



3:10 to St Ives: Part Deux

Thank you for supporting our 2nd outing on the '3:10 to St Ives'

With 10 days to go, here are your pre event instructions. I know it's a 5k but better safe than sorry ;)

ROUTE UPDATE

COAST DIVERSION THROUGH THE CARBIS BAY HOTEL SWIMMING POOL GROUNDS.

Because of the ongoing 10 year development plans for the Carbis Bay Hotel, this year you are diverted through the grounds of the pool, up an extra set of steps and decking and around the pool (be careful though). Then you will go up some more steps and out through the gate. Here you will re-join the path where you'll see where you should have gone if it were last year's race. This year's course has been made slightly more interesting with this diversion.

The Bazley Partnership who are developing the site had this to say in regards to what development is happening on their website:

The first phase of Carbis Bay Hotel development will focus on the Ocean Sports Centre; a three-storey, mixed use building including retail premises, leisure facilities, a spa and restaurant.

The second phase of development will focus on the eight luxury beach-side apartments that will replace the existing chalets, and increase the guest accommodation available at this prestigious Cornish destination. (PLEASE SEE ATTACHMENTS)

THE SPOT OF INTEREST IS OFFICIALLY MARSHAL POINT 6B AND WILL BE OCCUPIED BY LISA GOWER ON THE DAY. APOLOGIES FOR THE AMOUNT OF ATTACHMENTS BUT BETTER SAFE THAN SORRY :)

PLEASE ALSO BE AWARE THAT ST IVES FOOD FESTIVAL IS TAKING PLACE ON THE SAME WEEKEND SO THERE COULD BE SOME PEOPLE CONGESTION NEAR TO THE FINISH.

The route begins on Porthkidney Sands across the Hayle Bar on the Lelant side. It is a half a mile beach run start, where you'll run down the beach and run within the set boundaries and around a marshal and a cone. You'll will then double back on yourself as far as the dune climb ascending to the lifeguard hut. You will turn right onto the South West Coast Path where you'll begin to follow the branch line. Along the way you should expect to cross over trail, dunes, sand, bridges, steps and road sections.

Once at the top of the biggest step section at Carbis Bay, you will turn right down a very steep tarmac hill and through the grounds of the Carbis Bay Hotel. (Mind the holidaymakers and the decking, in particular if it's wet). You'll go around the swimming pool to take a right and back up steps to a tarmac climb. You'll follow the road which is still on the South West Coast Path and then you'll turn right into a private road. This isn't the South West Coast Path but what I believe should be, directly next to the train line at Porthminster Point and unspoilt views across to The Island and the Bay.

It then carries on over some speed bumps and when at the end, instead of carrying on up the hill you'll enter Porthminster Gardens which is full of streams and gets moderately technical. You'll swing down to the right after crossing the overbridge and following marshal instructions up the road section by the Porthminster Beach Takeaway and restaurant and onto the finish beside the centenary stone above the beach and below the train station.

MAKE NO MISTAKE, IT'S A CHALLENGING 5K

MAKE SURE YOU WEAR APPROPRIATE FOOTWEAR. ROAD SHOES WON'T CUT IT OUT THERE IF IT'S BEEN RAINING OR IT'S RAINING ON THE DAY. IT CAN BE MUDDY AND SLIPPERY IN LOTS OF WOODLAND SPOTS. THE DECKING AROUND THE HOTEL IS ALWAYS SLIPPERY WHEN WET TOO SO TAKE GREAT CARE.

PLEASE READ THROUGH ALL OF THE DETAILS AND DON'T HESITATE TO DROP ME A MESSAGE WITH ANY QUESTIONS ON OUR FACEBOOK PAGE @BYSVYKENEVENTS OR EMAIL AT BYSVYKENCORNISHTRAILS@GMAIL.CO.UK

INCLUDED IN THE RACE:

Mementos for all finishers (Bespoke sheriff badges)

Pasties for all finishers courtesy of St Ives Bakery

Fully marked

Fully supported

Fully marshalled

Sweepers

Omega Medical Support Cover throughout

Awards for 1st,2nd,3rd Male and Female as well as 1st Male and Female Junior (Western themed rubber ducks cause that's how we roll)

Award for best fancy dress

AWARDS WILL TAKE PLACE AT THE CENTENARY STONE AT 4PM WHICH IS LOCATED NEXT TO THE FINISH.

EVENT SHCEDULE:

EVENT HQ: Dynamite Quay Car Park, Wharf Road, Lelant, TR26 3DU (LOOK FOR ST UNY CHURCH AND YOU'LL SEE THE PRIVATE CAR PARK SIGN. DRIVE THROUGH THE GOLF COURSE AND STICK TO THE ROAD ALL THE WAY DOWN AND SWING A RIGHT THROUGH A GATE. YOU'LL BE GREETED BY MARSHALS HERE).

START: 15:10 (Porthkidney Sands next to Race HQ)

REGISTRATION : 13:30 - 14:45

LINE UP & SAFETY BRIEFING: 15:00

PARKING AND TRANSPORT:

Car Parks (Council and private will incur charges that are not the responsibility of Bys Vyken Events & Cornish Trails, nor those who are volunteers or race directors or affiliates)

DYNAMITE QUAY, WHARF ROAD, LELANT, TR26 3DU (PRIVATE CAR PARK OWNED BY HAYLE HARBOUR MASTER) ALL RUNNERS WILL NEED TO PAY HERE AS IT'S PATROLLED EVERY DAY.

PARK AND RIDE CAR PARK, LELANT SALTINGS, LELANT, TR27 6HB

ST ERTH RAILWAY STATION, STATION APPROACH, ST ERTH, TR27 6JW

HAYLE RAILWAY STATION, STATION HILL, HAYLE, TR27 4NG

FOUNDRY CAR PARK, FOUNDRY SQUARE, HAYLE, TR27 4HQ

(PLEASE THINK ABOUT CAR SHARING, RECEIVING LIFTS FROM FAMILY AND FRIENDS OR USING PUBLIC TRANSPORT. THE TINNER T1 AND T2 ARE AVAILABLE AS ARE THE 17 AND 17A FROM ST JUST WAY)

PLEASE DO NOT PHONE OR MESSAGE RACE DIRECTORS OR CREW ON RACE DAY. YOU WON'T GET A RESPONSE FOR OBVIOUS REASONS.

REGISTRATION:

All runners must pick up their unique race numbers from the registration team at Race HQ on the wharf itself in front of the Dynamite Works shell building. You will receive you pins here also.

YOU WILL BE NEEDING TO SIGN A DISCLAIMER FORM BEFORE COLLECTING YOUR NUMBER. ALL NUMBERS TO BE WORN ON THE SHIRT/ VEST ONLY PLEASE. NO WEARING ON THE SHORTS. THE NUMBER NEEDS TO STAY VISIBLE THROUGHOUT THE EVENT AND MOST IMPORTANTLY DISPLAYED AT THE END WHERE YOU'LL ALL STAY IN ORDER OF WHEN YOU CROSSED THE LINE.

THERE WILL BE NO BAG DROP/BAG TRANSPORTATION

THERE WILL BE NO TRANSPORT TO THE START OR FROM THE FINISH LAID ON BY BYS VYKEN EVENTS. THIS IS WHY THE FINISH IS NEAR TO A TRAIN STATION.

NO HEADPHONES, NO PUSHCHAIRS AND NO DOGS ALLOWED ON THIS RACE.

THIS RACE WILL COMPLY WITH THE PERMIT GIVEN TO THE RACE BY THE ASSOCIATION OF RUNNING CLUBS AND WILL ADHERE TO ITS RULES AND REGULATIONS, OF WHICH CAN BE FOUND AT RUNNINGCLUBS.ORG.UK

The route will be marked with blue and white biodegradable viscose marking tape and orange arrows sprayed to the ground. Arrows indicate the way to go and an 'X' indicates where NOT to go.

On the backs of the bibs will be the phone number of the RD to use in an emergency only. Please don't drunkenly phone me at 3am. I'm not likely to be impressed.

There will be a water station available half way at the top of the steps before the first road section at Carbis Bay. We will provide cups here but they are polylactic acid cups which are plant based and compostible. We are 'Plastic Free Coastlines' Approved business #23 which was afforded to us by Surfers Against Sewage and Plastic Free Penzance.

All marshals included those located at the water station will have either a bin or a biodegradable bin bag. THERE IS ABSOLUTELY ZERO EXCUSE FOR LITTERING AND I WILL NOT ONLY DISQUALIFY YOU FROM THE EVENT BUT ALSO WILL INTERJECT A LIFETIME BAN FROM MY RACES. THAT'S NOT A LITTLE EXTREME AT ALL. THAT'S MY POLICY.

RETIREMENTS:

If for whatever reason you should decide to retire from the event then please report to an event marshal, or phone the number on the back of the bib. Please quote your

unique bib number. Don't just vanish by getting on the bus, getting a lift or walking/running home.

PHOTOGRAPHY:

We will have our own event photography as well as marshals taking photos out on the course, These photos will be available on Facebook, our website and may end up being used for further promotion of Bys Vyken Events & Cornish Trails' events. The photos will be available from a few days post event. Please be patient.

SPECTATORS:

If you have family and friends wishing to see you anywhere on the route then please make sure they use sensible areas as viewing points. Bys Vyken Events & Cornish Trails is not responsible for anybody you bring with you as a spectator on race day.

RESULTS:

Results will be published onto our website in the late evening of the event and when I know them you will know them.

EVENT CREW:

This event certainly wouldn't happen without the amazing support from all of our incredible volunteers and talented supporting cast. Bys Vyken Events & Cornish Trails would like to extend thanks as always to each and every single volunteer and every local business sponsor. The races wouldn't be where they are without them.

Look forward to deputising all of you with your star spangled badges and ducks.

Oll an gwella and yeeha!

David Andrewartha

Event Director - Bys Vyken Events & Cornish Trails

www.bysvykenevents.vpweb.co.uk

Yours
David Andrewartha

