



The Grizzly 2019

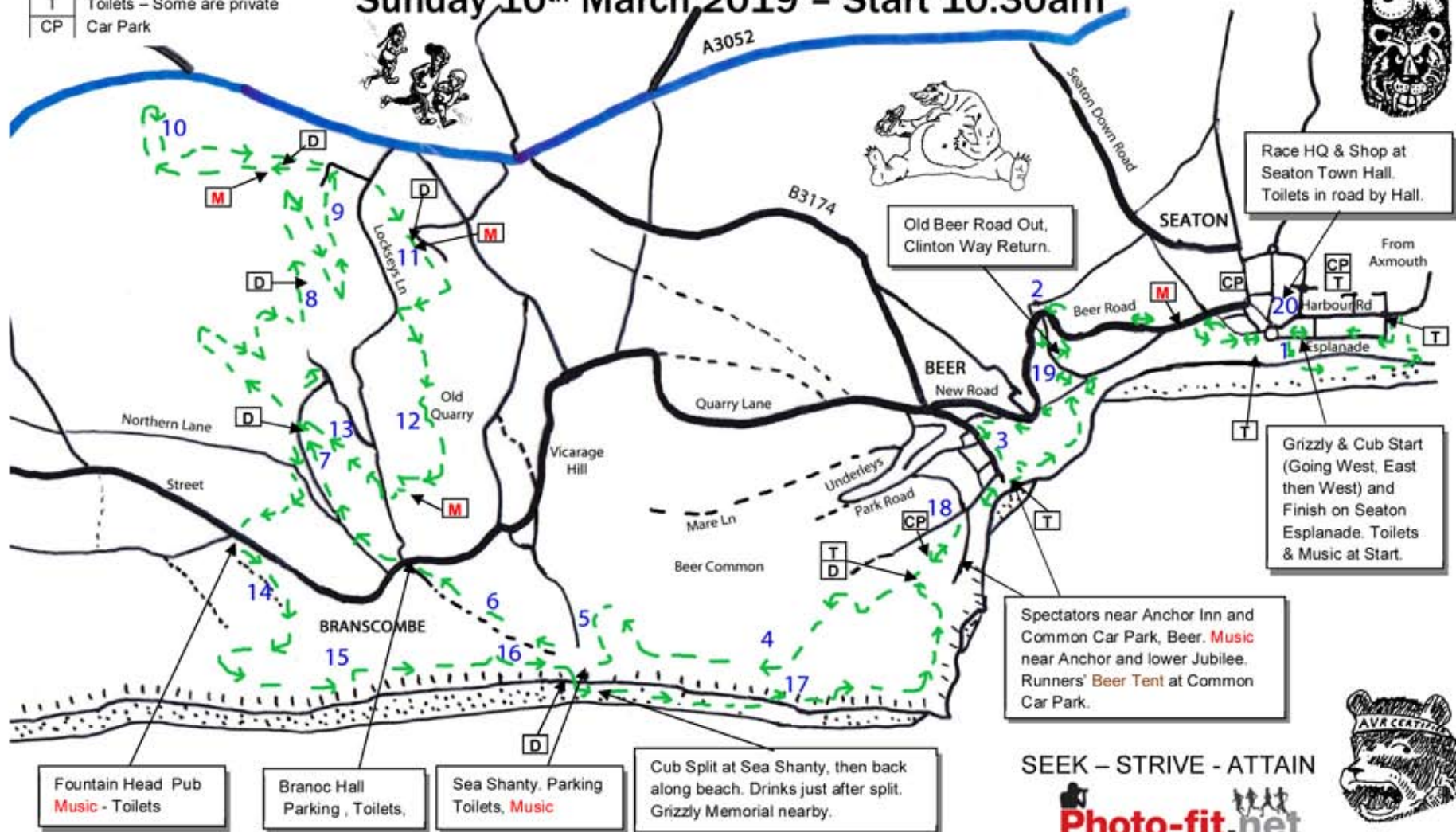


Key:- Distances in Grizzly Miles.

D	Drinks for runners only
M	Music en route
T	Toilets - Some are private
CP	Car Park

"Trails of the Unexpected"

Sunday 10th March 2019 - Start 10:30am



Race HQ & Shop at Seaton Town Hall. Toilets in road by Hall.

Old Beer Road Out, Clinton Way Return.

Grizzly & Cub Start (Going West, East then West) and Finish on Seaton Esplanade. Toilets & Music at Start.

Spectators near Anchor Inn and Common Car Park, Beer. Music near Anchor and lower Jubilee. Runners' Beer Tent at Common Car Park.

Fountain Head Pub Music - Toilets

Branoc Hall Parking, Toilets,

Sea Shanty. Parking Toilets, Music

Cub Split at Sea Shanty, then back along beach. Drinks just after split. Grizzly Memorial nearby.

SEEK - STRIVE - ATTAIN

