

ATLANTIC COAST CHALLENGE PARTICIPANT INFORMATION PACK

4th - 6th October 2019

(Updated 24/09/2019)



Dear Challenger,

Welcome to the Votwo Atlantic Coast Challenge, for those of you returning to this classic marathon distance event it is great to have you back and for those of you new to the ACC and/or Votwo we are sure this will be an experience of a lifetime.

The purpose of this document is to explain the timings, logistical arrangements and safety points that have been put in place to ensure smooth and safe running of the event. Your safety is our absolute priority and even if you have taken part in the ACC in previous years it is essential that you read and fully understand this briefing document and that you attend the compulsory daily kit checks and briefings as posted.

We are aiming to get all of you to arrive at the finish line at approximately the same time each day. To this end we would request your full cooperation in adhering to your designated start times and locations.

It is appreciated that there is a lot of detail to understand in the following document. Take your time and read the instructions thoroughly in order to avoid any misunderstandings.

If after reading the details below you have any questions or problems, please email events@votwo.co.uk

I look forward to seeing you at the event HQ.

Ben Mason
Votwo Events Director
Votwo Events & Adventure Ltd
Registered in England and Wales No. 5986260
Registered address: Unit 10 Kings Farm, Everton Road, Hordle, SO41 0HD

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1. Daily Timings

Day 1 Friday 4th October	G1	G2	Day 2 Saturday 5th October	G1	G2	Day 3 Sunday	G1	G2
Breakfast Opens	06:15	06:30	Breakfast Opens	07:00	07:30	Breakfast Opens	06:45	07:00
Breakfast Shuts	07:00	08:30	Breakfast Shuts	08:00	08:30	Breakfast Shuts	08:00	09:30
Registration Opens	06:00	07:05	Registration Opens	06:30	07:30	Registration Opens	07:00	08:00
Registration Shuts	06:55	08:30	Registration Shuts	07:25	08:35	Registration Shuts	07:30	08:30
Challenge Briefing	07:00	09:00	Challenge Briefing	07:30	08:40	Challenge Briefing	07:35	08:30
Transport leaves for start point	07:20	09:20	Transport leaves for start point	07:45	08:55	Transport leaves for start point	07:45	08:45
Transport arrives at start point (approx)	08:20	10:20	Transport arrives at start point (approx)	08:15	09:25	Transport arrives at start point (approx)	08:25	09:15
Evening meal starts	18:00	18:00	Evening meal starts	18:00	18:00	Evening meal starts	17:00	17:00
Evening meal finishes	20:00	20:00	Evening meal finishes	20:00	20:00	Evening meal finishes	20:00	20:00

The timings on mini bus travel times are approximate and subject to traffic conditions on the day.

Notes: Please do not start with group 1 if you are a fast runner.

Group 1 = Walkers/Joggers

Group 2 = Fast joggers and runners only

Note: Please see appendix 2 to see which start group on day 1 you have been allocated to.

2. Daily Registration & Briefing

Each day you **must** register your attendance at challenge registration. See [Section 1 Daily Timings](#) for the timings of your group registration. Arrive in your running/walking kit with your kit bag packed and ready. Wear warm kit over the top of your running kit, you can leave this on the minibus, please give to the marshals at the start to make sure it is at the finish for you, if you are on one of the coaches. (See [Warmers Kit Note](#))

Each day challenge registration takes place at the Event HQ, located at the Bay Bistro, St Ives Bay Holiday Park 73 Loggans Rd, Upton Towans, Hayle, TR27 5BH

Registration: Report your name and your mobile number to the registration desk and receive your challenge number, timing chip, GPS Tracker, Checkpoint timings, Actions on notes will be issued at registration. Your challenge number will be allocated to you at registration. You will be identified by the same number for all 3 days. Numbers come with 4 safety pins and can be displayed anywhere on your person or equipment. They must be visible at all times, front or back is acceptable.

Kit Check: There is a compulsory kit check station (see [Section 13 Kit List](#)) for an explanation. For your safety if you **do not** have the compulsory kit you **will not** be allowed to start as part of the event.

Daily Mandatory Briefing: Each day a mandatory challenge briefing will take place at the registration at HQ (See [Section 1 Daily Timings](#)). This covers important safety information such as route updates, weather forecasts and other safety points.

Medical: Medical staff will be available each morning to dress blisters and look after feet. There is no charge for this service just a request from the medic that you are wearing clean socks! Individuals will have their own strategy for foot care but if you want sound advice please speak to the medics.

IMPORTANT - CHALLENGE NUMBERS AND TIMINGS CHIPS

You will be issued one bib number, one timing chip and one GPS tracker for the whole challenge. Please fill in the medical information section on the back of your bib number.

At the finish point of each day YOU MUST hand your bib number, timing chip and GPS tracker in. You will recollect from challenge registration at the start of each day.

3. Transportation

Once you arrive at the event registration Votwo will look after all your required transportation whilst participating in that day. We have a fleet of mini buses and drivers that will provide:

- Daily transport from the Challenge HQ to the start point
- Transport back to accommodation at the end of the day
- Return transport from the finish line to the official event HQ at the St Ives Bay Holiday Park
- Act as a retired participant pick up bus on route. Ideal for runners or walkers who can no longer continue and need a lift!

Self Drive - If you wish to self drive from the HQ to the start then please ensure you arrive at the start point at the same time as, or before the mini buses. Lifts back to the start from the finish are not offered.

Arriving by Train: If you are getting to the event by train then please travel to the Hayle train station. If you require a pick up please email events@votwo.co.uk with the title '**ACC transport request**'. Include details of timings, location, number of people and mobile contact numbers. Cut off time for transport request will be Tuesday 1st October 2019. You will receive a confirmation email.

Warmers Kit Note: Warm kit worn over your running kit each day will be collected at the start and transported to the finish. Place your warmers kit in an old rucksack or similar bag. The bag must be marked with your name and mobile phone number on the outside, so if you forget it, we can get hold of you. The bags will be gathered up from each bus/coach and taken to the finish.

Note. Being collected from the finish points by family or supporters **YOU MUST:**

- a) Check in correctly with the finish marshal
- b) Return your Bib number, timing chip and GPS tracker
- c) Inform the marshal that you are using your own transport in order that we can manage mini bus transits

4. Car Parking

1. The event HQ at the St Ives Bay holiday park has parking next to your accommodation (if you have booked accommodation)
2. Limited car parking available next to the HQ
3. Over flow car park signed from HQ

All car parking tolls at checkpoints, start and finish points must be paid in full as stipulated on the car park signage. These car parks are outside the event management and are privately run.

5. Event HQ and Facilities

Event HQ is the name for the Votwo administration area at the St Ives Bay Holiday Park. This will be made up of several areas:

- **Registration** - area to register your attendance for each day. Challenge numbers, timing chips and GPS trackers will be issued from here
- **Reception** - next desk along from registration, manned from morning until night, area to collect/leave accommodation keys, make any enquiries regarding the accommodation or the event and pay for massage tokens. The event notice board will be located here and updated daily
- **Kit check area** - your kit will be checked daily here to ensure you have the right equipment with you whilst on the challenge route
- **Event shop** - We will be selling Atlantic Coast Challenge branded clothing, and other great outdoor products.
- **Run Venture Shop** - This is a pop up shop selling all sorts of equipment suitable for running, from trainers to clothing down to energy gels and battery. The owner, Colin is very knowledgeable and would be happy to answer any questions or offer any advice.
- **Event T-Shirt** - you will be able to collect your **FREE** Atlantic Coastal Challenge T-shirt from the Event Shop (See above). Please present your bib number to collect your T-shirt
- **Tracking screen & results** - manned by the reception team. See your daily split times and finishing position
- **Massage room** - manned by a physiotherapist and sports masseurs. Only £15 for 15 minutes to sort out those aching limbs! Tokens to be brought from challenge reception/shop
- **Catering** - The onsite caterer will be providing freshly cooked breakfast and evening meals. £6 for a full english breakfast and £12 for a 2 course evening meal. Thursday evening - Sunday evening. Teas, coffees and cakes available post run each day **free** of charge to participants.
- **Sea and beach** - less than a stone's throw away!
- **Swimming pool** - Open in the afternoon for a post run relaxing swim

6. Running & Walking Groups

On all days there are 2 start group options available for the Atlantic Coastal Challenge. For day one we have assigned a start group for you. A list for the start groups can be found in appendix 2 at the bottom of this document (published two weeks before the event). On day 2 and 3 you may choose your own group.

1. Walking/Joggers - This group is for participants who will walk the WHOLE route or slow Joggers
2. Joggers/Running - This group is for those that will be doing a mix of running and jogging over the course of the day

7. Accommodation

If you have booked accommodation through Votwo Events please see [Appendix 1: Accommodation List](#); please ensure that your name is listed, if you have booked accommodation and your name is not listed or you have any other queries please contact Votwo on events@votwo.co.uk or call the office on 07540 902 612.

- **Key Collection** - Keys are to be collected from the **Event HQ** Bay Bistro, St Ives Bay Holiday Park 73 Loggans Rd, Upton Towans, Hayle, TR27 5BH
- **Thursday Bookings:** Collect keys from Event HQ. The Event HQ will be open from 15:00-22:00, you keys can be collected from here along with a accommodation briefing. If you are arriving after 22:00 please call in advance on 07540 902 612 and give details of your expected arrival
- **Friday Night Bookings** - Keys for Event accommodation booked Friday night onwards, will be issued from the Event HQ after you complete the day's challenge
- **If you are sharing accommodation please could the last person to leave the caravan each morning leave the keys at HQ on the keyboard on the appropriate hook. This ensures that others users of the caravan will have the keys on there return from the days challenge**
- **Check Out** - When leaving please return your caravan keys to the event HQ. If you are leaving on Monday morning please leave keys with the caravan site reception before leaving.
- Caravans come complete with bedding. It's advised that you bring your own towels and a sleeping bag (just in case).

8. Food

The Bay Bistro will be providing freshly made food. Please note the following points:

- Tea and coffee are complementary and will be available throughout the day from the event HQ. Complimentary cake will also be served at the Event HQ after each day's run
- Breakfast and evening meals require a token to be purchased from the Bay Bistro's counter. Ticket cost £18 per day or £6 breakfast £12 evening meal . The meals are open to family and supporters as well
- Breakfast and evening meal timings are shown in section 1 "Daily Timings".
- The 'Sands' bar is on site at the HQ and generally opens from 7pm each evening
- If you have any special dietary requests then please make sure you advise the Bay Bistro staff
- See 11. The check point system for information on food during the day

9. Event Sponsors



Precision Hydration is a variable strength electrolyte drink that is becoming more and more popular with pro athletes and ultra distance runners. They will be supplying a mid strength and high strength electrolyte drink at one of the CPs each day. For more info on product and services please visit www.myh2pro.com

10. Course / Route / Navigation

The route follows the Cornish section of the South West Coastal Path. The path is marked on signs by an Acorn symbol and is a track for the majority of the way, some sections will pass through built up areas but is still marked.

Basic principle 'keep the sea on your right and the land on your left' and you will not go far wrong.

The route will have no specific markers relevant to the Atlantic Coast Challenge. This ensures that we have the minimum possible impact on what is a beautiful and natural environment. You are expected to navigate the route yourself. Please don't be too concerned if you are not an experienced navigator. It is a very obvious path for most parts.

No maps will be issued at registration. This is different to previous years.

- If you require maps please print your own by visiting the link below (also lined from the event web page)
- The GPS trackers provided by Geo Tracks are linked to a smart phone app. This app is designed for navigational use. It centers on your tracker and shows the course to follow as a red line. More information on this and link to download the app will be published shortly. Spectators, friends and family can also watch the progress of participants
- Remember that maps and apps are just an aid to navigation. You need to interpret theses against the ground and make your route selection. Time getting lost is time wasted. Refer to your map / app constantly
- **Please follow the route marked on your maps / app. Deviating from the marked route on the map or taking shortcuts is not in the spirit of the event and could lead to potential disqualification**
- **Diversions:** Several diversions are in place; these will be covered in the daily briefings and promulgated on the notice board. You must follow the diversions put in place on the coast path even if they are not listed on the course map. *If there is a diversion on the ground follow it*
- **Safety on the South West Coast Path** - Keep a safe distance from the edge of the cliff at all times. If the ground is loose and slippery and you feel unsure at any time head inland immediately and alert event staff
- The nature of the coast path means on certain sections you will be walking/running close to the edge of the cliff. This represents a 'significant risk' and extra care must be taken. Participants are to make there own dynamic risk assessment

To download the course maps and GPX files please visit this [page](#).

11. Check Point System

The Checkpoint (CP's) system is essential to your safety in this challenge.

1. **Checkpoint Locations** - Are shown on the course maps , app and listed on your daily timing schedule. You must pass through every checkpoint on the course
2. **Checkpoint Timings** - At registration you are issued checkpoint locations and checkpoint closing times (To be carried with you at all times) see [Appendix 3 Checkpoint Timing Sheet](#). If you are not going to make the checkpoint closing time you will need to action step 3
3. **Action on missed CP or expected late arrival at CP** - phone into registration and tell us you will be late. Failure to check into a CP or to notify registration after a certain time will activate our [Action on late/lost participant](#). This will lead to the Coastguard being contacted to initiate a search
4. **Action on arriving at a CP** - Dib into the timing station. Make yourself known to the CP marshals with your challenge number and name. ***This is a safety point so we can make sure you are on route. Failing to do this would mean not receiving your correct challenge time and could lead to your disqualification***
5. Any rudeness towards checkpoint staff will not be tolerated and could lead to disqualification
6. **Self Navigation** - The Atlantic Coastal Challenge is a **self navigation challenge**. CP staff **can not** show you the route or which way to go. They will provide you food, drink and as an emergency contact for event management and medical emergencies
7. **Checkpoint food/water** - CP1 will offer cold food and drinks. CP2 & CP3 will offer hot drinks, sandwiches, cereal bars, fruit and chocolate. The finish point of each day will offer drinks a hot bowl of the now famous homemade soup (well worth running over 26 miles for!). The finish of day 3 offers a Cornish Pasty
8. **Support Wagon** - A mini bus will maintain a last man position on the course to provide support for those that can't continue or are unable to make the CP closing time. If you can't make the CP closing time or maintain a pace of 5km/h then your number will be removed and you will be withdrawn from that day of the event. If this occurs you are still able to start the next day if you wish
9. **Event Timing System** - Sportident timing chips operate on a simple 'dib' system. The timing chip will be attached to your wrist by the timing staff. As you arrive at the checkpoint please dib into the timing boxes as shown and then report your name and number to the CP staff

12. Weather

The weather on the coastline can deteriorate and change very quickly.

- Ensure you adhere to the kit list and are adequately clothed for the forecast weather
- A weather forecast will be published at registration at the start of each day on the notice board
- If the weather is extremely adverse and deemed to be dangerous on the coast path the event will be cancelled or rerouted inland as appropriate
- If the event is live and participants are on the course and the weather deteriorates and poses a safety risk, challengers will be held at the next checkpoint and transported from the course back to the event HQ or to a point further along the course that is safe

13. Kit List

Taking part in the challenge it is compulsory for you to carry the following equipment. This kit will be checked each morning after registration. This kit is compulsory to ensure all participants safety during the event. If you don't have this kit you will not be allowed to participate in the event.

We will be enforcing the policy of: no kit, no run

Compulsory kit to be carried in a rucksack or on your person at all times whilst on the course.

1. Means of navigation, map or app.
2. Waterproof map case (bag) in an easily accessible place. To be used to hold maps or smart phone with the app
3. Useful numbers, check point timings, and lost procedure
4. Whistle
5. Compass (make sure your compass is attached to you or your kit). Note. A compass on your phone is not acceptable
6. Waterproof top
7. Long trousers or tights (waterproofed in plastic freezer bag)
8. Gloves (waterproofed in plastic freezer bag)
9. Hat (waterproofed in plastic freezer bag)
10. Chocolate bar or similar emergency food
11. Small torch with spare batteries (if your torch is rechargeable you need to have a spare rechargeable battery that is fully charged)
12. More than 400ml of water or other drink
13. A lightweight piece of warm clothing (waterproofed)
14. A fully charged working mobile phone (waterproofed)
15. Spare battery pack with charging cable (If using the app to navigate)
16. An item of high visibility clothing – this can include high visibility strips on your backpack
17. A waterproofed notepad and pencil with the following information clearly printed on it: You ICE (In Case of an Emergency) contact and contact number, your name and your mobile number and medical information that medics or rescue staff should be aware of

Buy last minute kit check items at the Run Venture shop (located next to the kit check area!)

14. Actions on a Casualty, Lost, Early Retirement and Late Runner

Actions on Casualty

Minor Casualty - Non life-threatening injury such as cut, abrasion or twisted ankle, able to walk to medical attention at a checkpoint.

Major Casualty - Require urgent medical attention and will not be able to walk. Injuries such as broken legs, severe bleeding, heart attack etc fall into this category.

1. Apply any known first aid

2. Phone the event organiser Ben Mason on 07855 272 414 (have the number pre-entered in to your phone) or if believed an emergency call the emergency services directly 999 or 112. If you have no signal go to point 3
3. Leave the casualty and head towards nearest checkpoint or last person seen. Pass information to the next person you see on route and hand them the casualty's notepad (if possible, should be in their rucksack as per the kit list) with their details and the useful phone numbers. Write your location and nature of the injury, instruct that person to get to the next phone or area of signal and phone Ben Mason and/or the emergency services and give your details

If you become/find a minor casualty:

1. Continue or assist the casualty to the closest checkpoint (bear in mind this may be backwards on the route) and ask to see the event medic

Actions on Lost

If at any time you become lost follow this procedure:

1. **Stop.** If possible make your way back to your last know position on your map
2. If you cannot find your last know position on the map or app head North using your compass until you hit the coast path. You should pick up the coast path before you reach the cliff line/beach. Follow the path West and you will be back on route
3. If you are still lost phone the event director Ben Mason on 07855272414 (or any of the numbers on the contact list) and inform him of your name, bib number, approximate location and the last checkpoint you passed through. If you have no phone reception keep moving until you do
4. If you miss the checkpoint closing times a search will be initiated for you. It is very important that you notify the event director if you think you are going to miss it or you are late. He will then know you are safe and not lost or injured

Actions on deteriorating adverse weather conditions.

1. Deteriorating weather conditions mean that one of the following apply:
 - a. You are finding hard to see the coast path due to poor visibility
 - b. You are in danger of becoming hypothermic
 - c. You are in danger of being blown over
 - d. You feel unsafe
2. If you are in close proximity to the cliff edge head inland immediately until you reach a road. Use your spare kit in rucksack to keep warm and hydrated
3. Identify the road on your map and make your way to the closest checkpoint. Remember that if you are going to be late for the checkpoint you must let the event director know. Use your mobile phone
4. Report in at the checkpoint **do not leave the event until you have reported to the event staff** and hand in your timing chip and bib number
5. Transport will wait at the checkpoint and act as shelter until you are taken back to the HQ
6. Staff will be accounting for all runners using bib numbers and timing chips
7. In the event the challenge has to be postponed due to the weather a briefing will be held at HQ once all participants are accounted for

Actions on early retirement

Inform any staff on the list of contact numbers if you feel that you cannot complete the route and want to retire

at any checkpoint. We will arrange to pick you up from that checkpoint. Do not under any circumstances leave the challenge without informing a member of the event staff. A search will be initiated if you miss checkpoints and we cannot contact you. We can then only assume you are lost or injured on route.

Actions on late/lost participant (this is what the Votwo team will be doing if you are late and no comms or GPS tracker view)

1. Runners are briefed to phone challenge HQ if they are going to be late for a checkpoint
2. Last man sweeper is deployed and asked for the location of 'last man'
3. If lost runner is not last man then challenge HQ will call runner on mobile number
4. If no response, staff from last previous known checkpoint will search along the route towards next checkpoint. Staff at 'late checkpoint' will search back along route until they meet other checkpoint staff
5. If no runner found then coast guard is called and informed of details
6. It's anticipated that this process will take no longer than 1 hour after the lost runner is late for CP

15. National Trust



The National Trust protects and conserves huge stretches of coastline ensuring they look as they do today. The landscape forms an integral part of the Atlantic Coast Challenge and Votwo Events is working together with the National Trust to broaden participants knowledge of the vital work the National Trust does to protect and conserve this unique environment.

16. Spectators, Friends & Family

The Atlantic Coast Challenge is an exhilarating and inspiring ultra distance endurance event, which many of you will wish to share with supporters, friends and family. Whilst the event welcomes supporters, friends and family around we ask participants to highlight the following information:

1. The HQ and registration area is prioritized for participants and event staff, however supporters and family members will be welcome to visit and join Challengers for meals as long as they are pre booked
2. The Votwo event transport is for participants only (although we may be able to accommodate one or two people moving between checkpoints)
3. If supporters are making their way to start and check points, please do not disrupt Votwo event vehicle convoys, and please do not arrive on mass at Checkpoints or Car Parks
4. If supporters park in any of the National Trust or other Car Parks you will be responsible for any charges incurred and must follow all regulations. Votwo will not be held responsible for your actions
5. Please ask all supporters to respect the Countryside Code at all times in order that we can have a minimal impact on the environment.
6. Please do not visit the following checkpoints in vehicles. There is no room for any more vehicle movements at these locations.

Day 3. CP 2. There is no parking here

7. No maps are issued from HQ. Supporters can download the maps from this [link](#) or download the GPS tracking app (more information on the app to follow)

17. General Notes

- **Notice board** - A notice board will be placed outside Challenge Registration. Please make sure you read any notices posted here as, after the daily briefings, this is how we will communicate any information to you. Please pass any details on that are promulgated on this notice board.

- **Blisters** - Consider taping your feet up before the day starts. This way you can avoid the blisters before they happen. A good pair of worn in multi terrain running shoes is recommended for those running and a good pair of worn in walking boots is recommended for walkers. The Votwo Medics will be on hand in the morning at Challenge Registration to help out with any hot spots or blisters. If you do get blisters please see the medics for advice rather than trying to treat them yourselves and getting them infected. Their best advice will be to air them, allow them to internally drain overnight and then potentially have them drawn by the medics the following day.



- **Photos** - Photos will be taken throughout the event by Charles Whitton Photography <http://www.charleswhittonphotography.com> so if you see him out on the challenge make sure you give him a wave and smile. These will be uploaded to www.votwo.co.uk website.



- **Recorded Times** - These will be displayed on the notice board at the end of each day. They will show your split times between each checkpoint and your overall time.

Results will also be published on the www.votwo.co.uk web site after the Challenge. We hide it under 'results' on the events and adventure pages along with an event report.

- **Event Shop** - Votwo will be running an event clothing store with the much sort after event Hoodies £35. and much more. Pre event orders can be taken by email to pete@votwo.co.uk.

Also, Colin who is the Director of Run Venture's Trail Running Hub will be joining us to set up a shop to be able to purchase all sorts equipment and items, from clothing, trainers and running backpacks all the way down to those spare batteries you forgot for your



torch. Be sure to go and speak to Colin, he has been in the trail running industry for a long time and will be able to give great advice on many things. www.runventureonline.com

- **Litter** - Votwo are committed to returning the routes and surrounding areas to the state they were in prior to the event. Please respect the environment, follow the Countryside Code at all times and pick up any litter. Participants who drop litter will have their numbers recorded and issued with a time penalty or even disqualification. If you see any event litter on the course please pick it up even if it isn't yours!

Congratulations for reading this far down the document.

Enjoy your challenge!

Ben Mason
Votwo Events Director

APPENDIX 1. Accommodation Lists

If you have booked official event accommodation please check that your name or group is listed below. Any problems contact events@votwo.co.uk ASAP!

2020 details will be updated pre event

Appendix 2. Event Participant List and Day 1 Start Groups

2020 details will be updated pre event

Appendix 3. Checkpoint Timings

CP CLOSE TIMES AND LOCATIONS

Day	Grid	Description	Close time	Distance to next CP	Total Distance
Fri Start	SW 851 762	Constantine Bay	11:35	12.8km	0
Fri CP1	SW 850 672	Mawgan Porth. Path joins road	13:35	7.2km	12.8km

Fri CP2	SW 827 626	Porth, Path on edge of housing estate	15:35	10km	20km
Fri Cp3	SW 788 608	Crantock. Car park in sand dunes	17:35	12.7km	30km
Fri Finish	SW 754 544	Perranporth, Car Park, top of hill	19:35	0	42.7km
Sat Start	SW 754 544	Perranporth	10:35	10km	0
Sat CP1	SW 697 494	Chapel Porth Car Park	12:35	9km	10km
Sat CP2	SW 654 452	Portreath Beach Car Park	14:35	11.2km	19km
Sat CP3	SW 580 431	Godrevy Point Car Park	16:35	7km	30,2km
Sat CP3a	SW 557 377	East Quay, road side	N/A	2.8km	37.2km
Sat Finish	SW 573 391	St Ives Bay Holiday Park	18:35	0	40km
Sun Start	SW 547 377	Lelant	10:35	14.3km	0
Sun CP1	SW 454 383	Zennor	13:00	7.2km	14.3km
Sun CP2	SW 414 363	Brandys Rock Out Crop	14:35	10.7km	21.5km
Sun CP3	SW 353 317	Cape Cornwall	16:35	9.8km	32,2m
Sun Finish	SW 342 252	Lands End	18:35	0	42km

Appendix 4. Important Numbers

Ben Mason. Event Director: 07855272414

Chrissy Sutton. HQ 07952578565 or 07540902612

If you can't get through on the phone to the number you are trying to call please text them your bib number, rough location (where are you near on the map or a grid reference) and nature your injury/late for a CP / retiring early or Lost. As soon as text is received you will be called or text back.