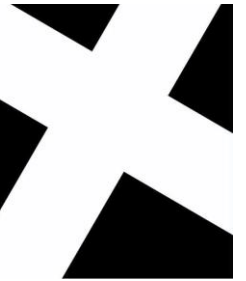




**BYS VYKEN EVENTS
AND CORNISH TRAILS®**



THE COUSIN JACK CLASSIC V

SATURDAY 29TH FEBRUARY 2020

OFFICIAL RACE GUIDE

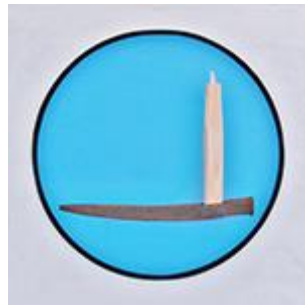


TIMMY @ WHEAL OWLES / PHOTO CREDIT: DAVID ANDREWARTHA



Permit No: ARC/20/004

**BYS VYKEN EVENTS:
NOT FOR SNOWFLAKES** 



St Just Miners' Chapel

Help us 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

Dynnargh onen hag oll

Welcome one and all



Welcome to the 5th annual 'Cousin Jack Classic' event.

The Cousin Jack Classic was originally born out of a way to celebrate St Piran's weekend in a way that had not been done before. It became our first ever event on Saturday 5th March 2016.

The Cousin Jack Classic is an event based around paying tribute to those brave miners that came before us to pave the way for our future and our future's technological advancements. Mining has, and 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 two mine disasters; one at Wheal Owles claiming the lives of 20 people and one claiming 31 at Levant. The latter being Cornwall's largest disaster of its kind after the man engine broke, leaving families and a community shattered and splintered.

30 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 and 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 and 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 Saturday 29th February you will explore 7, 18 (New start for 'The Classic Jack' for 2020) and 35 miles of the loneliest and most treacherous terrain that Penwith has to offer. From Cape Cornwall, Pendeen and Carnelloe to the outcrop of Gurnards Head and the stunning and difficult Zennor, we welcome you to Cornwall's most historically important coastal adventure.

Below is ALL the information that you will need in order to plan your preparation for race day. Everything that you need to know is right here in this race booklet. Grab a coffee, sit and chill and let us begin...

Oll an gwella

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

EVENT SCHEDULE

ULTRA JACK:

EVENT HQ: THE SURFHOUSE, THE ISLAND, ST IVES, TR26 1SY

PLEASE DO NOT ATTEMPT TO PARK ON THE ISLAND. THIS IS FOR RACE DIRECTORS AND THE NATIONAL COASTWATCH INSTITUTION (NCI) ONLY. YOU'LL PARK IN PUBLIC CAR PARKS WHICH HAVE COUNCIL CHARGES THAT YOU WILL BE RESPONSIBLE FOR. (Keep reading for details)

REGISTRATION: 18:00 – 20:00 FRIDAY 28TH FEBRUARY 2020 & 04:00 – 05:00 SATURDAY 29TH FEBRUARY 2020

At registration you will be kit checked (Keep reading for details), pick up your trackers and maps (Trackers on Saturday morning only), and will be able to eat breakfast at 'The Surfhouse' if you wish at no extra cost.

Breakfast will be cereals and porridge oats (Gluten free available). There will also be toast and preserves. Tea and coffee will also be provided. Please don't expect a 'Ritz' kind of service. You are not princesses.

START: 05:30 SATURDAY 29TH FEBRUARY 2020 (ON THE DOT. NO WAITING)

CUT OFF TIME: 12 HOURS WITH INTERNAL CUT OFFS (Fair and doable cut offs at each checkpoint – these are included in this email pack and our website).

CUT OFF TIMES ENCLOSED WITH INFO SEPERATELY.

EVENT BRIEFING: 05:05 AM SATURDAY 29TH FEBRUARY 2020

LAST CHANCE FOR TOILETS: 05:15

(TOILETS WILL BE COUNCIL TOILETS OPPOSITE THE ISLAND CAR PARK AT 'PORTHWIDDEN')

DIFFICULTY: TOUGHER THAN PARKRUN

PROFILE: 7000FT ELEVATION. HARD TO NAVIGATE IN PLACES AND EXTREMELY TECHNICAL. A SMALL ROAD SECTION TOWARD PENDEEN WATCH/AFTER PENDEEN WATCH BUT 90% OFF-ROAD AND ALL SOUTH WEST COAST PATH.

BAG DROP: AT THE SURFHOUSE. YOUR BAGS WILL REMAIN UNTIL YOU FINISH AT THE SURFHOUSE. ('ULTRA JACK' AND 'LITTLE JACK' BAG DROPS HERE ONLY. THEY WILL BE TAKEN FROM THE SURFHOUSE AND ALL AMALGAMATED INTO THE BACK OF THE BAG DROP VAN. LABELS PROVIDED AT REGISTRATION AND YOU ARE RESPONSIBLE FOR ALL OF YOUR PROPERTY.

PRESENTATION: WHEN YOU CROSS THE LINE.

PRIZES FOR:

1ST, 2ND, 3RD MALE & FEMALE AND 1ST DOG RUNNER. ALL DOGS WILL RECEIVE A MEMENTO ALSO AND THE DOG'S NAME WILL APPEAR ON THE RESULTS ALONG WITH THEIR OWNER'S/RUNNER'S NAME.

(PRIZE AND PRESENTATION INFORMATION SAME FOR ALL DISTANCES)

CLASSIC JACK:

EVENT HQ: ST JUST MINERS' CHAPEL, 20 CHAPEL ROAD, ST JUST, CORNWALL, TR19 7LT

PLEASE DO NOT ATTEMPT TO PARK AT THE CHURCH OR ON STREET IN RESIDENTIAL AREAS. YOU'LL PARK IN PUBLIC CAR PARKS WHICH HAVE COUNCIL CHARGES THAT YOU WILL BE RESPONSIBLE FOR. (Keep reading for details)

REGISTRATION: 07:45 – 09:15 SATURDAY 29TH FEBRUARY 2020 (THOSE UNREGISTERED AFTER THIS TIME FOR REASONS WITHIN THE RUNNER'S CONTROL WILL NOT RUN)

At registration you will be kit checked (Keep reading for details), pick up your and maps on and will be able to purchase standard tea and coffee at the cost of £1 per item. Your money will go to 'St Just Miners' Chapel' in the bid to help with restoration costs.

START: 10:00 SATURDAY 29TH FEBRUARY 2020 AT THE WARRENS BAKERY SIDE OF THE CHAPEL

(ON THE DOT. NO WAITING)

CUT OFF TIME: 7 HOURS WITH INTERNAL CUT OFFS (Fair and doable cut offs at each checkpoint – these are included in this email pack and our website).

COACH TO BE BOARDED BY: 06:55 ON SATURDAY 29TH FEBRUARY 2020 AND YOU WILL ALL MEET YOUR CHAPERONES OUTSIDE THE TATE GALLERY (BEACH ROAD, ST IVES) BY 6:40AM, WHERE YOU WILL BE TICKED OFF A LIST BEFORE BOARDING. IF YOU HAVENT PAID THEN YOU WON'T BE GOING ON. STRICTLY NO WAITING. CHAPERONES ON ONE COACH WILL BE TRACY & KEVIN AND BERT & SARAH ON THE OTHER.

COACH DEPARTURE: 07:00 SATURDAY 29TH FEBRUARY 2020.

DETAILS OF COACH PICK UP WILL BE PROVIDED IN THIS EMAIL.

EVENT BRIEFING: 09:30 SATURDAY 29TH FEBRUARY 2020 INSIDE THE CHURCH ITSELF SO PLEASE HEAD IN AND TAKE SEATS UPSTAIRS AND DOWN. PLEASE BE RESPECTFUL.

LAST CHANCE FOR TOILETS: 09:45AM

(TOILETS WILL BE INSIDE THE CHURCH. PLEASE BE RESPECTFUL AND CLEAN!)

DIFFICULTY: AS HARD AS YOU WANT TO MAKE IT.

PROFILE: 4000FT ELEVATION. HARD TO NAVIGATE IN PLACES AND EXTREMELY TECHNICAL. A SMALL ROAD SECTION TOWARD PENDEEN AND CHAPEL ROAD, ST JUST & CAPE CORNWALL ROAD. WATCH BUT 90% OFF-ROAD AND ALL SOUTH WEST COAST PATH.

BAG DROP: IN THE BAGGAGE VAN AT 'ST JUST MINERS' CHAPEL'. ALL KIT LEFT AT THE CHAPEL WILL BE SOLD FOR FUNDS TOWARDS THE CHAPEL'S RESTORATION. DON'T DO IT! BAGS WILL BE TAKEN BY US TO THE FINISH.

PRESENTATION: WHEN YOU CROSS THE LINE.

PRIZES FOR:

1ST, 2ND, 3RD MALE & FEMALE AND 1ST DOG RUNNER. ALL DOGS WILL RECEIVE A MEMENTO ALSO AND THE DOG'S NAME WILL APPEAR ON THE RESULTS ALONG WITH THEIR OWNER'S/RUNNER'S NAME.

(PRIZE AND PRESENTATION INFORMATION FOR ALL DISTANCES)

LITTLE JACK:

EVENT HQ: THE SURFHOUSE, THE ISLAND, ST IVES, TR26 1SY

PLEASE DO NOT ATTEMPT TO PARK ON THE ISLAND. THIS IS FOR RACE DIRECTORS AND THE NATIONAL COASTWATCH INSTITUTION (NCI) ONLY. YOU'LL PARK IN PUBLIC CAR PARKS WHICH HAVE COUNCIL CHARGES THAT YOU WILL BE RESPONSIBLE FOR. (Keep reading for details)

REGISTRATION: 18:00 – 20:00 FRIDAY 28TH FEBRUARY 2020 & 11:00 – 12:00 SATURDAY 29TH FEBRUARY 2020

Here you will pick up your maps and be kit checked. Yes, the 'Little Jack' has a kitlist. This isn't a 10K around the woods.

START: 1PM SATURDAY 29TH FEBRUARY 2020 (ON THE DOT. NO WAITING)

CUT OFF TIME: 3 HOURS (4PM)

CUT OFF TIMES ENCLOSED WITH INFO SEPERATELY (ULTRA AND CLASSIC ONLY)

COACH PICK UP FROM: BEACH ROAD, ST IVES (OUTSIDE THE TATE GALLERY). YOU WILL BE CHAPERONED BY DAVE & MARTIN. PLEASE BE OUTSIDE THE TATE GALLERY FOR 12:05 AND COACH WILL DEPART AT 12:15 WITH NO WAITING. NAMES WILL BE CHECKED OFF OF A LIST.

EVENT BRIEFING: ON THE #LOVEBUS (COACH)

LAST CHANCE FOR TOILETS: 12:40 (TOILETS WILL BE IN THE MAIN CAR PARK AT ZENNOR WHERE THE START WILL BE).

DIFFICULTY: NOT A JOLLY 10K ON A SUMMER'S EVENING.

PROFILE: HARD TO NAVIGATE IN PLACES AND EXTREMELY TECHNICAL. PREPARE TO BECOME A MOUNTAIN GOAT

BAG DROP: AT THE SURFHOUSE. YOUR BAGS WILL REMAIN UNTIL YOU FINISH AT THE SURFHOUSE. ('ULTRA JACK' AND 'LITTLE JACK' BAG DROPS HERE ONLY. THEY WILL BE TAKEN FROM THE SURFHOUSE AND ALL AMALGAMATED INTO THE BACK OF THE BAG DROP VAN. LABELS PROVIDED AT REGISTRATION AND YOU ARE RESPONSIBLE FOR ALL OF YOUR PROPERTY.

PRESENTATION: WHEN YOU CROSS THE LINE.

PRIZES FOR:

1ST, 2ND, 3RD MALE & FEMALE AND 1ST DOG RUNNER. ALL DOGS WILL RECEIVE A MEMENTO ALSO AND THE DOG'S NAME WILL APPEAR ON THE RESULTS ALONG WITH THEIR OWNER'S/RUNNER'S NAME.

(PRIZE AND PRESENTATION INFORMATION FOR ALL DISTANCES)

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 necking gels when you have an upset stomach? Nothing can ever be gained from shitting yourself on a run. Trust me! 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. If it's raining, 3 degrees and 65mph winds then a mankini and nipple tassels aren't going to get you through unfortunately, no matter how nice they feel.

There are no entries on the day. You'll pick up your unique race number from registration from one of our amazing crew members. **YOU WILL BE ASKED TO PRODUCE IDENTIFICATION**. People sometimes run in other people's name. Please don't be a dickhead. For your own safety, this is a little pointless. If we don't know who you are and you don't have ID then you won't be running.

There is space on the back of the numbers to write down ALL of your info. Makes it easier to identify you if you happen to die. Race director numbers are on the backs of ALL race bibs. Except Timmy's. He'll be posing for photos in St Ives with aspiring artists and artisan people so won't want to be bothered.

Use these numbers if you need to in an emergency. Please don't ring because you've lost a gel or are scared that the local ponies are giving you the eye. 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 (good luck finding one) 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 trail and road users. Runners, dog walkers, hikers and livestock. There will be cars on the Pendeen section and into St Ives. Despite having the best marshals we can have at these points, people can still drive like nobheads. Waiting a few moments for passing traffic rather than dying for a specific time is probably the best way forward! Please be courteous. Rudeness will get you disqualified if caught (I know, I am probably somewhat hypocritical).

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 that have been spooked or choke and die on 'shot blok' wrappers. Remember, rubbish can and does enter our food system. If vegan, ignore that statement. Respect your veg and keep off the grass.

DO NOT WEAR HEADPHONES. You'll need to hear people coming behind you on narrow paths as well as marshal instructions, not to mention any traffic. You will be DQ'd for breaking this rule.

TRACKERS



**‘ULTRA JACK’ TRACKERS WILL BE
GIVEN TO YOU BETWEEN 4AM
AND 5AM ON EVENT DAY BY CHRIS
FROM ‘RACE DIRECTOR’**

**DO NOT LOSE THESE. DO NOT GO
HOME WITH THEM. MAKE SURE
THEY ARE RETURNED. IF I HAVE TO
COME AND GET THEM YOU WILL BE
CHARGED FOR MY TIME AND FUEL.**

THE ROUTE

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

Race highlights will include:

Wheal Owles (Poldark's Wheal Leisure), The Crowns at Botallack, Levant & its Beam Engine made in Hayle by 'Harvey's of Hayle', Geevor Tin Mine and running by Wheal Mexico, Pendeen Watch, Gurnards Head, The Carracks, St Ives Bay, Hayle Bar and Godrevy Lighthouse.

The route uses the South West Coast Path in its entirety between Cape Cornwall and St Ives, with a new start for the 'Classic Jack', that adds a better and more appropriate venue as well as an extra half a mile through farm fields and road.

The 17.4 mile stretch between The Cape & St Ives includes 4 visible lighthouses:

Wolf Rock, Longships, Pendeen Watch & Godrevy

Between all of these amazing highlights, you'll be met by one of the most strenuous and arduous of terrains that our 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 of the route). If you're doing the 'Ultra Jack' then unlucky! You have to do this twice! I call this area "The Thriller Section". You will be finely tuned into a Michael Jackson art form by the time you reach St Ives.

You'll be jumping stiles, navigating around farm animals (ponies & cows) in places so please be careful not to try to disturb or spook them.

The route will be marked by the already existing SWCP wooden posts, granite blocks and metal plaques as well as some of our own. On the 'Ultra Jack' the way out to The Cape will be marked by Cornish Bezant squares and also yellow correx signs with pink arrows on them made from K-Tape for the dark section. Yes I know, very budget. However, glow sticks are just shit for the environment and at least I'll get to use these again. The yellow correx will be placed out on the route for the first 10K only for the 'Ultra Jack'.

On the way back from The Cape you will be seeing small St Piran's flag squares on wooden posts. (THIS WILL BE THE SIGNAGE FOR THE 'CLASSIC' & 'LITTLE' JACK DISTANCES AND RETURN LEG OF THE 'ULTRA') We don't want to litter the coast path and its farmland everywhere with tape this year or metal stakes, which are a hazard to every coastal user and livestock. This is an exposed and traditionally farmed section of coast path. There will be tape between Zennor and St Ives only for the 'Little Jack' due to there being more first timers and less experienced runners on this distance.

You will be provided maps. Please refer to them if lost and think of it as value for money if you ARE lost. We never marked anything in our first year and never put any tape out in 2017. If you get lost and don't know how to read a map then at least you've learned something!

PLEASE BE AWARE THAT INCIDENTS CAN STILL OCCUR DESPITE OUR VERY BEST EFFORTS TO LAY SIGNAGE AND TO INFORM EVERY SINGLE LANDOWNER ON THE ROUTE.

Although there are manned areas,

YOU WILL ULTIMATELY BE RESPONSIBLE FOR YOUR OWN SAFETY.

MANDATORY KIT LIST



NO KIT.

NO RUN.

NO EXCUSES.

CLASSIC JACK

- Quality taped seams jacket (Facebook photos sent to me will be ignored)
- Multifunctional headwear (Cap, buff, similar)
- Hydration system min 1ltr fluid
- Reusable cup (advisory and not mandatory)
- Nutrition (Gels/Bars/Snacks)
- Mini first aid kit including blister plasters and foil blanket/bivvy
- Whistle
- Fully charged mobile device
- Map (Supplied at registration)
- I.C.E contact
- Gloves
- Baselayer (Can be worn)
- £20 recommended emergency money

ULTRA JACK

AS ABOVE, BUT ADDITIONALLY:

- Tracker (Supplied at event)
- Headtorch (Min 250 lumens) & spare battery(ies)
- Red back light/E-lite (No glowsticks)

LITTLE JACK

- Quality taped seams jacket (Facebook photos sent to me will be ignored)
- Multifunctional headwear, Cap, Buff, Similar
- Fully charged mobile device
- I.C.E contact
- 500ml fluid min
- Gloves
- £20 recommended money for emergency
- Map (Provided at registration)

CAR PARKS & TRANSPORT

IT'S YOUR RESPONSIBILITY TO PARK AND PAY FOR PARKING. WE WILL HAVE NO STEWARDS SHOWING YOU WHERE TO GO. YOU ARE GROWN UPS. DO NOT PARK IN RESIDENTIAL AREAS. THERE WILL BE MINIMAL SIGNAGE SHOWING YOU THE WAY TO EVENT HQs. YOU HAVE ENOUGH INFO ALREADY PROVIDED FOR YOU HERE. PLEASE USE IT.

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 1SY

PUBLIC TRANSPORT

- Bus Service 240 (Truro – St Just)
- Bus Service T1 (Tinner bus inward and outward bound of Penzance)
- Bus Service T2 (Tinner bus inwards and outward bound of St Ives)
- Bus Service 17A (Atlantic Coaster bus inward and outward bound of St Just and St Ives)

Please car share where possible. It will be fun, even if your singing *is* shit.



BYS VYKEN EVENTS
AND CORNISH TRAILS

Presents...

"Smugglers Go Forth"



Saturday 27th June 2020

WWW.BYSVYKENEVENTS.VPWEB.CO.UK

S4. EVAL KART CIRCUIT MARATHON + 1/2 (2ND HEAT)

BYS VYKEN EVENTS
AND CORNISH TRAILS
BYSVYKENEVENTS.VPWEB.CO.UK



Sun 3rd May 2020



**OFFICIAL MEDICAL PARTNERS OF
BYS VYKEN EVENTS**

REGISTRATION

***St Just Miners' Chapel, 20 Chapel Road, St Just, TR19 7LT &
The Surfhouse, The Island, St Ives, TR26 ISY***



All runners will receive their numbers **(BIBS WILL BE A DIFFERENT CORNISH TARTAN TO REPRESENT DIFFERENT DISTANCES)**

You will get a double-sided copy of the OS Explorer 102 section of this route as we are 'Ordnance Survey' licensed (License available on request and at Race HQ). At registration, you'll have all the detailed information you'll need in a map, including all grid references and long/lat of each place on it. You'll also be able to see where all the marshal points and aid stations are located. These have all been added by myself.

Those that are doing 'Ultra Jack' will be hooked up with a tracker from 'Race Director'. You'll be tracked by our tracker crew at The Surfhouse from start to finish. Please note that the tracking device may not always be accurate. Myself and medical will have one also.

All details on the backs of the bibs need to be filled out correctly. Again, BRING ID! Screenshots and photos of ID will not do. Physical copies only. No questions, no exceptions.

Pens and pins will be provided.

DO NOT TRY TO CONTACT US ON THE DAY BECAUSE YOU CAN'T FIND THE START. If this happens then reconsider that this race probably isn't for you after all and once again, you'll be ignored because I have an event to conduct.

You will receive a bagged (biodegradable) OS Explorer 102 double sided map to take with you on your journey. We will have our Ordnance Survey licence at registration with us along with all documents showing the legalities of holding the race, as aforementioned.

You will have marked baggage labels to attach to your gear. Make sure that they are done up ready for transporting to the finish at The Surfhouse. This is all done at your own responsibility. We assume no liability for lost, stolen or damaged items. You will receive your number labels along with your race number (paper-clipped to it). 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.**

BY5 VYKEN EVENTS AND CORNISH TRAILS®



COUSIN JACK CLASSIC V (CUT OFFS)

ULTRA JACK

CP1- GURNARD'S HEAD (MILE 9)

8:30AM (3 HOURS TOTAL TIME/20 MIN PACE
FROM START)

CP2- CAPE CORNWALL (MILE 17.4)

11:30AM 6 HOURS TOTAL TIME/22.5 MIN PACE
FROM CP1)

CP3- GURNARD'S HEAD (MILE 26)

14:30 9 HOURS TOTAL TIME/25 MIN
PACE FROM CP2)

FINISH- THE ISLAND (MILE 35)

17:30 (12 HOURS TOTAL TIME/ 22.5 MIN PACE FROM CP3

BY5 VYKEN EVENTS AND CORNISH TRAILS®



COUSIN JACK CLASSIC V (CUT OFFS)

CLASSIC JACK

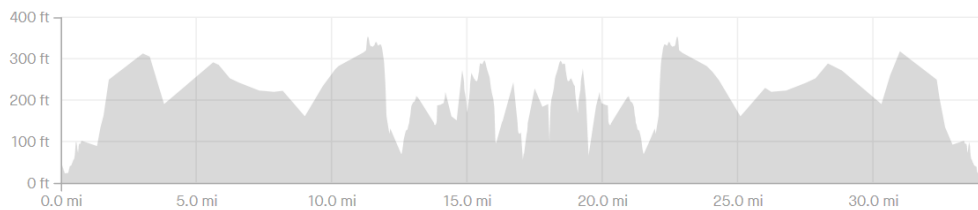
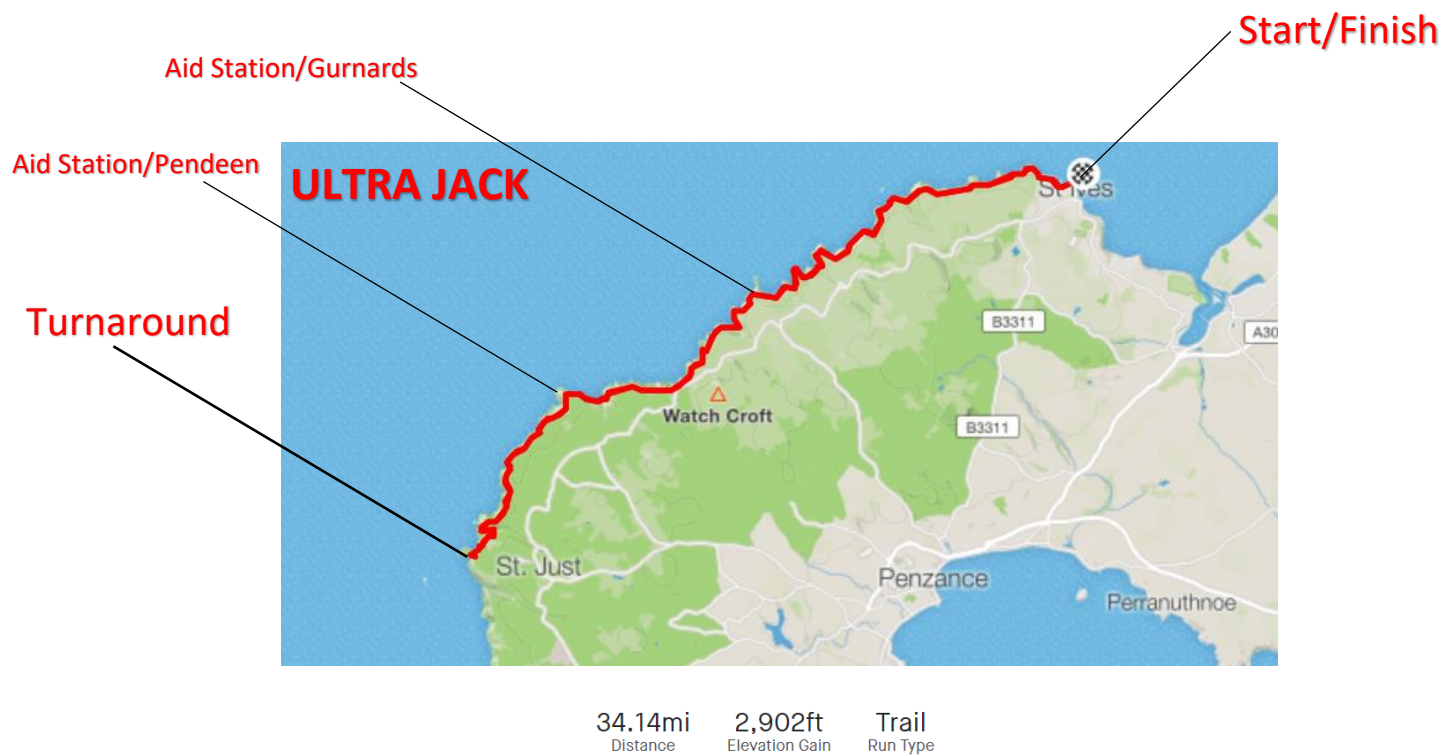
CP1- GURNARD'S HEAD (MILE 9)

13:15 (3 HOURS 15 MINUTES TOTAL
TIME/21 MIN PACE FROM START)

FINISH - THE ISLAND, ST IVES (MILE 18)

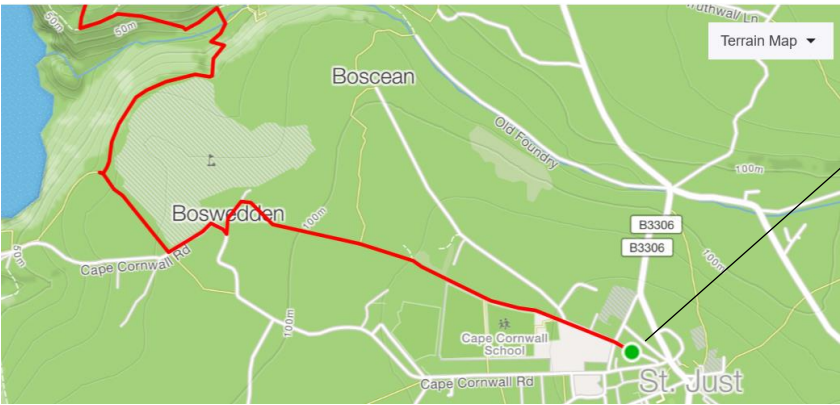
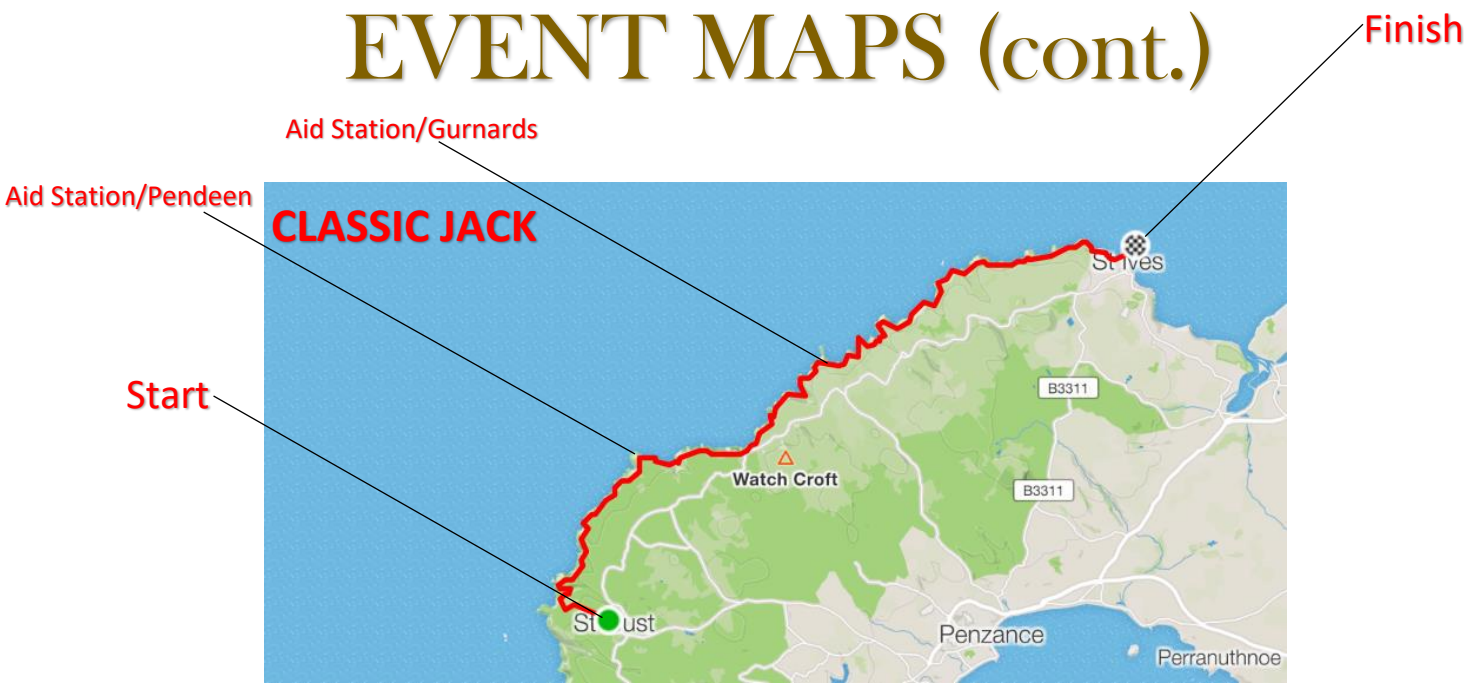
17:00 (7 HOURS TOTAL TIME/26 MIN
PACE FROM CP1)

EVENT MAPS

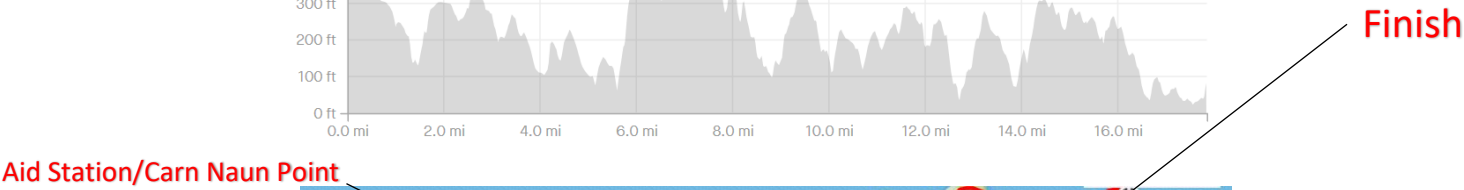
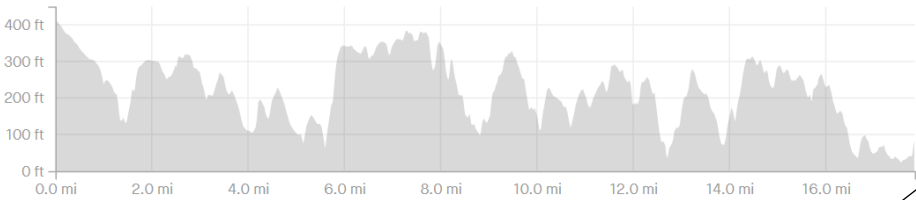


Please note that there are no aid stations between Gurnards and St Ives for 'Ultra' or 'Classic'. There is one however between the two points for the 'Little Jack'. Please don't use this unless you're on the long 10K event. Crew will know the bib colours.

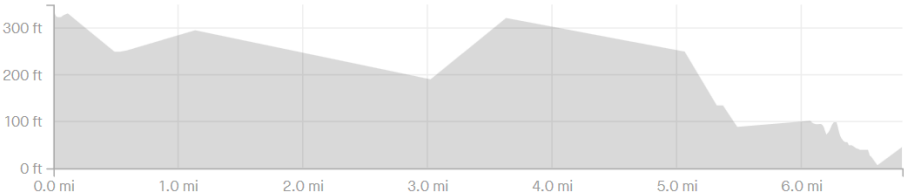
EVENT MAPS (cont.)



17.84mi Distance 2,858ft Elevation Gain Trail Run Type



6.81mi Distance 258ft Elevation Gain Trail Run Type



COACH TRAVEL - *Hopley's*



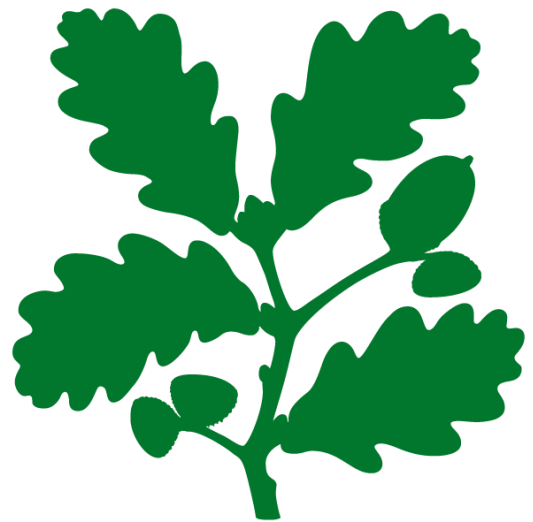
***Meet at 'The Tate', St Ives. Common sense and Google
should help you find this ;)***



PLASTIC FREE

PENZANCE

SURFERS AGAINST SEWAGE



National Trust

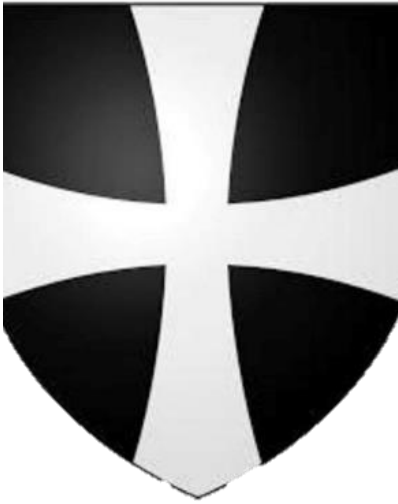
Bys Vyken Events & Cornish Trails are the first and only recognised and approved (By Surfers Against Sewage) 'Plastic Free Coastlines & Communities' business. To view all of our changes please head on over to our website to www.bysvykenevents.vpweb.co.uk and click on 'Environmental Code'

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

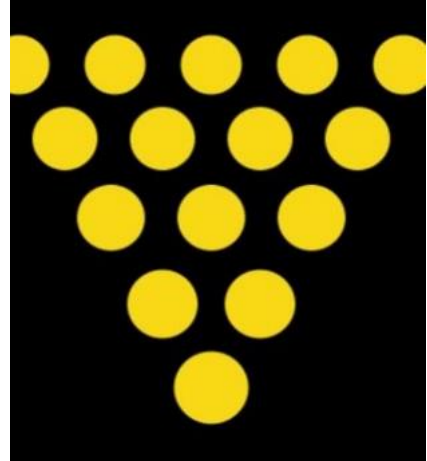
SIGNAGE



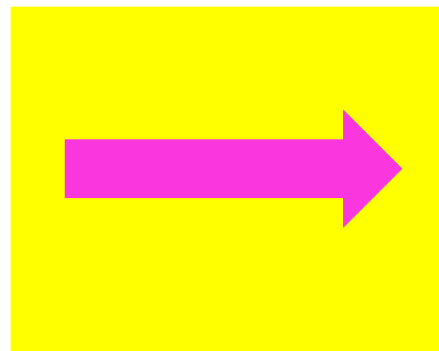
ULTRA (WAY BACK)

CLASSIC (FULL RACE)

LITTLE (FULL RACE)



ULTRA (WAY OUT)



EXAMPLES OF SIGNAGE FOR THE FIRST 10K OF 'ULTRA JACK' ONLY AS THIS WILL BE IN DARK HOURS.



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

- MOT Testing
- Mechanical and habitation service and repairs
 - Truma service dealers
 - 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



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 .**

If you lose an item of clothing consider it gone forever



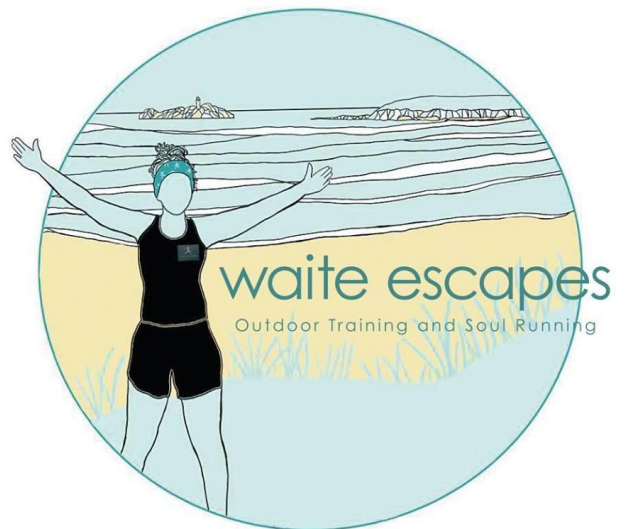


The Island Marathon:
INTERSTELLAR EDITION

BYS VYKEN EVENTS
AND CORNISH TRAILS

Fri 10th & Sat 11th July 2020 Midnight Lift Off
BYSVYKENEVENTS.VPWEB.CO.UK

  **Dure**





*GOOD LUCK,
LOVE TIMMY
X*