



BYE WEEKEND EVENTS
AND CORNISH TRAILS



CJCVI





St Just Miners' Chapel



Help us to raise £2 million to
secure the future of this iconic
building.

- Repairing and restoring the fabric of the buildings and graveyard
 - Performing in song, music and drama
- Telling the story of St Just through its people
 - Promoting training opportunities
 - Use as a centre by our community

Keeping the Doors Open

St Just Miners' Chapel Charity Number 1180038

A Place for inspiration, learning, community, faith and restoration

WELCOME...

Welcome to the 6th annual 'Cousin Jack Classic' event.

The Cousin Jack Classic is an event paying tribute to those brave miners that came before us to pave the way for our future, & our future's technological advancements. Mining has, & still helps to shape our lives and how we live every single day. At the bottom of every mine in the world, there's a Cornishman!

The Tin Coast has such a long, rich and tragic history. From St Just's heyday as a tin giant to the dark days of 3 mine disasters; at Wheal Owles claiming the lives of 20 people, one claiming 31 at Levant. & one at Botallack, claiming 9.

Levant is Cornwall's largest disaster of its kind after the man engine broke, leaving families & a community shattered and splintered.

32 years after the closure of Geevor Tin Mine (St Just's last working mine), we will run high above the wild Atlantic, with a viewpoint into a past world, honoured & remembered by us all as we ascend the unforgiving terrain on the most glorious section of West Penwith's awe-inspiring coastal fringes.

We thank those miners who worked these shores & all the 'Cousin Jacks' who left these shores, all in search of a better future to put food on the tables of the ones they loved. Some 'Jacks' returned. Some didn't.

On St Piran's Day (Sat 5th March) you will explore 18 miles of the loneliest and most treacherous terrain that Penwith has to offer. From Cape Cornwall, Pendeen & Carnelloe to the outcrop of Gurnards Head & the stunning & difficult Zennor, we welcome you to Cornwall's most historically important coastal adventure.

Below is ALL of the information that you will need in order to plan & prepare for race day. Everything that you need to know is right here in this race booklet...

CLASSIC JACK 18 MILES

St Piran's Day 2022

- **HQ: ST JUST MINERS' CHAPEL, 20 CHAPEL ROAD, ST JUST, TR19 7LT**
- **REGISTRATION: 07:30 – 09:15 SATURDAY 5TH MARCH 2022**
- **THE MINER'S SPEECH & SAFETY BRIEFING (LIVE FROM THE PULPIT): 09:20**
- **START: NEXT TO THE OLD 'WARREN'S' FACTORY, 10:00**
- **CUT OFF TIME FOR EVENT: 6 HOURS (INTERNAL CUT OFF AT ZENNOR)**
- **COACH MEET: 06:45 LATEST (READ ON FOR MORE)**
- **COACH DEPARTURE: 07:00 FROM 'TATE GALLERY' CAR PARK. NOT THE TATE!**
- **DIFFICULTY: NOT FOR SNOWFLAKES**



PARTICIPANT HEALTH, SAFETY & WELLBEING

Even though we'll do our best to pause and save your data if you fall over, there are things that can prevent you getting yourselves into the shit in the first place.

If you're unwell on the day then DO NOT run, especially if you're showing COVID symptoms. (COVID measures to follow).

Make sure you keep yourself hydrated properly before, during and after the event.

Dress for the weather. If it's pissing down then don't be one of those morons that say "skin is waterproof". Nobody is laughing because you are not funny. There is a mandatory kit-list to follow which must be adhered to.

There are no entries on the day. You'll pick up your unique race number from registration from our amazing crew. YOU WILL NEED TO PRODUCE IDENTIFICATION (PHOTO ONLY!) AND A COVID-PASS to show your vaccinations OR a negative LFT taken within 24 hours of the event. Failure to produce means you will NOT be running.

There's space on the backs of the numbers to write down ALL of your info. Race Director numbers are on ALL bibs. Use these in the event of an emergency ONLY.

We have 'Omega Medical Event Support Cover' attending to look after all runners and event crew. They had attended every 'Bys Vyken' coastal event and are the most experienced event medical team in Cornwall.

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/lift home without telling us, thus wasting time searching for you when search and rescue could be busy dealing with real emergencies.

There will be other trail and road users, such as, but not limited to dog walkers, other runners, hikers, landowners, livestock etc. Please be respectful and courteous. Even to the cows!

We will have marshals out on the course where you need them the most and also water points/aid stations where we can get them safely. We do not expect our marshals to carry 100s of litres of water to remote areas which are miles down a cliff.

Respect the environmental code. Littering will get you disqualified. Close every gate behind you and be aware there may be electric fencing in place. Use common sense!

DO NOT WEAR HEADPHONES. People will be coming up behind you on narrow paths. You can be disqualified at any time, even if I see photos post-event. I will remove your time!

THE ROUTE

This route is one of the most remote and technical stretches of
The South West Coast Path.

Adventure highlights include:

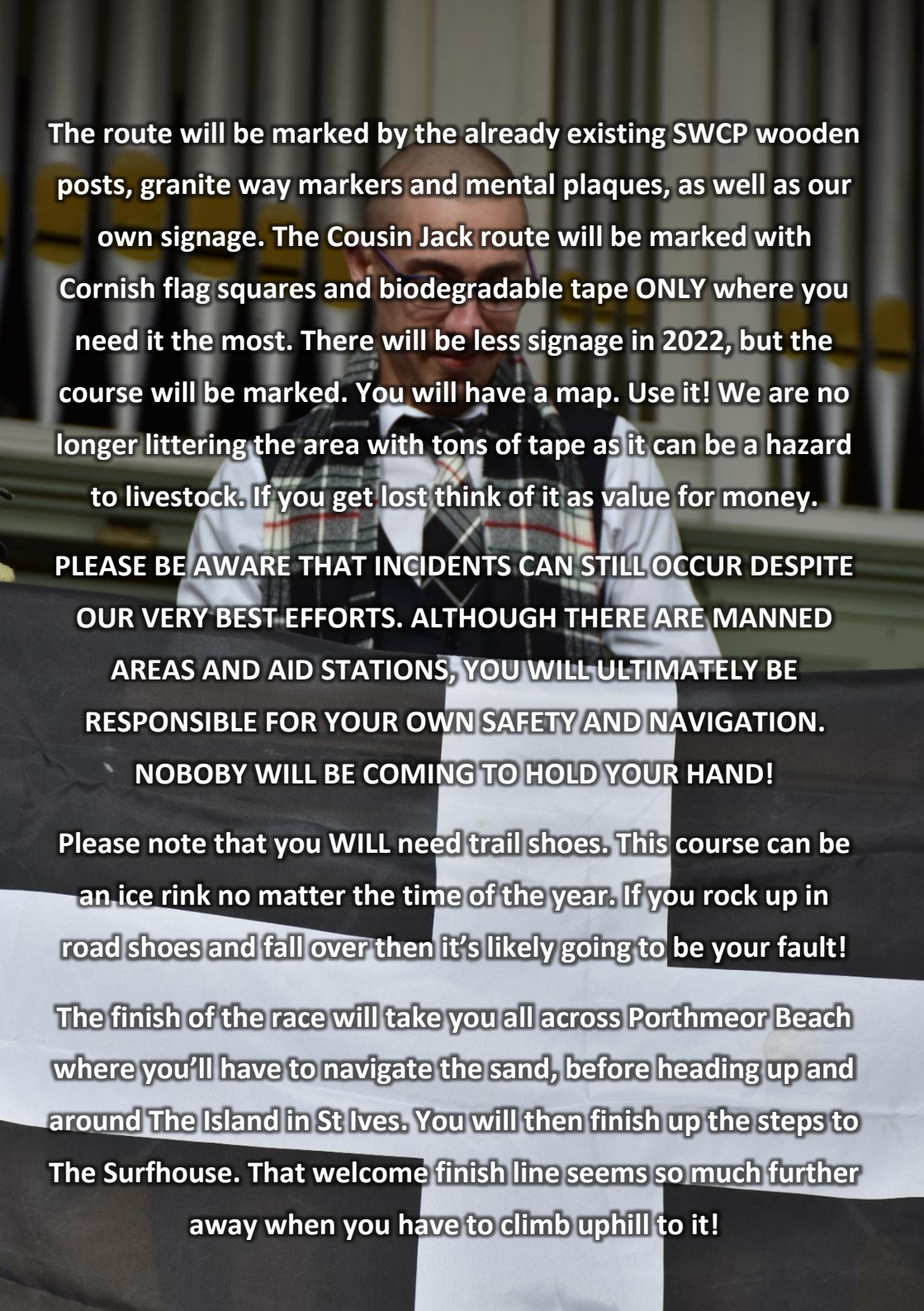
Wheal Owles (Poldark's "Wheal Leisure"), The Crowns at Botallack, Levant and its beam engine built and assembled by "Harvey's of Hayle", Geevor Tin Mine and the below Wheal Mexico, Pendeen Watch, Gurnard's Head, Zennor and the spectacular Porthmeor Beach and Island finish on St Ives Bay.

The route uses the South West Coast Path in its entirety between Cape Cornwall and St Ives, with the start next to the former Warrens factory at the side of the Miners' Chapel.

The 18 mile jaunt has 4 visible lighthouses:

Wolf Rock, Longships, Pendeen Watch & Godrevy.

Between all of these iconic highlights, you'll be met by one of the most strenuous and arduous terrains that the coast path here has to offer. Watch out for the climbing and scrambling that will lay before you on the Zennor to St Ives section (the toughest 10K section). You'll be jumping stiles, navigating around farm animals in places (horses and cows). Please be respectful of them. Do not disturb them or attempt to take selfies with them on top of an exposed cliff!

A man with glasses and a plaid vest over a white shirt is looking down at a map. The background is a blurred outdoor setting with yellow and black striped poles.

The route will be marked by the already existing SWCP wooden posts, granite way markers and mental plaques, as well as our own signage. The Cousin Jack route will be marked with Cornish flag squares and biodegradable tape ONLY where you need it the most. There will be less signage in 2022, but the course will be marked. You will have a map. Use it! We are no longer littering the area with tons of tape as it can be a hazard to livestock. If you get lost think of it as value for money.

PLEASE BE AWARE THAT INCIDENTS CAN STILL OCCUR DESPITE OUR VERY BEST EFFORTS. ALTHOUGH THERE ARE MANNED AREAS AND AID STATIONS, YOU WILL ULTIMATELY BE RESPONSIBLE FOR YOUR OWN SAFETY AND NAVIGATION.

NOBODY WILL BE COMING TO HOLD YOUR HAND!

Please note that you **WILL** need trail shoes. This course can be an ice rink no matter the time of the year. If you rock up in road shoes and fall over then it's likely going to be your fault!

The finish of the race will take you all across Porthmeor Beach where you'll have to navigate the sand, before heading up and around The Island in St Ives. You will then finish up the steps to The Surfhouse. That welcome finish line seems so much further away when you have to climb uphill to it!

MANDATORY KIT

NO KIT. NO RUN

- QUALITY TAPED SEAMS JACKET (10,000MM MIN) – NO BORROWING FROM CREW. IF YOU DON'T HAVE YOUR OWN THEN YOU WON'T BE RUNNING.
- MULTIFUNCTIONAL HEADWEAR (CAP, BUFF, SIMILAR)
- HYDRATION SYSTEM (VEST/PACK) WITH 1 LTR MINIMUM FLUID.
- RESUSABLE CUP (IF YOU INTEND ON USING AID STATION WATER)
 - NUTRITION (GELS, BARS, ETC)
- MINI FIRST AID KIT WITH BLISTER PLASTERS/KIT
 - BIVVY BAG (NOT FOIL BLANKET)
- WHISTLE (NOT THE USELESS CRAP THAT'S ON YOUR PACK THAT CAN ONLY BE HEARD BY A DOG. YOU'RE MORE LIKELY TO BE RESCUED BY AN ACTUAL HUMAN THAN LASSIE!)
- FULLY CHARGED MOBILE DEVICE
- MAP (SUPPLIED AT REGISTRATION)
- FACE COVERING TO BE WORN AT THE START, FINISH AND ALSO WHEN APPROACHING AID STATIONS. SNOOD WILL COUNT WHEN DOUBLE FOLDED.
 - GLOVES
 - BASELAYER
 - £20 CASH EMERGENCY MONEY

CAR PARKS & TRANSPORT

IT'S YOUR RESPONSIBILITY TO PARK SENSIBLY AND PAY FOR YOUR OWN PARKING. WE WILL HAVE NO STEWARDS SHOWING YOU WHERE TO GO. YOU ARE ALL GROWN-UPS. PLEASE DO NOT PARK IN RESIDENTIAL AREAS. THERE WILL BE MINIMAL SIGNAGE SHOWING YOU THE WAY TO EVENT HQ. THERE WILL BE A LIST OF NOTEWORTHY ADDRESSES COMING UP. PLEASE USE ALL THAT INFO TO PUT INTO A SATNAV OR 'GOOGLE MAPS'.

CAR PARKS

- NATIONAL TRUST CAR PARK, CAPE CORNWALL ROAD, ST JUST, TR19 7NN
- MARKET SQUARE CAR PARK, ST JUST BUS STATION, ST JUST, TR19 7HF
- THE ANNEXE WESTWINDS, ST BURYAN, ST JUST, TR19 7RL
- TRENWITH CAR PARK, THE BURROWS, ST IVES, TR26 1DD
- BARNOON LONG STAY CAR PARK, CLODGY VIEW WEST, ST IVES, TR26 1JF
- TATE GALLERY CAR PARK, PORTHMEOR BEACH, ST IVES, TR26 1TG
- THE ISLAND CAR PARK, THE ISLAND, ST IVES, TR26 ISY

PUBLIC TRANSPORT

PLEASE VISIT:

WWW.FIRSTBUS.CO.UK/CORNWALL

FOR ALL TIMES, ROUTES AND THE CURRENT GUIDANCE ON TRAVELLING ON BUSES/TRAINS DURING COVID.

PLEASE ONLY CAR SHARE IF YOU'RE ALL IN THE SAME BUBBLE.

LEVANT (Man Engine)

20th Oct 1919

In Memory...

John Edward Grenfell (52)

William James Harvey (43)

William John Hocking (41)

Ben Hocking (41)

John Kevern (44)

John Tonkin (52)

John Wearne (29)

Tom Rowe (47)

Matthew Newton (61)

Matthew Eddy Matthews (36)

Nicholas James Matthews (36)

James Henry Oats (39)

George Henry Harvey Eddy (45)

James Vingoe Trembath (25)

William Henry Tregear (57)

William J. Murley (29)

William John George (47)

Stephen John Brewer (18)

Edwin Francis Pascoe (22)

Sampson Osborne (48)

William Heney Ellis (47)

Nicholas Hocking Thomas (20)

John Ellis (34)

Peter Branwell (38)

Thomas Branwell (60)

William Edward Peters (31)

Edwin T. Trathen (41)

Leonard Semmens (25)

Henry Andrews (46)

John T. Angwin (61)

*15 OF THESE MEN REST AT ST JUST
MINERS' CHAPEL*

WHEAL OWLES (Cargodna Shaft)

10th Jan 1893

Thomas Allen (23)

Charles Hitchens Thomas (37)

Lewis Blewett Wilkins (18)

William Stevens Thomas (15)

Peter Casley Dale (23)

James Thomas (22)

William James Davey (18)

James Williams (22)

Edward Williams (20)

Richard Williams (25)

Thomas Ellis (25)

Edward White (43)

John Grose (54)

John Taylor (24)

John Olds Bosanko (25)

Mark Taylor (20)

James Edward Trembath (34)

James Rowe (23)

William Roberts (23)

Thomas Grose (Unknown)



BOTALLACK (Boscawen Diagonal Shaft)

18TH April 1863

John Chapple (50)

John Chapple (16)

Peter Eddy (17)

Michael Nicholas (Unknown)

John Eddy (18)

Thomas Wall (46)

Richard Wall (16)

Thomas Nankervis (Unknown)

Richard Nankervis (Unknown)



"THE SMUGGLER'S SCUTTLE 5"

BYS VYKEN EVENTS
AND CORNISH TRAILS



BYSVYKENEVENTS.VPWEB.CO.UK

26TH JUNE 2022

BYS VYKEN EVENTS
AND CORNISH TRAILS



Fordh Seven

BYSVYKENEVENTS.VPWEB.CO.UK



**SATURDAY THE THIRD OF DECEMBER,
TWO THOUSAND & TWENTY TWO**

Photo Credit: Will Harper-Penrose



REGISTRATION

ST JUST MINER'S CHAPEL: 20 CHAPEL ROAD, ST JUST, CORNWALL, TR19 7LT

All runners will receive their numbers at registration. They will NOT be posted out.

You will get a copy of the OS Explorer 102 map of the area (We are OS Licenced to copy maps). At registration you will have all the detailed information you'll need on the map, including grid refs and long/lat and 'What3Words' phrases. You are advised to download this app. You'll be able to see the marshal points/aid stations on the map too.

YOU WILL NEED TO BRING PHOTO ID AND YOUR COVID-PASS TO PROVE YOU'VE HAD AT LEAST 2 VACCINATIONS OR A NEGATIVE LATERAL FLOW TEST (LFT) WITHIN 24 HOURS PRIOR TO RACE DAY. YOU WILL NEED TO BE TEMP CHECKED TO PROVIDE THE ID AND PASS BEFORE YOU CAN REGISTER. CHECK-IN AND REGISTRATION WILL BE SPLIT IN THE CHAPEL. TESTS WILL BE AVAILABLE ON THE DAY FOR THOSE THAT DON'T PROVIDE WHAT WE REQUIRE. FAILURE TO COMPLY MEANS YOU WON'T BE RUNNING. IT'S FOR THE HEALTH AND SAFETY OF EVERYONE, EVEN IF YOU'RE A COVID-HOAXER. RULES APPLY TO ALL.

All details on the backs of bibs needs to be completed correctly.

Pens and pins will be provided at registration. Please only take what you need.

DO NOT TRY TO CONTACT US ON THE DAY. THE EVENT TEAM WILL BE BUSY WITH SET UP. IF YOU ARE THAT UNPREPARED FOR THE EVENT THAT YOU NEED TO STILL ASK MIND-NUMBING QUESTIONS ON RACE DAY, THEN PLEASE CONSIDER WHETEHR THIS RACE IS ACTUALLY FOR YOU. PRE PROPER PLANNING PREVENTS PISS POOR PERFORMACE!

You will have marked baggage labels to attach to your gear ready to be transported from St Just to St Ives. The bag van will be parked outside of the chapel in St Just and then in The Island Car Park in St Ives. You are responsible for taking your own baggage to the van and retrieving it after.

We assume no liability for lost, stolen or damaged items. You will receive your numbered labels along with your race number (paper-clipped to it). You will have the terms and conditions emailed to you and upon registering on the day, you accept and acknowledge all risks laid out in it.

THERE IS NO PARKING AT THE CHAPEL OR IN ANY RESIDENTIAL AREA NEAR TO THE CHAPEL. USE THE PARKING INFORMATION PROVIDED WITHIN THIS GUIDE.

BIB INFO

YOU WILL NEED TO GET YOUR BIB MARKED AT GURNARD'S HEAD. THERE WILL BE A WHITE BOX WHICH WILL HAVE AN 'X' WRITTEN THROUGH IT BY OUR CREW THERE

BY3 VUKEN EVENTS
AND CORNISH TRAILS®



COUSIN JACK 6 (CUT OFFS)

START: 10AM (MINERS' CHAPEL)

CUT OFF 1: 1:45PM (3 hours/45 mins)

(ZENNOR HEAD – 11.5 MILES)

CUT OFF 2: 4PM (2 hours/15 mins from Zennor)

(ST IVES FINISH – 18 MILES)

20 MINUTE AVERAGE PACE THROUGHOUT.

THERE WILL BE A MINI BUS TO TAKE YOU BACK TO ST IVES IF YOU DON'T MAKE CUT-OFF. YOU WILL NOT CARRY ON WITH AN EVENT NUMBER ATTACHED TO YOU. REFUSAL TO GIVE UP YOUR NUMBER WILL MEAN YOU'LL BE BANNED FROM ALL FUTURE EVENTS. WE HAVE HAD THIS BEFORE AND IT PUTS CREW AND YOURSELVES AT RISK. IF YOU ROCK UP UNTRAINED THEN YOU WILL BE PULLED FROM THE EVENT. DO NOT BE A

DICK!



COVID & REGISTRATION PROCEDURES DURING THIS EVENT (IMPORTANT READING!)



BEFORE REGISTERING ON THE DAY YOU'LL NEED TO PROVIDE PHOTO ID, WHETHER IT'S A PASSPORT, DRIVING LICENCE OR A PASS CARD OR SIMILAR. IF WE DON'T KNOW WHO YOU ARE AND YOU HAVE NO ID THEN YOU WON'T BE RUNNING. THIS IS STANDARD.

ALL RUNNERS MUST PROVIDE PROOF OF A NEGATIVE LATERAL FLOW TEST OR PCR TEST. ALTERNATIVELY PLEASE PROVIDE PROOF THAT YOU HAVE RECEIVED 2 VACCINATIONS AGAINST COVID-19.

IT WILL BE A MASS START BUT YOU'LL NEED TO WEAR A FACE COVERING ON THE START LINE AND NEED TO WEAR ONE WHEN APPROACHING AID STATIONS IF YOU ARE TO USE THE AID STATIONS.

YOU WILL NOT BE REQUIRED TO USE THE TEST AND TRACE SYSTEM. IT ISN'T MANDATORY, BUT THERE WILL BE QR CODES PRESENT AT RACE HQ IF YOU FEEL THAT YOU SHOULD CHECK INTO THE NHS SYSTEM.

NO TEST AND TRACE FORMS WILL BE REQUIRED BY US THIS YEAR, THEREFORE WILL NOT BE SENT OUT. JUST THE PROOF THAT YOU'RE JABBED OR HAVE A NEGATIVE RESULT IN THE LAST 24 HOURS. I KNOW IT'S ANNOYING BUT WE'RE JUST TRYING TO MAINTAIN SAFETY THROUGHOUT. PLEASE DO NOT SEND US THE PROOF BEFORE THE DAY. THIS WILL BE IGNORED. IT HAS TO BE DONE ON THE DAY.

EVERY RUNNER WILL RECEIVE A HAND GEL AT REGISTRATION AND THERE WILL BE HAND GELS LAID OUT ON FOOD TABLES AT AID STATIONS.

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 ON OFFER THOUGH.

ALL SPITTERS/GOBBERS/SNOTTERS WILL BE DISQUALIFIED.

NO HIGH-FIVING EACH OTHER OR HUGGING/SHAKING HANDS OR HAVING A FONDLE. DISTANCE YOURSELVES AS BEST YOU CAN WITH THE CONDITIONS YOU HAVE AFTER YOU'VE STARTED THE RACE.



OUR CREW WILL BE GIVEN FULL PPE. THEY DON'T HAVE TO WEAR IT ALL BUT THEY HAVE TO BE GIVEN IT AS A PRECAUTION AND TO GIVE THEM THE OPTION TO STAY SAFE.

PLEASE STICK TO ONLY DRIVING THOSE FROM THE SAME HOUSEHOLD TO THE EVENT. DON'T ADVERTISE CAR/TAXI SPACE FOR THOSE YOU DON'T KNOW.

WE ARE NOT RESPONSIBLE FOR YOUR SPECTATORS.

WHEN RUNNERS HAVE CROSSED THE LINE THEY MUST NOT CONGREGATE OR KEEP GOING BACK OVER THE FINISH. IF YOU DO, PLEASE MAKE SURE YOU HAVEN'T GOT YOUR CHIP NUMBER WITH YOU.

FACE COVERINGS WILL NOT BE MANDATORY TO RUN IN. IF YOU FEEL SAFER DOING SO THEN FEEL FREE.

THERE WILL BE TOILETS AVAILABLE TO USE AT THE START/RACE HQ AND NEAR THE FINISH AT ST IVES (COUNCIL PORTHGWIDDEN TOILET). IT IS YOUR RESPONSIBILITY TO BE SAFE ABOUT IT. PLEASE KEEP A FACE COVERING ON DURING TOILET VISITS AND WHILST INSIDE OF THE START AND FINISH VENUES.

THERE ARE NO SHOWERS ONSITE AT EITHER END. YOU'LL JUST HAVE TO GO HOME STINKING OF SHIT. THERE WILL BE FOOD AVAILABLE THIS YEAR (PASTIES AT THE END), ALONG WITH TEA/COFFEE. YOU'LL NEED TO TAKE YOUR SHOES OFF BEFORE ENTERING THE SURFHOUSE AND THERE WILL BE A MAXIMUM OF 6 RUNNERS AT ANY ONE TIME ALLOWED IN THERE.

PLEASE READ THE RISK ASSESSMENT PUBLISHED ONLINE TO FIND ALL OF THE SAFETY MEASURES WE'VE EMBEDDED INTO OUR CORONAVIRUS PLAN FOR RETURNING TO RACES.

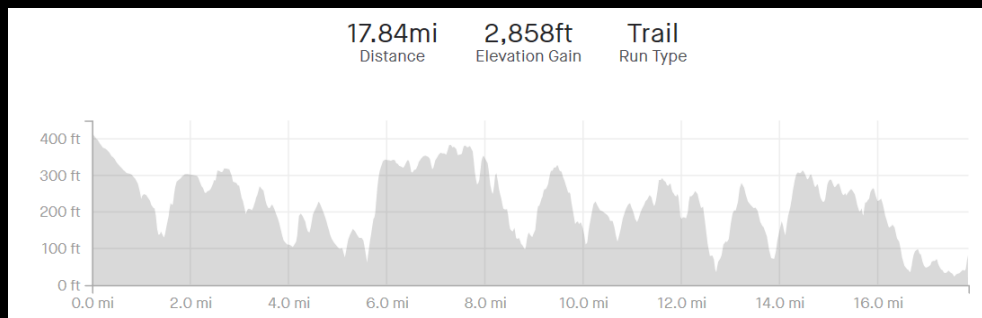
PLEASE LET RUNNERS KNOW THAT YOU ARE PASSING. PLEASE GIVE PEOPLE THE SPACE TO PASS AND PLEASE DON'T TRY TO BLOCK ANYBODY.

RUNNERS WHO HAVEN'T FILLED OUT THEIR EMERGENCY CONTACT INFORMATION ON THEIR ENTRY WILL HAVE TO FILL IT OUT ON THE DAY. IT IS IMPORTANT THAT WE HAVE YOUR EMERGENCY INFORMATION/NEXT OF KIN IN CASE OF AN ACTUAL EMERGENCY OR YOU DIE!





Map Info



COACH TRAVEL

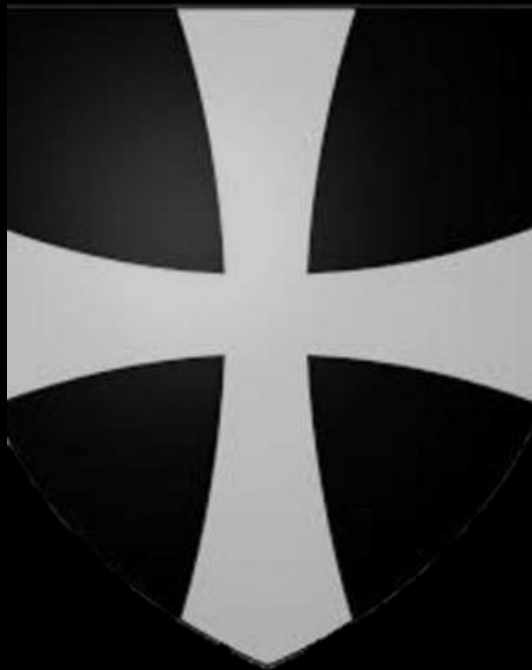


What3words: wobbling.present.drives

Meet at The Tate Car Park, St Ives by 6:45am latest. Coaches depart at 7am PRONTO. There will be no waiting. Thank you to Hopley's. COVID CHECKS FOR COACH TRAVEL. You will need to provide your COVID – PASS to say you're double vaccinated (minimum) or show a negative result for a LFT or PCR test from upto 24 hours before the event. DO NOT BRING YOUR ACTUAL TEST! If you don't have one then you cannot travel. All those who passed checks on coaches will be allowed straight in at The Chapel to registration. You will still need to present ID at registration though for safety purposes. Tests will not be available from us. If you have no COVID – PASS or negative result then you don't travel or race. YOU MUST WEAR A MASK WHILST ON THE COACH AND INDOORS. HAVE YOUR PASS READY AS YOU BOARD THE BUSES.



FOLLOW THE FLAG





THIS A CUP-LESS EVENT



PERMIT NO: 22/001



THANK YOU...



RUNVENTURE
RUNNING HUB



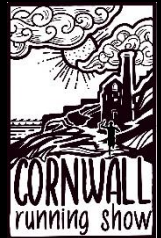
DUST & INK



KELTEK
CORNISH BREWERY



National
Trust



Don't forget to download 'What3Words'
and the 'NHS' COVID App on Play
Store/Apple Store now!



what3words