

**BYS VYKEN EVENTS
AND CORNISH TRAILS®**

THE COUSIN JACK CLASSIC III

PRE EVENT INFORMATION

UPDATE

THE ULTRA JACK WILL NOW BEGIN AT 05:45 (15 MINUTES LATER THAN PREVIOUSLY REPORTED)

THIS IS DUE TO A LOGISTICAL ISSUE BEYOND OUR CONTROL BUT THINK THIS WILL BE EASIER FOR YOU ANYWAY , WITH 15 MINUTES MORE DAYLIGHT TO RUN THROUGH. EVERY OTHER TIME REMAINS THE SAME. (Hours of darkness to run through is 1hr & 19 minutes. Sunrise @ 07:04. 11 hrs & 8 minutes of daylight on March 3rd 2018)

Dear runner

Welcome to the 3rd annual 'Cousin Jack Classic' coast run 'Classic' and 'Ultra' distance events, from Cape Cornwall to St Ives and St Ives to Cape Cornwall and back for a return leg to St Ives (depending on what you are entered to do) .

The races span either 17.4 miles & 35 miles (an approx. estimation based on several GPS devices and taken as the average distance).

BELOW IS IMPORTANT INFORMATION TO PREPARE YOU FOR YOUR RACE DAY. GRAB YOURSELF A BREW AS THERE IS A BIT TO TAKE IN.

PLEASE READ CAREFULLY AND PROPERLY BEFORE ASKING ANY QUESTIONS. CHANCES ARE ALL THE INFORMATION YOU REQUIRE IS IN THESE INSTRUCTIONS. MOST OF THE TIME 99% OF ALL ANSWERS WILL BE IN YOUR PRE EVENT INFO. IF YOU STILL HAVE AND QUESTIONS OR QUERIES THEN PLEASE CONTACT ME ON bysvykencornishtrails@gmail.com.

EVENT SCHEDULE (SEE PAGE 2)

'ULTRA JACK'

EVENT HQ: The Surfhouse, The Island, St Ives, TR26 1SY

START: 05:45 (AM)

CUT OFF TIME: 12 Hours (Fair and doable cut offs at each checkpoint)

CUT OFF TIMES ENCLOSED WITH INFO SEPERATELY

REGISTRATION: Friday 2nd March @ The Surfhouse 18:00 – 20:00 & Saturday 3rd March 04:00 – 05:00

Here you will be kit checked (keep reading for details) , pick up your trackers and maps , collect your pre orders if you have any and be able to eat breakfast if you wish which is included in the cost.

Breakfast will be cereals and porridge oats (gluten free, non gluten free and vegan options available)

Tea and coffee and hot chocolate will also be available at registration.

SAFETY BRIEFING: 05:15

LAST TOILET BREAKS & WALK TO THE START: 05:40

(TOILETS WILL BE LOCATED IN THE ISLAND CAR PARK COURTESY OF EURO TOOL HIRE PORTABLE LOOS AS COUNCIL TOILETS WILL NOT BE OPENED FOR US AT THIS TIME OF DAY)

DIFFICULTY: EXTREME

PROFILE: 7000+ft and undulating. Hard to navigate in places, extremely technical terrain, small road sections at St Ives and Pendeen but 90% pure off road trails.

BAG DROP AT THE SURFHOUSE. YOUR BAGS WILL REMAIN UNTIL YOU FINISH WITH YOUR LABELS ON.

'CLASSIC JACK'

EVENT HQ: Cape Cornwall Golf & Leisure Club, Cape Cornwall Road, St Just, TR19 7NL

START: 10:00 (AM)

CUT OFF TIME: 7 Hours (Fair and doable cut offs at each checkpoint)

COACH TO BE BOARDED BY 06:55

COACH DEPARTS: 07:05 (PRONTO!) YOU WILL BE LEFT BEHIND AND WE ARE NOT TO BE HELD RESPONSIBLE FOR YOUR FAILURE TO BOARD A COACH IN TIME. COACH TRAVEL WILL BE PROVIDED BY HOPLEY'S.

COACH PICK UP FROM: BEACH ROAD, NEAR THE TATE GALLERY, ST IVES. EVENT HQ MANAGER, GEMMA WILL BE THERE TO MEET, GREET AND SHUFFLE YOU ON THE SHUTTLE READY TO GO. (A MAP OF PICK UP WILL BE PROVIDED IN THIS INFO)

REGISTRATION: 07:45 – 09:15

Here you will pick up your maps, pre order vests/tees and be kit checked.

GUEST SPEAKER: 09:20 – 09:40 (GOLDEN TREE PRODUCTION/MAN ENGINE'S OWN WILL COLEMAN)

GOLDEN TREE PRODUCTION'S 'CORNISH EMBASSY' BUS AND 'PUB' AVAILABLE FOR VISITING FROM 07:30. PROUD THAT WE ARE THE FIRST ON THEIR ST PIRANS CELEBRATIONS TOUR. CHEERS GUYS!!!

LAST TOILET BREAKS & WALK TO THE START BY 09:55

(TOILETS WILL BE LOCATED IN THE GOLF CLUB AND ALSO THE NATIONAL TRUST CAR PARK NEXT TO THE UPHILL START)

DIFFICULTY: (HARD/EXTREME)

PROFILE: 3886ft and undulating. Hard to navigate in places, extremely technical terrain, small road sections at St Ives and Pendeen but 90% pure off road trails.

BAG DROP AT THE GOLF CLUB. TRANSPORTATION TO THE ISLAND WILL OCCUR VIA SAFE AND SOUND REMOVALS. YOU WILL HAVE A BAG DROP VAN TO PICK UP FROM AT THE END AT THE FINISH.

THIS YEAR WE WILL BE SELLING 'SUMMIT' SPACE SAVER REUSABLE AND COLLAPSIBLE CUPS FOR £4.00. IF YOU HAVEN'T GOT A REUSABLE FOR KIT CHECK THEN THESE ARE HERE TO PURCHASE.

****THIS EVENT WILL BE CUPLESS****

YOU WILL BE RESPONSIBLE FOR YOUR OWN SOLUTIONS REGARDING CUPS. ALL CONSUABLES BEFORE AND AFTER YOUR RACE WILL BE EITHER REUSABLE OR BIODEGRADABLE. WE WILL HAVE LABELLED REYCLING TUBS FOR YOU TO PLACE YOUR WASTE IN AT THE SURFHOUSE.

CAR PARKS

Cape Cornwall Golf & Leisure Club,

Cape Cornwall Road,

St Just,

TR19 7NL

National Trust Car Park,
Cape Cornwall Road,
Cape Cornwall,
St Just,
TR19 7NN

Market Square Car Park,
Nr. St Just Bus Station,
St. Just,
TR19 7HF

The Annexe Westwinds,
St Buryan,
St Just
TR19 7RL (3.5 miles from the 'Classic' distance start)

Trenwith Car Park,
The Burrows,
St Ives,
TR26 1DD

Barnoon Long Stay Car Park,
Clodgy View West,
St Ives,
TR26 1JF

Tate Gallery,
Porthmeor Beach,
St Ives,
TR26 1TG

The Island Car Park,
The Island,
St Ives,
TR26 1SY

For the St Buryan car park just follow the Cap Cornwall and Cot Valley signs if you wish to warm up for a few miles pre 'Classic' distance.

WE HAVE NO CONTROL OVER CAR PARK CHARGES AT ANY OF THESE CAR PARKS. CAPE CORNWALL WILL BE CHARGING £4 TO PARK WHICH IS CHEAPER THAN THE NT ONE.

PUBLIC TRANSPORT IS AS FOLLOWS:

BUS SERVICE: 1

BUS SERVICE: 1A

BUS SERVICE: T1

BUS SERVICE: T2

BUS SERVICE: 17

BUS SERVICE: 17A

(PLEASE THINK ABOUT CAR SHARING AND HELPING TO REDUCE YOUR OWN CARBON FOOTPRINT) SHARING IS IMPORTANT ALSO FOR THE REDUCTION IN TRAFFIC DOWN THROUGH THE VERY NARROW CAPE CORNWALL ROAD. BE COURTEOUS TO LOCAL RESIDENTS PLEASE OF THE CAPE AND BOSBORNE AREAS OF ST JUST.

MANDATORY KIT LIST:

CLASSIC JACK

Waterproof Jacket (**Taped Seams items ONLY**)

Multifunctional head wear or beanie/cap

Hydration system w/1 LITRE minimum

Collapsible cup

(WE ARE CUPLESS THROUGHOUT & SOME CUPS CAN BE PURCHASED FROM RACE HQ)

Gels/Bars/snacks (A limited amount can be purchased at registration)

Mini first aid kit including a foil blanket

Whistle

Fully charged mobile device

Map (waterproofed and issued at registration)

List of contacts (given at registration on bibs)

I.C.E Contact

Money also in case of emergency (£20 recommended)

ULTRA JACK

AS ABOVE, BUT INCLUDING:

Tracker (**MUST BE WORN AT ALL TIMES DURING THE EVENT**)

Head torch min 200 lumens and a back red light (LED/E-LITE)

The use of headphones is NOT acceptable and will lead to disqualification.

ALL DOGS TO START AT THE FRONT TOGETHER ON BOTH DISTANCES.

REGISTRATION:

All runners will receive their numbers (coloured different for different races and an example enclosed in the emails but not on the website).

You will get an A3 double sided copy of the OS Explorer 102 (yes, we are licensed and it will be on display at both race HQs). Oh here you will have all the detailed information you'll ever need in a map including all the grid refs, coordinates, marshal points and checkpoints all added in by myself. Those who are doing the ultra will be hooked up with a tracking device from beyond marathon. **(YOU WILL BE TRACKED FROM START TO FINISH BY OUR TRACKER AND RACE HQ MANAGERS AT THE SURFHOUSE ST IVES)**

All details of on the backs of your unique number bibs need to be filled out correctly. Swapping entries without going through the correct process will get you disqualified and we will happily do so as it's not tolerated. Pens and pins will be provided.

THE ROUTE:

It's one of the most if not, *the* most remote sections of coast path on the South West Coast Path of Britain.

Highlights include: Wheal Owles (Poldark's Wheal Leisure), The Crowns at Botallack, Levant and Levant Beam Engine (Built at The Foundry in Hayle by 'Harvey's of Hayle), Geevor Tin Mine, Pendeen Watch, Gurnard's Head, The Carracks, St Ives Bay, Hayle Bar and Godrevy Lighthouse.

Between all of these highlights however, you will be met by the most strenuous and arduous of technical terrain that the coast here has to offer. Watch out for the #MountainGoating that will be occurring on the Zennor to St Ives section (ultra guys and gals doing this twice of course). You will be climbing rocks here. In fact, boulders. When you get there you will know what I mean. It's an almost sea-level section and the path disappears. With the sea on your left look right to the boulders. Pick the very middle of all of them, climb to the top and go left. You'll be fine.

You'll be jumping stiles, navigating farm animals (ponies and cows so careful not to disturb these), and navigating not smashing your ankles in places. The route will be marked by the already existing SWCP wooden way markers as well as some of our own. On the 'Ultra Jack' your way out to The Cape will be marked by the Cornish Bezants and also yellow correx rectangles with pink arrows made from tape (Yes, I got creative with some K-Tape but it's better than using glow sticks which are fundamentally detrimental to our environment and I couldn't source a solution that fit the race's finances at this time. They worked out at £10 for 2 bulbs. For the amount of signs that wouldn't be financially viable at this time and these signs are highly visible)

On the way back from The Cape you will be seeing small St Piran's flags on wooded posts and trees. We don't want to litter with tape or metal stakes. You have a map remember. Getting lost will still be inevitable and ultimately your responsibility. You have trackers and we have your phone numbers. If you go stupendously wrong we'll do everything to rescue your race the best that we can.

EVENT EMERGENCY PHONE NUMBERS WILL BE FOUND ON THE BACK OF THE BIBS:

RACE DIRECTOR: DAVID ANDREWARTHA

SENIOR MARSHAL & SENIOR TIMEKEEPER : SALLY GALSWORTHY

RACE HQ MANAGER (SURFHOUSE) AND TRACKER WATCH: GEM FLETCHER

CHECKPOINTS

THE CHECKPOINTS ARE:

(ULTRA JACK): GURNARD'S HEAD (CP1), CAPE CORNWALL (CP2), GURNARD'S HEAD (CP3), SURFHOUSE (FINISH)

(CLASSIC JACK): GURNARD'S HEAD (CP1) & SURFHOUSE (FINISH)

THE TRACKER WILL GIVE AN APPROXIMATE ESTIMATION OF YOUR TIMES AT EACH POINT. THE TRACKER WATCHERS WILL MAKE SURE THE COURSE ISN'T BEING CHEATED AS THIS WILL LEAD TO A DISQUALIFICATION.

THERE WILL BE NO HOT FOOD AT THESE CHECKPOINTS. THESE ARE REMOTE LOCATIONS FOR HARDENED RUNNERS. THERE IS NO ACCESS TO ELECTRICITY ON A CLIFF TOP. WE WILL HOWEVER BE SUPPLYING GLUTEN FREE AND VEGAN PRODUCTS IN ABUNDANCE THIS YEAR. IF YOU'VE NEVER TRAINED WITH THESE FOODS THEN THINK ABOUT THIS WHEN EATING THEM IN A RACE HOWEVER. THERE WILL BE WATER AND SIS CONTAINERS TO FILL YOUR REUSABLES UP FROM.

THERE WILL BE BUFFET STYLE FOOD FOR EVERY DIETRY REQUIREMENT (HOPEFULLY AFTER 2 YEARS WE'VE FINALLY GOT THIS BANG ON. WE'RE TRYING THOUGH). THERE WILL BE HOT FOOD AND A PASTY THAT IS A PART OF YOUR ENTRY FEE TOO. THESE CAN BE REHEATED IN A MICROWAVE ON THE FINISH PREMISES IF NEEDS BE. WE HAVE FOOD AND HYGIENE QUALIFIED PEOPLE TO SERVE YOUR FOOD.

BEER REFRESHMENTS WILL BE SUPPLIED BY 'KELTEK BREWERY' IN 'NATURELLE' BIODEGRADABLE FLEXY GLASSES.

YOU WILL BE PROVIDED 'KELTEK' BEER TOKENS AND 'ST IVES BAKERY' TOKENS WHICH ARE ONLY STRICTLY ONE PER RUNNER AND ONE PER RUNNER ONLY.

RETIREMENTS:

For whatever reason you should choose to retire from the events then please could you report to an event crewmember. In a case of an emergency on the ultramarathon there is an SOS button on your tracker which will relay to several numbers. All crew will have radios and mobiles and are thoroughly clued up on where every point is and who is at those points.

Don't disappear and ***RETURN YOUR TRACKER. WE WILL FINE YOU £180 FOR YOUR LOST TRACKER IF NOT RETURNED. THAT'S HOW MUCH WE WOULD HAVE TO PAY THE COMPANY PROVIDING THEM FOR THE LOST ITEM.***

RESULTS:

Results will be published onto our website and onto our social media pages as soon as we get them done (Monday at the very latest).

PRIZES:

Awards will take place immediately as you've won them and a photo opportunity will arise for the website and further promotional materials. There will be bespoke mementos for 1st, 2nd, 3rd male and female as well as dogs on both events.

PLEASE REMEMBER THERE ARE NO SHOWER FACILITIES AT THE END.

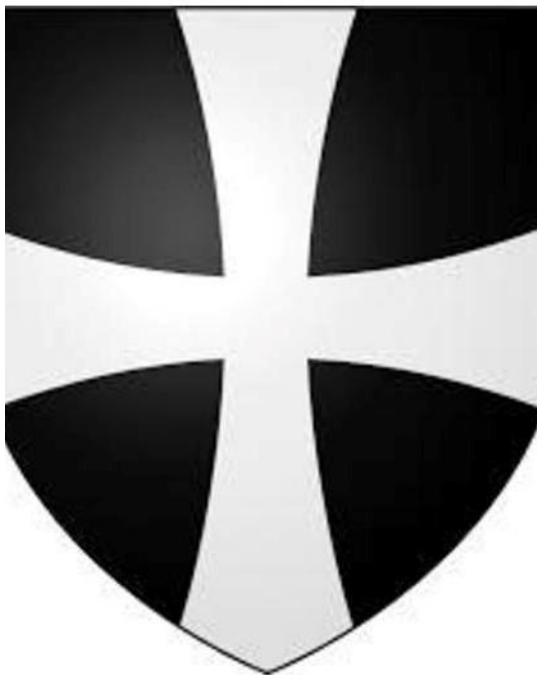
THE ULTRAMARATHON WILL START THROUGH ST IVES' ROAD SECTION THROUGH THE TOWN BUT BOTH DISTANCES WILL FINISH OVER PORTHMEOR BEACH AND UP AND AROUND THE ISLAND BACK TO THE SURFHOUSE. THE 'CLASSIC' EVENT WILL HAVE AN UPHILL START FROM THE VERY BOTTOM OF CAPE CORNWALL ROAD NEXT TO THE NATIONAL TRUST CAR PARK.

SEE YOU ALL DRECKLY

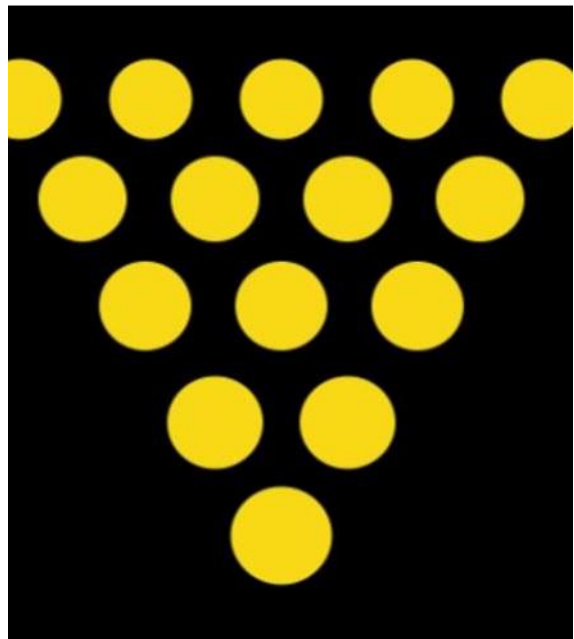
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DAVID ANDREWARTHA - RD

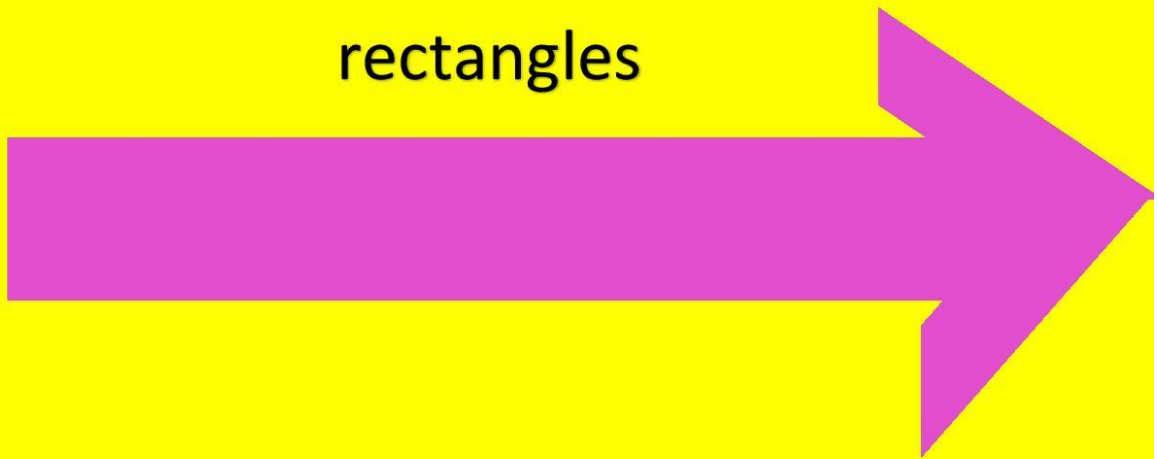
CAPE – ST IVES



ST IVES - CAPE



Yellow high - viz correx
rectangles



Pink arrows made from tape

ULTRA ONLY