



penta
HEALTH AND WELLBEING

**BAYS WEEKEND EVENTS
AND CORNISH TRAILS**



“TO PRUSSIA WITH LOVE”

IMPORTANT NOTE

THERE WILL BE 2 OTHER EVENTS TAKING PART ON THE SAME DAY TO BE AWARE OF. THESE EVENTS ARE FACTORED INTO RACE PLANS AND RISK ASSESSMENTS AND OTHER ORGANISERS HAVE HAD CONTACT MADE WITH THEM. THESE 2 EVENTS ARE A CHARITY DOG WALK GET TOGETHER ON MARAZION BEACH AND 'LAND'S END 100 SPORTIVE CYCLE EVENT'

ALSO MOTORCYCLES WILL BE MEETING NEAR TO AND AT LAND'S END CYCLE HIRE (START/FINISH AND REGISTRATION POINT) CREW AND SIGNS WILL BE IN PLACE FOR THIS.

THERE IS A COASTAL DIVERSION DUE TO CLIFF COLLAPSE/EROSION. THIS IS HEADING OUT OF MARAZION AT THE TOP OF 'TURNPIKE HILL'. INSTEAD OF CROSSING OVER FROM THE HOUSING ESTATE SIDE, YOU WILL NOW FURTHER TAKE THE ROAD UP PAST THE CEMETARY WHERE YOU WILL THEN CROSS THE ROAD AND DIP DOWN THE PUBLIC FOOTPATH THAT PASSES THROUGH VENTON FARM. YOU WILL THEN REJOIN THE COAST. THIS TAKES OUT 'BOAT COVE' AND ITS TECHNICAL TERRAIN ALONG WITH STEEP METAL STEPS WHICH MAKES THE ROUTE FAR MORE RUNNABLE, IF NOT A TAD MORE ELEVATING ON THE RETURN JOURNEY. THE MAP IS UPDATED TO FALL IN LINE WITH THIS INFORMATION.

THERE ARE OVER 20 MANNED STATIONS BUT BE AWARE OF THE GAP BETWEEN PERRANUTHNOE TO CUDDEN POINT. WE HAVE NO MANNED AREAS HERE. IT'S ONLY A MILE WITH NO COVER. THIS IS A CHALLENGE AFTERALL. THE AREA WILL BE MARKED.

PLEASE TAKE CARE OUT OF MARAZION AS THERE ARE COBBLED PAVEMENTS. MAKE SURE YOU STICK TO ALL PAVEMENTS AND ADHERE TO ANY AND ALL MARSHALS INSTRUCTIONS.

PARTICIPANT INFORMATION

PLEASE READ CAREFULLY AND THOROUGHLY.

THANK YOU FOR BEING A PART OF THE VERY FIRST RUNNING EVENT IN WEST CORNWALL TO SUPPORT A LOCAL MENTAL HEALTH CHARITY IN ITS ENTIRETY. THIS INAUGURAL EVENT ISN'T JUST ABOUT CHALLENGING THE CALVES AND THE LUNGS BUT ALSO ABOUT THE WAY IN WHICH WE VIEW MENTAL HEALTH AND HOW WE CAN FIND THE THERAPY OUT ON THE TRAILS IN ORDER TO COMBAT THE ISSUES THAT SOMETIMES LIE WITHIN.

WE WILL RUN THE VERY FRINGE OF ONE OF BRITAIN'S GREATEST AND MOST BELOVED BAYS, 'MOUNT'S BAY'. THE RACE WILL TAKE IN THE LUSCIOUS BLUE AND GREEN SPARKLE OF LAND AND SEA WHILST THE FORMIDABLE ST MICHAEL'S MOUNT PRIDES ITSELF IN A MID ATLANTIC VIEW FOR THE ENTIRE JOURNEY, SUSPENDED LIKE A DIAMOND IN MID AIR THAT NEVER FAILS TO AMAZE YOU FROM WHICHEVER ANGLE YOU GLANCE AT IT.

THE ROUTE

<https://www.strava.com/routes/12158764> (STRAVA LINK) MAP ALSO INCLUDED IN OS 102 FORM

FROM LAND'S END CYCLE HIRE YOU WILL RUN INTO AND UP THROUGH THE ANCIENT THURSDAY MARKET TOWN OF MARAZION FROM LONG ROCK, AND THEN TAKE TO THE SOUTH WEST COAST PATH TRAIL TO CAPTURE THE GREENEST PART OF THE WEST PENWITH PENINSULA.

THE ROUTE TAKES YOU UP AND OUT OF MARAZION THROUGH THE DUNES AND PAST SOME OF THE COAST'S MOST SPLENDID ROCK FORMATIONS INCLUDING 'LITTLE LONDON', 'THE GREEB', 'THE FRENCHMAN', 'THE BEARS', 'FAVEL'S HOLE' AND 'THE ENYS'. THE RACE BRINGS TOGETHER SOME OF CORNWALL'S BEST COVES, FROM BOAT COVE, BESSY'S COVE AND KING'S COVE AROUND THE PRUSSIA AND KENNEGGEY AREAS.

FROM THE CYCLE HIRE YOU WILL IMMEDIATELY HIT THE TARMAC, TREKKING ALL UPHILL THROUGH MARAZION, THROUGH THE MAIN TOWN UPWARD TOWARDS 'THE TURNPIKE'. THIS IS A LONG TREK EVEN THOUGH THE MILEAGE IS STILL SMALL AT THIS POINT. THIS WILL BREAK UP THE PACK SO EVERYBODY ISN'T CLUTTERED ONCE YOU ALL GET TO THE COASTAL TRAIL.

IT'S NOT ALL BAD IN MARAZION THOUGH AS YOU WILL HAVE A BEACH, RIVER AND DUNE CROSSING TO NEGOTIATE BEFORE THE TARMAC CONTINUES AROUND THE ST AUBYN'S CAR PARKS AND THE GODOLPHIN ARMS 'WEST END' AREA OF THE TOWN.

YOU WILL CUT ONTO THE COAST FROM THE ROAD TOWARD 'VENTON FARM' AND WILL HEAD OUTWARDS TO PERRANUTHNOE, PASSING OVER TRENOW/BOAT COVE. HERE IT IS TECHNICAL AND ROCKY AND A SLOWER APPROACH TO THIS COVE IS AN OPTION THAT WILL SAVE THE ANKLES. HERE IS A METAL BRIDGE THAT IS STEEP AND CAN BE MORE RISKY WHEN WET.

THERE ARE SOME TURNINGS WHICH CAN CAUSE CONFUSION SO THE ROUTE WILL BE MARKED WITH PURPLE ARROWS ON A WHITE BACKGROUND A HIGH VISIBILITY PINK TAPE THROUGHOUT. THE ROUTE PICKS UP ON SOME TECHNICAL TRAILS AND THROUGH FARM LAND. YOU WILL CLIMB ON THE WAY OUT AND FALL ON THE WAY BACK (NOT LITERALLY WE HOPE). SAVE IT ALL FOR THE RETURN JOURNEY! YOU WILL MAKE YOUR CLIMB TOWARD CUDDEN POINT, WHICH IS A BEAUTIFUL OUTCROP THAT RESEMBLES A DRAGON LAYING DOWN IN THE WATER, AND FOR ME PERSONALLY IS THE JEWEL IN THE CROWN OF THIS SECTION OF COAST PATH.

THE TRAIL PASSES 'PERRAN SAND'S (NOT THE ONE IN PERRANPORTH), TREBARVAH CLIFF AND STACKHOUSE CLIFF, BYPASSING TREVEAN COVE, STACKHOUSE COVE AND THE TURNING AROUND POINT JUST AFTER 'LITTLE CUDDEN', WHICH IS AFTER THE FAMOUS AND WELL PHOTOGRAPHED 'DRAGON' IN QUESTION. THERE IS A SMALL SITE HERE THAT IS HERE TO REMEMBER THE HMS WARSPITE THAT BROKE UP (WOODED MEMORIAL POST). THIS IS YOUR TURNAROUND POINT. THE TRAILS NARROW AFTER THE FARMLAND SO PLEASE BE CAREFUL THAT OTHERS WILL BE PASSING YOU IN BOTH DIRECTIONS. PLEASE GIVE WAY FOR THE FASTER RUNNERS. IT WILL ULTIMATELY BE SAFER FOR ALL COMPETITORS/ PARTICIPANTS. THERE ARE SOME CLOSE EDGES AND STEEP FALLS. GREATER CAUTION SHOULD BE TAKEN THE FURTHER OUT TOWARDS THE TURNAROUND YOU ARE.

THE RETURN JOURNEY HOLDS ITS RISKS ALSO, AS THE DESCENTS CAN BE RELENTLESS IN PARTS AND FOOT PLACEMENT SHOULD BE SOMETHING TO THINK ABOUT FOR THE LESS EXPERIENCED.

THERE WILL BE SAFETY MARSHAL CYCLISTS LEADING THE RUNNERS TO 'THE TURNPIKE' AND THERE WILL ALSO BE 2 VEHICLE MARSHALS; ONE BEHIND ALL OF THE RUNNERS AND ONE ALSO PARKED PERMANENTLY AT THE TURNPIKE, WARNING OTHER ROAD USERS OF THE EVENT IN PROGRESS.

THE ROUTE IS 11 MILES LONG. IT IS 5.5 OUT AND 5.5 BACK. THERE ARE MANY LINES YOU CAN TAKE AND RUN ON THE COAST, THEREFORE GPS DEVICES WILL UNDOUBTEDLY COME UP EITHER A LITTLE LONGER OR A LITTLE SHORTER. THE AVERAGE IS BASED ON COLLECTED DATA AND IS 11 MILES AND HAS BEEN SET AS 11 MILES FOR THE BENEFIT AND PURPOSE OF OUR 'ASSOCIATION OF RUNNING CLUBS' PERMIT ISSUED TO US WITH THE PERMIT NUMBER 18/205 (THE EVENT AND ITS 3K FUN RUN CAN BE FOUND AT RUNNINGCLUBS.ORG.UK)

FUN RUN ROUTE

3K (1.86 MILES). AN OUT AND BACK ON THE BEACH OF MARAZION. THE ROUTE WILL BE MADE OF BEACH SHINGLE. IT WILL GO OUT FOR 0.94 MILES, TURN AND COME BACK FOR 0.94 MILES) THIS IS TO COMPLY WITH THE AGE LIMITS SET BY 'ASSOCIATION OF RUNNING CLUBS'.

WATER POINTS

THERE WILL BE 3 FUEL/WATER STATIONS ON THE COURSE. (ONE ON THE FUN RUN TURNAROUND/HALF WAY) THE FIRST AND THIRD (DOUBLES UP) WILL BE AT TRENOW COVE (HALF WAY TO CUDDEN), AND ONE WILL BE SITUATED AT THE TURNAROUND POINT (PRUSSIA COVE). THESE FUEL/WATER STATIONS WILL HAVE WATER AND USUAL 'BYS VYKEN EVENTS' TRAIL FARE.

PLEASE BEAR IN MIND THAT THIS EVENT IS CUPLESS. THERE WILL BE ZERO CUPS ON COURSE DUE TO THIS EVENT BEING PREDOMINANTLY PLASTIC FREE. 'BYS VYKEN EVENTS & CORNISH TRAILS' IS THE ONLY SURFERS AGAINST SEWAGE PLASTIC FREE COASTLINES AND COMMUNITIES APPROVED RUNNING ORGANISATION. WE DON'T INTEND TO LOSE THIS STATUS. WE WILL HAVE OUR OWN CUPS AT REGISTRATION FOR YOU TO PICK UP FOR FREE OR ALTERNITELY YOU CAN BRING YOUR OWN.

CODE OF CONDUCT ON THE COAST PATH

RUNNING ON PUBLIC TRAILS COMES WITH ITS OWN SIMPLE RULES. THEY ARE NOT MANDATORY BUT THEY ARE THERE BECAUSE HAVING COURTESY FOR OTHERS MAKES THE WHOLE WORLD GO ROUND SO MUCH BETTER:

- NO LITTERING (YOU WILL BE DISQUALIFIED). IT'S NOT ACCEPTABLE ANYWHERE AND THERE'S NEVER AN EXCUSE. YOUR LITTER IS YOURS TO TAKE CARE OF, NOT SOMEBODY ELSE'S.
- THE COAST PATH HAS OTHER USERS; DOG WALKERS, PEDESTRIANS, HIKERS, OTHER RUNNERS. PLEASE TREAT THEM WITH RESPECT. THEY HAVE JUST AS MUCH RIGHT TO BE THERE AS YOU.
- PLEASE CLOSE ALL GATES BEHIND YOU. YOU ARE RUNNING ON FARMLAND.
- LOOK AFTER EACH OTHER. IF YOU SEE AN INCIDENT THEN PLEASE GET IT REPORTED BACK TO RACE HQ AND DON'T JUST STEP OVER SOMEBODY. I'D LIKE TO THINK THAT WE WOULD ALL HELP EACH OTHER WHEN FALLEN.

RECOMMENDED KIT LIST

- HYDRATION SYSTEM (500ML) – THIS CAN BE BOTTLE, BLADDER/ANTIDOTE RESERVOIR, CUP ETC
- WATERPROOF JACKET
- TRAIL/X TRAIL SHOES – ROAD SHOES WILL NOT CUT IT IN SOME SECTIONS ESPECIALLY WHEN WET.
- HAT, CAP, BUFF (SIMILAR) ETC
- NUTRITION (BARS, GELS ETC.) THINK ABOUT HOW LONG YOU WILL BE OUT THERE FOR. DON'T JUST RELY ON US. IF YOU DON'T TRAIN WITH OUR FOOD THEN DON'T RACE WITH OUR FOOD.
- MONEY IN CASE OF EMERGENCY
- FULLY CHARGED MOBILE DEVICE/PHONE

WHAT THE EVENT INCLUDES

- FULLY MARKED
- FULLY SUPPORTED
- BESPOKE MEDAL FOR EVERY FINISHER, THEMED FOR THIS EVENT
- BESPOKE CERTIFICATES FOR 1ST, 2ND AND 3RD MALE AND FEMALE IN FRAMES.
- MEDICAL COVER FROM 'OMEGA MEDICAL SUPPORT COVER' WHO COVER SUCH EVENTS AS 'MAN ENGINE'
- FOOD VOUCHER UPON FINISHING (£1.50 OFF AT ANY PARTICIPATING BUSINESS WITHIN THE PENTA EVENT VILLAGE).

REGISTRATION

REGISTRATION FOR BOTH THE 3K FUN RUN AND THE 11 MILE MAIN EVENT WILL TAKE PLACE FROM 7:30AM TO 9:30AM ON SATURDAY OCTOBER 6TH 2018 @ LAND'S END CYCLE HIRE, LODEY SAIL LOFT, LONG ROCK, PENZANCE, TR20 9TT.

REGISTRATION WILL TAKE PLACE INSIDE A MARQUEE. IT WILL BE MANDATORY FOR YOU TO SIGN A WAIVER BEFORE PICKING UP YOUR UNIQUE RACE BIB. THIS IS TO ENSURE THAT YOU HAVE READ THE TERMS AND CONDITIONS OF ENTRY LAID OUT BEFORE YOU IN AN ATTACHMENT IN YOUR PRE EVENT EMAILS TO GO ALONG WITH THIS ONE.

NO RACE BIBS WILL BE SENT OUT BEFORE THE EVENT. THESE MUST ONLY BE PICKED UP IN THE 2 HOURS THAT ARE ALLOTTED FOR REGISTRATION AT THE EVENT HQ/RACE START/EVENT VILLAGE (ALL SAME PLACE).

THERE WILL BE A RAFFLE FOR PENTA AT REGISTRATION. SOME PRIZES WILL BE ON DISPLAY AT THE EVENT VILLAGE.

EVENT VILLAGE

THE EVENT VILLAGE WILL HAVE A PLETHORA OF FOOD AND DRINK STANDS, INCLUDING 'PIPES STREET FOOD', 'ARCHIE BROWNS', 'KATJACKS', 'SURFERS AGAINST SEWAGE', 'NEVER TOO OLD', 'SUSTRANS' AND 'PENTA HEALTH AND WELLBEING' AND MANY MORE. THESE WILL BE HERE FROM THE START TIL THE END OF PLAY ON EVENT DAY.

PRESENTATION

AWARDS WILL HAPPEN AS AND WHEN THOSE THAT ARE 1ST, 2ND AND 3RD MALE AND FEMALE FINISH. EVEN THOUGH THIS IS A 'RACE' AND WILL BE TIMED IN SUCH A WAY, WE WOULD ALL LIKE TO ACKNOWLEDGE THE ACHIEVEMENTS OF EVERYONE IN THE RACE. HOWEVER, A 'BYS VYKEN' RUNNING EVENT NEEDS SOMETHING WHOLLY BESPOKE AND INDIVIDUAL TO HAND OUT TO THOSE THAT WANTED TO GO FOR A TIME. THOSE PEOPLE ALSO DESERVE THEIR RECOGNITION. MAKE NO MISTAKE THOUGH; A 7 MINUTE MILE AND A 17 MINUTE MILE ARE BOTH STILL A MILE. WE ARE ALL RUNNERS AND WE ARE ALL ACHIEVERS.

CAR PARKS

- 1. SLIPWAY CAR PARK,
KINGS ROAD,
MARAZION,
TR17 0EQ***
- 2. MARAZION STATION CAR PARK,
MARAZION,
TR17 0AA***
- 3. LONG ROCK BEACH CAR PARK,
SOUTH WEST COAST PATH,
LONG ROCK,
PENZANCE,
TR20 9BJ***
- 4. LONG ROCK CAR PARK (NEAR THE TRAIN CROSSING/ENTERPRISE CAR HIRE),
LONG ROCK,
TR20 8HZ***

PLEASE THINK ABOUT CAR SHARING OR LOOKING AT BUS NUMBERS '515' 'T1' AND 'T2'

(PLEASE NOTE THAT DUE TO THE 'LAND'S END 100 SPORTIVE' CYCLE EVENT TAKING PLACE ON THE SAME DAY, THERE WILL BE ZERO PARKING AVAILABLE AT 'FOLLY FIELD' CAR PARK IN MARAZION. PLEASE DO NOT TRY TO PARK THERE)

(ANOTHER NOTE: WE ARE NOT RESPONSIBLE FOR ANY CHARGES YOU WILL INCUR THROUGH PARKING. WE OWN NONE OF THESE CAR PARKS AND SOME ARE LOOKED AFTER AND CHARGED TO CORNWALL COUNCIL. FOR A PRICE LIST ON THE PARKING, GOOGLE 'PARKIPEDIA'. THIS WILL GIVE YOU A COMPREHENSIVE LIST OF CAR PARKS AND PRICES.)

RETIREMENTS

FOR WHATEVER REASON YOU SHOULD DECIDE OR WISH TO NO LONGER CONTINUE, THEN PLEASE REPORT TO A MARSHAL/CREW MEMBER OR PHONE THE NUMBERS TO EVENT HQ WHICH WILL BE PUBLISHED ON THE BACKS OF YOUR BIBS. THOSE NUMBERS WILL BE THE MOBILE NUMBERS OF DAVID ANDREWARTHA AND SALLY GALSWORTHY - ANDREWARTHA (BYS VYKEN EVENTS).

PHOTOGRAPHY

WE WILL HAVE OUR OWN EVENT PHOTOGRAPHY OUT ON THE COURSE AS WELL AS MARSHALS TAKING SNAPS OF ALL OF YOU. THESE PHOTOS WILL BE AVAILABLE AS AND WHEN WE HAVE THEM IN THE DAYS FOLLOWING THE EVENT.

RESULTS

RESULTS WILL BE PUBLISHED BY THE EVENING OF MONDAY 8TH OCTOBER AT THE VERY LATEST. THE BYS VYKEN RD'S HAVE WORKING LIVES ELSEWHERE SO THIS WILL GET DONE WHEN WE CAN.

EVENT CREW

THIS EVENT CERTAINLY COULDN'T HAPPEN WITHOUT THE EPIC AND INCREDIBLE SUPPORT FROM EACH AND EVERY MEMBER OF OUR WONDERFUL CREW, EVENT SPONSORS, EVENT VILLAGE TRADERS AND BUSINESSES AND THOSE WHO HAVE KINDLY DONATED TO THE RAFFLE.

SPECTATORS

IF YOU HAVE ANY FAMILY/FRIENDS WISHING TO SUPPORT YOU THEN THEY DO SO AT THEIR OWN RISK. THEY ARE 100% RESPONSIBLE FOR THEMSELVES. WE WILL NOT ASSUME RESPONSIBILITY OVER INJURY, LOST ITEMS ETC. WE ARE HERE FOR YOU, THE RUNNER NOT ANYBODY ELSE.

TIMES AND SCHEDULES ARE ALL ATTACHED TO THIS EMAIL

WE LOOK FORWARD TO SEEING YOU ON THE RACE DAY (SATURDAY 6TH OCTOBER 2018)

DAVID ANDREWARTHA, SALLY GALSWORTHY – ANDREWARTHA (BYS VYKEN EVENTS & CORNISH TRAILS RACE DIRECTORS)

STUART THOMPSON, MARK THOMAS (PENTA HEALTH AND WELLBEING RACE DIRECTORS AND TRUSTEES)



ARC PERMIT Nos

ARC/18/205 & ARC/18/209

Runningclubs.org.uk