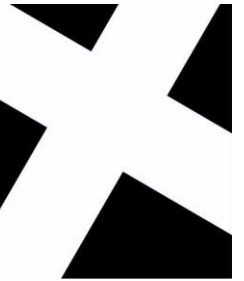




**BYS VYKEN EVENTS
AND CORNISH TRAILS®**



THE SMUGGLER'S SCUTTLE III

SATURDAY 29TH JUNE

OFFICIAL GUIDE BOOK 2019



'BYS VYKEN RACE TEAM' ATHLETE TRISTAN SELLORS / JELLY BEEN PHOTOGRAPHY



**PLASTIC FREE
PENZANCE**
SURFERS AGAINST SEWAGE

**THE LAND'S END
HOTEL**



Dure

WELCOME



Welcome to the 3rd 'Smuggler's Scuttler' pirate and smuggling half marathon from Land's End to the top of Cape Cornwall and back again.

The race starts at Peal Point at Land's End (South of the signpost and next to the First and Last House in England). The event goes past the Mayon watchtower upon the National Trust's well kept Mayon Cliff. Here is the home of the RMS Mulheim shipwreck, which you will veer off the beaten track to take in on the way out and on the way back again. Plenty of opportunity for a photo or two here!

You'll head from here to Sennen Cove and through two car parks and then into the sandy and lumpy dunes and then on to the technical Gwynver and its beach (which you will cross twice). You'll keep to the coast path and will avoid the dreaded Gwynver steps! You will take the path off of Gwynver Beach toward Aire Point, where you will go up and over and then begin your climb towards Nanjulian, Pol Pry, Letcha Mine, Porth Nanven, Ballowall Barrow, Carn Gloose, Priests Cove and then up to the top of Cape Cornwall the hard way, down the easy way and then return.

Once at the top, you'll pick up your loot and then descend down the easier and much faster track.
This can be seen as harder than going up mind ;)

There will be five water stations with two of them doubling up, roughly 2.5 miles (4KM) apart from each other. They will be located at:

- Gwynver Beach
- Porth Nanven/Cot Valley
- Cape Cornwall's turnaround point

The route will be marked with black pirate squares one way, red pirate squares the other way, biodegradable tape in places where you could go wrong easily as well as arrows (red arrows on a white background). There will also be some "Pirates Pillaging" signs out there too. There is also the original South West Coast Path signage you can follow too. These are waymarked by the acorn and a yellow arrow directly underneath. Sea on the left one way and sea on the right the other way.

There will be strong support from experienced crew in between the manned aid stations. You'll never be out there alone.

This is designed to be a fun and challenging experience and is technical in lots of places, especially around Aire Point where you'll be climbing and scrambling as you get up and over the rocks.

Special thank you to all of our incredible volunteers and all the local businesses that have supported us and continue to do so. Please read on for more important information.

We look forward to seeing you at The Land's End Hotel on Saturday 29th June 2019.

Oll an gwella

David, Sally & 'Timmy the Toothy Trail T-Rex' (Race Directors)



PERMIT NUMBER: ARC/19/077
**HELD UNDER THE RULES OF THE ASSOCIATION OF
RUNNING CLUBS**

EVENT SCHEDULE

EVENT HQ: THE ATLANTIC SUITE FUNCTION ROOM/WEDDING VENUE @ THE LAND'S END HOTEL, LAND'S END LANDMARK, LAND'S END, SENNEN, CORNWALL, TR19 7AA

PLEASE DO NOT PARK WITHIN THE HOTEL CAR PARK. IT'S FOR STAFF, GUESTS OF THE HOTEL AND CREW MEMBERS ONLY. YOU WILL BE PARKING IN THE MAIN CAR PARK IN FRONT OF THE COMPLEX ITSELF. YOU ARE RESPONSIBLE FOR YOUR OWN PARKING FEES. A CHARGE OF UPTO/INCLUDING £6.00, DEPENDING ON WHETHER OR NOT YOU HAVE A 'LOCAL'S PASS'.

REGISTRATION: 8:15AM – 9:30AM

'THE ATLANTIC FUNCTION SUITE' (SITUATED INSIDE THE HOTEL. GO TO THE MAIN HOTEL ENTRANCE. IT'S THE SIDE DOOR OF THE FUNCTION SUITE. YOU CANNOT MISS IT).

EVENT BRIEFING: 9:35AM

'THE ATLANTIC FUNCTION SUITE' (OUTSIDE ON THE PATIO AREA IN FRONT OF THE SIGNPOST IF NICE WEATHER)

LAST TOILET OPPORTUNITY: 9:45AM – 9:50AM

(TOILETS LOCATED ON MAIN COMPLEX AND WITHIN THE HOTEL)

PROCEED TO THE START: 9:50AM

(OUTSIDE THE 'PENWITH STUDIOS' OPPOSITE THE WORLD FAMOUS SIGNPOST. PLEASE NOTE THAT THE START AND FINISH ARE IN TWO SEPARATE LOCATIONS. THE FINISH IS AT THE 'FIRST & LAST REFRESHMENT HOUSE').

START: 10AM

(PRONTO) FAILURE TO BE THERE BY 10AM MEANS YOU'LL BE STARTING THE RACE LATE AND WILL STILL BE TIMED FROM 10AM.

WELCOME BACK WINNERS: FROM 11:20AM ONWARDS.

PRESENTATION: 1PM

(THIS WILL BE ON THE BENCHES OUTSIDE 'THE FIRST & LAST REFRESHMENT HOUSE' BACK AT 'PEAL POINT')

PRIZES FOR:

1ST, 2ND, 3RD MALE & FEMALE + MALE & FEMALE 'BEST DRESSED PIRATES' (DRESSING UP OPTIONAL AND NOT MANDATORY)

PARTICIPANT HEALTH, SAFETY & WELLBEING



Even though we will absolutely do our best to pause and save your data when you hit the deck, there are things that can prevent you getting yourselves into that situation in the first place.

If you are unwell on race day then simply don't run. What's the point of barfing your porridge in Keith's face on top the Cape at the halfway point? Rest up and come back another day.

You need to obviously stay hydrated. Drink well before, during and after. Water and energy drinks, not alcohol for obvious reasons.

Dress for the weather. Sixteen cardies and long johns probably aren't necessary for 25 degrees of sunshine.

There are no entries on the day. You'll pick up your unique race number from registration from one of our amazing team. You may be asked to produce identification to prevent anybody else from running in your name. Hey, it happens!

There is space on the back of the numbers to write down ALL of your info. Makes it easier to identify you if you perish before you've had the chance to neck your rum.

Race director numbers are on the backs of ALL race bibs. Except Timmy's. He's still too young for the responsibility of an iPhone.

Use these numbers if you need to in an emergency. Please don't ring because you've lost a gel or can't find toilet roll. It's for serious emergencies.

We have 'Omega Medical Event Support Cover' attending to look after all runners and crew. They have attended every coastal Bys Vyken outing and are thoroughly experienced in events of this and every nature, having attended bigger running events and all 'Man Engine' dates in Devon & Cornwall previously.

If you need to retire from the race for whatever reason then please get word to us via a marshal/team member and remove your race number promptly. Please don't just get the bus home or grab a lift/walk home without telling us. It serves no purpose to be looking for you all day whilst we could actually be dealing with a real emergency.

There will be other Coast Path users. Runners, dog walkers, hikers and livestock. Please be courteous. Rudeness will get you disqualified if caught. Please also respect the environmental code. Littering will get you disqualified (more info to come within the booklet), and you need to be closing every gate behind you that you open. Farmers generally aren't too thrilled by runaway cows on a cliff top and nobody likes a sheep doing its best lemming impression.

S.A.S
SAFE & SOUND

**LOCAL & NATIONAL
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FACEBOOK - SAFE AND SOUND REMOVALS

PENZANCE, CORNWALL

THE COUSIN JACK CLASSIC V

ULTRA JACK ●

CLASSIC JACK ●

LITTLE JACK

PROUDLY SUPPORTING

**PLASTIC FREE
PENZANCE**

SURFERS AGAINST SEWAGE



SATURDAY 29TH FEB 2020

WWW.BYSVYKENEVENTS.VPWEB.CO.UK

**BYS VYKEN EVENTS
AND CORNISH TRAILS**

**ST. EVAL KART
CIRCUIT
MARATHON + 1/2 (2ND HEAT)**

**BYS VYKEN EVENTS
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Sun 3rd May 2020



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**OFFICIAL MEDICAL PARTNERS
OF BYS VYKEN EVENTS**

REGISTRATION



ALL runners MUST register with our event team at 'The Atlantic Suite' within the above building.

You will receive your unique race number with the contacts of Race HQ on the back of the bib. Race directors will be in constant contact with the medical support team throughout the duration of the event.

At registration, you will receive your 'loot bag' for all your contraband that you'll be picking up at The Cape.

You will also receive one of just 200 bespoke 'Lighthouses of the English Channel & Celtic Sea' keepsakes which has been rolled and string tied. This is full of information and statistics regarding said lighthouses as written by the race director. This is to mark and celebrate 150 years since Wolf Rock Lighthouse opened and first shone its light into and across the wild Atlantic Ocean.

There is a bag drop which will be located within the function suite. You will receive your number labels (corresponding with your bib numbers) along with your race number (paper-clipped to it). After the start of the event, the baggage will be transported to the start/finish area from the function room in a bag drop van. Your baggage will be available to pick up at the finish and this will be at your own risk and of no responsibility to us or our crew/volunteers/staff.

You will be expected upon registration to sign to say that you have accepted the risks laid out to you within the terms and conditions on the website that you agreed to before entering and attached to the email with this booklet. NO ACCEPTANCE OF TERMS, NO RUN. SIMPLE.

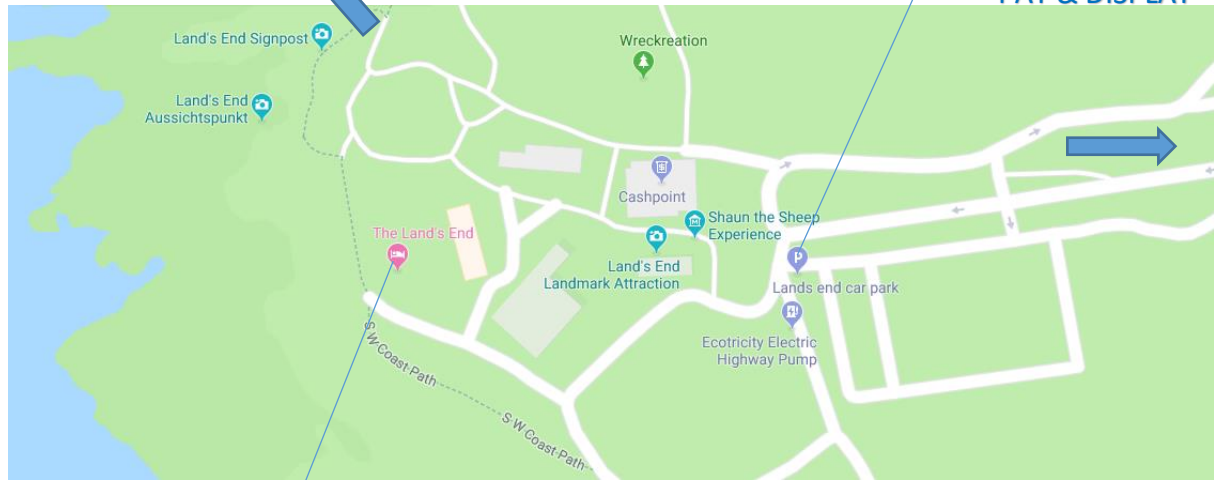
There is NO mandatory kit check. There is only advisory kit. This kit includes hydration pack, vest, own water bottle/hydration container, waterproof jacket, fully charged mobile phone, hat/cap/buff, money for emergencies, fully charged mobile phone, nutrition, trail shoes and I.C.E (In Case of Emergency Contact)

EVENT MAPS

TO THE START

EVENT PARKING*

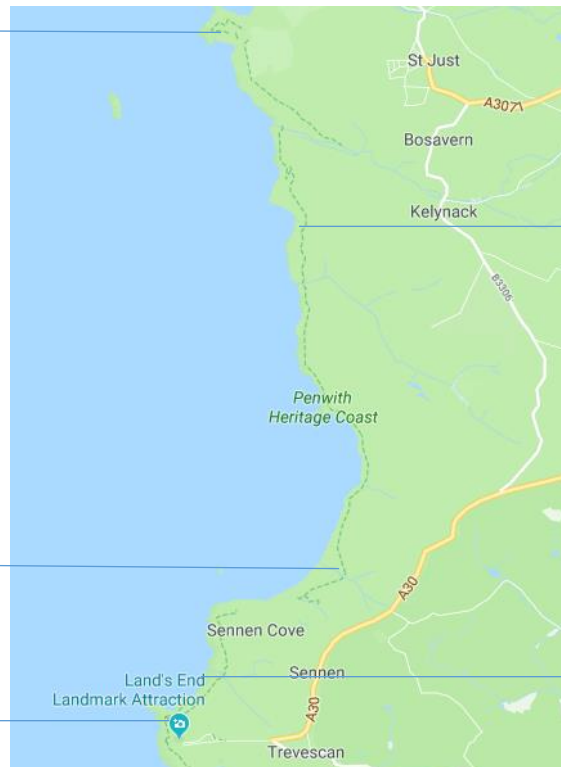
*PAY & DISPLAY



RACE HQ

TURNAROUND, LOOT,

AID STATION X 1



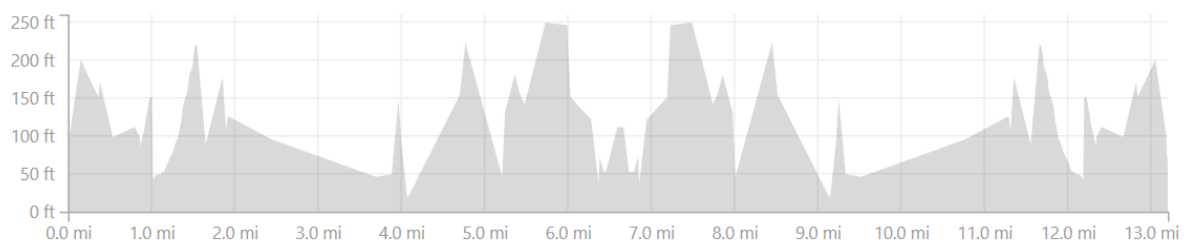
AID STATION X 2

AID STATION X 2

START/FINISH

REMAINS OF 'RMS MULHEIM'

13.19mi 2,196ft Trail
Distance Elevation Gain Run Type



PLASTIC FREE

PENZANCE

SURFERS AGAINST SEWAGE



National Trust

Bys Vyken Events & Cornish Trails are the first and only recognised and approved (By Surfers Against Sewage) 'Plastic Free Coastlines & Communities' business. To view all of our changes please head on over to our website to www.bysvykenevents.vpweb.co.uk and click on 'Environmental Code'

We are proud to support the 'South West Coast Path Association' by making this event a 'Coast Path Friendly Event', meaning that a portion of your entry fee will go to the upkeep of our magical coastal fringes.

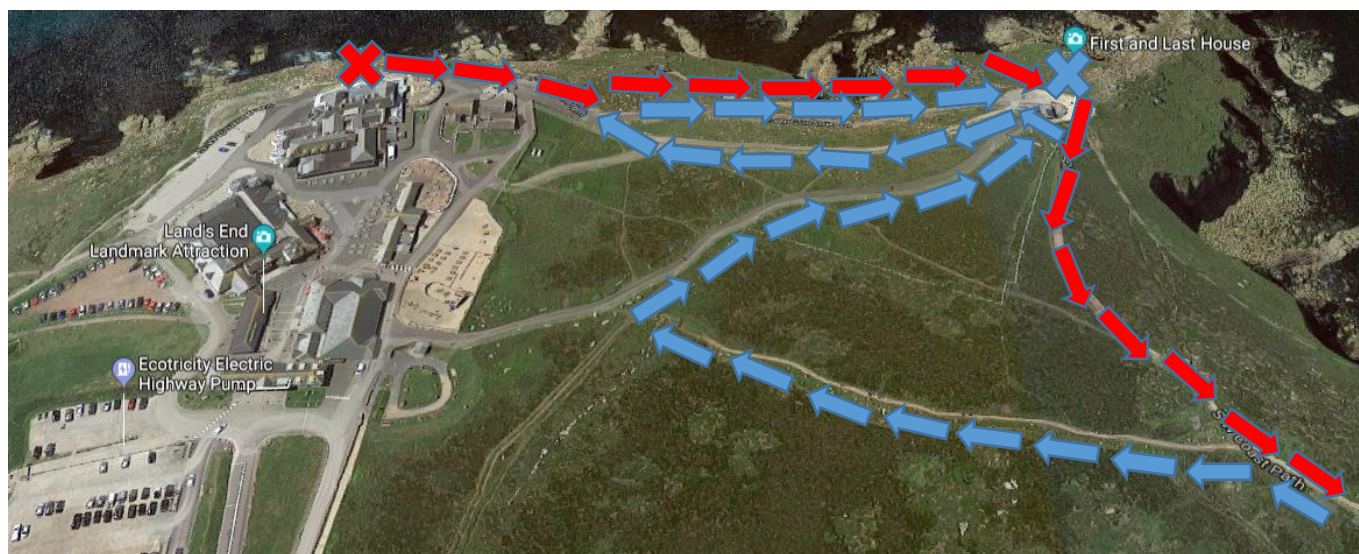
Thank you to The National Trust for letting us do what we love to do on their beautiful land. This event is fully licensed by The National Trust.

ALL INFORMATION AND LICENCES WILL BE ON DISPLAY AT RACE HQ

FINISH & RESULTS

 WAY OUT

 WAY BACK



The start and finish of this event are somewhat different. (PLEASE DO NOT TRY TO FINISH AT THE SIGNPOST. THIS IS NOT AN END TO ENDER OF THE CLASSIC QUARTER. BY ALL MEANS RUN THERE BUT WE WILL NOT BE THERE).

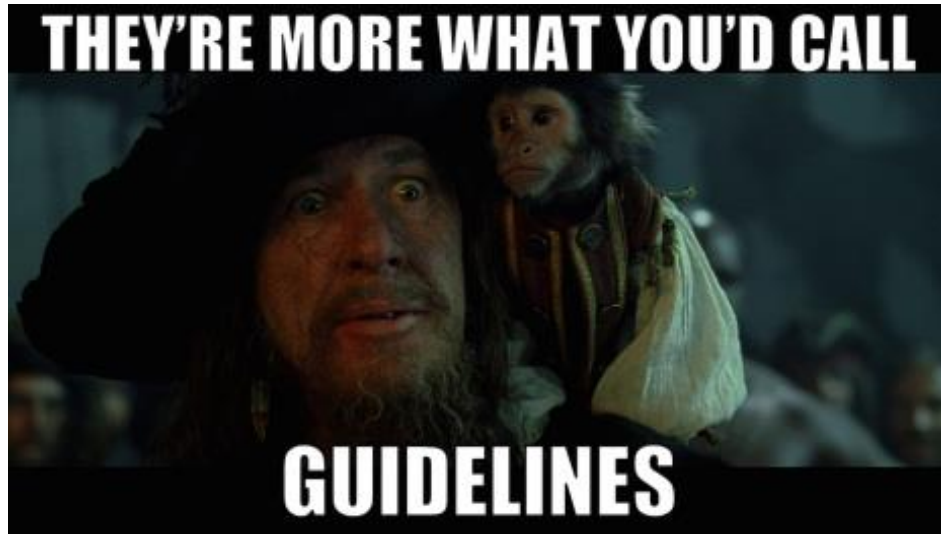
The start will run to the left of the 'First & Last Refreshment House' and directly onto the South West Coast Path Trail. The start will be outside the 'Penwith Studios' (Former Temperance Hotel) opposite the world famous signpost. You'll run down and then up the tarmac hill before swinging a left around the 'First & Last House'. On the way back however, you will shimmy left at an early juncture where you will unnecessary zig-zag and meander your way through twisty-turny paths and finishing up a tarmac hill back to the 'First & Last Refreshment House'. This is purely for the amusement of the race director. Please feel free to verbally abuse him as you run past him several times before you actually get to him at the finish.

REMEMBER: YOU ARE NOT FINISHING WHERE YOU STARTED. SIGNPOST START, FIRST AND LAST HOUSE FINISH. (NO, NOT THE PUB IN SENNEN!)

Results will be published onto our website and on to all of our social media platforms such as 'Facebook', 'Twitter' and 'Instagram'. These will be done by the Monday evening at the very latest. Race directors have work commitments elsewhere also. Please be patient. You will know as soon as these get finalised. No message asking where the results are prior to them actually going up will get answered.

If you have family & friends wishing to cheer you along the route, then please tell them to get to sensible and accessible parts of the route. The Strava route can be found published on the website @ www.bysvykenevents.vpweb.co.uk. Bys Vyken Events & Cornish Trails, Bys Vyken Race Team, The Land's End Landmark, Land's End Hotel or Heritage Great Britain and The National Trust will not be liable for your spectators. They are YOUR responsibility and we are here to look after you and not them. Please be aware that the section that you will be running on is one of Cornwall's busiest coastal sections. It attracts up to 400,000 people annually!

RULES OF THE SMUGGLE



You **MUST** individually bring back 4 items of contraband/loot from the pirate (Captain Bluebeard. Like 'Bluebeard but Cornish!) from the top of Cape Cornwall, AKA 'Skull Island'.

These items are:

- **RUM**
- **COINS**
- **TEABAGS (Enter joke here...)**
- **GEMS/SHINY COLOURED STONES**

Rum and tea were some of the most smuggled items along the coast.

NO CONTRABAND, NO SHINY MEDAL

If you fail to pick up some items or lose some items then each missing/lost item will result in a ten minute time penalty. If you fail to bring back all four items, then you you'll have thirty minutes added to your overall official time and receive no medal.

DRINKING THE RUM EN ROUTE WILL RESULT IN DISQUALIFICATION. IF YOU WANT TO GET SQUIFFY IN A RACE THERE'S A THING CALLED 'THE BEER MILE'. I SUGGEST YOU ENTER THAT ;)

You are responsible for picking up one rum bottle (50cl), two teabags, two coins and two gems/stones and placing them in the loot/contraband bag provided and given to you at registration.

YOU WILL BE CHECKED FOR THESE ITEMS UPON YOUR RETURN BY THE RACE DIRECTOR/CAPTAIN OF THIS SHIP.



THE OBILITY MAN

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Repair

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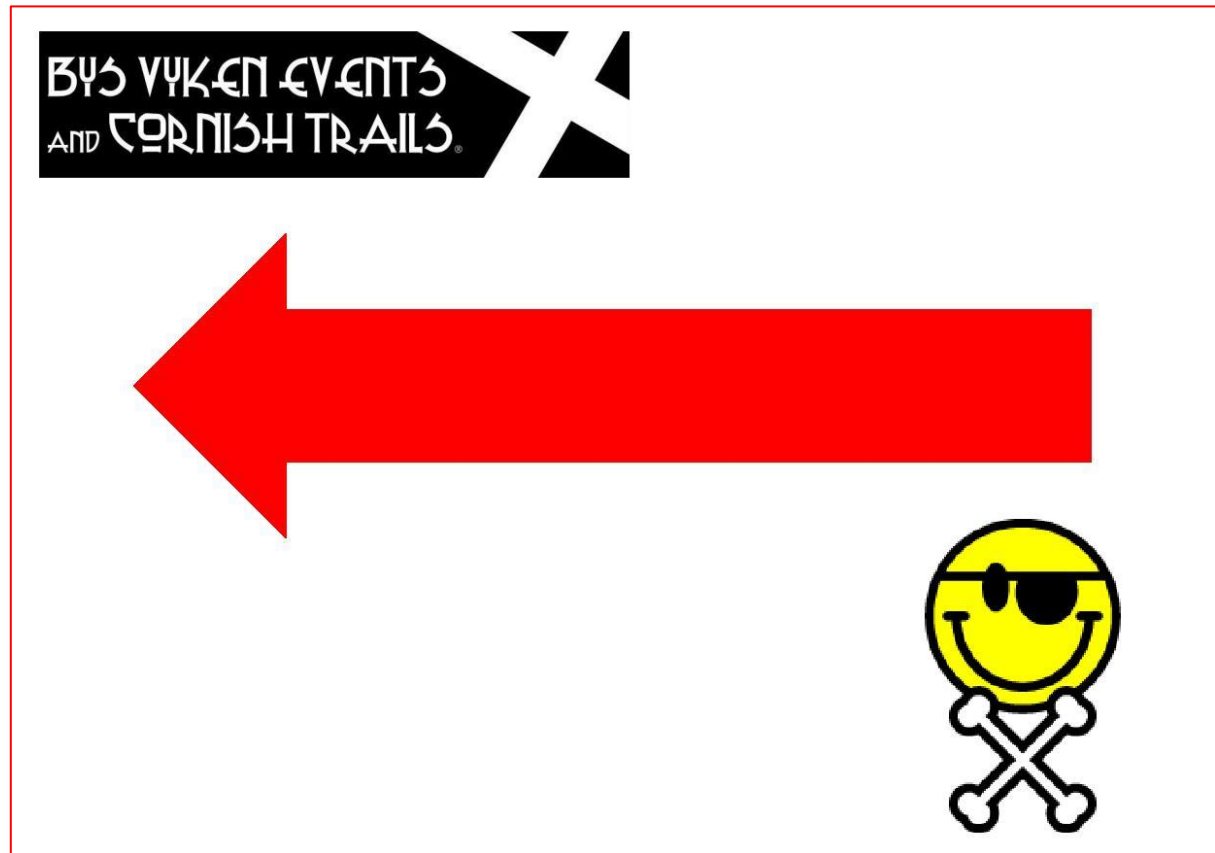
Maintenance

Please pop along to our Facebook page
@themobilityman or call on 07894853996

for any mobility queries.



SIGNAGE



WAY OUT



WAY BACK



31 Turnpike Road, Connor Downs, Hayle, Cornwall, TR27 5DT

- MOT Testing
- Mechanical and habitation service and repairs
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 - Al-ko chassis and running gear certified
- Installations e.g. solar panels, bike racks, awnings, replacement skylights etc.

Take a look at our online shop on our website: www.thomasautotec.co.uk



We have a contact form on our website or call 01736 755684



**THIS IS A CUPLESS
EVENT!**

**THERE WILL BE ZERO
CUPS ON THE COURSE
AND YOU ARE
RESPONSIBLE FOR
BRINGING YOUR OWN**





Let me introduce myself, I'm Tracy Waite, a personal trainer based in Cornwall. I specialise in fitness and wellness, feeling well through movement. I believe that by using our bodies well we can truly feel happier.

I have a passion for fitness as it has played a key role in improving my life and general well being. Combining functional and lifestyle fitness with wellness and self-care.

I provide one-to-one personal training, remote online coaching and single or multi-day fitness escapes.

www.personaltrainerincornwall.co.uk/contact/





01726 815255



THE SMUGGLER'S SCUTTLE III

SATURDAY 29TH JUNE

OFFICIAL 2019 RACE BOOKLET



'BYS VYKEN RACE TEAM' ATHLETE TRISTAN SELLORS / JELLY BEEN PHOTOGRAPHY

