



**D DAY DASH**

**BYE VIKEN EVENTS  
AND CORNISH TRAILS®**



**JUNE 2021**

# **VIRTUAL RACE GUIDE**



- 5K
- 10K
- ½ MARATHON
- MARATHON
- 77 MILES

**HAYLE BEACH/ PHOTO CREDIT: SALLY GALSWORTHY**

**REORG**



**CW  
FITNESS**

**50% OF ALL FEES GO TO REORG**

# **EVENT INCLUDES**

- **BESPOKE MEDAL**
- **OPTION TO PURCHASE AN EVENT TEE & SNOOD**
- **FACEBOOK VIDEO EVENT BRIEF POSTED MAY 30TH**
- **RACE GUIDE**
- **TROPHIES FOR 1<sup>ST</sup>, 2<sup>ND</sup> & 3<sup>RD</sup> ON THE 77 MILE OPTION ONLY**
- **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. (77 MILE OPTION ONLY).**



# EXTRAS



**T-shirt £20 + £3.90 P&P (Tee  
redacted in image due to language)**

**PayPal [bysvykencornishtrails@gmail.com](mailto:bysvykencornishtrails@gmail.com)**

**SNOODS - £10 + £2.90 P&P**



# **ABOUT THE CHALLENGES**

[

**THERE ARE 5 SEPARATE CHALLENGES TO CHOOSE FROM ON THIS  
D-DAY COMMEMORATIVE VIRTUAL EVENT:**

- **D-DAY: DASH @ THE BEACH 5K**
  - **D-DAY DASH: 10K**
- **D-DAY DASH: HALF MARATHON**
  - **D-DAY DASH MARATHON**
  - **D-DAY:77**

**YOU CAN RUN OR WALK THESE EVENTS IN YOUR OWN TIME AND  
SPEED. HOWEVER THERE ARE A FEW THINGS ABOUT THE  
CHALLENGES:**

**THE 5K NEEDS TO BE RUN ON A BEACH. THIS MAY HAVE TO BE A  
WHOLE STRETCH OF BEACH OR SEVERAL BACK AND FORTH REPS TO  
MAKE UP THE DISTANCE. BUT PLEASE LOOK AT TIDE TIMES BEFORE  
VENTURING TO THE BEACH/COASTAL AREAS. MAKING SURE THE  
TIDE IS GOING TO BE OUT FOR YOUR RUN IS EXTREMELY  
IMPORTANT. THE 5K ALL ON A BEACH IS A NOD AND TRIBUTE TO THE  
SOLDIERS THAT LANDED ON 5 DIFFERENT BEACHES ON THAT DAY IN  
1944 (PLEASE READ ON FOR INFORMATION AND FACTS ABOUT D-  
DAY).**

**THE 10K, HALF MARATHON AND MARATHON CAN BE COMPLETED ON  
ANY TERRAIN BUT MUST BE RUN IN ONE ACTIVITY AND NOT SPLIT  
INTO SEVERAL RUNS.**

**THE 77 MILE CHALLENGE MUST BE COMPLETED OVER THE COURSE OF  
THE WHOLE MONTH OF JUNE. FOR THIS ONE CHALLENGE THERE  
WILL BE A LEADERBOARD WHERE YOU WILL RECEIVE A LINK TO  
UPLOAD YOUR DATA AND KEEP TRACK/PROGRESS OF YOURSELVES.  
THIS IS THE ONLY CHALLENGE WHERE THERE WILL BE A PRIZE FOR  
1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> OVERALL. THE PERSON WHO COMPLETES THE 77  
MILES IN THE FASTEST MOVING ACCUMULATED ACTIVITY TIME WILL  
WIN THE CHALLENGE.**



**50% OF ALL SALES  
ARE DONATED**

### Why did we start REORG?

#### The problem

When service personnel transition out of the military they leave behind a life of structure, purpose and camaraderie. For many former service personnel this can be a very difficult time, especially if they are also suffering the after-effects of physical and psychological trauma, which is the case for all too many of them.

#### Sam's solution

This is where REORG comes in. Royal Marine's C/Sgt Sam Sheriff started REORG to give drive and purpose to people that suffer this struggle. We help them overcome their challenges through learning a new, difficult and incredible rewarded martial art. Brazilian Jiu Jitsu.

#### The sport

**Brazilian Jiu Jitsu (BJJ) is the fastest growing martial art in the world.**

It was mastered as a fighting art in Brazil by the legendary Gracie family and has spread throughout the globe due to its effectiveness in combat sports. It's rise was exponential with the creation of the UFC.

BJJ is never easy - if you have never grappled before, jiu-jitsu is a baptism of fire. At first it can be frustrating, particularly for people who consider themselves fully combat-trained, to start a discipline where they get humbled in every training session by people half their size.

#### Progression in BJJ

**Humbling, challenging, rewarding.**

But this level of difficulty is not something to be shied away from, it is part of what makes BJJ so rewarding. For people used to facing hardship with their brothers and sisters in arms, taking the battle to the jiu-jitsu mats gives them the tough goals that they relished in the military. But it is also a great leveller, because whether you are a soldier, an athlete, or an accountant, everyone starts of as a white belt on a lifetime journey that is very tough, but incredibly rewarding.

#### We are growing fast

REORG is a registered charity based in England. CEO and Founder Sam Sheriff, (along with Trustees Mark Ormrod, Tom Hardy and Trent Scanlen) are embarking on an ambitious plan to help thousands of our family throughout the world.

Sam is encouraging more people to find out more, no matter what their BJJ experience. If you have never tried jiu-jitsu before, or if you have your own club but would like to get involved with the work REORG is doing to bring this brilliant martial art to as many people as we can.

**WWW.REORGCHARITY.COM**

# D-DAY INFORMATION

During World War II the Battle of Normandy, which lasted from June 1944 to August 1944 resulted in the Allied liberation of Western Europe from Nazi Germany's control. Codenamed "Operation Overlord" the battle began on June 6<sup>th</sup> 1944. It was also known as "D-Day". Some 156,000 American, British and Canadian forces landed on five beaches along a 50-mile stretch of the heavily fortified coast of France's Normandy region. These beaches were Juno, Sword, Omaha, Gold and Utah. The invasion was one of the largest amphibious military assaults in history and required extensive planning. Prior to D-Day the Allies conducted a largescale deception campaign designed to mislead the Germans about the intended invasion target. By late August 1944 all of Northern France had been liberated, and by the following spring the Allies had defeated the Germans. The Normandy landings have been called the beginning of the end of war in Europe.

After World War II began, Germany invaded and occupied North Western France at the beginning of May 1940. The Americans entered the war in December 1941 and by 1942 they and the British (who had been evacuated from the beaches of Dunkirk in May 1940 after being cut off by the Germans in the Battle of France), were considering the possibility of a major Allied invasion across the English Channel. The following year Allied plans for a cross-Channel invasion began to ramp up. In November 1943 Hitler, who was aware of the threat of an invasion along France's northern coast, put Erwin Rommel in charge of spearheading the defence operations in the region even though the Germans didn't know exactly where the Allies would strike. Hitler charged Rommel with finishing the Atlantic Wall, a 2400 mile fortification of bunkers, landmines and beach and water obstacles.

In January 1944 General Dwight Eisenhower was appointed commander of "Operation Overlord". In the months and weeks before D-Day the Allies carried out a massive deception operation intended to make the Germans think the main invasion target was Pas-de-Calais (the narrowest point between Britain and France), rather than Normandy. In addition they led the Germans to believe that Norway and other locations were also

potential invasion targets. Many tactics were used to carry out the deception, including fake equipment; a phantom army commanded by George Patton and supposedly based in England, across from Pas-de-Calais; double agents; and fraudulent radio transmissions.

Eisenhower selected June 5, 1944, as the date for the invasion; however, bad weather on the days leading up to the operation caused it to be delayed for 24 hours. On the morning of June 5, after his meteorologist predicted improved conditions for the following day, Eisenhower gave the go ahead for "Operation Overlord". He told the troops: "You are about to embark upon the Great Crusade, toward which we have striven these many months. The eyes of the world are upon you."

Later that day, more than 5,000 ships and landing craft carrying troops and supplies left England for the trip across the Channel to France, while more than 11,000 aircraft were mobilized to provide air cover and support for the invasion.

By dawn on June 6, thousands of paratroopers and glider troops were already on the ground behind enemy lines, securing bridges and exit roads. The amphibious invasions began at 6:30 a.m. The British and Canadians overcame light opposition to capture beaches codenamed "Gold", "Juno" and "Sword", as did the Americans at "Utah" Beach. U.S. forces faced heavy resistance at Omaha Beach, where there were over 2,000 American casualties. However, by day's end, approximately 156,000 Allied troops had successfully stormed Normandy's beaches. According to some estimates, more than 4,000 Allied troops lost their lives in the D-Day invasion, with thousands more wounded or missing.

Less than a week later on June 11, the beaches were fully secured and over 326,000 troops, more than 50,000 vehicles and some 100,000 tons of equipment had landed at Normandy.

For their part, the Germans suffered from confusion in the ranks and the absence of celebrated commander Rommel, who was away on leave. At

first, Hitler, believing the invasion was a feint designed to distract the Germans from a coming attack north of the Seine River, refused to release nearby divisions to join the counterattack. Reinforcements had to be called from further afield, causing delays. He also hesitated in calling for armoured divisions to help in the defence. Moreover, the Germans were hampered by effective Allied air support, which took out many key bridges and forced the Germans to take long detours as well as efficient Allied naval support, which helped protect advancing Allied troops.

In the ensuing weeks the Allies fought their way across the Normandy countryside in the face of determined German resistance, as well as a dense landscape of marshes and hedgerows. By the end of June the Allies had seized the vital port of Cherbourg, landed approximately 850,000 men and 150,000 vehicles in Normandy, and were poised to continue their march across France.

By the end of August 1944, the Allies had reached the Seine River, Paris was liberated and the Germans had been removed from north western France, effectively concluding the Battle of Normandy. The Allied forces then prepared to enter Germany, where they would meet up with Soviet troops moving in from the east.

The Normandy invasion began to turn the tide against the Nazis. A significant psychological blow, it also prevented Hitler from sending troops from France to build up his Eastern Front against the advancing Soviets.

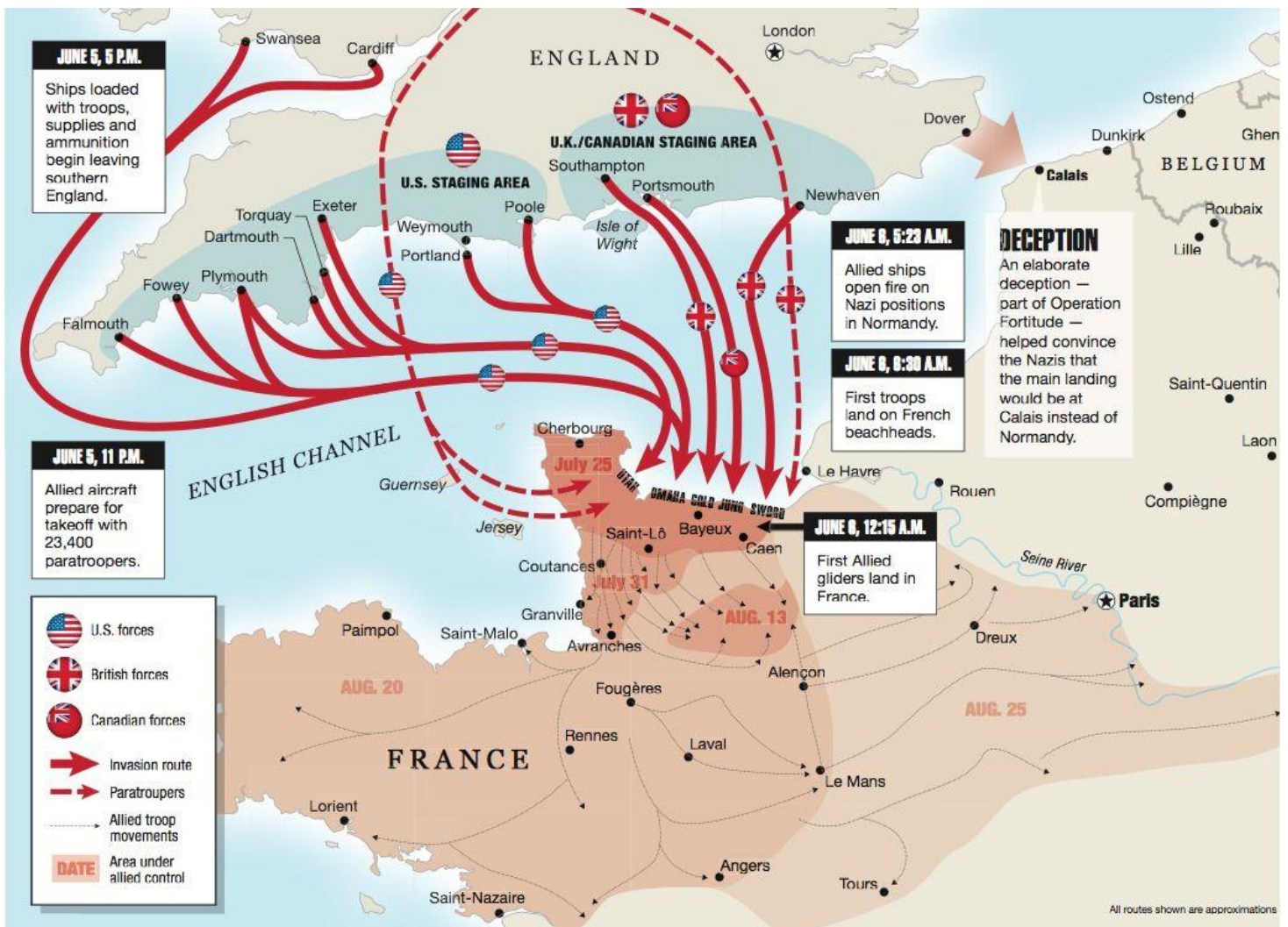


# D-DAY IN IMAGES...

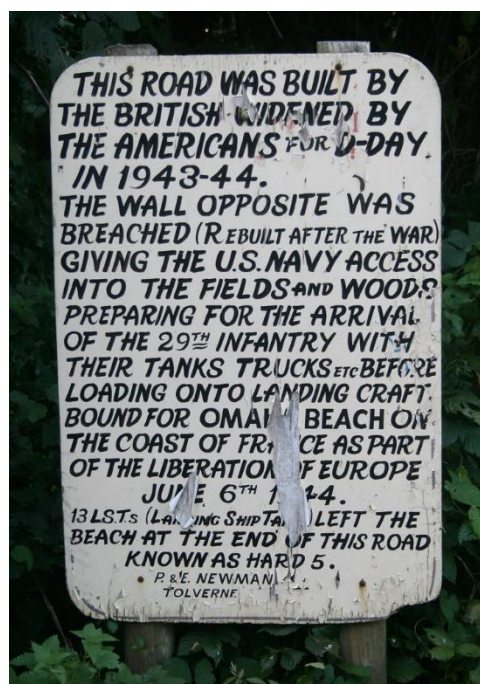




# D-DAY MAP



# D-DAY & CORNWALL



Throughout 1943 and the first half of 1944 thousands of Americans (some 27,000) arrived in the Fal Estuary in preparation for the Normandy Landings.

Embarkation points for the landings were sited in and around Falmouth.

Accommodation was needed of course, ahead of the invasion itself as the troops prepared to travel with armour, equipment and supplies from Falmouth to the battlefields of northern France.

The programme of providing the thousands of troops with accommodation was known as 'Bolero' and it created numerous temporary camps made up of bell tents.

Wheal Busy and Chacewater were two examples.

A makeshift American army camp was erected on the Beacon in 1944 and Falmouth became full of American soldiers ultimately headed for the bloody chaos of Omaha Beach in what was known as 'the friendly invasion'.

They were based in the area to practice for the D-Day landings.

Many of their manoeuvres took place in the river Fal and local beaches, during their stay they built a slipway at Grove Place for landing craft to be loaded with troops and heavy transport.

This is now the Grove Place Boat Park and some of the "Chocolate block" flagstones that were laid can still be seen.

It is said that on the June 4<sup>th</sup> and 5<sup>th</sup> 1944 there were a lot of troop movements in the area and when the locals woke up on June 6<sup>th</sup> they had all gone.

Troops would depart from embarkation points across southern Britain on June 6<sup>th</sup> 1944, in part to give no clue to the enemy as to where the landings would be.

Many of the troops, along with tanks, equipment and supplies, shipped from embarkation points in Cornwall that had been specially constructed for the job.

They were sited in and around Falmouth, including Tolverne, Turnaware Point and the beach at Trebah Gardens on the Helford estuary.



The embarkation points were generally low key, again to avoid alerting the enemy to what was going on.

They would usually be a concrete apron that would slope into the water.

There are commemoration plaques at Turnaware Point, Falmouth Watersports marina, Tolverne and Trebah gardens.

Of particular interest is Tolverne.

Sitting on the opposite side of the River Fal to National Trust property Trelissick, Tolverne Cottage, also known as Smugglers Cottage, was run as a tea room for many years, selling tea grown on the Tregothnan estate.

As the 27,000 American troops gathered in the Fal Estuary, General Eisenhower stayed at Smugglers Cottage. A memorial stone is sited outside it commemorating the D Day landings.

The building was home to a collection of memorabilia related to the invasion, including Eisenhower's chair which was preserved in one of the rooms.

The collection was auctioned off in 2012, with the chair raising £480. A telegraph from the Torpoint ferry fetched £1,700 and the total came to £10,000.

The newly extended docks worked at full capacity throughout the duration of World War II, dealing with convoy casualties and the and Falmouth Bay rarely had fewer than 100 vessels anchored.

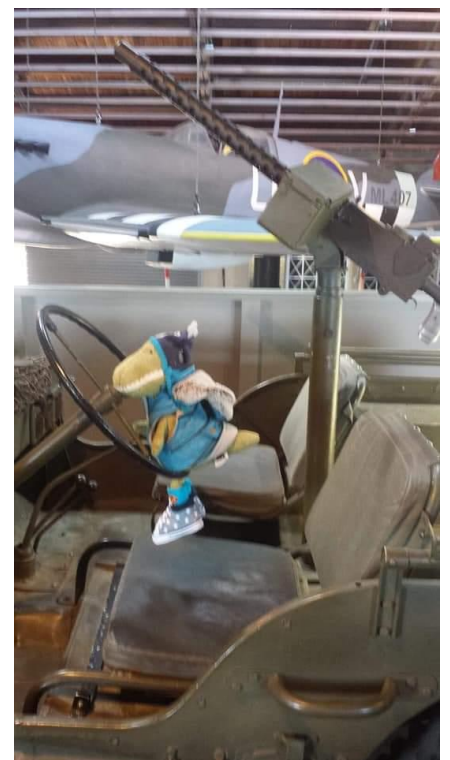
The town was bombed by the Germans in 12 raids and 31 people were killed.

It was also the launching point for "Operation Chariot", the famous Commando raid by H.M.S. Campbeltown on the heavily defended docks of St Nazaire in France.

An anti-submarine net was laid from Pendennis to St Mawes, to prevent enemies entering the harbour.



# TIMMY @ D-DAY CENTRE, CASTLETOWN, PORTLAND





Castletown D-Day Centre is an authentic recreation of the busy wartime dockyard on the Isle of Portland, from which in 1944, thousands of American troops of the 5th US Corps and the US 1st infantry, embarked, bound for the heavily defended beaches of Nazi occupied France.

#### Castletown D-Day Centre

Admiralty Buildings

Castletown

Portland

Dorset, UK

DT5 1BD

07850 243 675

Free parking is available near Portland Castle (both on-street and off-street - near the Rigger's building).





# D-DAY 77

## TERMS & CONDITIONS

*Your challenges must be completed between Tuesday 1<sup>st</sup> June 2021 and Wednesday 30<sup>th</sup> June 2021, giving you the entire month of June to complete. 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 77 miles if you intend on doing the "D-Day 77" event. The 77 miles can be done anywhere at any time in the month of June. You can use one run or several to complete. Please maintain and observe social distancing at all times unless law says otherwise.*

*The "D-Day: Dash @ The Beach" 5K needs to be completed in one activity and on a beach for the entire duration of the 5K. This can be done by a single stretch of beach that is 5K or more, or a number of laps of a section beach that takes you up to the distance of 5K. It is your responsibility to check the tide times. Tide time website addresses are in the pre-event information booklet. You are strongly advised to keep away from the sea with an oncoming tide and to avoid the beach all together in the event of tremendously adverse weather. Please check the local weather forecast also.*

*The "D-Day Dash: 10K" can be completed anywhere. THIS DOES NOT HAVE TO BE BEACH. This virtual event does however need to be completed in ONE ACTIVITY, either running or walking or a mix of the two. Please maintain and observe social distancing at all times unless law says otherwise.*

*The "D-Day Dash: Half Marathon" can be completed anywhere. THIS DOES NOT HAVE TO BE BEACH. This virtual event does however need to be completed in ONE ACTIVITY, either running or walking or a mix of the two. Please maintain and observe social distancing at all times unless law says otherwise.*

*The "D-Day Dash: Marathon" can be completed anywhere. THIS DOES NOT HAVE TO BE BEACH. This virtual event does however need to be completed in ONE ACTIVITY, either running or walking or a mix of the two. Please maintain and observe social distancing at all times unless law says otherwise.*

*You CAN do the challenge by running/walking another race/event. It wouldn't be fair to some of you out there that cannot do all of your events that you've entered prior to entering this one. These runs can be completed as a social or training run/challenge for yourself (within COVID-19 guidelines). Visit GOV.UK to check on what you can and cannot do at the time of running. In an ever-changing landscape, anything can change at any time.*

*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 said event and the 'REORG' Charity. 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

'REORG Charity' or 'JustGiving' are NOT affiliated with this event. Bys Vyken Events & Cornish Trails are merely donating 50% of the entry fees of this event to them the 'REORG' Charity on our own behalf and not the behalf of anyone else or any charity or commercial company or individual.

THERE WILL BE PRIZES FOR 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> MALE AND FEMALE IN THE "D-DAY 77" 77 MILE EVENT ONLY THIS WILL BE A LASER CUT LIGHTHOUSE TROPHY AND WILL BE POSTED OUT POST-EVENT, SO AFTER WEDNESDAY JUNE 30<sup>TH</sup> 2021. MEDALS WILL BE SENT OUT AFTER THE EVENT IS OVER ALSO. THEY WILL BE SENT OUT COLLECTIVELY TO ALL WHO EARNED THEM AND COMPLETED THEIR RESPECTIVE CHALLENGE.

#### LEADERBOARD/HOW TO WIN RULES:

77 OF MILES OF DISTANCE (AS STATED ABOVE). THIS IS TO BE COMPLETED IN AS LITTLE OR AS MANY ACTIVITIES AS POSSIBLE IN THE 1 MONTH 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. OUR TECHNICAL DIRECTOR, ADRIAN BROWN WILL EMAIL LINKS TO ALL PARTICIPANTS SO THAT THEY CAN UPLOAD THEIR DATA THEMSELVES.

ALL FINISHERS TO ALL CHALLENGES 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 THE CHALLENGE IN JUST 3 RUNS AT A TOTAL OF 12 HOURS, AND SOMEBODY DOES IT IN 28 RUNS AT A TOTAL OF 11.5 HOURS, THEN TECHNICALLY THE PERSON WHO DID IT IN 11.5 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.**

**THE TECHNICAL DIRECTOR AND YOUR GO TO PLACE FOR ALL TECHNICAL QUERIES REGARDING THE WEBSITE.**

*Only uploading data to prove that you completed your challenge will be accepted as qualification for a bespoke Sherman tank 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. No doubt a Strava group will be set up by somebody as usually a runner doing our virtual events will sort one out. This isn't generally done by us and ONLY the data you upload to our WEBSITE and not STRAVA will count to your official 77 mile event.*

**THE 5K, 10K, HALF MARATHON AND MARATHON RUNNERS NEED NOT WORRY ABOUT SELF UPLOAD.**

**ALL RUNNERS NOT DOING THE 77 MILES WILL HAVE TO SEND THEIR DATA THROUGH MANUALLY WITH A SCREENSHOT OR A LINK TO THEIR ACTIVITY USING OUR EMAIL ADDRESS:**

**[bysvykencornishtrails@gmail.com](mailto:bysvykencornishtrails@gmail.com)**

*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 ONE MONTH TIME LIMIT. YOU CAN RUN ON ANY DAY IN JUNE THAT YOU CHOOSE.** *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 'REORG' Charity can be found within this guide, along with the 'JustGiving' link so you can tell your friends and family and hopefully get them to help support the cause too.*



*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, 'REORG Charity', 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 'JustGiving' 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.*

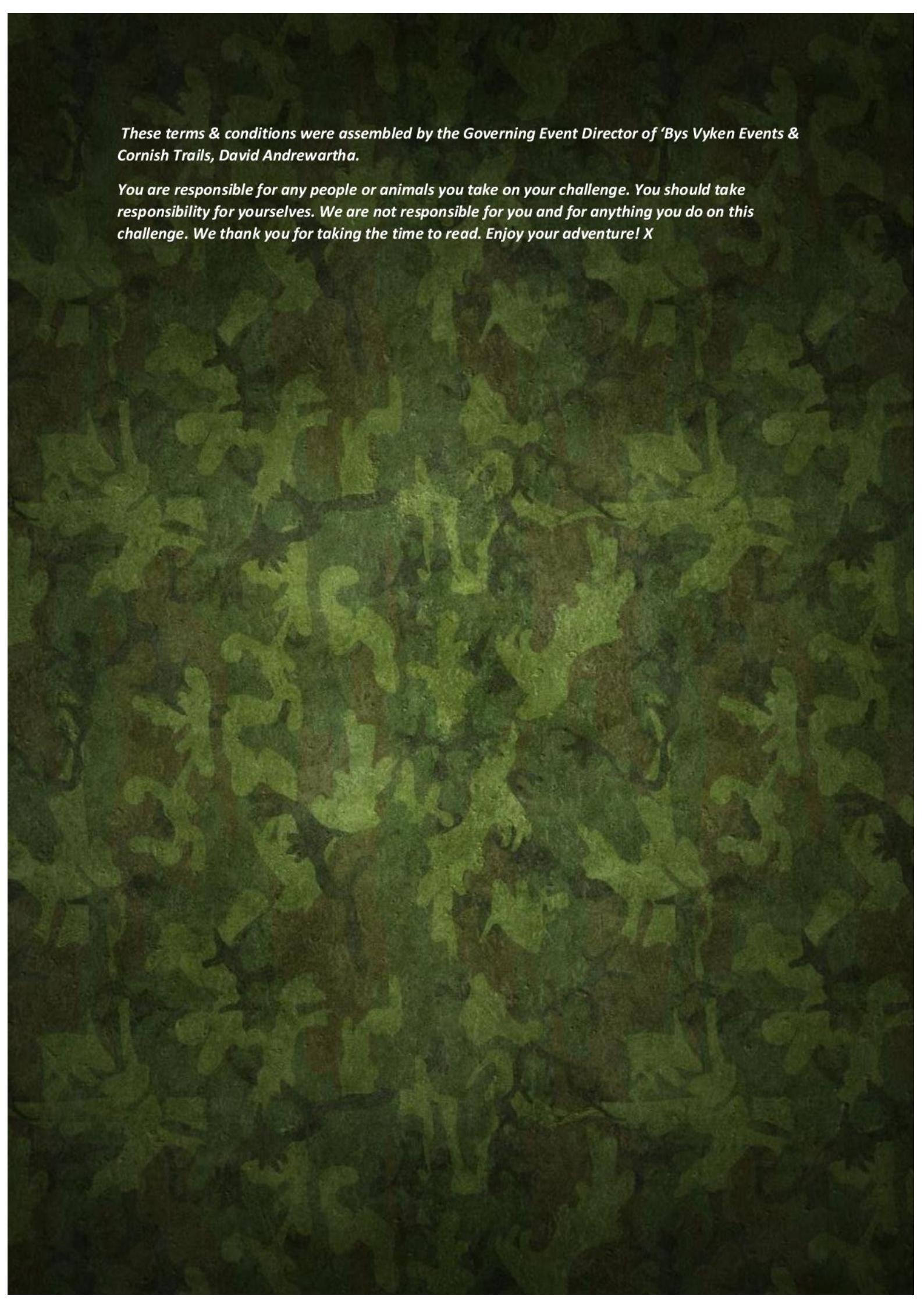
**ALL PHOTOS/IMAGES THAT ARE POSTED BY YOU ON OUR SOCIAL MEDIA AND/OR EMAILED TO US WILL MEAN YOU GIVE US PERMISSION TO USE THEM FOR PUBLICATION AND PROMOTION OF THIS AND ANY FUTURE EVENTS. YOUR IMAGES MAY BE USED TO ADD TO CERTAIN FACEBOOK ALBUMS, BUT WILL NEVER BE SHARED TO ANY OTHER PAGE THAT'S NOT 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 'REORG Charity'. 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.*

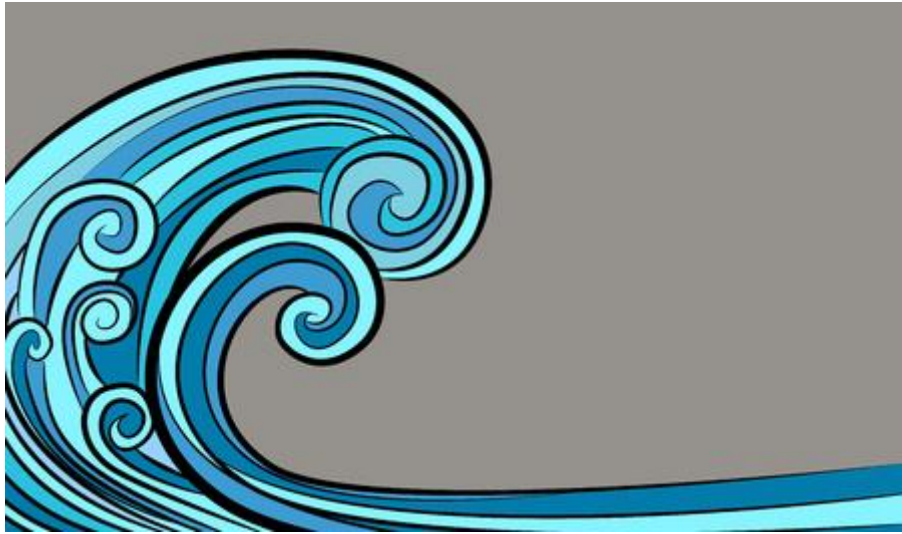




*These terms & conditions were assembled by the Governing Event Director of 'Bys Vyken Events & Cornish Trails, David Andrewartha.*

*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*

# **TIDE TIME WEBSITES**



**TIDETIMES.ORG.UK**

**TIDESCHART.COM**

**CORNWALL-BEACHES.CO.UK**

**METOFFICE.GOV.UK**

**TIDES4FISHING.COM**

**RESPECT THE WATER**





**BATTLE FIT WELCOMES EVERYONE TO COME AND TRAIN WITH US REGARDLESS OF ABILITY! WE KNOW IT TAKES COURAGE AND COMMITMENT TO TRY SOMETHING NEW AND PUSH YOURSELF OUT OF YOUR COMFORT ZONE. WE HAVE A TEAM OF EXPERIENCED AND PROFESSIONAL INSTRUCTORS PLUS AN AMAZING SUPPORT NETWORK: "THE BATTLE FIT FAMILY".**

**WE OFFER A RANGE MILITARY STYLE TRAINING FROM BOOT-CAMP FITNESS, 1-1 PERSONAL TRAINING, TRANSFORMATION CAMPS, MILITARY FITNESS PREPARATION TO DEMANDING CHALLENGES AND EXPEDITIONS. SO WHETHER YOU ARE RE AT THE VERY BEGINNING OF YOUR FITNESS JOURNEY OR YOU ARE AN EXPERIENCED FITNESS GURU WANTING TO PUSH YOURSELF TO THE NEXT LEVEL, THERE IS SOMETHING FOR EVERYONE. TRAIN WITH US IN THE HEART OF CORNWALL IN SOME OF THE MOST BEAUTIFUL BUT CHALLENGING ENVIRONMENTS IN THE SOUTH WEST.**

**OUR MISSION IS SIMPLE ... TO PUSH YOU BEYOND WHERE YOU THOUGHT YOUR LIMITS ARE AND ACHIEVE RESULTS THAT YOU THOUGHT WERE IMPOSSIBLE!**

**[www.battlefit100.uk](http://www.battlefit100.uk)**



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





GOOD LUCK

XXXX ☺

