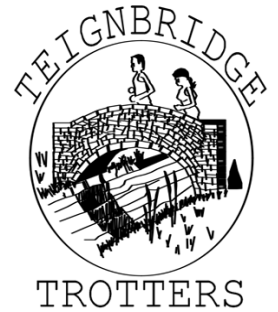




Haytor Heller 2022

ARC Permit No. 22/159 — held under ARC rules

Saturday 16th July 2022 – 5.30pm



Thank you for entering this year's race — the current male course record is 39:21 set in 2011 and the current female course record is 46:38 set in 2000. Good luck!

If you've run this race before, then it's great to see you back again.

Although restrictions have now been eased somewhat, we do ask PLEASE DO NOT ATTEND THE EVENT IF YOU FEEL UNWELL OR HAVE COVID SYMPTOMS

Read on for further Information.

If you have any questions about the Haytor Heller, please contact me at b.rymel1@outlook.com

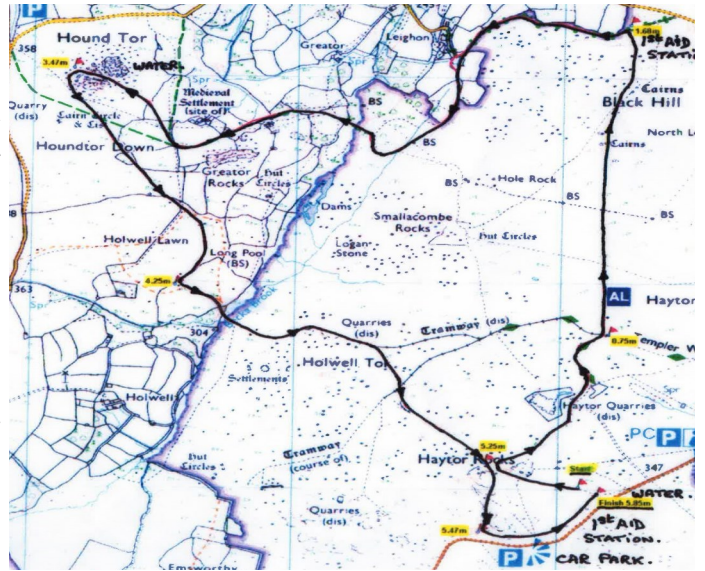
Bon Rymel
Race Director



The Course

This popular, well established moorland race, now in its 36th 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.

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

Dartmoor Fell Series

This year Haytor Heller is proud to be part of the Dartmoor Fell Series.

This race will be a scoring event for the Fell Series. For more information please check out www.swfellrunners.uk

Our Sponsors!

We'd like to say a **big** thank you to all of our sponsors this year. The continued support from Sibelco, MI Plant Engineering Ltd, and MEC is very much appreciated. This year we also have the support of Empire Scaffolding.

Without the help of all of our sponsors, the event wouldn't be such a success. If you would like to sponsor any of our future races please get in touch.



Empire
scaffold

07500 017649
01626 365597



Race brief.....

Race Start is at 5.30pm, please leave yourselves plenty of time to arrive, collect your race numbers from Race HQ (in behind the info centre) and get to the race start (at least a 5 min walk away).

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



Being mid July there will still be some ground nesting birds present. **Please keep to existing tracks over Black Hill (from Haytor Quarry to the first aid station).**

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

Drinks will be available at Hound Tor— already poured in cups - (at approx. 4 miles) and at the finish, in recyclable bottles. First aid cover is provided by A2E. You're in safe hands!

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

There is a cut-off time of 1 hour at Hound Tor; if you get to Hound Tor later than 6.30pm a marshal will put a cross through your race number and advise you that you are no longer officially in the race. If you then chose to continue running the course, you do so at your own risk.

There will be a medal for each finisher.

Numbers can be collected on the day from the race HQ which will be clearly marked.

If unsure please ask a car park marshall who will be happy to point you in the right direction.

We plan to be using chip timing again this year.

Your race number must not be folded, cut or mutilated. Please make sure you complete the medical information on the back of the number.

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 FU18/F35/40/45/50/55/60, 1st F65/70; MU18/M35/40/45/50/55/60, 1st M65/70;

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

This Years 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 £20 each and also come in small, medium and large sizes.

A Special offer for all entrants

Show your race number and purchase a hoodie and a t-shirt at the same time and get both for just £25!



We also have Haytor Heller drawstring trainer bags for sale at £2.50 each

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



New This Year



We have added another colour Technical T-shirt

We also now have Haytor Heller Snoods for sale at £4.50 each



A quick and brief introduction.

This year sees a new Race Director and Assistant Race Director.

If you see us out and about on the day pop over and say hi.



Bon Rymel
Race Director

Gary Brooking
Assistant Race Director

On taking on this role, it's has very quickly become clear to me that you can put as much prep work into an event like this as you like. But without the support of the marshalls and helpers giving up their own time on the day, that an event like this wouldn't happen.

The majority of the help and support comes from members within the club who all do this for free.

So from me it's a very, very big shout out to every single person who has given up their time to help out with this years race.

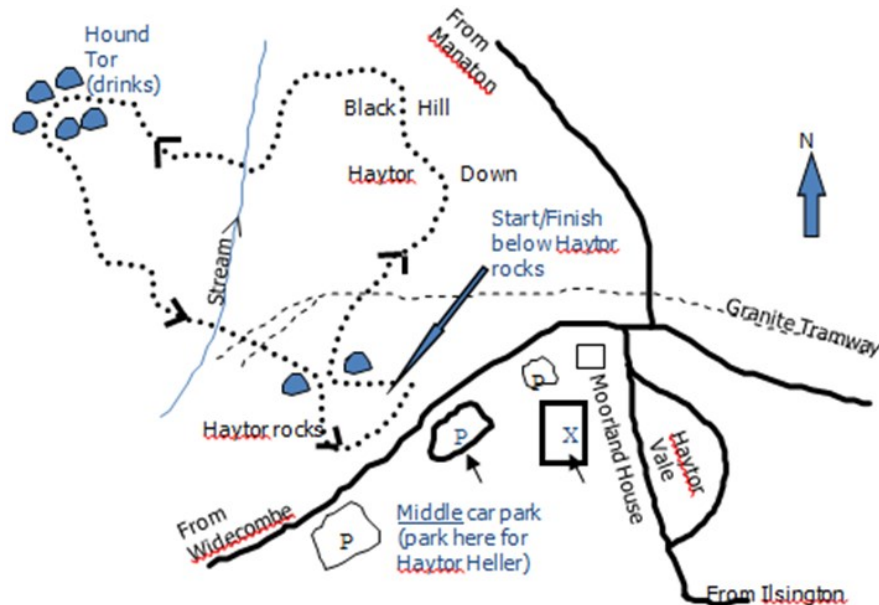
All I ask from the entrants is to please give a huge shoutout to anyone wearing a high viz marshal bib, or anyone behind the scenes helping out.

Race Director
Bon Rymel



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, (what3words—establish.yourself.sling), Haytor which is adjacent to the start/finish—parking is free and 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. Parking in the upper car park is allowed but is chargeable until 6pm (for three hours).

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.

If, sadly, you can no longer take part, we will be accepting number transfers on the day. The new entrant should come to Race HQ from 3pm on race day to complete the transfer form and pay the £3 administration fee (which goes to charity). They'll then be given the number.

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

Totnes 10k—Sunday 7th August 2022

Ladies 10K—Sunday 25th September 2022

Sibelco Templer Ten—Sunday 6th November 2022

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

See you at the Heller!