



BY3 VYKEN EVENTS
AND CORNISH TRAILS®



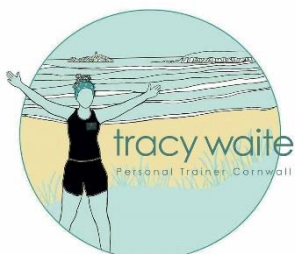
SCUTTLE 4

SUNDAY 27TH JUNE 2021

OFFICIAL EVENT GUIDE



“PENNEY PEW PEW” by Ryan Perring Photography



Permit No. 21/021



SEACRH 'BATTLEFIT KERNOW'

WWW.BATTLEFIT.UK

WELCOME TO THE SMUGGLE, COVID-STYLE



Welcome to the 4th 'Smuggler's Scuttler'; a pirate and smuggling half marathon (ish) from Land's End to the top of Cape Cornwall and back again, along the South West Coast Path.

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, left abandoned since 2003, which you will veer off the beaten track to take in on the way out. Plenty of opportunity for a photo or two here!

You'll head from there 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). That's not the only thing you'll be running twice. You'll also be running the infamous Gwynver steps twice too. You'll come off the beach and climb to the top to the aid station. The aid station used to be on the beach but for logistical joyousness we've moved it into the above car park. We have eliminated the dreaded zig-zag finish. That seemed to confuse people in previous years. So now the start and finish are in the same place and the zig-zag has been replaced with something far more shit. You'll hate the steps and I will smile with joy. You'll keep to the coast path after the beach. You will take the path from the 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. Faster. Haha.

This can be seen as harder than going up mind ;)

There will be six aid stations with the three points doubling up. They will be roughly 2.5 miles (4KM) apart from each other. They will be located at:

- ***Gwynver Beach Car Park (Not like previous years)***
- ***Porth Nanven/Cot Valley Parking area***
- ***Cape Cornwall (Before/after the climb)***

The route will be marked with smiley face pirate squares on the way out and back, biodegradable tape in places where you could go wrong easily and some arrows. There will also be some "Wanted" posters out there too. There is also the original South West Coast Path signage you can follow. The route is 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, not to mention those new bastard steps.

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 including our mandatory Covid screening and pre-race safety process.

We look forward to seeing you at The Land's End Hotel (Atlantic Function Suite) on Sunday 27th June 2021.

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

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 AND COVID SCREENING/CHECK-IN: 8:00AM – 9:30AM (ONLY!)

'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). COVID RULES WILL FOLLOW ON IN THE EVENT
GUIDE.

EVENT BRIEFING: VIRTUAL. A LINK WILL BE POSTED OUT TO EVERY RUNNER. THIS IS TO MAINTAIN A SAFE
DISTANCE BETWEEN ALL RUNNERS AND THERE ISN'T ENOUGH SPACE ON THE SITE. THERE WILL BE A 15 MINUTE
FACEBOOK VIDEO POSTED ONLINE ON 24TH JUNE AND A COPY OF THE BRIEF WILL BE EMAILED ON 25TH JUNE.

LAST TOILET OPPORTUNITY FOR FIRST WAVE: 9:45AM – 9:50AM

(TOILETS LOCATED ON MAIN COMPLEX AND WITHIN THE HOTEL).

WALK TO THE START FOR FIRST WAVE: 9:50AM.

THERE ARE WAVES OF 25 RUNNERS, 5 MINUTES APART FROM EACH OTHER. THE WAVES ARE AS FOLLOWS:

- **1/10:00** – PROMPT. LATE RUNNERS WILL NOT BE ABLE TO START OR JOIN ANOTHER WAVE
- **2/ 10:05** - PROMPT. LATE RUNNERS WILL NOT BE ABLE TO START OR JOIN ANOTHER WAVE
- **3/ 10:10** - PROMPT. LATE RUNNERS WILL NOT BE ABLE TO START OR JOIN ANOTHER WAVE
- **4/ 10:15** - PROMPT. LATE RUNNERS WILL NOT BE ABLE TO START OR JOIN ANOTHER WAVE
- **5/ 10:20** - PROMPT. LATE RUNNERS WILL NOT BE ABLE TO START OR JOIN ANOTHER WAVE
- **6/ 10:25** - PROMPT. LATE RUNNERS WILL NOT BE ABLE TO START OR JOIN ANOTHER WAVE
- **7/ 10:30** - PROMPT. LATE RUNNERS WILL NOT BE ABLE TO START OR JOIN ANOTHER WAVE

THE START AND FINISH AREAS ARE LOCATED AT:

'THE FIRST & LAST REFRESHMENT HOUSE' (NOT THE PUB IN SENNEN!)

WELCOME BACK WINNERS: FROM 11:20AM ONWARDS.

PRESENTATION: 1PM

PRESENTATION WILL BE ON THE BENCHES OUTSIDE 'THE FIRST & LAST REFRESHMENT HOUSE' BACK ON PEAL
POINT

PRIZES FOR:

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



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TREE**

PARTICIPANT WELLNESS

If you are unwell on race day then simply don't run. Do not turn up if you've experienced any symptoms of Covid in the 14 days before race day, or been in contact with anyone showing symptoms in those 14 days.

Dress for the weather too! Whilst there is no mandatory kit check, there is some advisory kit to consider which you can read later in the guide. Also, bring the right gear for after the race. You can get cold if you stand around too long after you've finished.

There is no bag drop this year. You are responsible for where your gear ends up. This is because we need to keep maximum space near the finish as we have a timing vehicle as well as our own and will need space for medical vehicles if needed also and would like to keep space for social distancing. You may want to think about keeping your gear in your car or the vehicle that you arrived in or the one you intend on leaving in. We apologise for the inconvenience of not being able to offer the service this year. It will be revised again for next year. At least it will mean that nobody else but you will be touching your spare kit during the 'Covid era' of racing.

There are no entries on the day. **YOU WILL BE ASKED TO PRODUCE IDENTIFICATION.** People sometimes run in other people's name. Please don't do this. For your own safety this is pointless. If we don't know who you are and you don't have ID then you won't be running. Imagine having a heart attack and nobody knowing who you are. It could save your life really. There is space on the back of the numbers to write down **ALL** of your info. Makes it easier to identify you if you do happen to die. Race director numbers are on the backs of **ALL** race bibs.

There are 6 aid stations on the route. 3 of which will double up as it's an 'out and back' race (this makes the 6). These will have general trail-fare on them and water and cola. There will be no cups on the course so you'll need to carry your own. We'll try to have items that meet specific dietary requirements but you may want to think about taking your own food. Never race with any food that you haven't trained with. If you are considering going against that then you may want to pack a shit kit!

When you approach the aid stations you must wear a face covering. A snood/Bufs will count. You'll need to use hand sanitiser when you taking anything from the table and you'll be instructed to maintain a safe distance

away from each other when doing so, and when waiting to grab food and/or hydration. Your food will still be in packaging and it'll be your responsibility to take the food out of the packaging itself. This will prevent others from touching the food that you want to eat. To be honest, this promotes greater all-round general health and hygiene even without a global pandemic!

We have 'Omega Medical Event Support Cover' attending and looking after all runners and crew. They have attended every Bys Vyken outing since 2017, 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.

Please also respect the environmental code. Littering will get you disqualified.

You may want to use sleeves to pull yourself over stiles and to open gates with just to minimise touching surfaces that others have/will be touching.

HEADPHONES ARE ALLOWED but you must be able to hear marshal instructions and runners behind you.

Please overtake runners responsibly and please move out of the way for faster runners safely and when safe to do so. Please respect those who are quicker than you and please respect those who are slower than you.

As it's an 'out and back' event you'll be criss-crossing each other on narrow paths and steps/climbs. It's inevitable that you'll not have the space required to maintain social distancing throughout the entire duration of the event. You are however asked to please respect other people's space around you as and where you can. It's vital that we try not to crowd each other. The Gwynver step section narrows as you climb it. This section will be used by the general public, dogs and surfers. Please help to give them space to and be kind. Please don't be annoyed because other people may seem to be in your way. If you are the recipient of general miserableness from some members of the public then just smile at them.

ABSOLUTELY NO DOGS ARE ALLOWED

RUNVENTURE

R U N N I N G H U B

TAVISTOCK – HONITON – HELSTON



- Running specialists
- Fully stocked retail premises
- Races & event management
- Navigation & running workshops
 - Personal training & fitness
 - Running groups
 - Onsite café

REGISTRATION & CHECK-IN PROCESS

THE ATLANTIC FUNCTION SUITE, LAND'S END HOTEL



REGISTRATION/CHECK IN TIME: 8:00 – 9:30 (NOBODY WILL BE REGISTERED BEFORE/AFTER THIS TIME)

THE SIDE DOOR OF THE SUITE WILL BE OPEN. BEFORE ENTERING YOU'LL NEED TO BE WEARING A FACE COVERING AND WILL NEED TO CLEAN YOUR HANDS USING THE HAND GEL PROVIDED. YOU WILL BE TEMPERATURE SCREENED BY OUR DIGITAL THERMOMETRES. A SAFE TEMPERATURE WILL PROVIDE A 'GREEN' READING. IF THE READING IS ORANGE OR RED ON THE DEVICE YOU WILL NOT BE RUNNING AND WILL BE ASKED TO LEAVE.

YOU'LL THEN BE ASKED TO EITHER PRODUCE A 'TEST AND TRACE' FORM WHICH WILL HAVE BEEN EMAILED TO YOU, OR USE THE TEST AND TRACE NHS APP TO CHECK-IN TO THE VENUE. ONE OF THESE TWO MUST BE DONE AND FAILURE TO DO SO WILL RESULT IN NOT BEING ABLE TO RUN. IT'S FOR THE SAFETY OF EVERYONE. AFTER YOU'VE BEEN SCREENED YOU WILL BE ALLOWED INTO THE FUNCTION SUITE.

THERE WILL ONLY BE 5 AT A TIME IN THE BUILDING.

ONCE INSIDE YOU'LL BE ABLE TO PICK UP YOUR NUMBER, MAP, TIMING TAG AND A HAND GEL. BUT YOU MUST PROVIDE IDENTIFICATION FIRST. YOU'D BE AMAZED AT THE PEOPLE THAT TRY TO RUN AS SOMEBODY ELSE. ONLY A DRIVING LICENCE OR PASSPORT WILL SUFFICE. NO SCREENSHOTS OR PHOTOGRAPHS. ASKING FOR IDENTIFICATION IS FOR YOUR OWN SAFETY. AFTER YOU'VE BEEN CHECKED OFF THE LIST YOU CAN GRAB YOUR NUMBER AND TAG.

YOU MUST ENTER THE SUITE ON THE SIDE DOOR AND EXIT OUT THE BACK OF THE ROOM THROUGH THE MAIN HOTEL DOOR. YOU MUST FOLLOW THE YELLOW ARROWS WHICH WILL BE ON THE FLOOR. ONCE OUT OF THE SUITE THERE WILL BE NO RETURNING INTO IT. HOWEVER, THERE WILL BE TEA AND COFFEE AVAILABLE FROM THE RESTAURANT/CAFÉ AREA NEXT DOOR. YOU'LL JUST NEED TO REMAIN MASKED/COVERED AT ALL TIMES DURING OUR REGISTRATION PROCEDURES AND FOLLOW LAND'S END'S OWN COVID MEASURES. PLEASE CONTACT THEM TO FIND OUT BEFOREHAND IF YOU WANT TO.

ALL OF THIS IS SUBJECT TO CHANGE AND ALL RESTRICTIONS ARE SUPPOSED TO END IN THE UK IN JUNE. HOWEVER, I'M UNCONVINCED THIS WILL BE THE CASE AND WE HAVE TO PLAN FOR A CHANCE THAT RESTRICTIONS WILL NOT BE LIFTED.

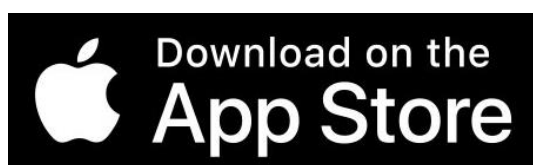
THERE ARE STARTING WAVES WHICH ARE 25 RUNNERS TO A WAVE AND WILL GO OFF 5 MINUTES APART FROM EACH OTHER (SEE EVENT SHCHEDULE ABOVE IN THE GUIDE). THE WAVES WILL BE IN ALPHABETICAL ORDER.

YOU CANNOT CHANGE WAVES BECAUSE SOMEBODY YOU KNOW IS IN ANOTHER WAVE. YOU WILL HAVE TO STAY IN THE SAME WAVE. PLEASE DON'T ASK. THE ANSWER WILL ALWAYS BE NO.

YOU HAVE UNTIL SATURDAY 12TH JUNE 2021 AT 12PM TO GET YOUR TRANSFERS OR DEFERRALS IN AND EVERYTHING WILL BE FINALISED BEYOND THIS POINT. SO IF YOU CANNOT DO THE EVENT THEN IT WOULD BE BETTER TO GET THOSE TRANSFERS AND DEFERRALS IN AS SOON AS POSSIBLE.



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OFFICIAL EVENT
SWEeper

D DAY 77 JUNE 2021

- “DASH @ THE BEACH 5K”

- D DAY DASH 10K

- D DAY DASH HALF MARATHON

- D DAY DASH MARATHON

- 77 MILES IN A MONTH

RAISING MONEY FOR ‘REORG’

BYS VYKEN EVENTS
AND CORNISH TRAILS



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“SUMMIT FOR THE SUMMIT”

7 Miles/7 Hill Reps or 7 Miles complete of hill reps

The choice is yours!



ENGLAND

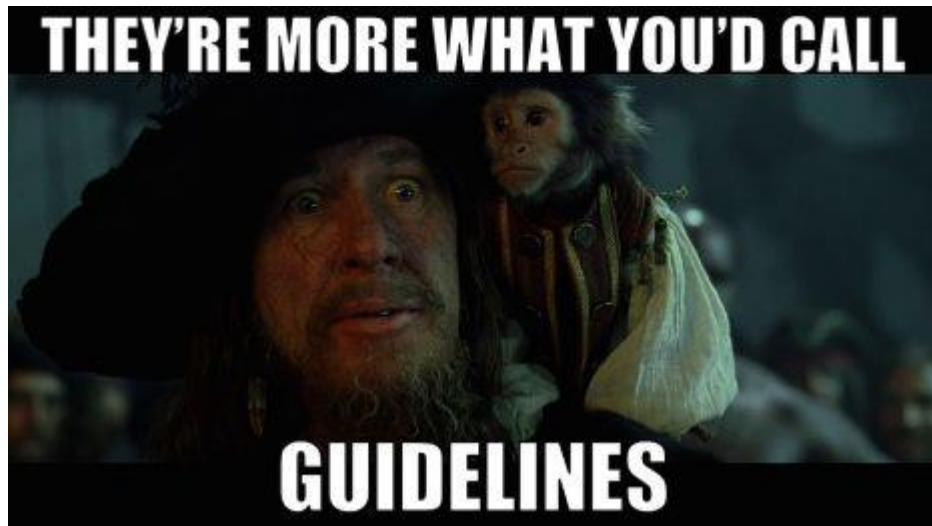
KERNOW
G7 SUMMIT

11 – 13 JUNE 2021

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RULES OF THE SMUGGLE



You **MUST** bring back 4 items of contraband/loot from the pirate perched upon the top of Cape Cornwall, AKA 'Skull Island'. These items are:

- **RUM X1** (50ml bottle)
- **COINS X2**
- **TEABAGS** (Enter joke here...) **X2**
- **GEMS/SHINY COLOURED STONES X2**

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

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 no finish medal, so look after your goodies.

DRINKING THE RUM DURING THE RACE WILL RESULT IN DISQUALIFICATION. 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.

COVID PROCEDURES AT OUR EVENTS

REGISTRATION IS DIFFERENT IN 2021. WE WILL HAVE BOTH ID CHECKS AND TEMPERATURE CHECKS. YOU WILL NEED TO PROVIDE STAFF WITH YOUR NAME AND YOUR BIB NUMBER, AND THEN YOU WILL HAVE TO DO AN 'NHS TEST AND TRACE' CHECK IN USING THE APP, WHICH CAN BE DOWNLOADED ON ANDROID AND APPLE DEVICES. IT IS **MANDATORY THAT YOU EITHER DOWNLOAD THIS APP OR FILL IN THE PROVIDED "PLAN B" FORM. WITHOUT ONE OF THE 2 OPTIONS YOU WON'T BE RUNNING.** PLACE A FORM OF PHOTO IDENTIFICATION IN FRONT OF THEM. A SCREENSHOT ON YOUR PHONE WILL NOT DO SO DON'T DO IT. STAFF WILL NOT BE TOUCHING YOUR PERSONAL BELONGINGS SO PLEASE DON'T TRY TO PUT YOUR ID IN THEIR HANDS. THE "PLAN B" FORM WILL BE EMAILED TO YOU ALONG WITH THIS GUIDE.

IF YOUR TEMPERATURE IS GREATER THAN 37.8 DEGREES CELCIUS THEN YOUR NEXT OF KIN WILL BE CALLED TO COLLECT YOU AND YOU WILL HAVE TO LEAVE PROMPTLY. THIS IS THE TEMPERATURE POINT OF A FEVER.

IF YOU HAVE BEEN IN CONTACT WITH SOMEONE SHOWING CORONAVIRUS SYMPTOMS, PROJECT CORONAVIRUS SYMPTOMS YOURSELF, OR BEEN ABROAD AND NOT SELF ISOLATED FOR THE NECESSARY AMOUNT OF TIME THAT'S CURRENT AT THE TIME OF THE EVENT (AS PER WHATEVER COUNTRY YOU'VE VISITED), YOUR NEXT OF KIN WILL BE PHONED TO COLLECT YOU AND YOU WILL HAVE TO LEAVE PROMPTLY.

ALL AID STATION FOOD WILL BE IN PACKAGING AND YOU WILL BE RESPONSIBLE FOR OPENING PACKAGING AND HELPING YOURSELF TO WATER. THERE WILL BE PLENTY OF FOOD THOUGH. AND OUR MARSHALS WILL STILL GIVE YOU THE ENCOURAGEMENT THAT'S WELL KNOWN AT OUR EVENTS.

EACH ONE OF YOU WILL BE GIVEN AN ALCOHOL HAND GEL (70%) AT THE CHECK-IN STATION PRIOR TO THE START. YOU'LL NEED TO USE THIS EACH TIME YOU VISIT THE AID STATIONS OR USE THE HAND GEL PROVIDED. YOU'LL NEED TO HAVE YOUR FACE COVERED WHEN APPROACHING ALL MARSHALS IF YOU'RE STOPPING, IE AT AID STATIONS AND REGISTRATION.

ALL SPITTERS/GOBBERS/SNOTTERS WILL BE DISQUALIFIED.

NO HIGH-FIVING EACH OTHER OR HUGGING UNLESS YOU LIVE IN THE SAME HOUSEHOLD/IN THE SAME 'BUBBLE'.

PLEASE GIVE RUNNERS ADEQUATE SPACE WHEN PASSING EACH OTHER.

YOU'LL ALL BE ON SOCIALLY DISTANT MARKERS 2 METRES APART FROM EACH OTHER ON THE START LINES OF BOTH DISTANCES. THIS IS A SMALL EVENT WITH ONLY A LIMIT OF 175 PARTICIPANTS.

OUR CREW WILL BE IN FULL PPE WHICH WILL BE PROVIDED BY US.

PLEASE STICK TO ONLY DRIVING THOSE FROM THE SAME HOUSEHOLD TO THE EVENT. PLEASE DON'T ADVERTISE CAR/TAXI SPACE FOR THOSE YOU DON'T KNOW THROUGH SOCIAL MEDIA AND ESPECIALLY THROUGH THE BYS VYKEN EVENTS SOCIAL MEDIA PAGES. YOUR CAR SHARING POSTS WILL BE REMOVED.

RUNNERS AREN'T ALLOWED SPECTATORS SO CROWDING IS MINIMISED. . IF YOU HAVE TO HAVE PEOPLE THERE AS THEY ARE DRIVING YOU ETC, THEN THEY **MUST DISTANCE THEMSELVES, MAKE**

SURE THEY CHECK-IN USING THE APP AND BE RESPONSIBLE FOR THEMSELVES AS THEY ARE NOT A PART OF THIS EVENT, NOR THE RESPONSIBILITY OF ANYBODY WHO IS ASSOCIATED TO THE EVENT. THEY MUST TRY NOT TO CROWD THE ROUTE OR BE NEAR TO ANY CREW MEMBER OR ANY OTHER RUNNER EXCEPT THE ONE(S) THEY ARE AT THE EVENT WITH. IDEALLY THERE SHOULD BE ZERO SPECTATORS. WHILST WE KNOW THIS IS A PUBLIC SPACE AND CANNOT STOP SPECTATORS, WE CAN ADVISE YOU IN NOT HAVING ANY AT ALL.

FACE MASKS/COVERINGS ARE MANDATORY AT THE CHECK-INS AND WHEN GOING TO THE TOILETS ONSITE. IF YOU'RE NOT WEARING ONE, YOU WILL BE ASKED TO COMPLY. IF YOU DON'T HAVE ONE THEN YOU CAN BUY A REUSABLE ONE FROM US OR USE A DISPOSABLE, AS WE WILL HAVE MANY AVAILABLE. JUST CONTACT US IF YOU NEED/WANT A BYS VYKEN ONE. THERE WILL BE SNOODS AVAILABLE TO PURCHASE ON THE DAY ALSO.

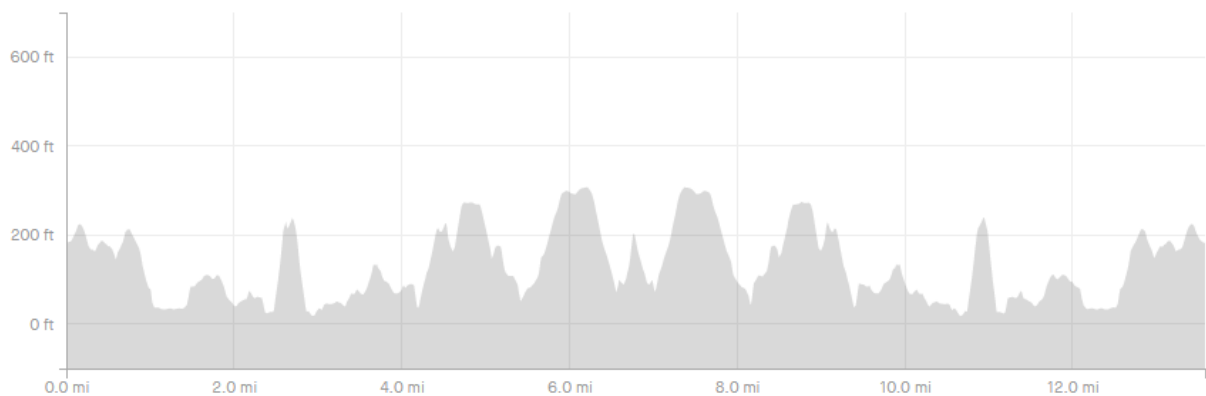
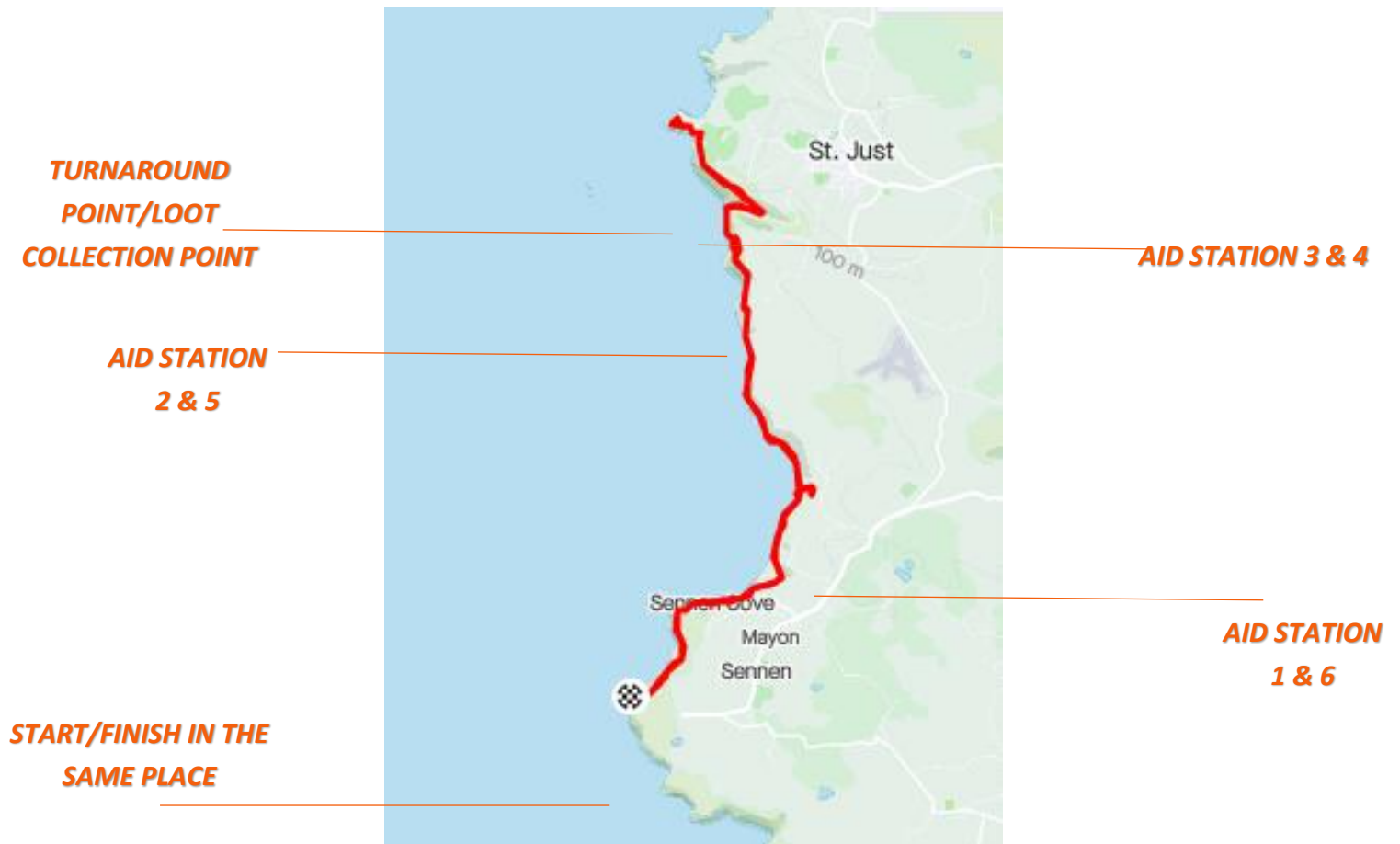
FACE COVERINGS WILL NOT BE MANDATORY TO RUN IN FOR THE DURATION OF THE EVENT, BUT YOU WILL HAVE TO WEAR THEM AS THE RACE STARTS. YOU CAN TAKE THEM OFF AS SOON AS YOU GET GOING. IF YOU FEEL SAFER RUNNING THE WHOLE RACE IN ONE THEN FEEL FREE

THE MAIN TOILET ONSITE WILL BE AVAILABLE TO USE PRE AND POST-RACE. THERE ARE NO SHOWERS ONSITE. YOU WILL JUST HAVE TO FETER ON THE WAY HOME!

RUNNERS MAY COME BACK AND SPECTATE OTHER RUNNERS ONCE THEY ARE FINISHED BUT THEY WILL NEED TO MASK- UP & STICK TO GUIDELINES (IF STILL IN FORCE), UNLESS THEY ARE EATING AND DRINKING. WE ARE AWARE THAT RESTRICTIONS MAY BE ENDING ON JUNE 21ST 2021, BUT JUST IN CASE THEY DON'T WE ARE PLANNING FOR A COVID-SAFE EVENT. IF RESTRICTIONS DO EASE, WE'LL STILL BE GOING AHEAD WITH THE COVID-SAFE MEASURES.



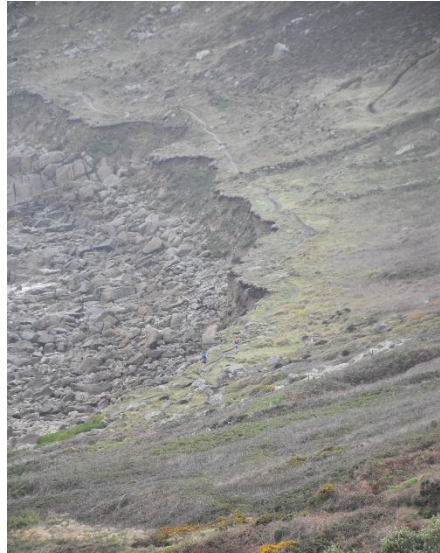
EVENT MAPS



ELEVATION GRAPH

Strava link: strava.com/activities/5267169034

GWYNVER STEPS



2.5 MILES INTO THE RACE, YOU'LL COME ONTO GWYNVER BEACH. YOU'LL BE DIRECTED UP A 250FT+ CLIMB. AT THE TOP OF THE STEPS YOU'LL TAKE A RIGHT ONTO A GRAVEL TRACK AND UP AND INTO A SMALL GRASS AREA IN THE ABOVE CAR PARK. HERE YOU'LL SEE 2 BENCHES. THIS IS YOUR MANNED AID STATION. YOU'LL HAVE A BOX ON YOUR NUMBER CROSSED OFF TO SAY YOU'VE BEEN UP THERE. AVOIDING THE CLIMB WILL RESULT IN A DISQUALIFICATION. YOU'LL THEN PROCEED TO HEAD BACK DOWN AND THEN PICK UP THE COAST PATH FROM THE BEACH AGAIN. 11.9 MILES INTO THE RACE ON THE WAY BACK YOU'LL HAVE TO MAKE THIS CLIMB AND REPEAT THE PROCESS FOR A 2ND TIME. *ENJOY!*



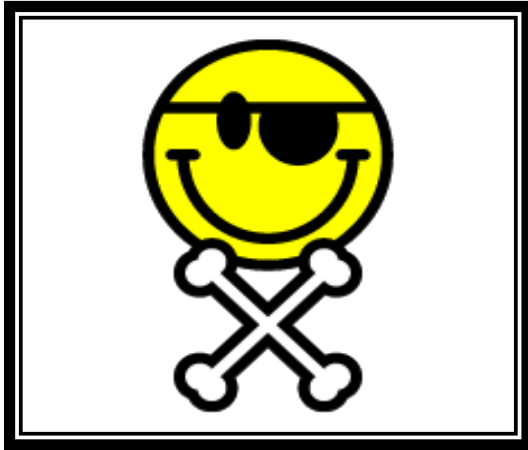
We are Whythra Pathfinders, offering specialist running tours in spectacular locations around Cornwall.

We offer a range of running tours catering for all ages and abilities. From stunning moorland to dramatic coastline we bring to life the myths, legends and history of the beautiful Duchy of Cornwall.

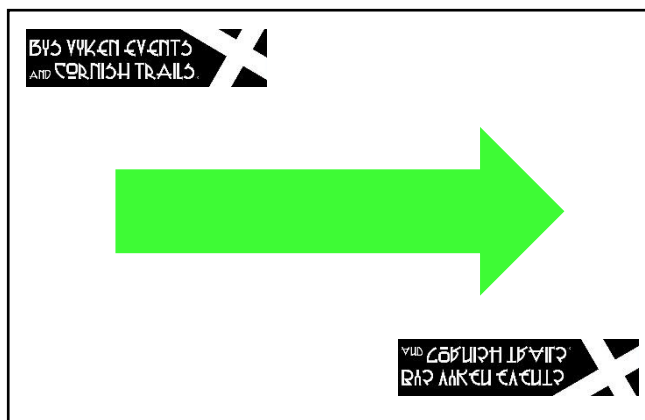
www.runtourscornwall.co.uk



SIGNAGE, NUMBERS & MEMENTOS



**OUT & BACK SMILEY
PLACARDS – RIGHT WAY**



**DIRECTIONAL ARROWS –
ONLY PLACED WHERE
NEEDED**



**WRONG WAY – THIS IS
NOT THE ROUTE**

BIO TAPE -

**(COLOUR
DEPENDS ON
AVAILABILITY)**





MAKE SURE BOTH
ARE MARKED.
FAILURE RESULTS
IN DQ

**race
director**

PLEASE COMPLETE PRIOR TO RACE PARTICIPATION

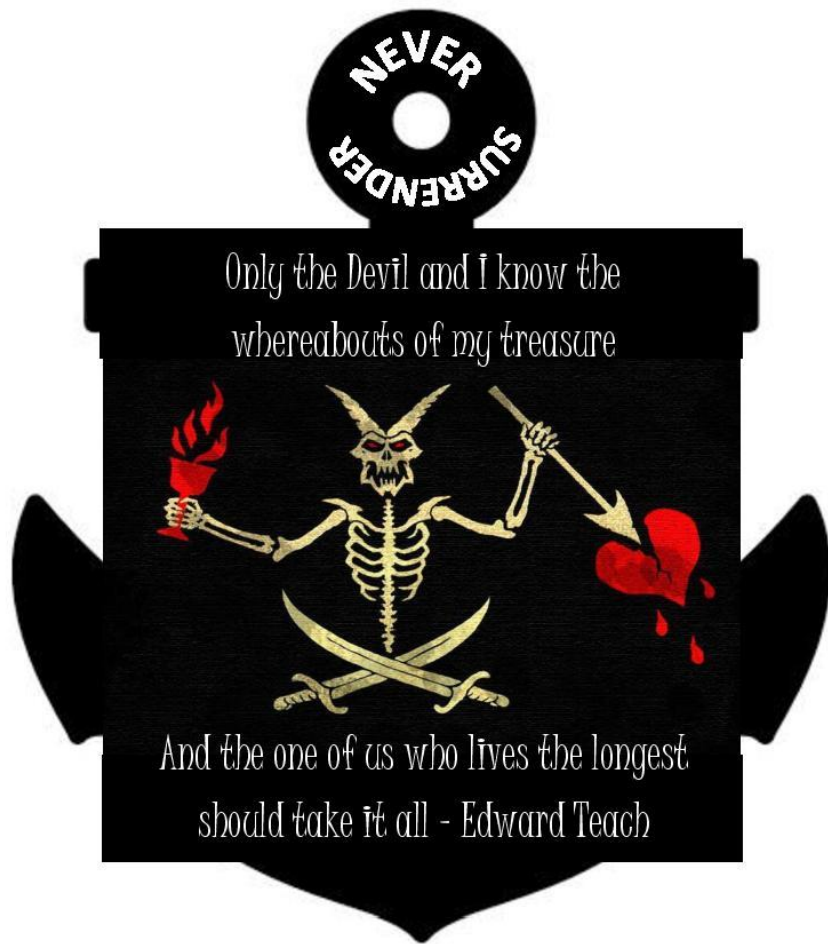
FULL NAME	
DOB	
EMERGENCY CONTACT NAME/NUMBER	
ANY MEDICAL ISSUES	
CURRENT MEDICATION/ALLERGIES	

**WEAR THIS NUMBER IN A VISIBLE LOCATION
ON YOUR FRONT. DO NOT FOLD**

Printed by Race Director 0117 254 1300 www.racedirector.co.uk

WAVES WILL GO OFF IN ALPHABETICAL ORDER. PLEASE DON'T ASKED TO BE MOVED INTO ANOTHER WAVE. THE FIRST WAVE AT 10AM WILL CONSIST OF SURNAMES AT THE BEGINNING OF THE ALPHABET. THE LAST WAVE AT 10:30 WILL CONSIST OF SURNAMES AT THE END OF THE ALPHABET. ALL WAVES AND NAMES ARE FINAL AS FROM 12TH JUNE 2021. YOU WILL NEED TO BE READY FOR A PROMPT GETAWAY ON YOUR WAVE TIME.

THE RACE DIRECTOR PHONE NUMBERS HAVE BEEN REDACTED FOR THE PRE EVENT EMAIL ONLY. PLEASE ONLY PHONE THEM IN A REAL EMERGENCY ON THE DAY. WE WILL HAVE OMEGA MEDICAL OUT ON THE ROUTE, OF WHOM WE'LL BE IN CONTACT WITH ALL DAY.



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AND CORNISH TRAILS



Scuttler 2021

NEVER
SURRENDER

SMUGGLER'S

Pirate Flags Through History

1. **Thomas Tew**
1692-1695
Newport

Thomas Tew is considered one of the founders of the mysterious pirate colony of Libertatia.
2. **Henry Every**
1694-1696
Western Atlantic

Henry Every is best known for obtaining the largest haul in pirating history by, amassing 600,000 pounds in jewels, silver, and gold in one day.
3. **Emanuel Wynn**
Circa 1700
The Caribbean

He was a French pirate who was active in the late 17th century around the Carolinas.
4. **John Quelch**
1703-1704
Brazil

Quelch became the first pirate to be tried for piracy outside England under the Admiralty Law, piracy trial without jury.
5. **Christopher Moody**
1713-1718
The Carolinas

The symbols on the flag represent that your time is up and there will be no quarter given to those who surrender.
6. **Edward Teach**
1716-1718
West Indies

When going into battle, he used to attach hemp rope to his beard and light it on fire while going into combat to intimidate his foes.

7. **Stede Bonnet**
1717-1718
East Atlantic

Bonnet was a rich land owner before becoming a pirate. Unlike other pirates, he paid a shipyard to build his ship and he paid his crew wages instead of giving them a portion of the plunder.
8. **Calico "Jack" Rackham**
1718-1720
West Indies

He got his name from other sailors because he would only wear Indian Calico cloth. Despite having one of the most famous pirate flags of all time, his career as a pirate was highly unsuccessful.
9. **Bartholomew Roberts**
1719-1720
Principe

Bart Roberts is the only pirate in history to have 2 separate pirate flags. His first flag and it pictures him sharing a drink with death.
10. **Bartholomew Roberts**
1720-1722
Principe

The second pictures him standing on two skulls. The first skull represents a head of a Barbadian and the second skull represents a head of a Martiniquian.
11. **Francis Spriggs/Edward Low**
1721-1724
The Caribbean

Spriggs and Lows are considered some of the most brutal and savage pirates of all time. They were known for always burning captured ships and torturing prisoners.

BY3 VIKEN EVENTS
AND CORNISH TRAILS



SCUTTLE

THIS IS A CUPLESS EVENT...

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



ADVISORY KIT LIST

- TRAIL/MULTI TERRAIN/HYBRID SHOES
 - NUTRITION
 - CAP/HAT/BUFF/SIMILAR
 - SUNGLASSES
- MIN FIRST AID KIT W/BLISTER PLASTERS
- ANTI CHAFE CREAM/BODY GLIDE ETC
 - TAPED SEAMS JACKET
 - 1 LTR FLUID
- FULLY CHARGED MOBILE PHONE WITH EMERGENCY CONTACT
 - EMERGENCY MONEY

DRESS FOR THE WEATHER WE HAVE NOT THE WEATHER YOU WANT

Our marshals are volunteers for safety, not coat hangers. I have spent a small fortune sending belongings back to people and not been reimbursed.

***BE WARNED. TAKE YOUR SHIT HOME WITH YOU IF
YOU WANT TO SEE IT AGAIN . ANY ITEMS LEFT WILL
NOT BE RETURNED AND WILL BE SENT TO
'THE SWAP BOX'.***



CW
FITNESS

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GOOD LUCK

XX