

Relish Running Races

Tarka Trail Railway Races Event Info - 28th June 2026

Parking, Primary Start and Finish at Woolmer's Farm, Bickington, EX31 2JN

Woolmer's Farm - What3Words [///chapel.icons.hazelnuts](https://www.what3words.com/#!/chapel.icons.hazelnuts)

25km Start Line (drop offs only, no parking) Smytham Holiday Park, EX8 8PU.

Smytham Holiday Park - What3Words [///hired.reward.bombshell](https://www.what3words.com/#!/hired.reward.bombshell)

Parking opens 07:45. Registration / Number Collection opens at 08:00 at Woolmers

Number Collection for the 25km going direct to Smytham, opens at 09:15

On the Day Registrations - please see Schedule document for start times

50km	£65 affiliated	£67 unaffiliated
Marathon	£60 affiliated	£62 unaffiliated
25km	£49 affiliated	£51 unaffiliated
Half Marathon	£46 affiliated	£48 unaffiliated
10km	£32 affiliated	£34 unaffiliated
2km Colourburst	£12	
500m Colourburst	£10	

On the day payments can be made in cash, card or contactless payments.

Safe Race

- Please arrive with any water bottles you are going to carry on the run filled up and ready to do. It is expected that 10km runners are self sufficient in terms of their water if possible as we are trying to minimise our environmental impact, though we have (non plastic) cups of water at every drinks station. We ask half marathon, 25km, marathon and 50km runners to run with their own water and refill at our drinks stations so you are well hydrated for the longer distances. There will of course be water for everyone at the finish.
- The course is accessible to the public. As always, our definition of a successful event is one that our runners enjoy and one that the wider community enjoys. Please stay in single file, sticking to the left hand side at all times unless overtaking. Please give way to other users if you can not pass safely.

- Please do not any water to cool off, on what we are hoping will be a lovely summer's day. The rivers alongside the race route have fast currents and should not be entered.

Important Reminders

- There is zero on street parking available for runners on the streets around the venue
- All paths used by the race are open to the general public, many of whom use the routes as their regular walking routes. Please make the event a success by being polite and courteous to the other users of these paths so that the race has a positive impact on everyone involved. Please stick to the left hand side at all times, especially when running through the tunnels.
- The tunnels on the route (Half, 25km, Marathon, 50km) are lit but it still takes a few seconds for your eyes to adjust to the lower light levels. We would therefore recommend runners do not wear sunglasses in the tunnels.
- Please do not run with in ear, or over ear headphones as this is not permitted under UK Athletics rules. Only bone conducting headphones are permitted. This is very important so you can hear the marshals' instructions, other users within the tunnels (think cyclist's ringing their bells to come past you) and traffic on the road crossing points. **If you do use in ear, or over ear headphones you will be disqualified.** Thank you for your understanding.
- We are no longer offering bottled water at our drinks stations or at the finish line in an effort to reduce plastic waste. There will of course be biodegradable cups on offer for you at the drinks stations as well as water containers to refill your own water bottle at each drinks station.
- Please place all your cups, empty food packets etc in our bins at the feed stations. Please do not litter on the course, carry your empty packets to the next feed station, thank you.

Camping

If you are camping at Woolmer's Farm, please liaise with [the farm](#) directly for final arrangements

How to get to races – Colour 10km, Half, Marathon, 50km

By Car - **There is zero on street parking available for runners on the streets around venue.** Please park on site at Woolmer's Farm, Bickington, EX31 2JN. Parking is £5/car (cash only please)

By Train – Barnstaple Train Station is the closest station from the venue, approx. 2 miles away

By Bike – We will provide racking for bikes next to the registration gazebos – please bring your own lock as this is not a secure bike compound. All bikes are left at the owner's own risk, the event accepts no responsibility for any loss or damage to bikes or any other property left on the race site.

By Foot – Please follow use the event address and What3Words at the top of the document to arrive on foot

How to get to the races – 25km

Event Bus - Once parked at Woolmer's Farm you will need to collect your race number and then head to the coach departure point (bus tickets are an optional extra at £5, which you likely added to

your booking at time of registration or you can purchase on the day. The bus will leave Woolmer's Farm at 09:00 sharp, departing from the main farm yard What3Words [///bumps.greed.blocking](#)

Car Drop Off - You can be dropped off (no on site parking) at the 25km Start Line at Smytham Holiday Park, Torrington, EX38 8PU. What3Words [///hired.reward.bombshell](#) Aim to be dropped off by 09:30 where you can collect your number from our Event Info point at Smytham Holiday Park.

(Note if you are staying at Smytham Holiday Park, you need to arrange your own transportation back to the holiday park after your run)

Spectators

As the routes themselves are out and back (or point to point in the case of the 25km), and the path itself is relatively narrow, we recommend that spectators stay at the main start finish and cheer their runners in over the finish line as you need to be at least as quick as the runners themselves in order to see them out on the course and at the finish.

Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collection opens from 08:00 for other events. Registration closes 5mins before the start of the final wave. Runners who register on the day will be assigned to the one wave per distance which will be open to on the day sign ups.

25km runners can either collect their race number from Woolmer's Farm (primary parking, finish area) prior to catching the bus OR if you are being dropped off at the 25km start line at Smytham Holiday Park, you can collect your number from there.

Please note it will not be possible to swap waves or to fit any runners into a wave once it is full or under any circumstances on the day. If you start in the incorrect wave you will be disqualified.

Bag Storage

There is a manned bag storage tent, drop your own bag and collect your own bag. Please fill out the luggage tag provided with your race number and event.

25km Runners – You can leave bags in our event van at the 25km Event Information point and we will take them to the finish line. Please ensure your baggage tag from the bottom of your race number is attached to your bag.

Toilets

There are portaloos and toilets at both start lines; Woolmer's Farm and Smytham Holiday Park as well as on the course;

25km – 12.75km in to the 25km

Marathon – 12.25km and 30km

50km – 12.25km and 37.75km

Changing Tents

There are no changing tents at this race. Please come changed ready for the run. The bag drop area can look after your additional clothes and bags.

Race Start Times

To keep the runners spread out and to allow the route to remain open to everyday users we are splitting up the events into the following waves. Below are suggested arrival times. Please check the schedule for more information.

This is the final schedule will be published as a separate document on the Wednesday of race week on the Event Info page of the website.

Event Wave	Race Wave	Predicted Time	Coach Departs	Start Time	Number	OTD?
Event Wave 1	50km Ultra	All Runners		09:00	Black	Y
Event Wave 1	Marathon	All Runners		09:00	Green	Y
Event Wave 2	Colourbust	All Runners		09:15	Cloud	Y
Event Wave 3	Half Marathon	All Runners		09:45	Yellow	Y
Event Wave 4	10km	All Runners		10:00	Pink	Y
Event Wave 5	25km	All Runners	09:00	10:00	White	Y

Notes

OTD = On The Day registrations / Transfers for pre registered runners to change their distance

Race Briefing

There will be a 10min race briefing ahead of each wave start at the start line.

Course Map

Relish Running Races

Tarka Trail Railway Races 28th June 2026

START Woolmer's Farm

FINISH Woolmer's Farm

5 km

10 km U Turn

10 km

Half U Turn

15 km

20 km

25 km Start

50 km U Turn

Fremington Station

Instow Tunnel

Instow Station





Bideford Station




Landcross Tunnel

Great Torrington Station

Smytham Holiday Park


Supported by:

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FOR MORE INFO, GROUP DISCOUNTS AND TO REGISTER VISIT [RELISHRUNNINGRACES.COM](https://www.relishrunningraces.com)



Route Descriptions

Distance Markers and GPS Route Measurements

GPS watches struggle to deal with tunnels on the route and some of the more tree lined areas on the marathon and 50km routes and may pause recording. All our routes are measured with a measuring wheel and will be accurate to the distances quoted below, though you toys and gadgets may try and tell you otherwise 😊

Course Markers

The routes are very straight forward, aside from the opening and closing km, you are on an old railway line for the whole route. To keep the visual impact of the event to a minimum, the route markings will be intentionally spread out and mainly positioned as confirmations after road crossing etc. The most common form of route marking will actually be the distance markers shown below.

Where you do see route markings, this is what you will be keeping an eye out for; All our race routes are marked with the same fairly standard Run Route arrows, red marking flags and white and red relish running **branded tape** hanging from trees.



As this course is very straightforward, we will use the markings very sparingly on the long straight sections of the course.



To help you out where we think you might be tempted to go off-piste, we have the Relish X signs which tell you when you have gone off course.



Large signs, and our marshal team, will direct the runners around the different courses based on your race number colour so please make sure that is visible and pinned to your front and keep an eye out for the giant signs!

There is a large amount of overlap with the various routes, and while the direction route markers are the same for each race and we have different colour distance markers for each distance to help runners keep track of their progress.

10km, 25km and 50km Distance Markers

As these events are metric, so are their distance markers.



The **Yellow KM Distance Markers** are for the **Return Ticket 10km**. You should expect to see all distance markers 1km-9km.

25 / 50km



The **Green KM Distance Markers** are for the **50km**. These signs are at 5km intervals

25km



The **Blue KM Distance Markers** are for the **25km**. These signs are at 5km intervals

(The opening and closing lengths of the route at Woolmer's Farm take slightly different routes and have different lengths, this means the 25km start line is not at the same point as the 50km turn point)

Half Marathon and Marathon Distance Markers

The Half Marathon is traditionally measured in Miles, so we chose distance markers in Miles to represent the Half Marathon races.

Return 1/2



The **Black Mile Distance Markers** are for the **Half Marathon**. You should expect to see markers for miles 1 - 13.



The **Yellow Mile Distance Markers** are for the **Marathon**. You should expect to see all the markers

Brief Route Descriptions

Colourburst Course Descriptions

Both race routes remain on the fields at the farm and run laps around the course to run either 1km or 2km in total.

10km – Final Distance 10.0km

> 1 out and back lap, accurately measured

The opening and closing kilometre of the 10km route is across the farm fields at Woolmer's Farm, a mix of grass fields and farm track. The vast majority of the route is on the tarmac of the Tarka Trail and is a lovely smooth and very flat surface. This is an out back run with the picturesque river Taw forming the backdrop to the run.

Fremington Quay is an old station on the route which you will pass after 2km which used to be a busy industrial station, exporting clay and importing coal. There is a short section along a road here, along with a road crossing, please take care. There is then a straight shot to the drinks station at the 5km point, also marks the turn point and runners retrace their route back to the finish area.

Half Marathon Route Description – Final Distance 21.1km

> 1 out and back lap, accurately measured

The opening and closing kilometre of the route is across the farm fields at Woolmer's Farm, a mix of grass fields and farm track. The vast majority of the route is on the tarmac of the Tarka Trail and is a lovely smooth and very flat surface. This is an out back run with the picturesque river Taw forming the backdrop to the run.

At 3km you will pass an Old Station, now a busy cafe at Fremington Quay. There is a short section along a road here, along with a road crossing, please take care. From here you resume running along the trail, and will head through a short 76m long tunnel as you come towards the second station at Instow, where you will come to the second drinks station on this route, 7km in to the route. Keep pushing and you will move on to banks the river torridge, with the very striking village of Appledore on the opposite bank. You will soon be at the turn point and you start your return journey back to the finish line!

25km Route Description – Final Distance 25.0km

> Point to point, accurately measured

Runners who have arrived at Smytham Holiday Park and those who are staying the holiday park have collected their numbers at the park, there is a short woodland walk to the start line which is directly on the path. The opening section of the route is a lovely downhill trail for about 5km in length. You will have a road crossing and your first drinks station at 2.5km and your second approximately 5km in at Torrington Station.

This part of the route is lovely and green, very sheltered and tree lined as the route cuts it's way along the hill sides and across the river torridge as it heads towards Bideford where the next drinks station is situated. At the Bideford drinks station you will have just crossed the half way point and the route will have flattened out. The next station comes with 7km to go at Instow, where you will have your second tunnel to run through on the route shortly thereafter. There is one more drinks station to go at 5km to go whilst you run along beautiful river banks before you turn off the tarmac trail and on to the farm tracks and fields which will bring you to the finish line.

Marathon Route Description – Final Distance 42.2km

> 1 out and back lap, accurately measured

The opening and closing kilometre of the route is across the farm fields at Woolmer's Farm, a mix of grass fields and farm track. The vast majority of the route is on the tarmac of the Tarka Trail and is a lovely smooth and very flat surface. This is an out back run with the picturesque river Taw forming the backdrop to the run.

At 3km you will pass an Old Station, now a busy cafe at Fremington Quay. There is a short section along a road here, along with a road crossing, please take care. From here you resume running along the trail, and will head through a short 76m long tunnel as you come towards the second station at Instow, where you will come to the second drinks station on this route, 7km in to the route. The next drinks station comes at Bideford Station 12km complete with station buildings and carriages. Langcross Tunnel is the next landmark on the route at 14km, a 76m long tunnel which marks a local high point on the route.

This section of the route is lovely and shaded and has great views as the route crosses back and forth over the river. There is now a gentle downhill towards the fourth drinks station at the route at Torrington Station which has a short heritage line. Keep going for another 500m or so and you will

reach the turn point and start your return journey back towards the finish line, passing four drinks stations as you go.

50km Route Description – Final Distance 50.0km

> 1 out and back lap, accurately measured

The opening and closing kilometre of the route is across the farm fields at Woolmer's Farm, a mix of grass fields and farm track. The vast majority of the route is on the tarmac of the Tarka Trail and is a lovely smooth and very flat surface. This is an out back run with the picturesque river Taw forming the backdrop to the run.

At 3km you will pass an Old Station, now a busy cafe at Fremington Quay. There is a short section along a road here, along with a road crossing, please take care. From here you resume running along the trail, and will head through a short 76m long tunnel as you come towards the second station at Instow, where you will come to the second drinks station on this route, 7km in to the route.

The next drinks station comes at Bideford Station 12km complete with station buildings and carriages. Langcross Tunnel is the next landmark on the route at 14km, a 76m long tunnel which marks a local high point on the route.

This section of the route is lovely and shaded and has great views as the route crosses back and forth over the river. There is now a gentle downhill towards the fourth drinks station at the route at Torrington Station which has a short heritage line. From there the route does start to rise a little towards the half way turn point and we have another drinks station positioned on the way to the 25km turn point to keep you topped up for this section of the course.

Feed Stations

Please arrive with your water bottles filled ready for your run;

There is 1 Drinks Station on the 10km at 5km

There are 4 Drinks Stations on the Half Marathon at 5km, 7km, 14km and 16km

There are 5 Drinks Stations on the 25km at 2km, 5km, 12km, 18km and 20km

There are 8 Drinks Stations on the Marathon at 5km, 7km, 13km, 20km, 22km, 29km, 35km and 37km

There are 10 Drinks Stations on the 50km at 5km, 7km, 13km, 20km, 23km, 27km, 30km, 37km, 43km and 45km

Refreshments

We have a coffee van, cake van and a caterer with a wide range of offerings in attendance in the race village area.



Entertainment

We have pay as you go optional extras, bouncy castles and face painting, will be available 09:00 – 11:00 only



First Aid

There is a First Aider at each Feed Station as well as the Finish. If you do not feel able to complete the course or if you feel unwell please stop at your nearest Feed Station and we will arrange for you to be returned to the Registration area at Brickfields Park.

Finish

After the race all runners will be awarded a medal and will be provided with a buffet of fresh fruit and sweet tasty treats as provided at all our feed stations.

Medals

All our medals have a universal join on the sides so you can interlock medals from any of our races together to make your own unique giant medal! Our medals are large two sided interlocking medals, 10cm x 10cm, with the two full colour images on, specific to each venue and year.

Medal Engravings

If you ordered a medal personalisation, a small engraving with your name and finish time on it, please remember to collect your medals on race day. The engraving will be posted out to you approximately 3 weeks after race day.

Race Photos

Professional race photos are available to purchase from [Image Works Photography](#), you can search quickly using your race number or by uploading a selfie. You can register now to hear when your photos are up and when you register in advance of event day, you will receive a discount code for 10% off your photos when your order within 48hrs of the photos going on sale.

Results

[PROVISIONAL Results](#) will be posted to our website at roughly 20:00 on race day. We will make any amends / updates from Tuesday. We record your finish time under the finish gantry and bib (race number) at the end of the finish funnel. If you escape the finish funnel then we can not record a finish time for you.

If you are unable to complete the distance for your event, you do not need to cross the finish line. However if you do, please let the timing team at the far end of the funnel know that you have dropped out.

Please only cross the finish line once. If you cross the finish line twice, with friends or family in later waves, it creates lots of confusion as we end up with two results for you! Thank you.

Prizes

There is no on the day prize giving because of the multi wave, multi start time format of the events. Prize winners will be contacted by the end of race week.

The final number of prizes awarded is determined by the number of finishers for *each gender* in a given race distance. If there are more than 100 finishers then the full range of awards are made (top 3 along with first in each age group). If there are between 50-100 finishers then the top 3 finishers overall will be awarded a prize. If there are less than 50 then only the winner will be awarded a prize.

Finishers in Gender	1-49 Finishers	50-99 Finishers	100+ Finishers
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Prizes	1 st Place	Top 3	Top 3, 1 st in age group
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We do not have any winner's prizes for any of the colourburst events as we would like to keep this participation focused.

Lyme Disease

Please be mindful of tick bites if you walk through long grass and the associated risk of Lyme Disease, albeit a very small risk – so don't be put off the race! One of the key symptoms is a Bullseye style rash, associated with fever, headache and fatigue. If you develop these symptoms, please report to your GP as soon as possible.