw from the race. A marshal will remove your race number and a lift back to the finish will be provided.

There will be a memento for each finisher which will need to be collected from Race HQ.

Photos will be available to download for free from our Trotters Race Page on Facebook.

Please Note: Your race number must not be folded, cut or mutilated. If you've entered the race but, for whatever reason, you're unable to run, we do allow transfers. We will be accepting number transfers on the day; please note there will be an administrative charge of £3 per transfer. Please come to Race HQ from 4pm on the day to complete the transfer form and pay the transfer fee.

Don't forget to join our Haytor Heller Facebook group!
As the race gets closer, we'll post any updated information and pictures.

Prize giving will take place at the Race HQ at 7.30pm in the following categories:

1st, 2nd & 3rd Male overall;

1st, 2nd & 3rd Female overall;

1st & 2nd MU18/MV40/45/50/55/60 & 1st MV65/70;

FU18/FV35/40/45/50/55/60;

1st Male & 1st Female team (4 to count).

Why not treat yourself to some Haytor Heller Merchandise?

Again this year we'll be selling technical t-shirts and hoodies at Race HQ.

The t-shirts are £10 each and come in small, medium and large sizes—new colour added again this year!

The hoodies are £25 each and also come in small, medium and large sizes.

A Special offer for all entrants of this year's race.....

Purchase a t-shirt at the same time and get both for just £30

We also have Haytor Heller snoods for £5

There'll be limited stock; once they're gone, they're gone!

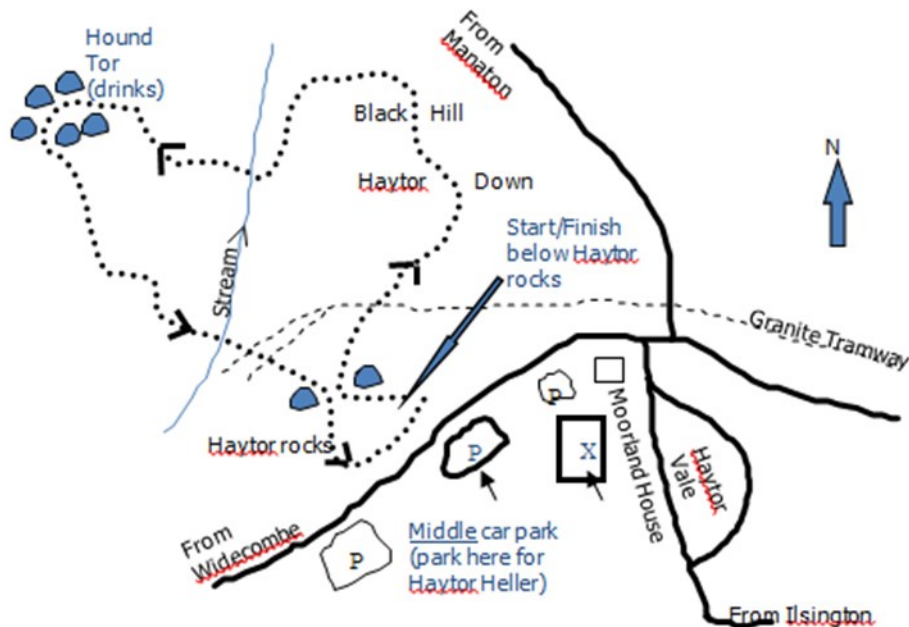


Some pictures from previous years races.



How to get there...

From A38: Take A382 north off A38 at Drumbridges roundabout (signed Bovey Tracey). Go straight over first roundabout. At second roundabout turn left onto B3387 (signed Haytor). After half a mile, turn left (signed Haytor) and continue up hill (3 miles) to middle (2nd) car park below Haytor Rocks.



When you get there...

Please park at the middle car park, Haytor which is adjacent to the start/finish; there'll be marshals at the car park to direct you. Dartmoor National Park have asked that we do not park at the lower car park by the Visitor Centre—there will be marshals there directing you to the middle car park and Upper car park. Parking after 6.00pm is free and you can use the following RINGO codes up to 6.00pm: Middle Car Park: 57402, Upper Car Park: 57403.

Race HQ is once again in the Coach Park behind the Visitors Centre in the lower car park; the pedestrian entrance is via the lower car park. There are toilets there.

After, the race come along and enjoy tea and coffee and our famous Trotter Cakes. We're also firing up the barbeque! All can be found at Race HQ.

And finally, don't miss the other Teignbridge Trotters races this year....

Totnes 10k—Sunday 4th August

Ladies 10K—Sunday 22th September

Sibelco Templer Ten—Sunday 6th October

Visit our website at www.teignbridgetrotters.co.uk for more details.

See you at the Heller!