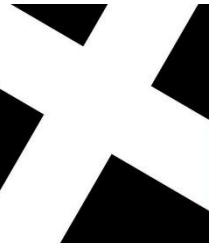


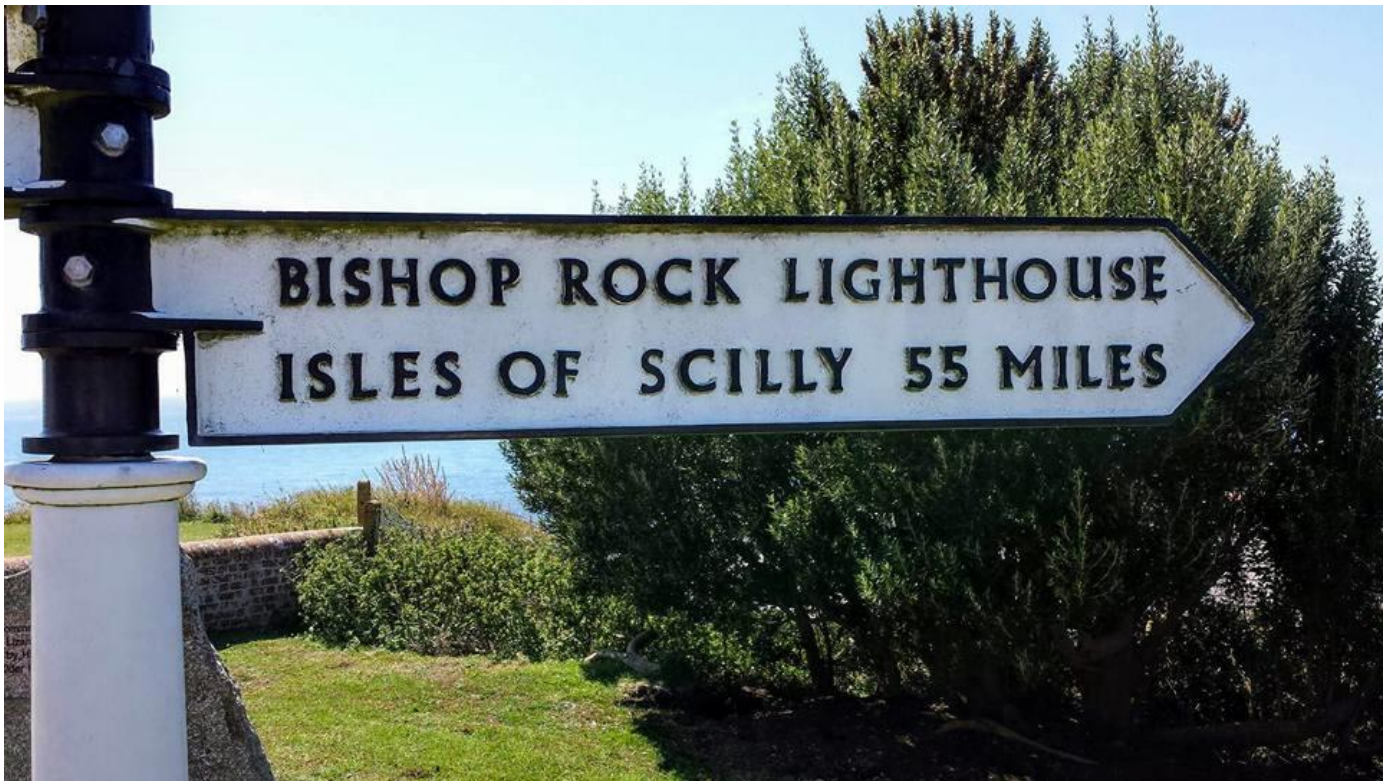


**BY3 VIKEN EVENTS
AND CORNISH TRAILS®**



“THE CADGWITH KEEPER 132”
March 13th – May 22nd 2021

VIRTUAL RACE GUIDE



LIZARD LIGHTHOUSE HERITAGE CENTRE / PHOTO CREDIT: D ANDREWARTHA



EVENT INCLUDES

- **BESPOKE MEDAL**
- **FACEBOOK VIDEO EVENT BRIEF POSTED MARCH 12TH**
- **RACE GUIDE**
- **TROPHIES FOR 1ST, 2ND & 3RD ON ALL CHALLENGES**
- **RACE DIRECTOR SUPPORT THROUGHOUT THE CHALLENGE**
- **INVITE TO EXCLUSIVE FACEBOOK GROUP**
- **SELF ENTRY OF PROGRESS**
- **LINK TO UPLOAD YOUR OWN DATA SO YOU CAN SEE YOUR PROGRESS AS YOU GO. (LINK SENT OUT BY 12TH MARCH VIA THE EMAIL ADDRESS YOU ENTERED THE CHALLENGE WITH).**
- **ALSO YOUR ENTRY INCLUDES A FREE COPY OF “TIMMY GOES TO THE LIGHTHOUSE” WRITTEN BY THE RACE DIRECTOR.**



EXTRAS

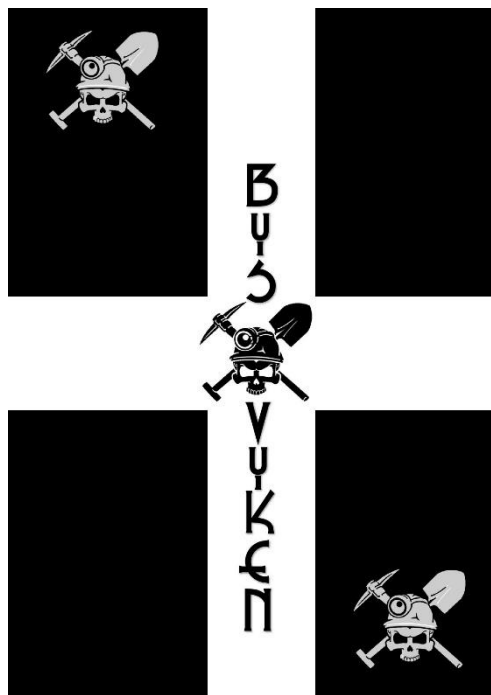
***Official 'Bys Vyken Events' face masks £6.50 each or 2
for £12 plus 99p p&p)***



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option**



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WELCOME



Welcome to “The Cadgwith Keeper 132”. This event is based on 3 different challenges spanning the 10 weeks between Saturday 13th March 2021 and Saturday 22nd May 2021. The challenges will be explained dreckly!

We were compelled to help an issue that is ever-present in Cornwall: Tourism replacing or shrinking cultural industry. We watched (like millions of people in the country) a programme on the BBC titled, “Cornwall: This Fishing Life”. If you’ve not seen any yet then I recommend you have a look-see on that catch up thingy on the on the telly box. One of the episodes were about Cadgwith Cove on The Lizard Peninsula in Cornwall. The much needed and used fishing lofts are up for sale. The fishermen of Cadgwith rely on these lofts to be able to work. It’s really as simple as that. If funds are not met to save these then developers would turn this cove into a holiday paradise for holidaymakers who would never be able to actually see the fishing boats that they would have replaced.

You can read more in this guide about “The Cadgwith Fishing Cove Trust” and their incredible fund that we’re hoping to add a little something to. 50% of every one of your entries into this event will go to this trust. Read on to learn more about theirs and our objectives.

So then, the 3 challenges:

1/ Run 132 miles in as many or as little activities as you like within the timeframe. This is 1 mile for every lighthouse chosen for the challenge by the Race Director (active and inactive) in England. The Race Director is a member of the ALK (Association of Lighthouse Keepers so it’s only fitting that with The Lizard Lighthouse less than 2 miles from the cove, that the theme be lighthouses)
THE RULES ARE IN THE TERMS TO FOLLOW. YOU MUST READ BEFORE UNDERTAKING THE CHALLENGE!

2/ Run DOUBLE collective elevation/height of the total combined height (some focal height and some tower height dependant on if their active or inactive) of all the chosen lighthouses in England. This is 25,000ft rounded down to the nearest 1,000ft. **THE RULES ARE IN THE TERMS TO FOLLOW. YOU MUST READ BEFORE UNDERTAKING THE CHALLENGE!**

3/ Challenge yourself to both! **THE RULES ARE IN THE TERMS TO FOLLOW. YOU MUST READ BEFORE UNDERTAKING THE CHALLENGE!**

Whichever one you’re taking on, we wish you all the luck in the world too guide you like a beacon to the finish line.

Oll an gwella,

Dave, Sally (Race Directors) & Adrian (Technical Director).



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CADGWITH FISHING COVE TRUST CROWDFUNDER



FISHERMEN'S BUILDINGS IN CADGWITH

There are three old buildings in Cadgwith Cove that are used by the fishermen to store their gear and process their catch. They also house a very popular art gallery and two shops selling fresh fish.

We are the Cadgwith Cove Fishing Trust, and we are a charitable trust whose objectives are the improvement, maintenance and protection of the historic communal fishing facilities in Cadgwith Cove in the parish of Grade Ruan.

We are trying to put together the funding to buy all three buildings to keep them safe from the ever-present threat of development, which here would mean conversion into yet more second homes and holiday lets.

Cadgwith is visited each year by thousands of holidaymakers. If our fishing activity ever came to an end, the tourism industry would shrink and many local residents would lose their main source of income. The fishermen are at the heart of our strong sense of community and we are doing whatever we can to support them.

Our master plan is for the local parish council to take the freeholds of the buildings in order that they may be held in perpetuity for the fishermen and then for our not-for-profit charitable trust to look after the day-to-day management of them. There will be covenants requiring the buildings to be used by fishermen as long as they are so needed and preventing them from being sold for anyone's private gain. The parish council will still exist in fifty or one hundred years and will use the buildings for other community purposes if there was no more fishing out of the cove. There can be no element of subsidising the fishermen. They will pay an economic rent, enough to cover all expenses of maintenance and repairs.

We are already well into realising the plan. The council is raising a loan to buy one of the buildings and there is widespread support from parishioners even though the loan repayments may cause a small increase in their local council tax.

For the other two buildings, we have had professional surveys and valuations that tell us we need to find £300,000 to buy and repair them.

This crowdfunding project will hopefully be large enough to form an essential component of that funding.

If you are able to help us, we and the fishermen of Cadgwith will be very grateful for your assistance.

Please visit www.crowdfunder.co.uk/cadgwith-fishing-cove-trust to donate more if you wish to.



“THE CADGWITH KEEPER 132”

TERMS & CONDITIONS

Your challenges must be completed between Saturday 13th March 2021 and Saturday 22nd May 2021, giving you a grand total of 10 weeks to complete. This means that these challenges are open for every level of runner/walker. You must either use one or more runs/walks to get to the total distance of 132 miles. The 132 mile length of this challenge is made up of one mile per lighthouse (both active and inactive in England).

The elevation is 25,000ft total, made up of the combined total of all of the heights of the chosen 132 lighthouses DOUBLED (both active and inactive lighthouses in England). The elevation is rounded down to the nearest 1,000 (total height is 25,098ft), so 25,000ft is the target you must reach in the timeframe.

You CAN do the challenge by running/walking another organised virtual event held by us ONLY. It wouldn't be fair to some of you out there that cannot do all of our events. These runs can be completed as a social or training run/challenge for yourself (within COVID-19 guidelines).

You will be emailed a link to add your own data to before the start of the challenge, or when you enter. (Whichever one comes first). The data and images and screenshots that you upload will be subject to usage by us as from the moment you upload them. You are entering into an agreement with us that we can use the info/photos for the purposes of ONLY this event and to further promote 'The Cadgwith Fishing Cove Trust Fund'. You can opt out of this at any time by informing us via Facebook messenger, email or writing to us at:

Bys Vyken Events & Cornish Trails

Hayle Terrace

Hayle

Cornwall, UK

TR27 4BT

'The Cadgwith Fishing Cove Trust' or 'Crowdfunder' are NOT affiliated with this event. Bys Vyken Events & Cornish Trails are merely donating 50% of the entry fees of this event to them in order to help them purchase and maintain 3 fishing lofts in Cadgwith on the Lizard Peninsula, Cornwall. This is to help protect the fishing industry on The Lizard and stop any development of said lofts into 2nd/holiday homes.

THERE WILL BE PRIZES FOR 1ST, 2ND AND 3RD MALE AND FEMALE IN ALL 3 CHALLENGES. THIS WILL BE A LASER CUT LIGHTHOUSE TROPHY.

THERE ARE 3 CHALLENGES TO CHOOSE FROM:

1/ 132 MILES OF DISTANCE (AS STATED ABOVE). THIS IS TO BE COMPLETED IN AS LITTLE OR AS MANY ACTIVITIES AS POSSIBLE IN THE 10 WEEK PERIOD (ALSO STATED ABOVE). THE WINNERS WILL HAVE TAKEN THE QUICKEST ACTIVITY TIME COMBINED OVERALL, IE THE TOTAL ELAPSED TIME ON EACH ONE OF YOUR ACTIVITIES WILL BE ADDED TOGETHER TO DETERMINE WHAT TIME YOU ACTUALLY SPENT RUNNING/WALKING TO GET TO THE TOTAL DISTANCE.

2/ 25,000FT OF ELEVATION (ROUNDED DOWN TO THE NEAREST 1000FT). THIS IS THE COMBINED HEIGHT OF THE LIGHTHOUSES DOUBLED IN THE RACE GUIDE AS CHOSEN BY THE RACE DIRECTOR. THESE ARE A COMBINATION OF FOCAL AND TOWER HEIGHTS DEPENDANT ON WHETHER OR NOT THEY ARE ACTIVE OR INACTIVE. THE WINNERS WILL BE THE ONES WHO COMPLETE THE HEIGHT GAIN/ELEVATION IN THE LEAST DISTANCE! IF IT TAKES YOU 50 MILES AND IT TAKES SOMEBODY ELSE A TOTAL OF 49, THEN THEY BEAT YOU. YOU WILL NEED TO ADD YOUR DATA TO THE LEADERBOARD VIA THE LINK WHICH WILL BE SENT TO YOU (AS STATED ABOVE). YOU VEHEMENTLY CANNOT RUN TO THE TOP OF THE HILL, STOP YOUR WATCH, WALK BACK DOWN AND REPEAT. THIS IS TECHNICALLY CHEATING. THOSE WHO ARE SEEN TO BE DOING THIS WILL BE DISQUALIFIED. THIS IS SUPPOSED TO BE ABOUT FUN AND RAISING MONEY AND NOT TRYING TO MAKE UP YOUR OWN RULES. IF FOR A SINGLE SECOND YOU CANNOT COMPREHEND THE RULES LAID OUT BEFORE YOU THEN PLEASE WITHDRAW FROM THE CHALLENGE. RUNNING UP AND DOWN A HILL (A REP) IS ONE WHOLE ACTIVITY. WE SHOULDN'T HAVE TO CONSTANTLY BE EXPLAINING THIS TO SOME OF YOU. THESE ARE THE RULES.

3/BOTH. 132 MILES AND 25,000FT. THIS ONE IS A LITTLE DIFFERENT. THE RULE IS THE FASTEST OVERALL TO FINISH THIS CHALLENGE. NOT LEAST MILES FOR THE ELEVATION LIKE WITH THE 'HEIGHT-ONLY' CHALLENGE. THIS ONE IS JUST ABOUT HOW QUICK YOU COMPLETE BOTH PARTS OF THE CHALLENGE. IF YOU RUN 132 MILES WITHOUT HITTING THE ELEVATION THEN YOU FAIL THE CHALLENGE. HOWEVER IF YOU HIT THE ELEVATION TARGET BEFORE YOU COMPLETE THE MILES THEN YOU HAVE TO KEEP ADDING THE ELEVATION UNTIL THE MILEAGE IS OVER.

ALL CHALLENGE FINISHERS WILL GET THE SAME BESPOKE TO THE EVENT MEDAL, BUT A DIFFERENT RIBBON TO DISTINGUISH YOUR CHALLENGE FROM ANOTHER RUNNER, UNLESS THEY'VE DONE THE SAME CHALLENGE AS YOU

THE DISTANCE CHALLENGE WILL BE DETERMINED FROM THE OVERALL TIME TAKEN TO COMPLETE THE CHALLENGE. FOR INSTANCE, IF YOU COMPLETE YOUR CHALLENGE IN JUST 3 RUNS AT A TOTAL OF 50 HOURS, AND SOMEBODY DOES IT IN 28 RUNS AT A TOTAL OF 49 HOURS, THEN TECHNICALLY THE PERSON WHO DID IT IN 49 HOURS HAS BEATEN YOU. THERE WILL BE NO DISAGREEING WITH US ON THIS RULE. OVERALL RESULTS WILL BE PUBLISHED BY BYS VYKEN'S TECHNICAL DIRECTOR, ADRIAN BROWN ONTO THE SAME SITE THAT YOU WILL BE UPLOADING YOUR DATA ONTO.

YOU'LL ALSO RECEIVE AN INVITATION TO JOIN AN EXCLUSIVE FACEBOOK GROUP WHERE YOU CAN UPLOAD YOUR PHOTOS, CHEER EACH OTHER ON AND SHARE ALL OF YOUR ADVENTURES IN THIS CHARITY CHALLENGE. HOWEVER, ONLY UPLOADING YOUR DATA IN THE CORRECT PLACE WILL COUNT TOWARDS YOUR TOTAL AS IT WILL ALL BE DONE ONLINE AND NOT MANUALLY BY THE RACE DIRECTORS OR TECHNICAL DIRECTORS.

ADRIAN BROWN IS THE TECHNICAL DIRECTOR AND YOUR GO TO PLACE FOR ALL TECHNICAL QUERIES REGARDING THE WEBSITE.

TROPHIES AND MEDALS WILL BE SENT OUT AFTER THE CHALLENGE IS OVER.

THE MEDAL IS BASED ON THE LIZARD LIGHTHOUSE WITH KERNOW FLAGS AND A QUOTE THAT WAS ONCE WRITTEN ON A WALL OUTSIDE OF SOUTH CROFTY MINE, CAMBORNE. THIS QUOTE HAS BEEN VARIFIED.

PLEASE REFRAIN FROM EMAILING US YOUR DATA. YOU MUST UPLOAD THIS ALL TO THE SITE YOURSELF USING THE LINK. I CANNOT STRESS THIS ENOUGH!

Only uploading data and a photo to prove that you completed your challenge with your e-bib will be accepted as qualification for a bespoke Lizard Lighthouse medal. Data from GPS watch/phone or app will be accepted and you must send this by uploading each segment/section of your journey onto that aforementioned link.

You will be able to keep track of your progress and your journey using the link that will accompany your adventure. You will be placed onto a 'Strava' – like leader board and your progress will also be open for everyone else to see too.

YOU DO NOT HAVE TO PHYSIACLLY VISIT AND RUN NEAR OR AROUND EVERY LIGHTHOUSE. PLEASE DON'T TRAVEL AND BREAK THE COVID-19 GOVERNMENT RULES, UNLESS OF COURSE WE'RE ALLOWED TO BY THE TIME YOU DO IT. YOU CAN COMPLETE YOUR CHALLENGE AT HOME, NEAR TO HOME OR ANYWHERE YOU LIKE, AS LONG AS YOU MAINTAIN AND OBSERVE SOCIAL DISTANCING AND FALL WITHIN THE CURRENT GOVERNMENT GUIDELINES DURING THIS 3RD LOCKDOWN IN ENGLAND.

Head to www.gov.uk/coronavirus to find out the latest information.

Please send a photo including that of you wearing your printed out bib (you're responsible for bib printing and ink and energy costs). You DO NOT have to wear your bib, or indeed even print one. It's just there to give you an actual event feel and serves as an extra memento. Please note that even though this isn't an actual race, you are advised to still write emergency info and your name on the number in case of an emergency or should the ultimate hazard of dying in the middle of your run occur! You are advised to keep away from built up areas and are advised to maintain 2 metres (6ft) of distance between yourself and anyone else.

If you are taking on technical or long runs then you are advised to wear the correct kit and be responsible for yourself and others whilst doing so. You are advised to use the correct maps and a compass if you know how to use one, particularly if you intend on running on expansive moorland and/or National Parks etc.

TREADMILL RUNNING WILL COUNT. CYCLING WILL NOT!

This is not an actual race as such! This is a fun and personal challenge. You will be responsible for picking your own routes/paths/journey and the number of miles on each outing/segment/section of your individual challenge.

THIS MUST BE COMPLETED WITHIN THE 10 WEEK TIME LIMIT AND IF YOU ENTER LATER THAN 00:00 ON 13TH MARCH 2021, YOU'LL STILL ONLY HAVE UNTIL 23:59 ON 22ND MAY 2021 TO COMPLETE IT.

You are advised to keep to public rights of way only and are advised to respect the basic environmental codes of closing ALL gates and not littering on your chosen route.

PLEASE PICK UP ANY SHIT THAT YOU DROP AND TAKE IT HOME WITH YOU!!!

All information about the lighthouses and 'The Cadgwith Fishing Cove Trust' can be found within this guide, along with the 'Crowdfunder' link so you can tell your friends and family and hopefully get them to help support the cause.

Upon signing up for this challenge and adventure, you are agreeing to all the rules and regulations laid out in these terms and conditions and declare yourself fit, capable and healthy. This challenge is open to all those wishing to walk as well as run. It is not eligible for any other method of transportation.

Not everybody will be running the same route and same sections/segments at the same time or even in the same places. The leaderboard is only for added fun.

Bys Vyken Events & Cornish Trails and their race directors, David Andrewartha & Sally Galsworthy, their technical director, Adrian Brown, Cadgwith Fishing Cove Trust, any and all Cadgwith and Lizard Peninsula fishermen and women, Bys Vyken Race Team, every landowner, tenant or charity responsible for maintaining the area in which you decide to run, or 'Crowdfunder' are not responsible for the route you take, the gear that you wear whilst doing so, the nutrition and hydration, or lack of that you take with you or indeed your injury or death whilst pursuing this challenge. We will have no marshals or aid stations or maps on your route. This is YOUR route, remember. We have no say over where you go, or how fast you do it in. You assume complete responsibility of yourselves and your own environment. Sticking to public rights of way and taking and reading a map is advised and essential in lots of places. It's recommended that you figure out where you're going before leaving the home. You are responsible for yourself and recommend that challengers under the age of 16 should be accompanied by an adult.

You are ultimately responsible for sticking to the Government guidelines surrounding what you can and cannot do during the Covid-19 pandemic/crisis. Try not to spit or gob at pedestrians and take a mask! Do what you can to make yourself and others as safe as possible.


You are responsible for any and all PPE you may need during your challenges.

You are advised to read the do's and don'ts on the Gov.uk link in your initial email and the one mentioned earlier on. By reading this and entering, you are accepting liability.

ALL PHOTOS/IMAGES THAT ARE POSTED BY YOU ON OUR SOCIAL MEDIA AND/OR EMAILED TO US WILL MEAN YOU GIVE US PERMISSION TO USE THEM FOR PUBLICATION AND PROMOTION OF THIS AND ANY FUTURE EVENTS. YOUR IMAGES MAY BE USED TO ADD TO CERTAIN FACEBOOK ALBUMS, BUT WILL NEVER BE SHARED TO ANY OTHER PAGE THAT'S NOT OWNED BY BYS VYKEN EVENTS & CORNISH TRAILS OR WITH ANY INDIVIDUAL. BY SENDING TO US, POSTING ON OUR PAGES OR TAGGING IN SOCIAL MEDIA POSTS, YOU GIVE US PERMISSION TO USE YOUR IMAGES/LIKENESS'.

There will be a no refund policy in place and you will not be allowed to transfer or defer to any actual physical OR virtual event held by us. IN THE EVENT OF AN EMERGENCY, DIAL 999 where you will be able to contact ambulance, police, fire and coastguard services along with mountain rescue if you should need their assistance. Once again, please respect the environmental code. Close all gates behind you and do not litter the area where you run (as previously stated within these terms).

You must understand that your event fee will be used for the administration of your entry and your medal and posting of said medal before money is declared a profit for 'The Cadgwith Fishing Cove Trust' fund.



No charity that you are raising money for with this challenge (if you decide to use this as a fundraiser) will NOT be responsible in exactly the same way that Bys Vyken Events & Cornish Trails and those sole trading as Bys Vyken Events & Cornish Trails are not responsible.

Medals are subject to availability and COVID-19 delays.

These terms & conditions were assembled by the Governing Event Director of 'Bys Vyken Events & Cornish Trails, David Andrewartha.

You are responsible for any people or animals you take on your challenge. You should take responsibility for yourselves. We are not responsible for you and for anything you do on this challenge. We thank you for taking the time to read. Enjoy your adventure! X



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EXPLAINING NAUTICAL MILES

Distance Measurements

Statute Mile (SM):

1 SM = 1,609 meters

1 SM = 5,280 feet

1 SM = .869 NM

Nautical Mile (NM):

One nautical mile is a unit of distance used in marine navigation and marine forecasts. It is equal to 1.15 statute miles or 1,852 meters.

1 NM = 1,852 meters

1NM = 6,076 feet

1NM = 1.151 statute/land miles

While flying, distance is generally measured in nautical miles and visibility is usually stated or forecasted in statute miles.



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ENGLAND'S LIGHTHOUSES (INC LOCATIONS, HEIGHT AND RANGE)



1/ ANVIL, DORSET (Focal height: 148ft, Range: 9 NM)



2/ BAMBURGH, NORTHUMBERLAND (Focal height: 39ft, Range: 14 NM)



3/ BEACHY HEAD, SUSSEX (Focal Height: 102ft, Range: 8 NM)



4/ BELLE TOUT, SUSSEX (Focal Height: 285ft) INACTIVE



5/ BERKLEY PILL FRONT, GLOUCS (Focal Height: 16ft),



6/ BERKLEY PILL REAR, GLOUCS (Focal Height: 33ft),



7/ BERRY HEAD, DEVON (Focal Height: 190ft, Range: 19NM)



8/ BERWICK, NORTHUMBERLAND (Focal Height: 49ft, Range: 6NM)



9/ WOLF ROCK, KERNOW, (Focal Height: 112ft, Range: 23NM)



10/ BISHOP ROCK, KERNOW (Focal Height: 144ft, Range: 20NM)



11/ BLACK NARE, ESSEX (Tower Height: 36ft) INACTIVE



12/ WITHERNSEA, YORKSHIRE (Focal Height: 125ft) INACTIVE



13/ WYRE LIGHT, LANCS (Focal Height: 46ft) INACTIVE



14/ BROWNSMAN, NORTHUBERLAND (Tower Height: 39ft) INACTIVE



15/ BULL POINT, DEVON (Focal Height: 277ft, Range: 20NM)



16/ BURNHAM – ON – SEA HIGH, SOMERSET (Tower height: 98ft) INACTIVE



17/ BURNHAM – ON – SEA LOW, SOMERSET (Focal height: 23ft, Range: 12 NM)



18/ BURNHAM – ON – SEA ROUND, SOMERSET (NO INFORMATION AVAILABLE)



19/ CHAPEL ROCK, GLOUCS (Focal height: 20ft, Range: 8 NM)



20/ COQUET, NORTHUMBERLAND, (Focal height: 82ft, Range: 19 NM)



21/ CROMER, NORFOLK (Focal height: 276ft, Range: 21 NM)



22/ DOVERCOURT HIGH, ESSEX (Tower height: 46ft)



23/ DOVERCOURT LOW, ESSEX (Tower height: 26ft)



24/ DUBRIS PHAROS, KENT (3rd Century!) (Tower height: 62ft)



25/ DUNGENESS (OLD), KENT (Tower height: 144ft)



26/ DUNGENESS (ACTIVE), KENT (Focal height: 130ft, Range: 21 NM)



27/ EDDYSTONE, KERNOW (Focal height: 135ft, Range: 17 NM)



28/ EGYPT POINT, HAMPSHIRE (Tower height: 25ft)



29/ ELLESMERE PORT, CHESHIRE (Tower height: 36ft)



30/ FARNE, NORTHUMBERLAND (Focal height: 89ft, Range: 10 NM)



31/ FISH QUAY HIGH, NORTHUMBERLAND (Focal height: 138ft, Range: 16 NM)



32/ FISH QUAY LOW, NORTHUMBERLAND (Tower height: 82ft)



33/ FISH QUAY HIGH OLD (NO INFORMATION AVAILABLE)



34/ FISH QUAY LOW OLD (NO INFORMATION AVAILABLE)



35/ FLAMBOROUGH HEAD, YORKSHIRE (Focal height: 213ft, Range: 24 NM)



36/ PHAROS, LANC'S (Focal height: 92ft, Range: 9 NM)



37/ BEACH, LANCS (Focal height: 46ft, Range: 9 NM)



38/ FOLKSTONE, KENT (Focal height: 46ft, Range: 22 NM)



39/ GODREVY, KERNOW (Tower height: 148ft, Range: 9 NM)



40/ GORLESTON (RANGE REAR), SUFFOLK (Tower height: 66ft)



41/ GORLESTON SOUTH PIER, SUFFOLK (Focal height: 36ft, Range: 11 NM)



42/ GUILLE POINT EAST, NORTHUMBHERLAND (Tower height: 30ft, Range: 4 NM)



43/ GUNFLEET, ESSEX (Tower height: 75ft)



44/ HALE HEAD, LANCS (Tower height: 59ft)



45/ HAPPISBURGH, NORFOLK (Focal height: 135ft, Range: 14 NM)



46/ HARTLAND, DEVON (Focal height: 121ft, Range: 8 NM)



47/ HEUGH, DURHAM (Focal height: 62ft, Range: 19 NM)



48/ HARWICH HIGH, ESSEX (Tower height: 69ft)



49/ HARWICH LOW, ESSEX (Tower height: 30ft)



50/ HERD GROYNE, DURHAM (Focal height: 43ft, Range: 19 NM)



51/ HEUGH HILL, NORTHUMBRLAND (Focal height: 79ft, Range: 5 NM)



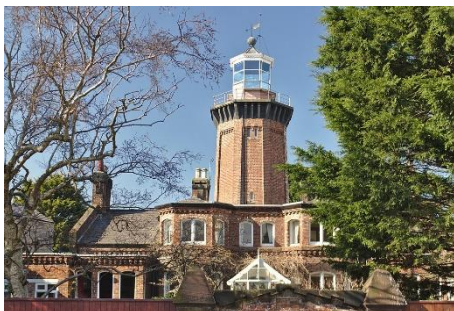
52/ HILBRE ISLAND, CHESHIRE (Focal height: 46ft, Range: 5 NM)



53/ HODBARROW BEACON, CUMBERLAND (Tower height: 59ft) INACTIVE



54/ HODBARROW, HAVERIGG, CUMBERLAND (Focal height: 39ft)



55/ HOYLAKE, CHESHIRE (Tower height: 56ft)



56/ OLD HUNSTANTON, NORFOLK (Tower height: 62ft)



57/ HURST POINT, HAMPSHIRE (Focal height: 75ft, Range: 13 NM)



58/ ILFRACOMBE, DEVON (Focal height: 128ft, Range: 6 NM)



59/ INSTOW FRONT, DEVON (Focal height: 72ft, Range: 15 NM)



60/ INSTOW REAR, DEVON (Focal height: 125ft, Range: 15 NM)



61/ KILLINGHOLME HIGH, LINCS
(Focal height: 72ft, Range: 3 NM)



62/ KILLINGHOLME NORTH LOW, LINCS (Tower height: 46ft) **INACTIVE**



63/ KILLINGHOLME SOUTH LOW, LINCS (Focal height: 33ft, Range: 14 NM)



64/ LEASOWE, CHESHIRE (Tower height: 110ft)



65/ LIZARD, KERNOW (Focal height: 230ft, Range: 26 NM)



66/ LONGSHIPS, KERNOW (Focal height: 115ft, Range: 15 NM)



67/ LONGSTONE, NORTHUMBERLAND
(Focal height: 75ft, Range: 24 NM)



68/ LOWESTOFT, SUFFOLK (Focal height: 121ft, Range: 23 NM)



69/ LUNDY (OLD), DEVON (Focal height: 538ft, Range: 9 NM)



70/ LUNDY NORTH, DEVON (Focal height: 157ft, Range: 17 NM)



71/ LUNDY SOUTH, DEVON (Focal height: 174ft, Range: 15 NM)



72/ LYDE ROCK, GLOUCS (Focal height: 39ft, Range: 5 NM)



73/ LYNMOUTH FORELAND (Focal height: 220ft, Range: 18 NM)



74/ MAYPORT (OLD), CUMBERLAND (Tower height: 36ft)



75/ MAYPORT (NEW), CUMBERLAND (Focal height: 33ft, Range: 6 NM)



76/ NAB TOWER, HAMPSHIRE (Focal height: 56ft, Range: 12 NM)



77/ NEEDLES, HAMPSHIRE (Focal height: 79ft, Range: 17 NM)



78/ NEW BRIGHTON, CHESHIRE (Tower height: 75ft)



79/ NORTH FORELAND, KENT (Focal height: 187 ft, Range: 19 NM)



80/ ORFORDNESS, SUFFOLK (Tower height: 98ft)



81/ PAKEFIELDS, SUFFOLK (Focal height: 66ft, Range: 9 NM)



82/ PAULL, YORKSHIRE (Tower height: 46ft)



83/ PENDEEN WATCH, KERNOW (Focal height: 194ft, Range: 16 NM)



84/ PENINNIS, IoS (Focal height: 36ft, Range: 9 NM)



85/ PLOVER SCAR, LANCS (Focal height: 20ft, Range: 6 NM)



86/ PLYMOUTH BREAKWATER, DEVON (Focal height: 62ft, Range: 12 NM)



87/ PORTISHEAD, SOMERSET (Focal height: 30ft, Range: 16 NM)



88/ PORTLAND BILL, DORSET (Focal height: 141ft, Range: 25 NM)



89/ PORTLAND BILL HIGH, DORSET (Tower height: 39ft)



90/ PORTLAND BILL LOW, DORSET (Tower height: 82ft)



91/ PORTLAND BREAKWATER, DORSET (Focal height: 72ft, Range: 10 NM)



92/ RAMPSIDE, LANCS (Focal height: 46ft, Range: 14 NM)



93/ RAMSGATE WEST PIER, KENT (Focal height: 39ft, Range: 7 NM)



94/ ROKER PIER, DURHAM (Focal height: 82ft, Range: 23 NM)



95/ ROUND ISLAND, IoS (Focal height: 180ft, Range: 18 NM)



96/ ROYAL SOVEREIGN, SUSSEX (Focal height: 92ft, Range: 12 NM)



97/ ST AGNES, IoS (Tower height: 74ft) INACTIVE



98/ FRAGGLE ROCK (aka St Anthony's), KERNOW (Focal height: 72ft, Range: 16 NM)



99/ ST BEES, CUMBERLAND (Focal height: 335ft, Range: 18 NM)



100/ ST CATHERINE'S, HAMPSHIRE (Focal height: 135ft, Range: 25 NM)



101/ ST CATHERINE'S ORATORY, HAMPSHIRE (Tower height: 790ft) INACTIVE



102/ ST MARY'S, NORTHUMBERLAND (Tower height: 151ft, Range: 17 NM)



103/ SCARBOROUGH, YORKSHIRE (Focal height: 56ft, Range: 9 NM)



104/ SEATON CAREW, DURHAM (Tower height: 62ft)



105/ SHOREHAM, SUSSEX (Focal height: 43ft, Range: 10 NM)



106/ SMEATON'S TOWER, DEVON (Tower height: 72ft)



107/ SOUTER, DURHAM (Tower height: 75ft, Range: 26 NM)



108/ SOUTH FORELAND, KENT (Tower height: 69ft)



109/ SOUTH MARGARET'S OLD (Tower height: 49ft)



110/ SOTH GARE, YORKSHIRE (Focal height: 52ft, Range: 20 NM)



111 SOUTHSEA CASTLE, KENT (Focal height: 52ft)



112/ SOUTHWALD, SUFFOLK (Focal height: 121ft, Range: 24 NM)



113/ SPURN, YORKSHIRE (Tower height: 128ft, Range: 17 NM)



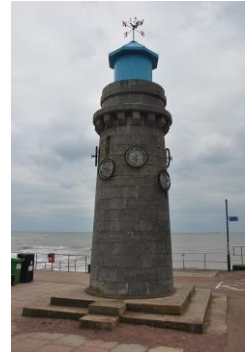
114/ SPURN POINT LOW, YORKSHIRE (Tower height: 89ft)



115/ START POINT, DEVON (Focal height: 203ft, Range: 25 NM)



116/ TATER- DU, KERNOW (Focal height: 112ft, Range: 20 NM)



117/ TEIGNMOUTH, DEVON (Focal height: 33ft, Range: 6 NM)



118/ THORNGUMBALD CLOUGH HIGH, YORKSHIRE (Focal height: 43ft, Range: 9 NM)



119/ THORNGUMBALD CLOUGH LOW (Focal height: 26ft, Range: 9 NM)



120/ TREVOZE, KERNOW (Focal height: 203ft, Range: 20 NM)



121/ TYNEMOUTH NORTH PIER, NORTHUMBERLAND (Focal height: 85ft, Range: 26 NM)



122/ TYNEMOUTH SOUTH, DURHAM (Focal height: 49ft, Range: 13 NM)



123/ WALNEY, LANCs (Focal height: 69ft, Range: 23 NM)



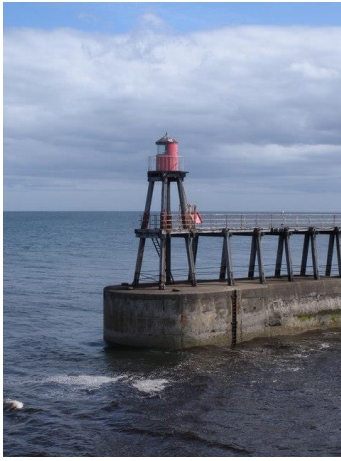
124/ WATCHET, SOMERSET (Focal height: 30ft, Range: 9 NM)



125/ WHITBY, YORKSHIRE (Focal height: 240ft, Range: 18 NM)



126/ WHITBY HARBOUR EAST (OLD), YORKSHIRE (Tower height: 56ft) INACTIVE



**127/ WHITBY HARBOUR EAST,
YORKSHIRE (Focal height: 46ft,
Range: 5 NM)**



**128/ WHITBY HARBOUR WEST,
YORKSHIRE (OLD) (Tower height:
82ft) INACTIVE**



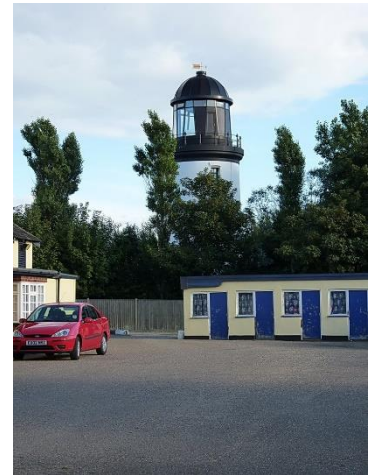
**129/ WHITBY HARBOUR WEST
(Focal height: 46ft, Range: 5 NM)**



**130/ WHITEHAVEN, CUMBRIA (Focal
height: 52ft, Range: 8NM)**



**131/ WHITGIFT, YORKSHIRE
(Tower height: 46ft)**



**132/ WINTERTON, NORFOLK (Tower
height: 62ft) INACTIVE**

TOTAL COMBINED LIGHTHOUSE HEIGHT = 12,549FT

TOTAL COMBINED LIGHTHOUSE HEIGHT X 2 = 25,098FT

ROUNDED TO THE NEAREST 1,000 = **25,000FT**



Let me introduce myself, I'm Tracy Waite, a personal trainer based in Cornwall. I specialise in fitness and wellness, feeling well through movement. I believe that by using our bodies well we can truly feel happier.

I have a passion for fitness as it has played a key role in improving my life and general well being. Combining functional and lifestyle fitness with wellness and self-care.

I provide one-to-one personal training, remote online coaching and single or multi-day fitness escapes.

www.personaltrainerincornwall.co.uk/contact/



**ALWAYS REMEMBER
TO TAKE YOUR
RUBBISH HOME!**



GOOD LUCK

XXXX 😊

