



# **“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 2<sup>nd</sup>/holiday homes.*

**THERE WILL BE PRIZES FOR 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> 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 VEHEMENTLEY 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. RUNNIIING 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 ELEAVATION 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](https://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 13<sup>TH</sup> MARCH 2021, YOU'LL STILL ONLY HAVE UNTIL 23:59 ON 22<sup>ND</sup> 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.**



A lighthouse with red and white horizontal stripes stands on a dark, rocky island. A blue bird is flying in the sky to the left of the lighthouse. The lighthouse has a small window and a lantern room at the top. The background is a light blue sky with a white moon or sun in the top right corner.

***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***