

BY3 VIKEN EVENTS
AND CORNISH TRAILS®



OFFICIAL RACE BOOKLET



FSM VI

SAT DEC 4TH 2021



Photo by Sally G

2019



**PLASTIC FREE
PENZANCE**
SURFERS AGAINST SEWAGE



KERDROYA

RUNVENTURE

RUNNING HUB

ANGEL CENTRE, TYACKE ROAD, HELSTON, CORNWALL, TR13 8RR

01326 565850



Run Venture Running Hub is Cornwall's only running hub chain.

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 also have a 'pre-loved' collection which rewards you with money off vouchers for your old gear and gives new runners quality gear at an affordable price.

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

WELCOME TO THE RACE



Welcome to 'Fordh Sen Mighal'; a pilgrimage from coast to coast. From Lelant to Marazion, sea to sea and beach to beach.

This year the event has a new start. (If the course keeps changing then nobody can ever get the course record, right?). This year the start will be on Porthkidney Sands, just below the famous Dynamite Quay where our Event HQ will be situated. The start overlooks the UNESCO World Heritage Site of Hayle and the surrounding blue water of St Ives Bay.

You'll begin near to 'The Ferry House' and run part of the way down the beach. You'll veer right and straight up a sand dune onto the above coast path just past the lifeguard hut, keeping within Lelant's dunes until you reach Carbis Bay. You'll head through the Carbis Bay Hotel grounds, now made famous by the G7 held there earlier this year. You'll stick to the South West Coast Path until you reach the split off. This will begin your first major climb and road crossing en route to Knills Monument (the biggest climb). You will continue to climb to the monument once you've crossed the A3074 at Carbis Bay. Once you sweep up and over the steeple, you'll descend a long and winding country road on your way to Bowl Rock before another major road crossing. You'll cross and ascend mucky fields before reaching Trencrom. You can see the start and finish locations from the top. You'll need to negotiate the technical drop down the side of it before heading through field after field until you reach Ludgvan. 2 more road crossings lay before you in the guise of the A30 and A394 before Marazion. But before that, you will be running down and back up 'The Pointless Hill' at Ludgvan Churchtown. This is nothing more than shits and giggles for the RD because it's unnecessary.

Once in Marazion, the route goes all the way up to The Godolphin Arms before dropping onto the beach. You'll run the length of the shingle beach until the short steps up to the finish beside The Station House, Marazion. This event is the original running adventure on St Michael's Way. We've had to put up with another company trying to undo our hard work because they're hugely unoriginal, but to no great success to them. We're often imitated and rarely bettered!

Stay tuned for info on this great route, and for all the things that you need to know when planning for this grand day out, that is now just as a part of the Christmas calendar as old Rudolph himself.

EVENT SCHEDULE



EVENT HQ: DYNAMITE QUAY, WHARF ROAD, LELANT,
CORNWALL, TR26 2DY

REGISTRATION: 08:00 – 09:30 (NO REG AFTER THIS TIME).
RUNNERS WILL BE EXPECTED TO CHECK-IN AT REGISTRATION
BY PROVIDING ID (PHOTO ID ONLY) AND PROOF OF EITHER A
NEGATIVE LATERAL FLOW/PCR TEST OR EVIDENCE OF BEING
DOUBLE VACCINATED).

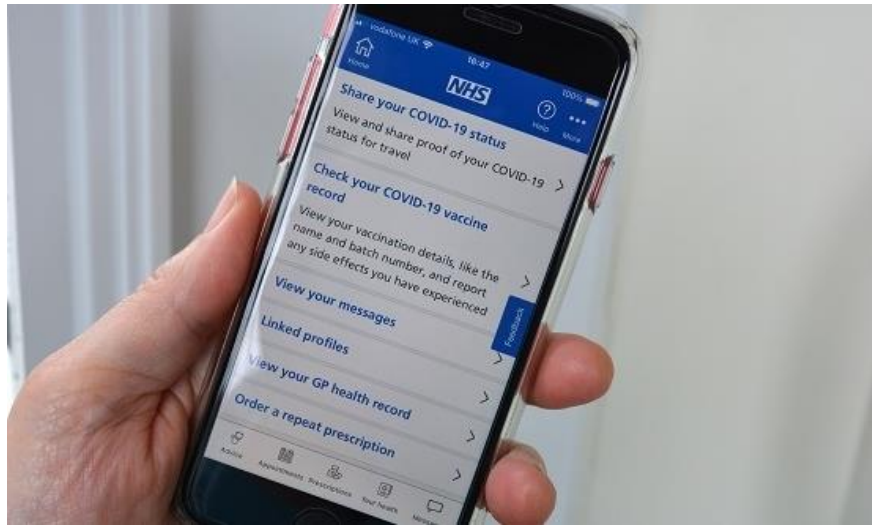
SAFETY BRIEFING: 09:40 (THERE WILL BE AN 'IN PERSON' SAFETY
BRIEFING INSTEAD OF A POSTED VIDEO)

START: 10:00 (PRONTO WITH A MASS START AND NO
WAVES.READ ON FOR COVID PROCEDURES) - PORTHKIDNEY
SANDS, BELOW DYNAMITE QUAY, LELANT.

FIRST RUNNERS DUE BACK: 11:17 – 11:25 (PREVIOUS TIMINGS)

PRIZE PRESENTATION: AS THE WINNERS CROSS THE LINE. THERE
ISN'T A PRESENTATION IN THE CONSERVATORY THIS YEAR. IT
WILL BE AS AND WHEN IT HAPPENS.

REGISTRATION & CHECK IN



BEFORE YOU REGISTER THIS YEAR YOU'LL NEED TO BRING PHOTO ID WITH YOU AND PROOF THAT YOU HAVE A NEGATIVE LATERAL FLOW OR PCR TEST IN THE 24 HOURS BEFORE THE EVENT. EVIDENCE OF A DOUBLE VACCINATION WILL SUFFICIENT ALSO.

YOU WILL NOT BE ALLOWED TO REGISTER WITHOUT THIS. YOU WILL BE TEMPERATURE CHECKED AT REGISTRATION AGAIN THIS YEAR. THIS IS FOR YOUR SAFETY AND THE SAFETY OF EVENT STAFF.

A COLLECTIVE START WILL HOPEFULLY OCCUR THIS YEAR WITHOUT A WAVE SYSTEM, FINGERS CROSSED. THIS IS SUBJECT TO CHANGE.

MEDAL & NUMBER



NUMBER INSPIRED BY THE ADVENTURES OF TRACY WAITE



*THE WINGS AND SWORD OF ST MICHAEL
MAKE UP THIS YEAR'S EVENT MEDAL*

THE ROUTE



The route is a little over 11.5 miles and stems from Porthkidney Sands, near the Event HQ of Dynamite Quay in Lelant. The event finishes beside The Station 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.

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 glorious views following the 'St Michaels Way' National Trail.

The half way point is Trencrom Hill Car Park (Trencrom being derived from the Cornish, menaing 'Farmstead curve'). Last year we weren't allow to access Trencrom Hill Fort due to Covid and the National Trust unable to grant us a licence because of it. But this year it's back and we're keeping in the replacement hill too. Dubbed 'The Pointless Hill' by Owain Thomas of 'If My Feet Could Talk' podcast fame, this hill at Ludgvan Churchtown runs all the way to the very bottom, before turning on a sprayed 'X' on the pavement. You'll then go all the way back up it again. It is truly pointless, hence the name. It serves only to make the RD laugh at your expense. Once you pass 'The White Hart' then the hill descent and ascent will begin.

There's also the beach adventure to the finish, which for those of you near the back you'll have the fringes of the tide nipping at your heels. Don't worry you won't drown! Before you get to the beach you'll have to run all the way up through Marazion where you'll turn toward the coast path at The Godolphin Arms. Then you'll yet onto the beach via the slipway by the St Aubyn's car park.

PLEASE BE AWARE THAT INCIDENTS OF GETTIING LOST AND GOING IN THE WRONG DIRECTION 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.

DO NOT BE A DICK AND TRY TO BE A HERO.

Marshals will be there to instruct you. I'd rather be 30 seconds slower than needing parts of my skull scooped off a Tesco lorry.

- **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.**

THE ROUTE (cont).

Although there are manned areas,
YOU WILL ULTIMATELY BE RESPONSIBLE FOR YOUR OWN SAFETY.
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 ALSO. PLEASE REFER TO YOUR MAPS AND PLEASE DON'T JUST FOLLOW THE LEADER. THERE ARE A FEW THAT GET LOST JUST FOLLOWING OTHERS, AND THEN THEY COMPLAIN TO US ABOUT HOW SHIT OUR SIGNAGE IS. THE SIGNAGE WILL ONLY NOT BE THERE IF IT'S TAKEN, AND I WILL TAKE RESPONSIBILITY FOR IT AND APOLOGISE. WE DO FREQUENTLY GET GRUMPY LOCALS REMOVING SIGNAGE. WE MAKE THINGS AS NAVIGATIONALLY 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. ALSO, READ YOUR MAP.

The route will be marked with blue correx triangles which are the same as every 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 BUT NOT EVERYWHERE.



Remember to
"Think Hedgehog"

"Timmy goes to the lighthouse"

Words & Digital Artwork by D. Andrewartha



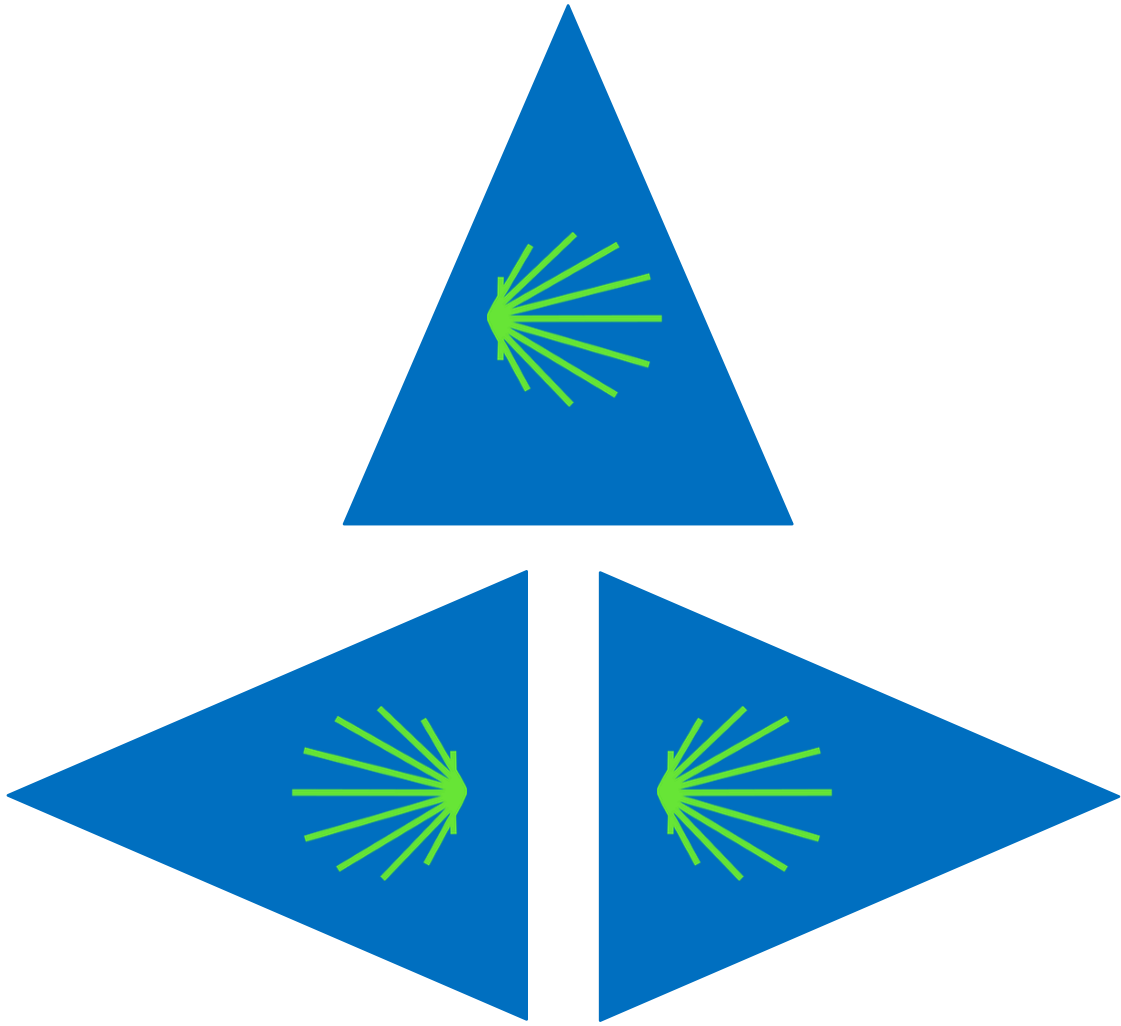
Get your "Timmy Goes to the Lighthouse"
downloadable eBook For just £2.99 and
join Timmy on his quest to get to his favourite
lighthouse in his favourite blue bear hat!

WWW.BYSVYKENEVENTS.VPWEB.CO.UK

All funds donated

in aid of:
 the **eve**
appeal

SIGNAGE



*SOME SIGNS ARE NOW ROTTEN AND NO LONGER
EXIST BUT THERE ARE STILL SOME EXISTING SIGNS.
FOLLOW THE SCALLOP SHELL*

March 5th 2022 - ST PIRAN'S DAY



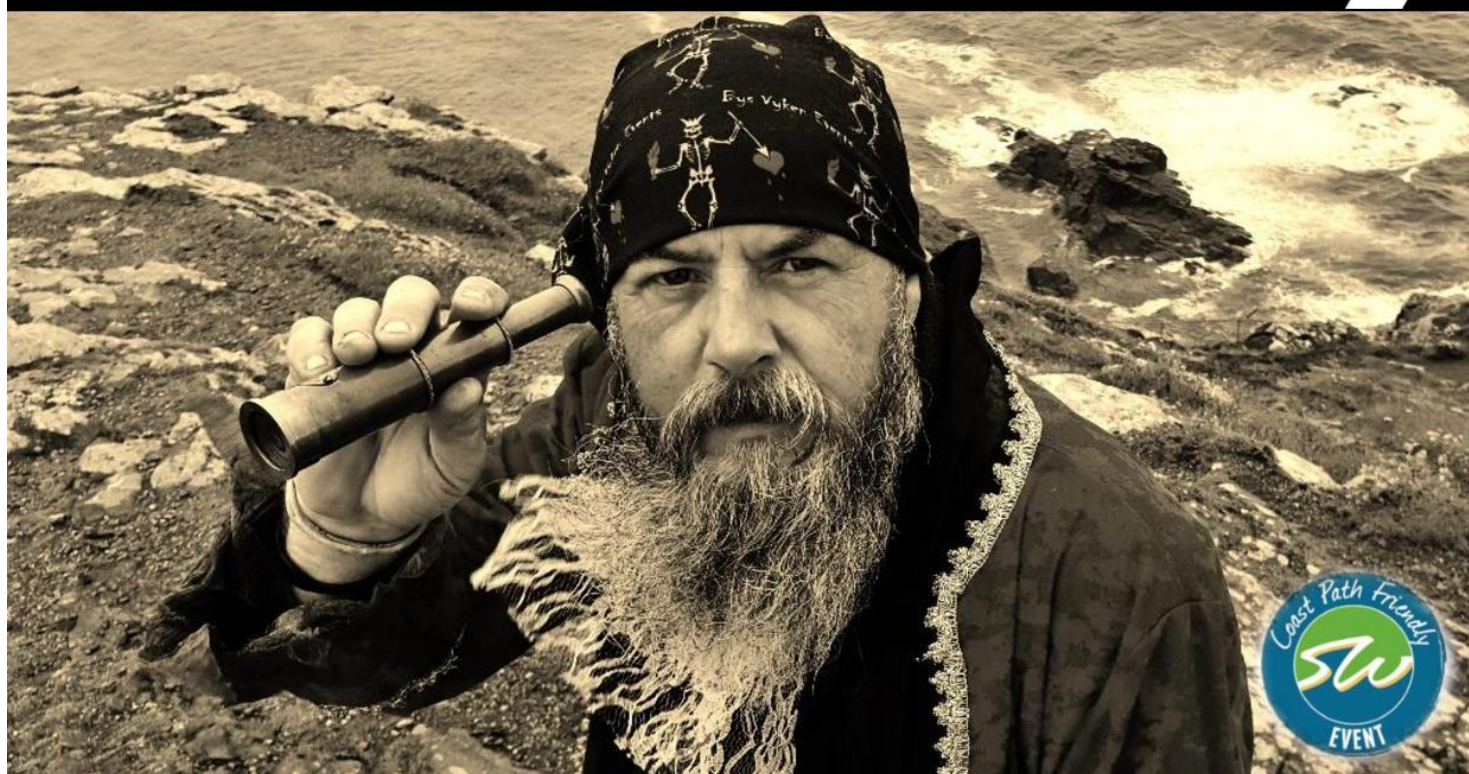
Photo by St Just Miners' Chapel

CLASSIC JACK 10 MILES
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"THE SMUGGLER'S SCUTTLE 5"

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AND CORNISH TRAILS



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26TH JUNE 2022

COVID & REGISTRATION PROCEDURES DURING THIS EVENT (IMPORTANT READING!)

BEFORE REGISTERING ON THE DAY YOU'LL NEED TO PROVIDE PHOTO ID. WHETHER IT'S A PASSPORT, DRIVING LICENCE OR A PASS CARD OR SIMILAR. IF WE DON'T KNOW WHO YOU ARE AND YOU HAVE NO ID THEN YOU WON'T BE RUNNING.

YOU WILL EACH BE TEMPERATURE CHECKED. IF YOUR TEMPERATURE FLAGS THE DIGITAL THERMOMETER RED, THEN YOU WON'T BE RUNNING AND YOUR NEXT OF KIN WILL BE CALLED. YOU'LL BE ADVISED TO TAKE A LATERAL FLOW OR PCR TEST. WHAT YOU THEN DO WITH THAT ADVICE IS THEN UP TO YOU. ALL RUNNERS MUST PROVIDE PROOF OF A NEGATIVE LATERAL FLOW OR PCR TEST. ALTERNATIVELY PLEASE PROVIDE PROOF THAT YOU HAVE RECEIVED 2 VACCINATIONS AGAINST COVID-19.

IT WILL BE A MASS START BUT YOU'LL NEED TO WEAR A FACE COVERING ON THE START LINE AND NEED TO WEAR ONE WHEN APPROACHING AID STATIONS IF YOU ARE TO USE THE AID STATIONS.

YOU WILL NOT BE REQUIRED TO USE THE TEST AND TRACE SYSTEM. IT ISN'T MANDATORY, BUT THERE WILL BE QR CODES PRESENT AT RACE HQ IF YOU FEEL THAT YOU SHOULD CHECK INTO THE NHS SYSTEM.

NO TEST AND TRACE FORMS WILL BE REQUIRED BY US THIS YEAR, THEREFORE WILL NOT BE SENT OUT. JUST THE PROOF THAT YOU'RE JABBED OR HAVE A NEGATIVE RESULT IN THE LAST 24 HOURS. I KNOW IT'S ANNOYING BUT WE'RE JUST TRYING TO MAINTAIN SAFETY THROUGHOUT. IT'S ALL RATHER BOLLOCKS BUT HERE WE ARE.

EVERY RUNNER WILL RECEIVE A HAND GEL AT REGISTRATION AND THERE WILL BE HAND GELS LAID OUT ON FOOD TABLES AT AID STATIONS.

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 ON OFFER THOUGH.

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 AFTER YOU'VE STARTED THE RACE

OUR CREW WILL BE GIVEN FULL PPE. THEY DON'T HAVE TO WEAR IT ALL BUT THEY HAVE TO BE GIVEN IT AS A PRECAUTION AND TO GIVE THEM AN OPTION.

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.

WE ARE NOT RESPONSIBLE FOR YOUR SPECTATORS.

WHEN RUNNERS HAVE CROSSED THE LINE THEY MUST NOT CONGREGATE OR KEEP GOING BACK OVER THE FINISH. IF YOU DO, PLEASE MAKE SURE YOU HAVEN'T GOT YOUR CHIP NUMBER WITH YOU.

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

THERE WILL BE 4 PORTABLE TOILETS AVAILABLE TO USE AT THE START/RACE HQ. IT IS YOUR RESPONSIBILITY TO 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. PLEASE USE YOUR FACE COVERING AND GLOVES (AVAILABLE ON THE DAY) IF YOU'RE USING ANY CHEMICAL SPRAY.

THERE ARE NO SHOWERS ONSITE AT EITHER END. YOU'LL JUST HAVE TO GO HOME SMELLING LIKE SHIT. THERE WILL BE NO ACCESS TO THE CONSERVATORY AT THE STATION HOUSE AGAIN THIS YEAR AND WILL BE NO FOOD AT THE END OF THE EVENT SUPPLIED BY US, AS WE HAVE NOWHERE TO HEAT IT UP BEING OUTDOORS. FEEL FREE TO USE THE PUB AND BUY FOOD FROM THERE YOURSELF IF YOU FEEL LIKE YOU NEED TO EAT POST-EVENT.

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.

ALL RUNNERS WHO HAVEN'T FILLED OUT THEIR EMERGENCY CONTACT INFORMATION ON THEIR ENTRY WILL HAVE TO FILL IT OUT ON THE DAY. IT IS IMPORTANT THAT WE HAVE YOUR EMERGENCY INFORMATION/NEXT OF KIN IN CASE OF AN ACTUAL EMERGENCY OR YOU DIE!

On my application
form, when it says
who to contact in
an emergency...
I always put,
ambulance
or police...
I mean wtf's
my mother
gonna do?

CAR PARKS, ACCOMODATION, TAXIS & PUBLIC TRANSPORT

A FEW PLACES TO STAY...

- OLD FARMHOUSE POTTERY (OLDFARMHOUSECORNWALL.COM/01736 755515) – TR26 3JP
 - MOUNT DOUGLAS FARM COTTAGES (01736 794831) – TR26 3HE
 - OLD QUAY HOUSE, GRIGGS QUAY, HAYLE (01736 753445) – TR27 6JG
- PENQUITE SEASIDE SUITE, VICARAGE LANE, LELANT (01736 755002) – TR26 3EA
 - THE FIRS WATERSIDE, RIVERSIDE, LELANT (01736 757830) – TR26 3DW

FOR ALL PLACES USE 'GOOGLE' OR SEARCH "LELANT" ON AIRBNB.CO.UK

SOME PLACES TO PARK...

- LELANT SALTINGS, LELANT – TR26 3DL
- PARK & RIDE, STATION APPROACH, ST ERTH (422 SPACES) – TR27 6JW
 - RAILWAY STATION CAR PARK, ST IVES – TR26 2BH

SOME TAXI NUMBERS...

- A1 CARS (01736 797700)
- HAYLE TAXIS (01736 753000)
- L & R CARS (01736 758555)
- L & M CARS (01736 339292)
- ACE CARS (01736 797799)

OR IF YOU PREFER THE BUS...

- L5 (LIZARD TO ST IVES)
- 17 (PENZANCE TO ST IVES)
- T2 (TRURO TO ST IVES)
- ATLANTIC COASTER (LAND'S END – PENZANCE)

PLEASE CHECK YOUR LOCAL TIMES. TRAINS ARE ALSO AVAILABLE AND LOCAL SERVICES SHOULD BE CHECKED.

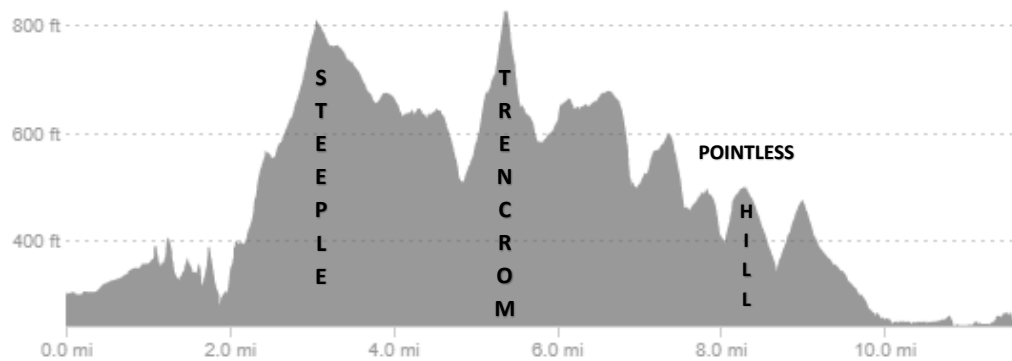


STRAVA ROUTE



START

EVENT HQ



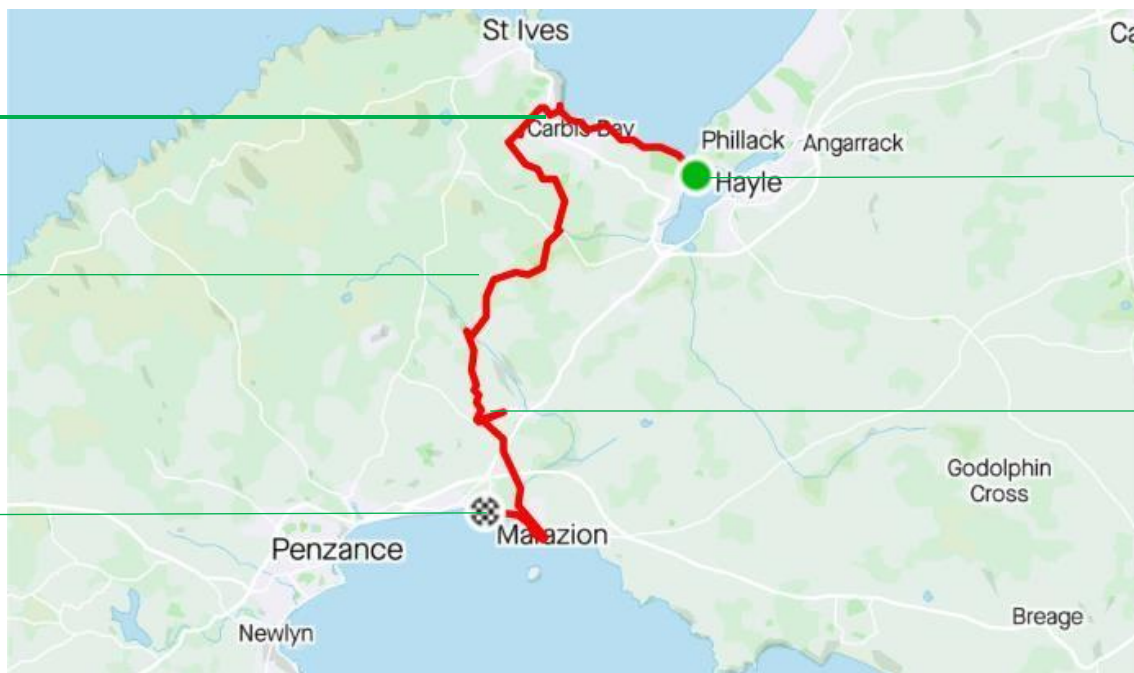
AID

STATION 1

AID

STATION 2

FINISH



START

AID

STATION 3



**The official medical team of
Bys Vyken Events**

WWW.OMEGA-MEDICAL.COM

EVENT HQ – DYNAMITE QUAY



There is a bag drop which will be located within a van at the Quay, which will be marked 'BAG DROP'. 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.

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. You will receive your number labels (along with your race number (paper-clipped to it)). You'll also receive your map (bagged in a biodegradable bag) and a hand gel.

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 that you fell in cow shit, or for the times that you realise your Goretex shoes are only waterproof up to the ankles. Please try to use a snood/buff/multifunction headwear over your mouth and nose if avoiding people is just not possible.

There will be marshals pointing you down to where you need to go and the Quay does require a fair walk from any parking point. Please plan your journey in advance. There will be no parking on the quay by any runners on the day.

BAG DROP

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 hand-held items and small bags accepted. We want to minimise contact with you and our crew as much as possible during times of Covid-19. You will be required to clean your hands using the sanitiser that's provided before having your goods given to you. Any items left and not collected will NOT be returned no matter their value. I've spent a small fortune sending things back. Make sure you don't drop anything of value because it'll go on eBay and the subsequent funds will be donated to charity.



*Don't be
this guy*

FINISH + RESULTS



The finish section isn't the most pleasant. After you've run up through Marazion, you'll turn right onto Kings Road next to The Goldolphin Arms.

Then follow the pavement all the way down and then join the beach off the slipway. Be careful that you negotiate any seaweed that may be on the slip. The slower runners at the back end will most likely have the tide to deal with. In which case you'll have 2 options which are either to go through the water or over the rocks and on to the beach.

Once on the beach you'll turn right and then run the entire stretch of the beach all the way down to the steps up to The Station Car Park.

You'll head up the steps, swing a left and finish between the flags beside The Station House pub.

Results will be formulated from chip timing again this year. Results will be available immediately following the race but you'll have to wait until we publish the link, which will be in the evening following the race.

More often than not, we'll get people saying "That's not my running club" or "Can you change me from female to male?" and so on and so forth. Please go back in to RiderHQ where you entered and check if all of your details are correct. The info on the results is the info you used. The link to the results will be published on social media and our website post-event.

Please remember to not fold your numbers and have them on the front at all times.



THIS IS A CUP-LESS EVENT. YOU
ARE RESPONSIBLE FOR BRINGING
YOUR OWN HYDRATION

PLASTIC FREE

PENZANCE

SURFERS AGAINST SEWAGE



KERDROYA

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Masterminded by
 **GOLDEN
TREE**

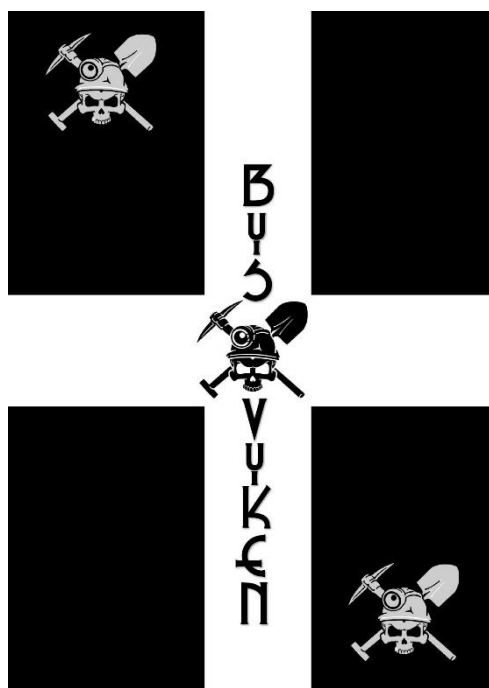


We are Whythra Pathfinders offering specialist running tours in spectacular locations around Cornwall. We offer a range of running tours catering for all ages and abilities. From stunning moorland to dramatic coastline we bring to life the myths, legends and history of the beautiful Duchy of Cornwall.

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

BYS VYKEN MERCHANDISE



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- VISORS
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GOOD LUCK!



LOVE DAVE, SAL & TIMMY