

# **FORDH SEN MIGHAL III**

## **FINAL RACE INSTRUCTIONS**

Dear Pilgrims

Welcome to the 3<sup>rd</sup> edition of 'Fordh Sen Mighal' (St Michaels Way in Cornish of course). This is THE LAST TIME that this event will be held in its current format. This running pilgrimage starts beside the Old Station House opposite Ann's Woods in Lelant (beside Lelant train station at The Saltings) with race HQ at The Badger Inn, Lelant just above the start and concludes at The Station House pub situated in Marazion on the southern section of the South West Coast Path.

THIS RACE TAKES PLACE ON THE UK'S ONLY DESIGNATED EUROPEAN ROUTE OF CULTURE.

Below is some important information to help you prepare for race day. Please take a look through the information and read it all very carefully. We appreciate that this is extensive, but we don't like to leave any stone unturned for the purpose of your safety and ours. If you still have any questions then please don't hesitate to email [bysvykencornishtrails@gmail.com](mailto:bysvykencornishtrails@gmail.com) or visit our Facebook page @BysVykenEvents and ping us a message, or refer to our website [www.bysvykenevents.vpweb.co.uk](http://www.bysvykenevents.vpweb.co.uk)

### **EVENT SCHEDULE**

**DATE:** Saturday 8<sup>th</sup> December 2018

**EVENT HQ:** The Badger Inn, Lelant , TR26 3JT

**START:** 10am

**CUT OFF TIME:** 4 Hours (Allowing even a walking pace for the event)

**REGISTRATION** 8am-9.20am

**SAFETY BRIEFING:** 9.25am

**WALK TO THE START:** 9:45am

**DIFFICULTY:** Moderate

**PROFILE:** Undulating, 60% Trail/40% Road (1900ft elevation)

**RACE REGISTRATION & PURCHASE AREA (MULTIFUNCTIONAL HEADWEAR AND REUSABLE CUPS) ARE UNDER MARQUEES\* WITHIN THE PUB BEER GARDEN THIS YEAR ALONG WITH TEA AND COFFEE AND PORRIDGE POTS AND FRUIT SUPPLIED BY THE PUB FOR PURCHASE. (BRING CHANGE IF YOU WISH TO BUY A PRE RACE HOT DRINK OR FOOD)**

**THERE WILL BE A BAG DROP WHICH WILL BE TRANSPORTED TO THE FINISH AREA COURTESY OF SAFE AND SOUND REMOVALS. YOUR LABELS WILL COME WITH YOUR UNIQUE RACE NUMBERS. THE BAG DROP WILL BE IN THE PUB'S CAR PARK BEHIND THE BEER GARDEN/REGISTRATION AREA AND WILL BE SIGNED. PLEASE REMEMBER THIS YEAR THAT WE WILL BE SELLING 'SPACE SAVER' REUSABLE AND COLLAPSIBLE CUPS AND OFFICIAL BYS VYKEN HYDRAPAK CUPS. WE WILL ALSO BE**

*PROVIDING 'VEGWARE' CUPS AND 'ECOTAINTER' COMPOSTABLE HOT CUPS FOR CHILI AND SOUP AT THE END WITH WOODEN CUTLERY.*

***THIS EVENT IS CUPLESS. YOU ARE RESPONSIBLE FOR YOUR OWN HYDRATION SYSTEMS!***

***WE ARE A PLASTIC FREE COMMUNITY BUSINESS APPROVED BY SURFERS AGAINST SEWAGE.***

***\*WEATHER PERMITTING***

## **PARKING AND TRANSPORT**

**CAR PARKS (COUNCIL/ ST AUBYN'S ESTATE OWNED AND MAY INCUR A CHARGE)**

Lelant Saltings Car Park,

Lelant,

St Ives **(CLOSEST CAR PARK TO RACE HQ/START AND MAIN ONE FOR USING),**

TR26 3DL

Foundry Square Car Park,

Foundry Square **(IDEAL IF GETTING TRAIN RETURN),**

Foundry Square,

Hayle,

TR27 4HQ

The Godolphin Arms,

West End,

Marazion,

TR17 OEN

Marazion Station Car Park **(FINISH AREA & LARGEST CAR PARK),**

Marazion,

TR17 OAA

## **NOTE**

Even though The Badger Inn is hosting us as the Race HQ venue, there will be no parking by any runners whatsoever. The car park at the pub is reserved for patrons, those who have accommodation there, staff and some of our volunteers, including our bag drop truck supplied by 'Safe and Sound Removals'.

PLEASE THINK ABOUT CAR SHARING. IT IS IMPORTANT AS IT EASES CONGESTION WITHIN CAR PARKS AND ISN'T DETRIMENTAL TO THE ENVIRONMENT AND A GREENER WAY TO GET TO AND FROM EVENTS. IT IS ENVIRONMENTALLY AND ECONOMICALLY FAR MORE BENEFICIAL FOR ALL.

YOU HAVE ONE PARKING AREA AT THE START AND THAT IS LELANT SALTINGS ONLY. IT HAS 200 SPACES AND ALSO IS £2.80 TO PARK ALL DAY. WE CANNOT GUARANTEE THAT THE COUNCIL WILL MAKE THIS CAR PARK FREE OUT OF SEASON AGAIN THIS WINTER SO PLEASE MAKE SURE YOU BRING SOME CHANGE WITH YOU.

THERE WILL BE 2 MARSHALS IN ATTENDANCE AT THE MAIN CAR PARK. PLEASE LISTEN TO THEM. ANYONE PARKING ON STREET AT OR NEAR TO THE BADGER WILL BE TURNED AWAY, AS WILL THOSE NOT USING THE CAR PARK AND PARKING OUTSIDE RESIDENTIAL AREAS.

BUS AND TRAIN SERVICES ARE AVAILABLE. PLEASE CHECK LOCAL TIMETABLES. THE T1/T2 ST IVES, PENZANCE, TRURO MAIN BUS LINE ROUTE RUNS ALTERNATIVELY EVERY 30 MINUTES OR SO THROUGHOUT THE DAY.

**WE DO NOT PROVIDE TRANSPORT FOR THIS EVENT. THIS IS YOUR RESPONSIBILITY AND IS REFLECTED IN THE COST OF THE EVENT. WE ALSO WILL NOT BE REIMBURSING YOUR TRAVEL FARE TO AND FROM THE EVENT.**

## **REGISTRATION**

All runners must register even though we already have their information through RIDER HQ (complying with the Data Protection Act of 2018 and newer GDPR rules and laws).

Here you will receive your unique number, baggage label on string, and safety pins and a waterproofed (biodegradable) map and will be expected to sign a disclaimer to say that you have read all the terms and conditions which were available to read on several occasions on the website and pre event info and are also attached to this email.

**ALL DETAILS ON THE BACK OF YOUR UNIQUE RACE BIBS NEED TO BE COMPLETED BEFORE YOU START THE EVENT. THIS IS IMPORTANT FOR YOUR OWN SAFETY. DON'T BE AN IDIOT.**

**NO SWAPPING NUMBERS WITH ANYONE ELSE. YOU WILL BE DISQUALIFIED AND WILL WAIVE THE RIGHT TO ENTER ANOTHER ONE OF OUR EVENTS.**

## **THE ROUTE**

11 miles from The Saltings in Lelant to The Station House in Marazion (STATION TO STATION) overlooking the Mount on the alternate ending stretch of St Michaels Way, following a 'not so direct' coast to coast route, going Point A to Point B from disused station house to disused station house.

The route is made up of coastal and inland trails, farms, cows, stiles, gates, horses, steps and train crossings and several stretches of road to break it up with magnificent views following the St Michaels Way National Trail.

The half way point is Trencrom Hill Fort and it is a 556ft climb and is the 44<sup>th</sup> highest point in Cornwall. The hardest part will be navigating your way down the side of it. Smooth granite boulders and a potential for rolling your ankles. Please take extra caution on this technical area, especially when wet. This section will be marked out on the safest way down, but if you find a quicker route down then you do so at your own risk. We advise to take the safest marked way down.

**PLEASE BE AWARE THAT INCIDENTS CAN STILL OCCUR DESPITE OUR VERY BEST EFFORTS TO LAY SIGNAGE AND TO INFORM EVERY SINGLE LANDOWNER ON THE ROUTE.**

**PLEASE NOTE THAT THERE IS YET ANOTHER COASTAL DIVERSION THROUGH THE CARBIS BAY HOTEL. HOWEVER, THIS IS NOW EASIER AND SAFER TO FOLLOW THAN THE PREVIOUS DIVERSION.**

## **FURTHER NOTE ABOUT IMPORTANT ROADS AND CROSSINGS**

There are **3** main **A** road crossings:

**A3074** (FUEL STATION 1 @ CARBIS BAY/CORNISH ARMS TO STEEPLE LANE SECTION) PLEASE KEEP TO THE PAVEMENT WHEN ISTRUCTED BY MARSHALS. YOU'LL COME UP A LANE AND TAKE A RIGHT. FOLLOW THE PAVEMENT UNTIL SAFELY CROSSED BY MARSHALS ON THE ISLAND IN THE MIDDLE OF THE ROAD.

**A30** (LUDGVAN LEAZE CROSSING INTO FIELDS)

**A394** (NEWTOWN ROAD LEADING TO ROUNDABOUT. CROSS FROM LUDGVAN INTO MARAZION MARSH)

**THERE IS ALSO A TRAIN CROSSING WITHIN MARAZION MARSH AROUND THE 9.5 MILE MARK THAT HAS NO LIGHTS. THIS WILL BE MANNED.**

Although there are manned areas, **YOU WILL ULTIMATELY BE RESPONSIBLE FOR YOUR OWN SAFETY, SO STOP, LOOK, LISTEN AND THINK HEDGHOG!**

**THERE ARE TWICE AS MANY HIGHWAY CORREX HIGH VIZ SIGNS OUT THIS YEAR. ALSO THERE ARE A COUPLE MORE MANNED AREAS. PLEASE REFER TO MAPS HOWEVER AND PLEASE DON'T JUST FOLLOW THE LEADER. THERE WERE A FEW LAST YEAR WHO JUST FOLLOWED OTHERS AND COMPLAINED TO US ABOUT GETTING LOST. WE ALSO FREQUENTLY GET GRUMPY LOCALS REMOVING SIGNAGE. WE MAKE THINGS AS NAVIGATIONALY EASY FOR YOU AS POSSIBLE. IF YOU DO GET LOST PLEASE JUST TREAT IT LIKE AN ADVENTURE. IF YOU END UP STUCK JUST PHONE US (NUMBER ON THE BACK OF BIB). I'M SURE WE'LL RESCUE YOU.**

The route will be marked with green arrows on a white background which are the same as last year (these signs will not blend into the trees and therefore be hidden thus getting you lost as somebody described last year. The trees are not white). There will also be BIODEGRADABLE tape guiding the way and green 'St Michaels Way' Scallop Shells on posts as well as the original wooden way markers that are out there. Those way markers also have painted Scallop Shell emblems on them.

**YOU SHOULD RUN FACING TRAFFIC WHERE POSSIBLE AND ARE ULTIMATELY RESPONSIBLE FOR YOURSELF AND YOUR OWN SAFETY. COUNTRY ROADS AND LANES WILL BE QUIET BUT PLEASE DON'T RELY ON THE VOLUME OF TRAFFIC. ALL THE MAIN ROADS WILL BE MANNED.**

## **ENVIRONMENTAL CODE:**

**LITTERING WILL GET YOU DISQUALIFIED AND BANNED FROM ALL FUTURE BYS VYKEN RACES. EVERY MARSHAL WILL BE EQUIPPED WITH BIODEGRADABLE BAGS IN WHICH YOU SHOULD USE TO DISPOSE OF YOUR RUBBISH. YOU ALL HAVE POCKETS TOO. DO NOT BE AN ASSHOLE AND THROW YOUR JUNK ON THE FLOOR.**

**PLEASE REMEMBER TO CLOSE ALL GATES AND BE CAREFUL NOT TO SPOOK THE LIVESTOCK IN SEVERAL FIELDS THROUGHOUT THE EVENT.**

## **KITLIST (ADVISORY ONLY)**

### **TRAIL SHOES. SOMETHING LUGGY IF WET.SURFACES WILL BE SLIPPERY AND MUDDY WITH.**

Waterproof and/or windproof jacket

Multifunctional headwear or beanie/cap (HEADWEAR AVAILABLE TO BUY AT REGISTRATION)

Hydration system/drinks bottles/reusable fluid source (CUPS AVAILABALE TO BUY AT REGISTRATION)

Gels/bars/snacks (limited gel purchases for charity CARE AFTER COMBAT at registration)

Mini first aid kit including a foil blanket

Whistle

Fully charged mobile device

I.C.E contact

Money in case of desperate emergency.

**OMEGA MEDICAL SUPPORT COVER WILL BE ON HAND THROUGHOUT THE EVENT.**

## **EMERGENCY PHONE NUMBERS**

On the back of every single bib number you should have 2 numbers to Race HQ:

Race Director 1: Dave

Race Director 2: Sally

**YOUR BIB NUMBERS WILL BE TAKEN DOWN AS A SAFETY MEASURE AT TRENCROM HILL FORT CAR PARK.**

## **FUEL STATIONS**

**WHEAL MARGERY/CORNISH ARMS, CARBIS BAY (3 MILES APPROX)**

**TRENCROM HILL FORT CAR PARK (6 MILES APPROX)**

**WHITE HART, LUDGVAN (9 MILES APPROX)**

## **RETIREMENTS**

If for whatever reason you should decide to retire from the event could you please report to the next/nearest marshal/event steward? Marshals/crew will have mobile phones with them and crew sheets with complete details of every other crew member and their own detailed maps. Give them your name and unique race number. Don't just get on a bus, be picked up or walk/drive home. Use the numbers on the back of the bib if you have to. That is what they are there for. If we don't hear from you by the end of the event we will have to send emergency services out for you making everyone involved no doubt somewhat a little embarrassed.

## **PHOTOGRAPHY**

We will have our own event photography as well as no doubt, marshals taking snaps of you all around the route. The photos will be available on our Facebook page and some posted to our photo gallery on our website in the days following the event.

## **SPECTATORS**

If you have family and friends who wish to meet you on the course then please try to use sensible areas and **ALL** spectators are responsible for themselves and their own safety.

## **FINISH**

Coming out of Marazion marsh you will be instructed to run up through Marazion Town as far as the St Aubyn's ;Chapel Rock' Car Park, West End near the Godolphin pub, before coming back down onto the coast path and following it over the small dune section of the SWCP, beach area and Red River bridge over the river and down onto the cycle path to the end (The Station House)

PLEASE REMEMBER YOU WILL RUN INSIDE THE WOODEN BARRIER/FENCE AREA AROUND THE ST AUBYN'S CAR PARK AND THEN PAST THE PUBLIC TOILETS AND THE PLAY AREA TOWARD THE DUNES STICKING TO THE SOUTH WEST COAST PATH. DO NOT MAKE ANY ATTEMPT TO RUN ON THE BEACH. LISTEN CAREFULLY TO MARSHAL INSTRUCTIONS.

**PLEASE STICK TO THE COASTAL AREAS AND BEACH THAT ARE DESIGNATED FOR YOU. RUNNING ON THE ROAD WILL GET YOU DISQUALIFIED.**

## **RESULTS**

Results will be published onto our website [www.bysvykenevents.vpweb.co.uk](http://www.bysvykenevents.vpweb.co.uk) as soon as we get them completed. Please do not send messages asking about when the results will be published. You won't get a response unless we are having problems with them and it takes longer than 48 hours to produce them. Remember this is not chipped timing and will be manually timed like most events in the area and most events in the area don't usually publish results until the Monday.

Please also avoid asking our timekeepers where you finished in the race unless you were the clear winner and it's obvious. Timekeepers need to do their job undisturbed.

## **PRIZES**

This will take place soon after the first 3 men and 3 ladies and first runner with a dog finish and also the winning canine will pick up his/hers bespoke prize this year also.

**THE STRAVA LINK FOR THE DOWNLOADABLE GPX FILE IS:**

**<https://www.strava.com/activities/1918041309>**

(YOU CAN DOWNLOAD THIS DATA IF YOU ARE A PREMIUM STRAVA CUSTOMER OR KNOW ANOTHER WAY OF EXPORTING THE DATA OF ANOTHER. IF NOT THEN PLEASE REFER TO THE DATA ON THE RACE PAGE ON THE WEBSITE AND MAKE A NOTE THAT THE ROUTE GOES OVER TRENCH AND NOT AROUND IT. THIS LINK IS 100% THE CORRECT ROUTE. HOWEVER THE STRAVA 'CREATE A ROUTE' DOESN'T RECOGNISE THE FOOTPATH GOING UP AND OVER TRENCH AS AN ACTUAL FOOTPATH AND ONLY RECOGNISES THE ONE GOING AROUND IT. I HAVE RUN THIS ROUTE COUNTLESS TIMES SO YOU CAN FOLLOW ME ON STRAVA TO SEE THE ROUTE THAT I'VE RUN.

## **DOGS**

**ALL DOG RUNNERS WILL START AT THE BACK WITH ABSOLUTELY NO EXCEPTIONS. THIS YEAR DOGS WON'T BE RECEIVING A MENDAL. THEY WILL HAVE THEIR OWN SPECIAL MEMENTOS. ALSO THERE WILL BE NO DOG BOWLS WITH WATER ON THE COURSE. THERE WILL BE ACCESS TO WATER BUT NO SPECIFIC DOG BOWLS OR TUBS. OWNERS WILL BE DISQUALIFIED IF DOGS ARE MISBEHAVED AND OUT OF CONTROL.**

**DOG RUNNERS WILL BE RECORDED AS ASSISTED TIME ON THE FINAL AND OFFICAL RESULTS.**

## **EVENT CREW**

This event would not happen without the amazing support from all of our amazing and talented team of volunteers.

We here at Bys Vyken extend our thanks to each and every single one of them and we wouldn't be where we are now without them or indeed without you participating after spending your hard earned money on our events.

**WE VERY MUCH LOOK FORWARD TO NOT ONLY SEEING YOU AT RACE HQ BUT ALSO HANDING YOU OUR BESPOKE TO THE EVENT MEDAL WHICH WE HOPE YOU WILL ABSOLUTELY LOVE.**

Oll an gwella

David Andrewartha & Sally Galsworthy-Andrewartha

Event Directors

Bys Vyken Events & Cornish Trails