

# Exeter Open 100 km

## General Information

Saturday 12<sup>th</sup> June 2010



### Start

The event starts at 9am from Kentisbeare Village Hall EX15 2AB, Grid Ref: ST 069 080. The Hall will be open from 7.30am for registration

### Travel Directions

- By train: The start is 6 miles from Tiverton Parkway Railway Station. Follow NCN3 to Willand and then map read through country lanes to Kentisbeare.
- By car: From M5 junction 28, follow A373 towards Honiton for 2 miles. Turn left at Post Cross, signposted Kentisbeare. Hall is on left after "road narrows" sign.

### Food and Drink

Free Tea/Coffee and toast will be provided at the start.

Refreshments should be available for purchase at the following locations:

32 km. Wiveliscombe. Coop and Whelans Cafe

51 km. Watchet. **Suggested coffee stop.** Hellikers and Corner House Cafes.

62 km. Stogumber. Village Hall Open Gardens Day

68 km. Crowcombe Railway Station. **Suggested lunch stop.** Tea, Coffee, Cake, Pasties etc. You're welcome to eat your own packed lunches on the platform, but please buy a drink.

87 km. Wellington. Coop and Garden Cafe

102 km. Finish at Coldharbour Mill. Cafe open until 5pm

4 km ride back to Kentisbeare where the Wyndham Arms should be open all day.

### Route

OS 1:50,000 maps Landranger 181 and 192 cover the whole route.

Distance: 102 km (64 miles). Ascent: 1,500m (4,800 feet).

Detailed route directions are available on the website.

### Controls

There will be controls at locations listed on the route sheet and possibly a secret control.

### Contact Number on the day

If you are unable to finish the ride please try to get word to the next control or contact me, Roy Russell, on 07801 319697.