

BYE WEEKEND EVENTS  
AND CORNISH TRAILS®



# FORDH SEN MICHAEL V

SATURDAY 12<sup>TH</sup> DECEMBER 2020

## OFFICIAL RACE GUIDE



PHOTO CREDIT: STUART GALSORTHY/ATHLETE: TOBY LOWE

**RUN**VENTURE  
RUNNING HUB



**PLASTIC FREE  
PENZANCE**  
SURFERS AGAINST SEWAGE

**STAY ALERT  
CONTROL  
THE VIRUS  
SAVE LIVES**



**CW  
FITNESS**



# **RUN**VENTURE

## **RUNNING HUB**

**TAVISTOCK - HONITON - HELSTON**



**Run Venture is the South West's first and only running hub.**

**Our running shops in Tavistock, Honiton and Helston are stocked full of great gear for road and trail runners alike, and we also offer full movement analysis and injury advice, as well as serving tea, coffee and cake.**

**We offer a range of running groups, personal training and navigation workshops, as well as organising our own events.**

**[WWW.RUNVENTUREONLINE.COM](http://WWW.RUNVENTUREONLINE.COM)**



# WELCOME



Welcome to the fifth outing of 'Fordh Sen Mighal' (St Michael's Way in Cornish). The UK's **ONLY** designated route of culture plays host to this coast to coast adventure from Lelant to Marazion. This year with some COVID related alterations.

On this pilgrimage you will see the amazing views of St Ives Bay and the West Penwith Peninsula as you scoot around the bottom of the 5000 year old Neolithic hill fort that is Trencrom (which means 'farmstead curve'). Unfortunately we aren't allowed to use the hill itself, due to The National Trust not allowing events to happen on their land until at least the end of the year. I know, it's a load of bollocks when it comes down to it but rules are rules and we have to adhere. We have squeezed in a hill to replace Trencrom as well as putting in more of that lovely beach running I know you all like. Oh, and there's a river to run through. You might get damp.

You'll pass over coastline and train tracks (safely) as you S-bend north to south crossing rivers, streams, marshland, quiet country roads and beaches. Not to mention an uphill start at the historical 'Dynamite Quay' overlooking the UNESCO world mining heritage town of Hayle.

You'll embark on 11+ mile of Christian history, paganism, industry, granite, coastal views, open farmland and a few hills that will make you all a bit sweary, as well as busy intersections that will need some careful negotiation with marshal guidance. It's all good though because there's a pub finish so you can get leathered and celebrate your achievement, all the while looking out to the magnificent Mount's Bay and the jewel in its crown that is St Michael's Mount. **(NOTE: We won't be able to use the pub's conservatory this year and will just be outside. Read on for mor info).**

**WE THANK ALL OF THE LANDOWNERS ON THIS ROUTE.**

Below is some (in fact ALL) of the information that you will need in order to plan and prepare for race day so you can say that you completed your 7 P's: (Pre Proper Planning Prevents Piss Poor Performance). Everything that you need to know is right here in this race booklet, including all of our COVID-19 procedures.

***Oll an gwella***

# EVENT SCHEDULE

**EVENT HQ:** DYNAMITE QUAY, WHARF ROAD, LELANT, NR ST IVES, CORNWALL, TR26 3DU (NO REGISTRATION. CHECK IN ONLY)

PLEASE DO NOT PARK AT DYNAMITE QUAY OR OUTSIDE ST UNY CHURCH OR BLOCK ANY ROAD. ONLY CAR SHARE WITH THOSE IN YOUR OWN BUBBLE. PLEASE READ ON FOR ALL PUBLIC TRANSPORT AND TAXI AND ACCOMODATION INFORMATION TO PLAN YOUR JOURNEY AND STAY. ALL CARS WILL BE TURNED AWAY FROM THE QUAY UNLESS THEY ARE CREW OR HAYLE HARBOUR PERMIT HOLDERS USING THE AREA FOR ANYTHING OUTSIDE THE RACE. IGNORING OUR PARKING INSTRUCTIONS WILL GET YOU DISQUALIFIED. IF SOMEBODY IS DROPPING YOU OFF, YOU'LL NEED TO BE DROPPED OFF AT THE ENTRANCE ROAD TO THE QUAY AT THE VERY TOP. THERE WILL BE CREW THERE TO CHECK YOU IN, WHICH WILL HAPPEN AT THE MAIN ENTRANCE TO THE DRIVEWAY/LANE DOWN TO THE START.

**CHECK IN: 9AM – 10:45AM** (ENTRANCE ROAD TO THE QUAY). THIS NEEDS TO BE DONE BY ALL RUNNERS AND CREW. FAILURE WILL GET YOU DISQUALIFIED. AT CHECK IN, YOU'LL HAVE TO PROVIDE YOUR NAME, ID, TRACK AND TRACE FORM AND BE TEMPERATURE CHECKED BY A QUALIFIED NHS KEY WORKER. THE NAMES THAT DON'T APPEAR IN THE TEST AND TRACE FORM BOX AFTER THE RACE WILL HAVE THEIR TIME REMOVED FROM THE FINAL RESULT).

**EVENT BRIEFING:** (VIRTUAL - WILL BE EMAILED TO ALL AND POSTED ON SOCIAL MEDIA AND OUR WEBSITE ON WEDNESDAY 9<sup>TH</sup> DECEMBER. YOU'LL HAVE 72 HOURS TO WATCH IT AND LISTEN TO IT. ANY CHANGES TO WHAT IS SAID WILL BE UPDATED TO YOU AS AND WHEN, INCLUDING COURSE/WEATHER CHANGES. BRIEFING WILL CONSIST OF THE USUAL HAPPINESS OF THE RACE DIRECTOR.)

**TOILETS:** (3 X PORTABLE TOILETS. WE ARE OUTDOORS AFTERALL. PLEASE QUEUE RESPECTFULLY AND DO NOT PISS ANYWHERE YOU PLEASE. YOU WILL BE DISQUALIFIED BEFORE YOU START. THIS IS PRIVATE LAND NEAR A PUBLIC GOLF COURSE! YOU WILL BE RESPONSIBLE FOR MAINTAINING DISTANCE WHILST QUEING AND STAYING AWAY FROM OTHERS WHO AREN'T SO PLEASE QUEUE SENSIBLY. THERE WILL BE BLUE ROLL AND ANTI-BACTERIAL SPRAY TO TAKE AND WIPE HANDLES AND SEATS. AGAIN, YOU ARE ULTIMATELY RESPONSIBLE FOR THIS).

(EVENT HQ/START IS SITUATED ON THE NARROW LANE TO THE RIGHT OF ST UNY CHURCH IN LELANT. IT HAS A SIGN THAT SAYS 'PRIVATE'. MAKE YOUR WAY ALL THE WAY TO THE BOTTOM UNTIL YOU COME ON TO THE QUAY. THIS LANE DOWN IS ALSO YOUR START WHICH WILL BE UPHILL).

(THE START IS ON THE QUAY AND HEADS UP WHERE YOU CAME DOWN. YOU'LL TAKE A RIGHT TOWARDS THE CHURCH AT THE TOP WHERE YOU'LL ENTER ONTO THE SOUTH WEST COAST PATH).

PRIZES FOR: 1ST, 2ND, 3RD MALE & FEMALE

NO PRIZES FOR DOG RUNNERS THIS YEAR AS DOGS ARE NOW **NOT ALLOWED** ON THE COURSE DUE TO OUR COVID MEASURES. WE CAN'T BE SURE THAT YOUR DOGS WON'T PULL YOU TOWARD THE ONCOMING PUBLIC OR ANOTHER DOG RUNNER.



# START/FINISH TIMES

## WAVES

**WAVE 1** (#001 – 050) – 11:00AM (PRONTO)

**WAVE 2** (#100 – 150) – 11:05AM (PRONTO)

**WAVE 3** (#200 – 250) – 11:10AM (PRONTO)

**WAVE 4** (#300 – 350) – 11:15AM (PRONTO)

**WAVE 5** (#400 – 450) – 11:20AM (PRONTO)

**WAVE 6** (#500 – 550) – 11:25AM (PRONTO)

WAVES ARE 5 MINUTES APART, IN BLOCKS OF 25 (6 WAVES IN TOTAL). YOU WILL BE DISTANCED BY 1 METRE/3FT APART ON THE START LINE. THE WAVES ARE DETERMINED BY ALPHABET. NO, YOU CANNOT CHANGE WAVES TO BE IN THE SAME GROUP AS OTHERS. THE WAVES ARE NOT DETERMINED BY YOUR EXPECTED FINISH TIME BECAUSE SOME OF YOU WILL HAVE NO IDEA HOW LONG IT'LL TAKE AS YOU WOULD HAVE NEVER RUN THIS ROUTE BEFORE. THERE'S NO TWATting ABOUT WITH THIS FORMAT. IT'S SIMPLE AND NEEDS NO ENDLESS COMMUNICATION TO TRY AND CHASE UP YOUR PREDICTED TIMES.

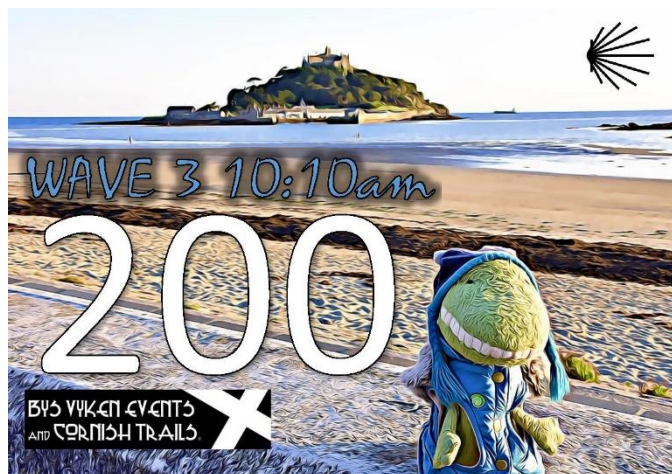
NUMBERS WILL BE POSTED PRIOR TO RACE DAY. YOU SHOULD ALL RECEIVE YOUR NUMBERS, MAPS, PINS AND A HANDGEL (WHICH YOU MUST BRING AND IS YOUR RESPONSIBILITY TO LOOK AFTER) ON OR JUST AFTER TUESDAY 1<sup>ST</sup> DECEMBER 2020. GET IN CONTACT BY TUESDAY 8<sup>TH</sup> DECEMBER 2020 IF YOU HAVEN'T, OTHERWISE YOU ARE PRESUMED TO HAVE RECEIVED IT. NO NUMBER, NO RUN. NO SPARES AND NO I DON'T CARE IF YOUR PET IGUANA NIBBLED THROUGH IT. EXCUSES WILL BE MET WITH MY VERY OWN BRAND OF JOY.

YOU WILL BE SENT A SMALL HANDGEL THAT SHOULD SEE YOU THROUGH THE EVENT AND AN ORDNANCE SURVEY 102 COPY OF THE ROUTE, WHICH WILL BE BAGGED INSIDE A BIODEGRADABLE BAG. PLEASE WEAR YOUR NUMBER ON YOUR FRONT AND MAKE IT VISIBLE AT ALL TIMES. IT NEEDS TO WORN ON YOUR SHIRT/VEST OR COMPLETELY VISIBLE ON YOUR SHORTS. DO NOT COVER AND DO NOT FOLD. IT HAS YOUR CHIP ON IT.

Start times pushed back by an hour due to the 'Station House' pub now opening at 12pm, in case you want to get warmth and have a drink on finishing. Please note that we have no use of this pub as a finish venue like previous years due to Covid-19.

# RUNNING NUMBER

## EXAMPLES





# THE ROUTE (1 OF 2)

The route is 11+ miles from Dynamite Quay in Lelant to The Station House Car Park in Marazion, overlooking the Mount on the alternate ending stretch of St Michaels Way, following a 'not so direct' coast to coast route, going Point A to Point B. More so indirect this year.

The route is made up of coastal and inland trails, farms, cows, stiles, gates, horses, steps and train crossings and several stretches of road to break it up with magnificent views following the 'St Michaels Way' National Trail. (Currently the train crossing on the marsh is closed a new route around it may need investigating. This was closed from the start of October, unbeknownst to us!)

The half way point is Trencrom Hill car park. Usually it's the hill itself, but this year due to COVID-19, we are not allowed to use the hill itself, following National Trust guidelines. We are instead using the horsetrack that scoots around the bottom of Trencrom. Please take extra caution on this area, especially when wet. It can be muddy and full of horse shit. This section will be marked out as best as we can. We have added in another hill at Ludgvan Churchtown. Once you pass 'The White Hart', you'll run all the way to the bottom of the hill and turn around and come back up again. There's extra beach this year, where you'll head straight onto it from King's Road/Godolphin Arms end and start running it from there.

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.

There are 4 main road sections:

- **A3074** (FUEL STATION 1 @ CARBIS BAY/CORNISH ARMS TO STEEPLE LANE SECTION) PLEASE KEEP TO THE PAVEMENT WHEN INSTRUCTED BY MARSHALS. YOU'LL COME UP A LANE AND TAKE A RIGHT. FOLLOW THE PAVEMENT UNTIL SAFELY BEING CROSSED BY MARSHALS ON THE ISLAND IN THE MIDDLE OF THE ROAD.
- **LUDGVAN CHURCHTOWN**, BETWEEN THE WHITE HART AND BLOWINGHOUSE HILL JUNCTION
  - **A30** (LUDGVAN LEAZE CROSSING INTO FIELDS)
- **A394** (NEWTOWN ROAD LEADING TO ROUNDABOUT. CROSS FROM LUDGVAN INTO MARAZION MARSH)

THERE IS ALSO A **TRAIN CROSSING** WITHIN MARAZION MARSH AROUND THE 9.5 MILE MARK THAT HAS NO LIGHTS. THIS WILL BE MANNED. (PENDING IT BEING CLOSED OR NOT. UPDATES AND ALTERNATIVES MAY FOLLOW LATER AT SOME STAGE IF NEEDED).

# THE ROUTE (2 OF 2)

Although there are manned areas, ***YOU WILL ULTIMATELY BE RESPONSIBLE FOR YOUR OWN SAFETY, SO STOP, LOOK, LISTEN AND THINK HEDGEHOG!***

THERE ARE MANY HIGHWAY CORREX HIGH-VIZ SIGNS OUT THIS YEAR. ALSO THERE ARE A COUPLE MORE MANNED AREAS. PLEASE REFER TO MAPS HOWEVER AND PLEASE DON'T JUST FOLLOW THE LEADER. THERE WERE A FEW LAST YEAR WHO JUST FOLLOWED OTHERS AND COMPLAINED TO US ABOUT GETTING LOST. WE ALSO FREQUENTLY GET GRUMPY LOCALS REMOVING SIGNAGE. WE MAKE THINGS AS NAVIGATORALLY EASY FOR YOU AS POSSIBLE BUT THERE WILL ALWAYS BE ONE OR TWO 'NIMBY' KIND OF PEOPLE WHO LIKE TO RIP SIGNAGE DOWN. WE CAN ONLY APOLOGISE FOR THIS. SADLY ENOUGH IT'S NEVER BY THOSE THAT ACTUALLY OWN THE LAND.

IF YOU GET LOST PLEASE JUST TREAT IT LIKE AN ADVENTURE. IF YOU END UP STUCK JUST PHONE US (NUMBER ON THE BACK OF BIB). I'M SURE WE'LL RESCUE YOU IF THIS IS THE LAST RESORT.

The route will be marked with blue correx triangles which are the same as last year. There will also be BIODEGRADABLE tape guiding the way and the original wooden way markers that are out there.

Those way markers have painted Scallop Shell emblems on them.

YOU SHOULD RUN FACING TRAFFIC WHERE POSSIBLE AND ARE ULTIMATELY RESPONSIBLE FOR YOURSELF AND YOUR OWN SAFETY. COUNTRY ROADS AND LANES WILL BE QUIET BUT PLEASE DON'T RELY ON THE VOLUME OF TRAFFIC. ALL THE MAIN ROADS WILL BE MANNED IN PARTS.





# "Timmy goes to the lighthouse"

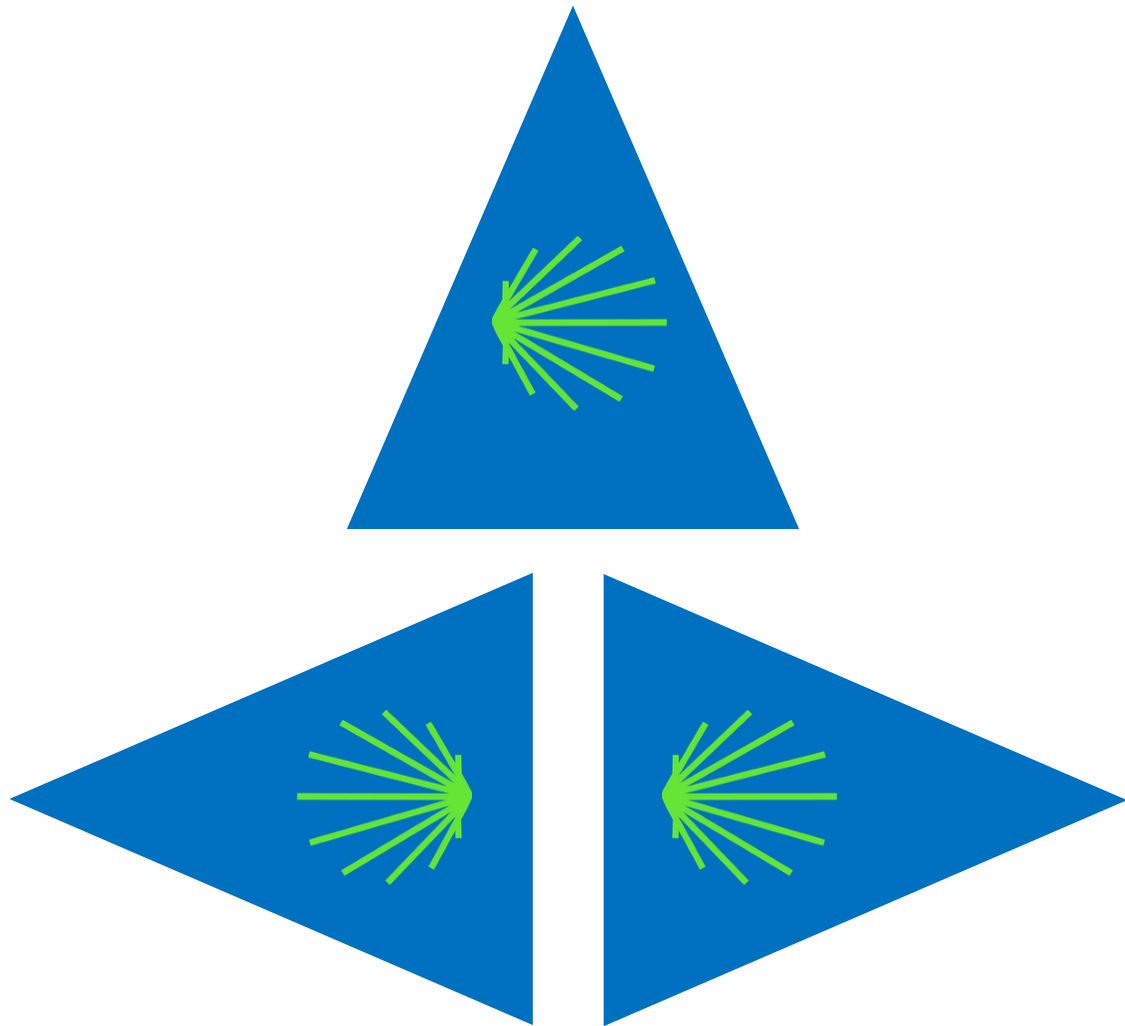
*Words & Digital Artwork by D. Andrewartha*



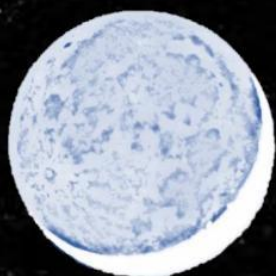
Get your "Timmy Goes to the Lighthouse" eBook now for just £7.99. Kids of all ages will join Timmy on his quest to get to his favourite lighthouse in his favour blue bear hat!

[WWW.BYSVYKENEVENTS.VPWEB.CO.UK](http://WWW.BYSVYKENEVENTS.VPWEB.CO.UK)

# SIGNAGE EN ROUTE







# BYS VYKEN EVENTS AND CORNISH TRAILS



[WWW.BYSVYKENEVENTS.VPWEB.CO.UK](http://WWW.BYSVYKENEVENTS.VPWEB.CO.UK)



## "DARK CLYDE OF THE MOON"

50 & 100 MILE CHALLENGE

## ST. EVAL KART CIRCUIT MARATHON + 1/2 (2<sup>ND</sup> HEAT)

BYS VYKEN EVENTS  
AND CORNISH TRAILS



[BYSVYKENEVENTS.VPWEB.CO.UK](http://BYSVYKENEVENTS.VPWEB.CO.UK)



**NEW DATE – SAT 10<sup>TH</sup> JAN 2020**

# **COVID PROCEDURES**

## **FOR THIS EVENT (1 OF 2)**

**YOUR NUMBERS WILL BE POSTED 14 DAYS BEFORE THE EVENT TO THE ADDRESS YOU ENTERED WITH, ALONG WITH YOUR MAP, HANDGEL AND PINS. IF YOU DIDN'T GET YOUR NUMBER THEN YOU'LL NEED TO LET US KNOW NO LATER THAN 7 DAYS BEFORE THE EVENT.**

**REGISTRATION WILL BE SWAPPED OUT WITH ID CHECKS AND TEMPERATURE CHECKS. YOU WILL NEED TO PROVIDE STAFF WITH YOUR NAME AND YOUR BIB NUMBER (SEE EARLIER IN THIS GUIDE) AND PLACE A FORM OF PHOTO IDENTIFICATION IN FRONT OF THEM. A SCREENSHOT ON YOUR PHONE WILL NOT DO SO DON'T DO IT. CHECK-IN STAFF WILL NOT BE TOUCHING YOUR PERSONAL BELONGINGS SO PLEASE DON'T TRY TO PUT YOUR ID IN THEIR HANDS.**

**AT THE ID/TEMP CHECK-IN STATION YOU'LL BE PLACING YOUR TEST AND TRACE FORM IN A BOX FOLDED UP. THINK OF IT LIKE A BALLOT PAPER. THIS WAY NOBODY WILL SEE YOUR DETAILS OTHER THAN US. IT IS MANDATORY TO COMPLETE THE FORM. IF YOU DON'T BRING IT YOU WON'T BE RUNNING AND WILL HAVE TO LEAVE PROMPTLY.**

**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. PLEASE SEE ANY HEALTH/MEDICAL/NHS SITE FOR YOUR OWN NEEDS AND CLARIFICATION IF YOU MUST.**

**IF YOU HAVE BEEN IN CONTACT WITH SOMEONE SHOWING CORONAVIRUS SYMPTOMS, PROJECTED/PROJECTING CORONAVIRUS SYMPTOMS YOURSELF, OR BEEN ABROAD AND NOT SELF ISOLATED FOR THE 14 DAYS NECESSARY (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.**

**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.**



# **COVID PROCEDURES**

## **FOR THIS EVENT (2 OF 2)**

**OUR CREW WILL BE IN FULL PPE. (PLEASE SEE ATTACHED TO THE PRE EVENT EMAIL SENT 4 WEEKS BEFORE RACE DAY JUST EXACTLY HOW THEY ARE PROTECTED).**

**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 THROUGH SOCIAL MEDIA AND ESPECIALLY THROUGH THE BYS VYKEN EVENTS SOCIAL MEDIA PAGES.**

**RUNNERS ARE ADVISED AGAINST SPECTATORS. WE ARE NOT RESPONSIBLE FOR THEM.**

**WHEN RUNNERS HAVE CROSSED THE LINE THEY MUST NOT CONGREGATE.**

**YOU'LL ALL BE A METRE/3FT APART FROM EACH OTHER (MINIMUM) ON THE START LINE. THERE WILL BE MARKERS. PLEASE ADHERE TO THIS OR DISQUALIFICATION WILL ENSUE.**

**FACE MASKS/COVERINGS ARE MANDATORY AT THE CHECK-INS AND WHEN GOING TO THE MAIN TOILET ONSITE. IF YOU'RE NOT WEARING ONE, YOU WILL BE ASKED TO COMPLY. IF YOU DON'T HAVE ONE THEN YOU CAN BUY ONE FROM US. JUST CONTACT US TO GET YOU ST PIRANS FLAG COVERING. (SUBJECT TO AVAILABILITY AND NOT GUARANTEED).**

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

**THERE WILL BE 3 PORTABLE TOILETS AVAILABLE TO USE AT THE START/RACE HQ. IT IS YOUR RESPONSIBILITY TO NOT QUEUE LIKE DICKHEADS AND ACTUALLY BE SAFE ABOUT IT. THERE WILL BE ANTI-BACTERIAL SPRAY AND BLUE-ROLL TO USE TO WIPE DOWN ANY SURFACES YOU'RE ABOUT TO TOUCH. GLOVES WILL BE AVAILABLE TO USE AND A BIN WILL BE THERE TO DISCARD YOUR WASTE AFTER.**

**THERE ARE NO SHOWERS ONSITE. (AS IT WAS PRE COVID ANYWAY).**

**THERE WILL ONLY BE 6 PEOPLE AT ANY ONE TIME IN THE STATION HOUSE FOR PASTIES AND IF YOU NEED TO USE THE PUB THEN YOU MUST COMPLY WITH THEIR OWN GUIDELINES. PLEASE CONTACT THEM FOR THIS.**

**PLEASE READ THE RISK ASSESSMENT PUBLISHED ONLINE ON TO FIND ALL OF OUR 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.**

**THIS EVENT IS A TESTER FOR ALL OF OUR FUTURE EVENTS DURING THE COVID ERA OF OUR LIVES.**

## **CAR PARKS, ACCOMODATION, TAXIS & PUBLIC TRANSPORTATION**

### **PLACES TO STAY IN LELANT & PHONE NUMBERS**

- OLD FARMHOUSE POTTERY (01736 755515/ OLDFARMHOUSECORNWALL.COM) – TR26 3JP
- MOUNT DOUGLAS FARM COTTAGES (01736 794831) – TR26 3HE
- OLD QUAY HOUSE (01736 753445) – GRIGGS QUAY, HAYLE, TR27 6JG
- PENQUITE SEASIDE SUITE (01736 755002) – VICARAGE LANE, LELANT, TR26 3EA
- THE FIRS WATERSIDE (01736 757830) – RIVERSIDE, LELANT, TR26 3DW
- FOR ALL OTHER PLACES LOCAL VISIT [AIRBNB.CO.UK](http://AIRBNB.CO.UK) AND SEARCH 'LELANT'

### **CAR PARKS (ALL PAY AND DISPLAY AND CHARGES PAID BY YOU)**

**THE OLD PARK AND RIDE (NEAR SCARLET'S) IN LELANT IS STILL OPEN AS A CAR PARK ONLY CURRENTLY**

- PARK AND RIDE, STATION APPROACH, ST ERTH (422 SPACES \*NOT ALL GUARANTEED\*), TR27 6JW
- RAILWAY STATION CAR PARK, ST IVES, TR26 2BH
- DYNAMITE QUAY (MINIMAL SPACE AND NOT RECOMMENDED UNLESS YOU'RE CREW. DROP OFFS ALLOWED, WHARF ROAD, LELANT, TR26 3DU)

### **TAXI COMPANIES**

- A1 CARS (01736 797700) (QUOTE 'ST MICHAEL'S WAY' WHEN BOOKING. £10 PER MINI BUS FROM ST ERTH TO DYNAMITE QUAY. 8 PER BUS! BARGAIN)
- HAYLE TAXIES (01736 753000)
- WEST COAST/HAYLE AND ST ERTH CARS & MINIBUSES (01736 754000/754040)
- L & M CARS (01736 339292)
- FRANKS PRIVATE HIRE (01736 752661)
- L & R CARS (01736 758555)
- ACE CARS (01736 797799)

ALL OTHER TAXI FIRMS IN THE AREA SUBJECT TO YOUR OWN [GOOGLE SEARCH](#)

### **PUBLIC TRANSPORT METHODS**

TRAINS ARE TO LELANT FROM ST ERTH, CARBIS BAY AND ST IVES (ST IVES BAY BRANCHLINE/LINK SERVICE FROM ST ERTH TO ST IVES. LELANT SALTINGS IS THE FIRST STOP TO ST IVES AND LAST STOP BEFORE ST IVES ON THE WAY BACK).

### **BUS SERVICES TO LELANT**

- **239** – CASTLE GATE – ST IVES – LELANT – CONNOR DOWNS – TRURO COLLEGE (FIRST KERNOW)
- **A2** – PENZANCE – MARAZION – ST IVES HOLIDAY VILLAGE – ST IVES (FIRST KERNOW)
- **A4** – NEWQUAY – PERRANPORTH – ST AGNES – ST IVES (FIRST KERNOW)
- **A17** – BOSCSWELL – ST JUST – PENZANCE – CARBIS BAY – ST ERTH – ST IVES (FIRST KERNOW)
- **T2** – ST IVES – CARBIS BAY – CAMBORNE – REDRUTH – CHACEWATER – TRURO (FIRST KERNOW)

FOR ALL TIMES AND TICKET PRICING, VISIT [BUSTIMES.ORG](http://BUSTIMES.ORG)

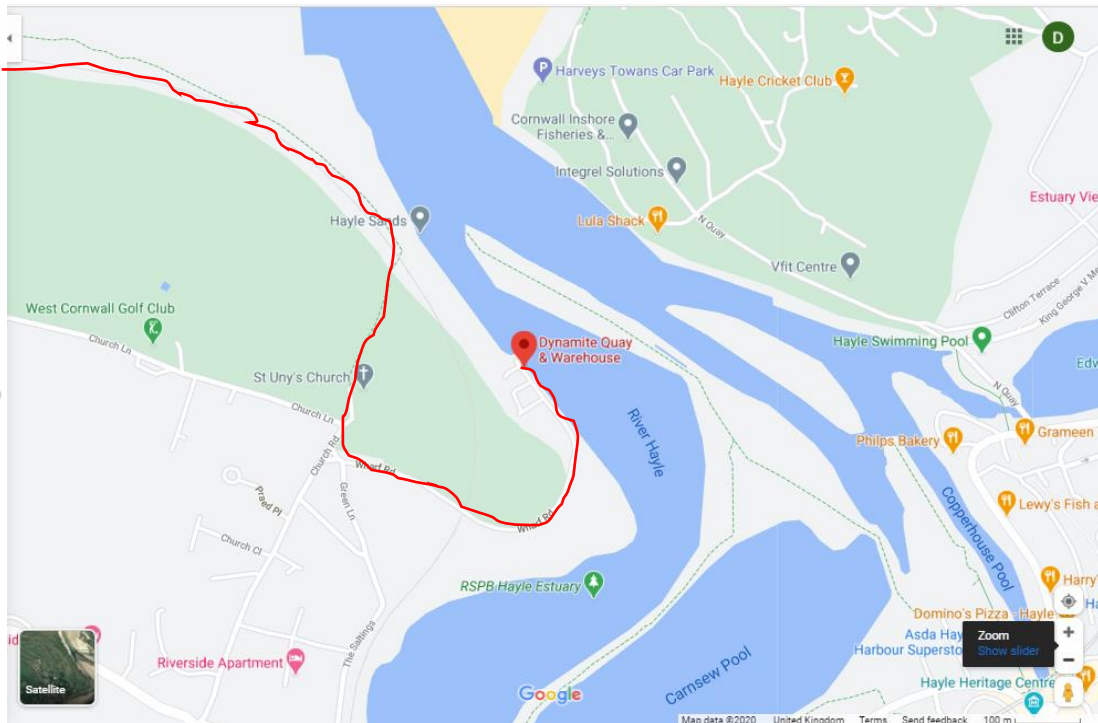
**ALL BUSINESSES AND TRANSPORT ARE SUBJECT TO CORONAVIRUS MEASURES.**



# EVENT MAPS

## Strava route available on the website

*Badly  
drawn  
start  
route  
sqiuggle*



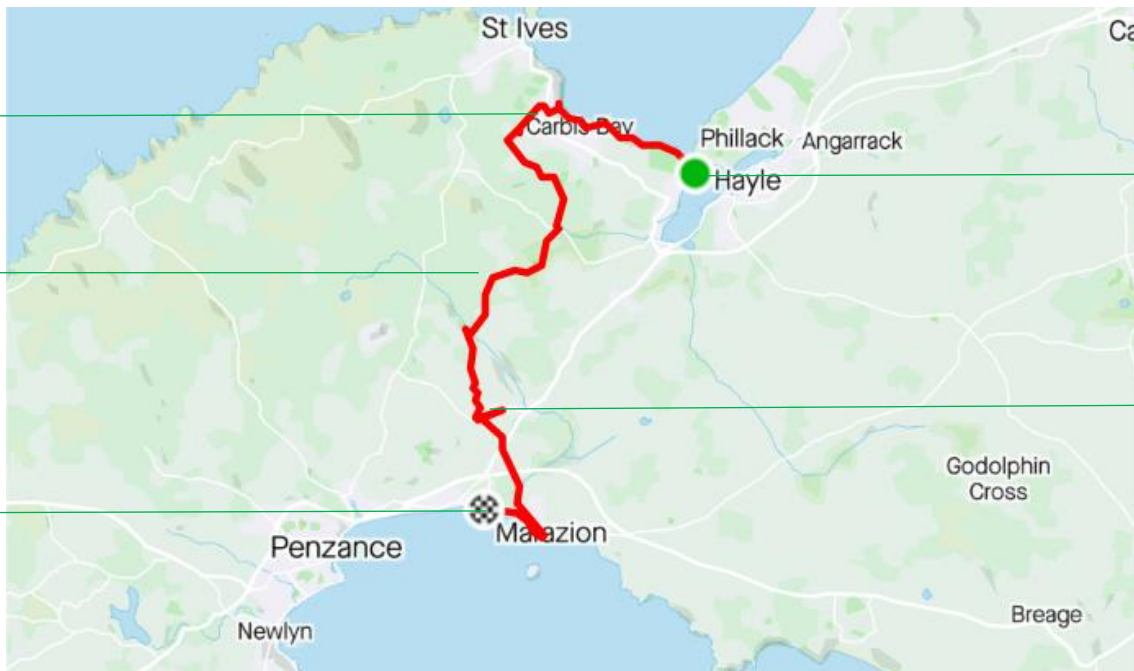
**AID**

**STATION 1**

**AID**

**STATION 2**

**FINISH**



**START**

**AID**

**STATION 3**

11.73mi  
Distance

1,609ft  
Elevation Gain

Trail  
Run Type





**Official medical partners of  
Bys Vyken Events**



# EVENT HQ

## DYNAMITE QUAY



**DO NOT TRY TO CONTACT US ON THE DAY BECAUSE YOU CAN'T FIND THE START.**

It is your responsibility to bring your event pack (number, pins, map and handgel) with you to the start. There will be NO spares!

There is a bag drop which will be located within a van at the Quay, which will be marked. You will have marked baggage labels to attach to your gear. Make sure that they are done up ready for transporting to the finish in Marazion. This is all done at your own responsibility. We assume no liability for lost, stolen or damaged items. The bag drop will be manned by somebody in full PPE.

Your bag will only be taken if you approach the bag drop in a face covering. It won't be taken unless you mask up. Don't be a twat about the situation. You will receive your number labels (along with your race number (paper-clipped to it)).

There is NO mandatory kit check. There's only advisory kit. Think about a hydration pack, vest, own water bottle/hydration container, waterproof jacket, fully charged mobile phone, hat/cap/buff, cash for emergencies, charged phone, food, trail shoes and I.C.E (In Case of Emergency Contact). Maybe tissues for those times where you need a cuddle and nobody else is around to care. Please try to use a snood/buff/multifunction headwear over your mouth and nose if avoiding people is just not possible.



## **Bag Drop Update**

Please only use the bag drop if you really need to.

Any personal items not required in the event should be left in your vehicle. Do not bring any large bags or coats. Small handheld items and small bags accepted. We want to minimise contact with you and our crew as much as possible. You will be required to clean your hands using sanitiser provided before having your goods given to you. Any items left and not collected will **NOT** be returned no matter their value.



# FINISH & RESULTS



The finish of this event comes off of Kings Road and onto the beach, as to avoid the ever dull cycle path and the dunes and car park. You will be instructed to keep to the top of the beach for obvious reasons against the seawall. The wall doesn't run down the full length of the beach but you can see where you have to go. Running on the wall itself can be a bit brutal on the ankles so it's not recommended but we cannot stop you. At the end of the beach you will come up the steps as instructed, take a left and through the flags to finish. The beach section will include a river crossing. That's right, you'll be going through it this year. Enjoy that!

***REMEMBER: WE PUT ON NO POINT A TO POINT B TRANSPORT. YOU ARE RESPONSIBLE FOR YOURSELVES AND THIS REFLECTS IN THE COST OF THE EVENT. THINK ABOUT CAR SHARING OR PUBLIC TRANSPORT.***

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 messages 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 not to. Be sensible and COVID-aware. Bys Vyken Events & Cornish Trails, Bys Vyken Race Team, The Station House and Arke Properties (Owners of Dynamite Quay), West Cornwall Golf Club and every other landowner en route are not responsible for your family or friends. You are responsible for them and you (the runners) are our paramount concern throughout, and not your relatives or friends. It's not our job to help accommodate them.

# The Station House, Marazion

Water  
available  
past this wall



Way out through the conservatory. There is no handle on the outside. We will not be using this for the event.

No runner is allowed to use the patio/beer garden area. Crew will be there to stop you using it.

Way in. Follow the pub's protocol upon entering which is visible on entry to the pub

**WE ARE NOT ABLE TO USE THE VENUE NOW DUE TO THE NEW COVID POLICIES OF THE PUB. HOWEVER, YOU CAN USE THE PUB AS A CUSTOMER FROM 12PM AS LONG AS YOU FOLLOW THEIR RULES AND WEAR A FACE COVERING. OUR FINISH VENUE WILL NOW BE OUTDOORS IN THE GREAT WINTER WEATHER. EVEN THOUGH WE AREN'T ABLE TO USE THE VENUE IN OUR USUAL CAPACITY, WE ARE RUNNING THE EVENT 1 HOUR LATER BECAUSE THE STATION HOUSE WILL BE OPEN AT 12PM FROM NOW ON INSTEAD OF THE PRE COVID 11AM. SO BY THE TIME YOU FINISH YOU CAN BE A CUSTOMER IF YOU WISH AND GET WARM AND HAVE A DRINK OR FOOD (YOU'LL NEED TO ORDER FROM THE MENU AT YOUR OWN EXPENSE). WE ARE STILL TRYING TO GET A POST EVENT FOOD OPTION AS WE HAVE ZERO ACCESS TO ELECTRICITY CURRENTLY. PLEASE BEAR WITH US.**





## ***THIS IS A CUPLESS EVENT***

***To minimise the amount of crap out on the course, you are advised to bring your own hydration containment and to not drop or throw your rubbish anywhere. Take it with you. You will be disqualified and shamed and I won't care for a second about doing it. If I was invited to your Nan's for dinner then I wouldn't take a dump in her best trifle so don't do the equivalent at our event please. I will personally post your crap back through your letterbox if you are caught.***



***MEDAL  
HANGERS  
(Made to  
order)***

***£20 exc p&p***

***Contact us  
for order info***





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.

With over fifty years of combined running and leading experience we understand the needs of runners of all abilities. We aim to combine this with a passion for the history and folklore of Cornwall in a range of fully catered and supported tours. .

***[WWW.RUNTOURSCORNWALL.CO.UK](http://WWW.RUNTOURSCORNWALL.CO.UK)***



***Good luck!***