



BY3 WEEK-END EVENTS
AND CORNISH TRAILS

LAND'S
END



SCAN ME



EVENT GUIDE

SUNDAY 26TH JUNE 2022

Photo by: Matt Lilly Photography

UNITED DOWNS RACEWAY

BYSVYKENEVENTS.VPWEB.CO.UK

25 hrs, 13hrs + 7hrs



BYS VYKEN EVENTS
AND CORNISH TRAILS



29th & 30th Oct '22

BYS VYKEN EVENTS
AND CORNISH TRAILS



Fordh Seven

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SATURDAY THE THIRD OF DECEMBER,
TWO THOUSAND & TWENTY TWO

Photo Credit: Will Harper-Penrose

WELCOME

Welcome to the 5th 'Smuggler's Scuttler'; a pirate and smuggling themed 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 (past 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 Maen 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 (AND BACK!). 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. 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 of the beach and climb to the top to the aid station. The aid station used to be on the beach but for logistical purposes 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. The start and finish are in the same place as 2021 and the zig-zag has been replaced with something far worse with these steps. 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 Glouce, Priests Cove, St Helen's Oratory (slightly different to previous years), and then up to the top of Cape Cornwall. Once at the top, you'll pick up your loot and then descend, ready to begin the return leg home.

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 (You'll need your bib marking each time you visit so you can't cheat it off)*
 - *Porth Nanven/Cot Valley Parking area*
 - *Cape Cornwall (Before/after the climb)*

The route will be marked with white pirate triangles on the way out and back and biodegradable tape in places.

There are 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 bastard steps. Did I mention those steps???

Thank you to all of our incredible volunteers and all the local businesses that have supported us and continue to do so.

We look forward to seeing you at The Land's End Hotel (Atlantic Function Suite) on Sunday 26th June 2022.

Oll an gwella and yarrrrrrrrrr!

EVENT SCHEDULE

EVENT HQ: 'THE ATLANTIC FUNCTION SUITE' 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. THERE IS A CHARGE DEPENDING ON WHETHER OR NOT YOU HAVE A 'LOCAL'S PASS'. IF THERE'S NOBODY IN THE KIOSKS THEN PLEASE USE THE PARKING METER PROVIDED.

REGISTRATION AND I.D 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: 9:35AM OUTSIDE THE FRONT OF THE HOTEL.

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

WALK TO THE START FOR PROMPT GETAWAY AT 9:55AM WITH A 10:00AM START PRONTO! THERE ARE NO WAVE STARTS IN 2022. ALL RUNNERS WILL GO OFF TOGETHER, BUT MUST ALL TRY TO BE RESPECTFUL IN TERMS OF COVID.

FACE COVERINGS ARE MANDATORY INSIDE OUR REGISTRATION AREAS AND TOILETS

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)

THERE ARE NO COVID CHECKS IN 2022 BUT PLEASE BE AWARE THAT COVID IS STILL HERE

THERE IS NO BAG DROP IN 2022 DUE TO LIMITED VEHICLE SPACE AT THE FINISH AND NO USE OF THE INDOOR VENUE AFTER 10:30AM. PLEASE LEAVE YOUR STUFF IN YOUR CARS AT YOUR OWN RISK.



KERDROYA

The Cornish Landscape Labyrinth

BE PART OF SOMETHING TIMELESS



On Bodmin Moor the classical labyrinth is emerging and

£220

buys you a yard of Cornish Hedge with a plaque.

A gift for a special birthday or an anniversary, celebrating a marriage or the birth of a baby, in memory of a loved one, your favourite place in Cornwall or lucky number or ... just because.

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 **GOLDEN
TREE**

HEALTH & SAFETY

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

If you are unwell on race day then DO NOT run. There's no point in trying to be a hero and making yourself feel worse. Your health should always come first.

DO NOT TURN UP WITH COVID. YOU WILL NOT NEED TO PROVIDE NEGATIVE LFT/PCR TESTS, BUT IT IS ADVISED THAT YOU DO A TEST PRIOR TO THE EVENT. FROM APRIL 1ST, LATERAL FLOW TESTS (LFT) WILL NO LONGER BE FREE AND YOU WILL HAVE TO PAY FOR THEM. IT IS MANDATORY HOWEVER TO REMAIN IN A FACE COVERING WHEN INDOORS AND AT AID STATIONS. YOU MUST ALSO USE THE HAND SANITISER PROVIDED! EVERY RUNNER WILL BE GIVEN AN ALCOHOL HAND SANITISING GEL AT REGISTRATION. NO OTHER EVENT ORGANISER IN CORNWALL PROVIDES THE LEVEL OF COVID-SAFETY THAT WE HAVE IN THE LAST 2 YEARS! BUT TIMES AND RULES HAVE ONCE AGAIN CHANGED.

THIS MEASURE WILL BE UNDER CONSTANT REVIEW AND IT IS ABOUT KEEPING THE GENERAL PUBLIC SAFE.

Please dress for the weather too! The phrase "skin is waterproof" is hilarious and stupid. Don't be that person. Also bring the right gear for after the race. There will be an advisory kit list to look at later on in the guide. 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. For your own safety, this is a little pointless. If we don't know who you are and you don't have I.D then you won't be running. Imagine having a heart attack and nobody knowing who you are or who to contact.

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 die. Race director numbers are on the backs of ALL race bibs. Use these numbers if you need to in an emergency.

We have 'Omega Medical Event Support Cover' attending and looking after all runners and crew. They have attended every Bys Vyken outing since 2016, and are thoroughly experienced in events of this and every nature. There are the crown jewel in event support.

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

Toilets will be located within the hotel and also on the main Land's End complex/site near the entrance.

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.

The event is chip-timed so please think about where you position yourself on the start line. Don't be aiming to do the event in 4.5 hours and start at the front. You'll probably be trampled and it will be your own fault.

For your safety there is a 4.5 hour cut off with a 2:15 cut off at Cape Cornwall. Whilst we like to be 'all-inclusive', we need to know that our runners actually have the experience to not put anyone at risk out on the course, particularly in adverse weather. (In rained all day in 2021). For everything else, there is a Long Distance Walkers Association! We don't appeal to the "comfort zoners" of this world and never will.

OTHER THINGS TO REMEMBER

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 too and please be nice to them all. 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 FOR RUNNERS

WITH IDENTIFICATION, A SCREENSHOT ON YOUR PHONE WILL NOT DO. IT HAS TO BE A PHYSICAL FORM OF PHOTO IDENTIFICATION ONLY. AGAIN, THIS IS TO PREVENT ANYONE ELSE RUNNING IN YOUR NAME.

IF YOU HAVE BEEN IN CONTACT WITH SOMEONE SHOWING CORONAVIRUS SYMPTOMS OR PROJECT CORONAVIRUS SYMPTOMS YOURSELF, YOUR NEXT OF KIN WILL BE CONTACTED TO COLLECT YOU AND YOU WILL HAVE TO LEAVE PROMPTLY. BUT IF YOU KNOW YOU HAVE COVID-19 THEN PLEASE DO NOT COME TO THE EVENT!

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 ALL THE ENCOURAGEMENT THAT'S WELL KNOWN AT OUR EVENTS. YOU'LL HAVE 6 AID STATIONS!

YOU'LL NEED TO USE THE HAND GEL PROVIDED EACH TIME YOU VISIT THE AID STATIONS.

ALL SPITTERS/GOBBERS/SNOTTERS WILL BE DISQUALIFIED.

OUR CREW WILL BE GIVEN PPE AND THEY HAVE THE OPTION WHETHER TO WEAR IT OR NOT, BUT REST ASSURED WE'LL DO OUR BIT BY PROVIDING IT.

RUNNERS ARE ADVISED TO MINIMISE THE NUMBER OF SPECTATORS THEY HAVE. WE ARE NOT RESPONSIBLE FOR ANYONE THAT YOU BRING WITH YOU. THEY ARE ESSENTIALLY YOUR PROBLEM. PLEASE TELL THEM NOT TO PESTER US WITH THE EVER-ANNOYING "HAS STEVE FINISHED YET?", AND THE LIKE. YOU CAN'T BE BOTHERED ABOUT SUPPORTING YOUR FAMILY AND FRIENDS THAT MUCH IF YOU DIDN'T SEE THEM FINISH!

FACE MASKS/COVERINGS ARE MANDATORY IN ALL INDOOR AREAS, WHICH INCLUDE TOILETS AND REGISTRATION. 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 IF YOU NEED/WANT A BYS VYKEN ONE. THERE WILL BE SNOODS AVAILABLE TO PURCHASE ON THE DAY ALSO. THESE CAN ALSO BE PURCHASED BEFORE THE EVENT. JUST CONTACT US TO GET ONE. WE'LL SEND ONE OUT PRE-EVENT OR PUT ONE ASIDE FOR COLLECTION AT REGISTRATION.

FACE COVERINGS WILL NOT BE MANDATORY TO RUN IN. IF YOU FEEL SAFER DOING SO THEN FEEL FREE. THE MAIN TOILETS ONSITE WILL BE AVAILABLE TO USE PRE AND POST-RACE. PLEASE TREAT THEM RESPECTFULLY. BY THAT I MEAN DON'T SHIT ON THE WALLS, NOT TAKE THE LOO OUT TO DINNER! THERE ARE NO SHOWERS ONSITE.

FOOD & BEERS CAN BE PURCHASED FROM THE LAND'S END HOTEL & RESTAURANT AT YOUR OWN EXPENSE

ALL OFFICIALS'/TIME KEEPERS WORDS ARE FINAL



Book your stay
reservations@landsendhotel.co.uk

01736 871844

RULES OF THE SMUGGLE...

You ***MUST*** bring back items of contraband/loot from the pirate perched upon the top of Cape Cornwall. These items are:

- ***RUM X1*** (50ml bottle)
- ***COINS x 2***
- ***TEABAGS*** (Enter joke here...) x 2
- ***GEMS/SHINY COLOURED STONES x 2***

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

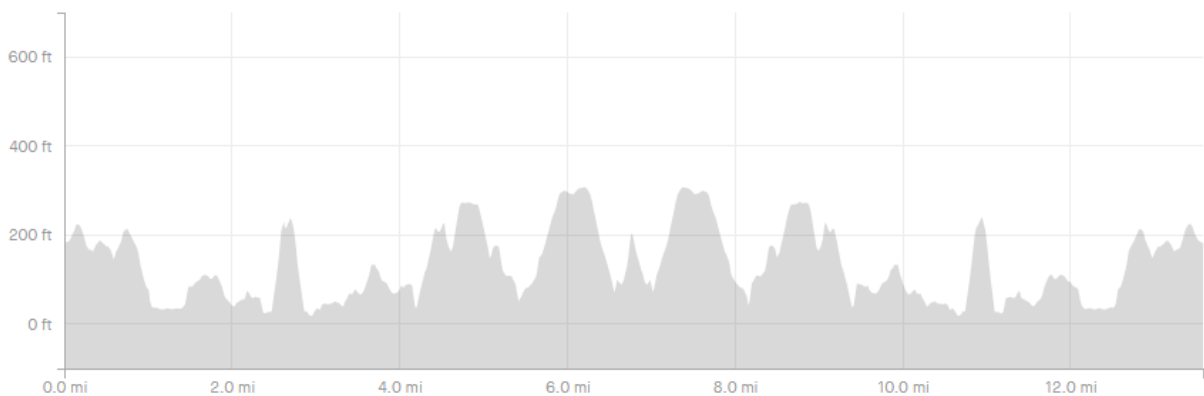
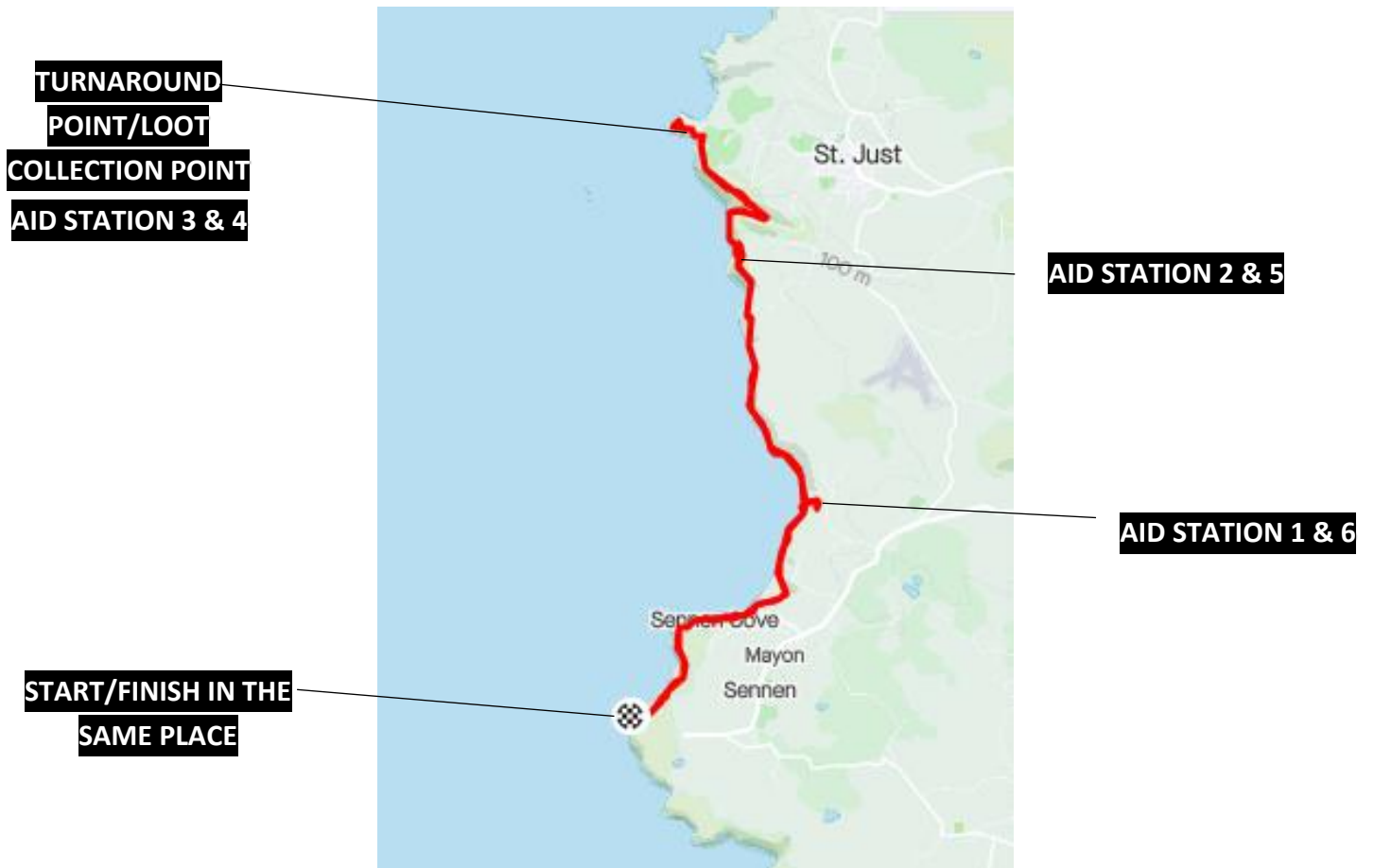
NO CONTRABAND, NO SHINY MEDAL. If you fail to pick up some items or lose some items then each missing/lost item will result in no finish medal, so look after your goodies.

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.



EVENT MAP



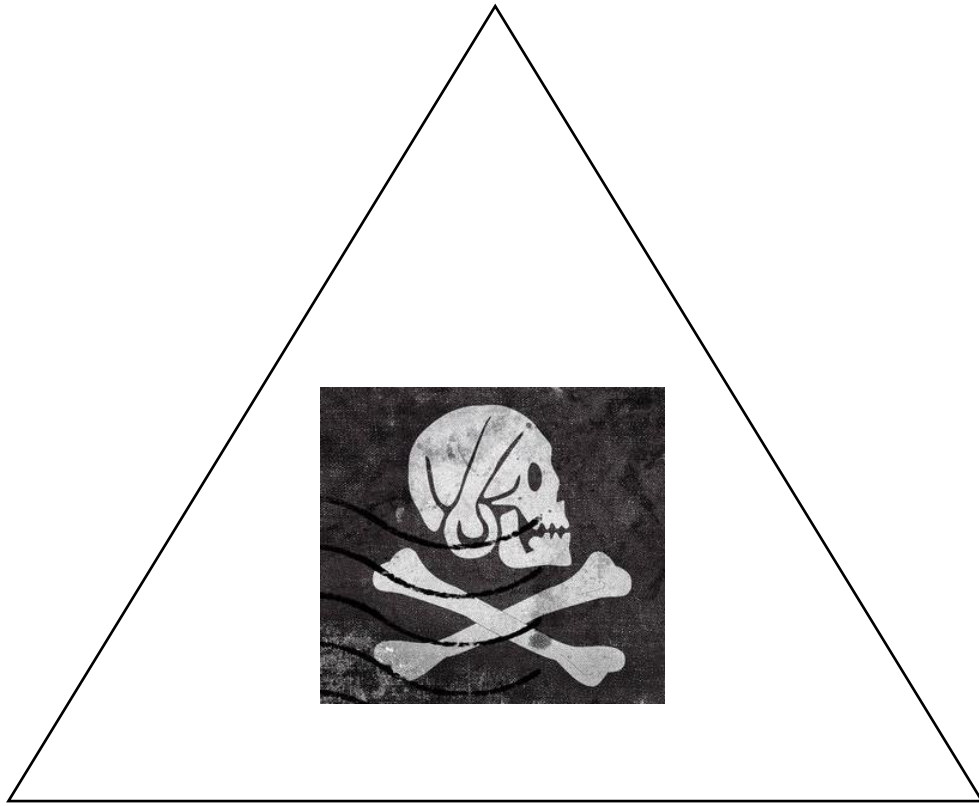
The turnaround has changed in 2022. You will run across to The Cape near St Helen's Oratory. It's across a field and then up. Marshals will be there to guide you. We are no longer allowed to use the road access to The Cape. A more detailed outline of the map can be found on the website or by using an OS 102 Explorer map.

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 PIRATE STICKER ATTACHED TO YOUR NUMBER EACH TOIME YOU MAKE THE CLIMB. CARRYING A SHARPIE AND CROSSING BOXES IS SOMETHING YOU COULD DO YOURSELF!! 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. IT'S OKAY ON THE WAY OUT BUT YOU'LL HATE US ON THE WAY BACK!

SIGNAGE & NUMBERS



DIRECTIONAL TRIANGLES

(ONLY PLACED WHERE NEEDED)



ORANGE BIO TAPE

(ONLY PLACED WHERE NEEDED)

BYS VYKEN EVENTS
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SMUGGLER'S SCUTTLE



Please complete ALL details below in BLOCK CAPITALS using the pens provided at registration.

By displaying this number you are agreeing to abide by the terms, conditions and rules of this event sanctioned by Association of Running Clubs and Bys Vyken Events,

Race Director #1: David Andrewartha (/)

Race Director #2: Sally Galsworthy-Andrewartha (/)



DO NOT FOLD

Bibs printed by PB Running

Surname.....

First Name.....

Home Address.....

Emergency Contact (Not somebody else at this event).....

Emergency Contact Number.....

Medical Conditions.....

MEADALS & SNOODS

BY'S VIKEN EVENTS
AND CORNISH TRAILS



Smuggler's V



Land's End 1
BY'S VIKEN EVENTS

Cape Cornwall 5 ½
Smuggler's V



ADVISORY KIT LIST

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

DRESS FOR THE WEATHER WE HAVE NOT THE WEATHER YOU WANT



THIS IS A CUPLESS EVENT.

PLEASE MAKE SURE YOU BRING YOUR OWN CUP
AND/OR SOFT FLASK ETC

