



THE MADNESS OF KING GEORGE VOL.2

PARTICIPANT INFORMATION

PLEASE READ CAREFULLY AND THOROUGHLY

THANK YOU FOR BEING A PART OF THE SECOND AND FINAL MADNESS OF KING GEORGE EVENT HELD BY US. THE EVENT COMPRISES OF TWO RACES. THE RACES ARE 24 HOURS AND 12 HOURS OF ONE MILE (1.06) LOOPS OF 'KING GEORGE V' MEMORIAL WALK IN HAYLE, CORNWALL. THE ROUTE TAKES IN SOME OF THE MOST INCREDIBLE VIEWS ACROSS THE MAGNIFICENT RSPB POOLS AND NATURE RESERVES THAT RUN THROUGH THE VERY HEART OF THIS PRETTY ESTUARY TOWN.

PLEASE NOTE THAT THIS YEAR THERE IS A SMALL DIVERSION OFF OF THE PATH ON THE WAY BACK DUE TO A COLLAPSE ON THE ABOVE CLIFTON TERRACE A FEW MONTHS AGO. THIS WILL NOT ADD OR TAKE DISTANCE AWAY FROM THE ROUTE/RACE

THE ROUTE

THE RACE STARTS AND FINISHES NEXT TO THE BOAT NEXT TO THE SWIMMING POOL CAR PARK AT THE POOL END OF THE MEMORIAL WALK.

YOU WILL BE RUNNING DOWN THE ROAD SECTION TO THE BOTTOM OF PHILLACK HILL AND THE NEXT SMALL PARKING AREA AND TURNING LEFT AROUND A CONE TO THEN FOLLOW THE PATH BACK (MINUS THE DIVERSION) RIGHT BACK TO WHERE YOU STARTED AND THEN AROUND ANOTHER CONE AND REPEAT...

FOR 12 OR 24 HOURS!

THE COURSE WILL BE MARKED WITH SMALL BLUE FLAGS ON THE WAY DOWN THE ROAD AND BLUE PINK ARROWS ON A WHITE BACKGROUND ON THE WAY BACK ON THE PATH. SOME PINK ARROWS WILL BE OUT ON THE ROAD TOO AND SOME HIGH VIZ SIGNAGE (YELLOW CORREX AND PINK ARROWS) WILL BE OUT ON THE DARK HOURS.

EACH LAP IS APPROXIMATELY 1.06 MILES. THIS COULD ALTER AS FOR HOW TIGHT YOU TAKE THE CORNERS, THE LINE YOU TAKE ON THE ROAD SECTION AND HOW YOU AVOID PEDESTRIAN TRAFFIC FLOW AND DOG WALKERS/OTHER USERS OF THE AREA.

THERE IS ONLY ROUGHLY 19FT OF ELEVATION PER LAP.

PLEASE BE CAREFUL AS THE ROAD SECTION HAS MANY SPEEDBUMPS ALL THE WAY DOWN IT WHICH WILL BE MARKED BY GREEN SPRAY PAINT TO WARN YOU OF THE HAZARD AS THERE WILL STREET FURNITURE AND TREE ROOTS.

THERE WILL BE FUEL STATIONS AT BOTH ENDS OF THE WALK (0.5 MILES AWAY FROM EACH OTHER ONLY)

ONE WILL HAVE FOOD AND ONE WILL HAVE WATER, COKE AND SIS ENERGY.

THE ROUTE IS SLIGHTLY OVERGROWN WITH FORNA IN MANY PLACES BUT IT IS A SUB TROPICAL GARDEN AREA LOOKED AFTER AND MAINTAINED BY THE HAYLE IN BLOOM CHARITY. I CAN TIE BACK THE WORST BITS ON THE DAY BUT I WILL NOT BE CUTTING ANYTHING BACK BECAUSE IT'S THE AFOREMENTIONED JURISTCTION OF VOLUNTEERS.

THE ENTIRE ROAD SECTION OF KING GEORGE V MEMORIAL WALK IS CLOSED OFF TO TRAFFIC AFTER MIDNIGHT ON SATURDAY/SUNDAY MORNING EXCEPT FOR ACCESS. HAYLE TOWN COUNCIL HAVE PLACED NEWER SIGNS TO NOTIFY MOTORISTS AS THERE HAVE BEEN SOME KNOWN ISSUES TO OCCUR IN REGARDS TO IGNORANCE OF THE MATTER. THE FIRST 4 HOURS OF THE 24 HOUR EVENT WILL HAVE TRAFFIC BUT THERE WILL BE MARSHALS AND THE TRAFFIC WILL BE MINIMAL ALTHOUGH I CANNOT GUARANTEE THIS. PLEASE LISTEN TO THE 'ON THE DAY' SAFETY BRIEFING VERY CAREFULLY.

THIS IS A VERY POPULAR DESTINATION WITH TOURISTS, LOCALS, DOG WALKERS AND CRAFT USERS IN THE ESTUARY. THIS IS A BANK HOLIDAY WEEKEND. PLEASE REMEMBER AND CONSIDER OTHER USERS. IT'S POPULAR WITH RECREATIONAL ACTIVITIES, ie CYCLING AND RUNNING. THIS IS PART OF THE UK CYCLE NETWORK 3 FROM LAND'S END ONWARD.

RULES

- NO CHEATING THE COURSE. FOR EXAMPLE, SKIPPING BETWEEN PATH AND ROAD UNLESS ALERTED TO BY MARSHALS OR BECAUSE OF SAID DIVERSION. YOU WILL ONLY BE CHEATING YOURSELF. WE WILL HAVE CREW WHO WILL BE AT THE HALF WAY MARK AND CAN SEE YOU AT ALL TIMES.
- ANYTHING LESS THAN THE FULL 12 OR 24 HOURS IN A DNF. THIS ISN'T LIKE OTHER EVENTS WHERE YOU CAN ROCK UP, DO ONE LAP, GO TO BED FOR 6 HOURS AND GET YOUR MEDAL SO YOU CAN SHOW OFF IN THE OFFICE ON MONDAY.
- IF YOU HAVE RUN 100K BUT STOPPED AT 11:59:59 ON THE 12 HOUR EVENT THEN IT'S A DNF.
- WE WILL ACCEPT 59 LAPS AS 100K (62 MILES) DUE TO THE TURNINGS MAKING IT ROUGHLY 1.06 MILES A LAP. TOTAL DISTANCE ON THE 59 LAPS SHOULD BE 62.5 MILES. WE WILL ALSO ACCEPT 94 LAPS FOR 100 MILES AND 118 LAPS FOR 200K. (ALL OF WHICH YOU WILL GET CERTIFICATES FOR BESPOKE TO YOU)
- IF YOU ARE STILL OUT ON THE COURSE AT THE 12 OR 24 HOUR MARK THEN YOU WILL STILL HAVE TO FINISH THAT LAP DESPITE THE SIREN SOUNDING. THIS LAP WILL STILL BE COUNTED.
- IF YOU ARE ON THE SAME LAP AS SOMEBODY ELSE AFTER THE TIME HAS EXPIRED AND YOU DECIDE TO SPRINT FINISH AND FINISH YOUR LAP QUICKER THAN THEM, IT DOES NOT MEAN YOU HAVE BEATEN THEM. IT'S ABOUT LAPS AND NOT THE SPEED IN WHICH YOU'VE DONE THEM. PROVIDING YOU BOTH FINISH SAID LAP, YOU WILL BOTH PLACE THE SAME IN THE RESULTS.
- UNLESS YOU SEEK THE TOILET OR MASSAGE THEN YOU MUST STAY ON COURSE FOR THE DURATION. GOING BACK TO YOUR CAR OR GOING TO GET A PASTY FROM PHILPS WILL RESULT IN A DNF.
- YOU MUST CARRY YOUR ENTIRE KIT WITH YOU FOR THE DURATION. NO STASHING IT IN A HEDGE OR LEAVING IT AT A TURNING POINT OR WITH SOMEBODY ELSE.
- NO DOGS.
- NO PUSHCHAIRS.

- NO LITTERING. YOU WILL BE DISQUALIFIED AND I WILL BE HAPPY TO DO SO. DON'T BE A DICK.

MANDATORY KIT LIST

- TAPED SEAMS WATERPROOF JACKET
- MULTIFUNCTIONAL HEADWEAR (CAP/BUFF OR SIMILAR)
- HYDRATION SYSTEM CAPABLE OF CARRYING 1LTR MINIMUM
- REUSABLE CUP (GIVEN TO YOU AT REGISTRATION AS PART OF YOUR ENTRY FEE)
- NUTRITION (BARS, SNACKS, GELS, ETC)
- MONEY IN CASE OF EMERGENCY (£10 MINIMUM/ £20 RECOMMENDED)
- FULLY CHARGED MOBILE PHONE

(RANDOM KIT CHECKS CAN HAPPEN AT ANYTIME)

WHAT THE EVENT INCLUDES

- TRAFFIC FREE RUNNING FOR 20 HOURS (ONLY FIRST 4 HOURS IS WHEN THE ROADS ARE OPEN)
- FULLY MARKED
- FULLY SUPPORTED
- MEDICAL COVER FROM TRAINED RESPONDERS AND A FIRST AID TEAM
- ON SITE MASSAGE THERAPY AT CERTAIN TIMES THROUGHOUT THE EVENT FROM LOUIS BODEN AND KATE SKIPPER (KATE SKIPPER IS DONATION ONLY)
- AWARDS FOR 1ST, 2ND, 3RD, 4TH AND 5TH MALE AND FEMALE ON BOTH EVENTS
- CROWN AND SCEPTRE FOR KING AND QUEEN OF BOTH EVENTS
- BESPOKE CERIFICATES FOR 100K, 100 MILES AND 200K
- BESPOKE MEMENTO FOR ALL FINISHERS MUCH IN THE SAME STYLE AS LAST YEAR AND EVERYTHING THAT WE ARE KNOW FOR.
- JESTER HAT FOR ALL DNFs
- MANUAL PEN AND PAPER TIMING LIKE THE GOOD OL' DAYS
- ENERGY DRINKS/ SIS SPORTS ISOTONIC DRINK
- PLEASE DON'T JUST RELY ON US FOR YOUR NUTRITION. IT IS PART OF THE MANDATORY KIT SO YOU SHOULD BE CARRYING SOMETHING.

REGISTRATION

REGISTRATION WILL BE UNDER A GAZEBO OPPOSITE THE SWIMMING POOL CAR PARK ON 'KING GEORGE V MEMORIAL WALK'.

PORTABLE TOILETS WILL BE NEAR TO REGISTRATION AND WILL BE EASILY ACCESSIBLE. THERE WILL BE 2 OF THESE.

YOU WILL NEED TO SIGN A DISCLAIMER AT THE START TO ENSURE YOU HAVE READ AND UNDERSTOOD THE TERMS AND CONDITIONS OF OUR EVENTS.

REGISTRATION WILL BE FROM 6PM – 7.30 PM (FOR BOTH EVENTS) ON SATURDAY 25TH AUGUST 2018 AND 6AM – 7.30AM (12 HOUR ONLY) ON SUNDAY 26TH AUGUST 2018.

SAFETY BRIEFINGS WILL TAKE PLACE 10 MINUTES AFTER REGISTRATION ENDS ON BOTH EVENTS.

AWARDS PRESENTATION WILL TAKE PLACE AT 8.20PM ON SUNDAY 26TH AUGUST.

24 HOUR START/END (SATURDAY 25TH AUGUST 2018 @ 8PM – SUNDAY 26TH AUGUST 2018 @ 8PM)

12 HOUR START/END (SUNDAY 26TH AUGUST 2019 @8AM – 8PM)

YOU WILL ALL PICK UP YOUR UNIQUE RACE NUMBERS ALONG WITH YOUR REUSABLE CUPS AT REGISTRATION. ONE NUMBER TO BE WORN ON YOUR FRONT (SHIRT OR RIGHT LEG ONLY IF YOUR INTENTION IS TO PLACE IT ON YOUR SHORTS (SMALL SQUARE) ON YOUR BACK. THIS IS TO ENSURE ACCURATE MANUAL LAP COUNTING WITH MINIMAL HUMAN ERROR.

CAR PARKS

1/ KING GEORGE V MEMORIAL WALK/ SWIMMING POOL CAR PARK (FREE)

(SWIMMING POOL END ONLY PLEASE)

HAYLE, CORNWALL

TR27 5AA

2/ FOUNDRY CAR PARK (COUNCIL AND INCURS CHARGE)

FOUNDRY SQUARE

HAYLE, CORNWALL

TR27 4HQ

3/ HAYLE TERRACE

HAYLE, CORNWALL

TR27 4BT

4/ NORTH QUAY (JUST UP FROM THE WALK ON THE SWIMMING POOL SIDE.

PLEASE THINK ABOUT CAR SHARING OR PUBLIC TRANSPORT. ALSO THINK ABOUT STAYING LOCALLY OR HAVING SOMEBODY DRIVE YOU HOME AFTER THE EVENT.

RETIREMENTS

FOR WHATEVER REASON YOU SHOULD WISH TO NO LONGER CONTINUE THEN PLEASE REPORT TO AN EVENT MARSHAL. GIVE THEM YOUR NUMBER AND PLEASE DON'T JUST DISAPPEAR.

PHOTOGRAPHY

WE WILL HAVE OUR OWN EVENT PHOTOGRAPHY AS WELL AS MARSHALS TAKING SNAPS OF YOU ALL AROUND THE COURSE. THE PHOTOS WILL BE AVAILABLE ON FACEBOOK IN THE DAYS FOLLOWING.

RESULTS

RESULTS WILL BE PUBLISHED BY THE EVENING OF MONDAY 27TH AUGUST AT THE VERY LATEST.

EVENT CREW

THIS EVENT CERTAINLY COULDN'T HAPPEN WITHOUT THE INCREDIBLE SUPPORT FROM ALL OF OUR TALENTED TEAM OF VOLUNTEERS. WE EXTEND OUR GRATITUDE TO THEM AS WELL AS OUR SPONSORS AND PARTICIPANTS.

SPECTATORS

IF YOU HAVE ANY FAMILY OR FRIENDS WISHING TO SUPPORT YOU, THEN THEY DO SO AT THEIR OWN RISK AS THEY ARE 100% RESPONSIBLE FOR THEMSELVES.

WE LOOK FORWARD TO SEEING YOU ON RACE DAY.

OLL AN GWELLA

DAVID ANDREWARTHA

EVENT DIRECTOR

BYS VYKEN EVENTS & CORNISH TRAILS

#BYSVYKENRACETEAM #MOKG



Special thanks to
Hayle Town Council
& Hayle in Bloom



This event complies with the rules and regulations of 'The Association of Running Clubs'

Details can be found at
runningclubs.org.uk