



CF64 Winter Race 2024

Final Race Information Pack

- **Please read this document for final race information. It contains important safety information and joining instructions.**
- Additional, general information about the race can be found on the race's web page: <https://penarthanddinasrunners.co.uk/cf64-winter-race>

Race Entries and Transfers

- Entry list: <https://my.raceresult.com/270654/participants>
- The race is sold out. There will be no on-the-day entries.
- Transfers will close at 7:00 p.m. on Friday January 26th.
 - **To transfer your place to another runner**, please download the [2024 CF64 Winter Race Transfer Form](#), complete it and return it by email to: pdrunners@gmail.com by the January 26th deadline.
- If it's necessary to postpone the race due to inclement weather or another reason, then entry fees will not be refunded. If feasible, the race will be re-scheduled to a later date, with runners' entries valid for the alternative date or transferable to another runner.

Race Location and Directions

- Cosmeston Lakes Country Park is located about five miles west of Cardiff. The main entrance is 1.5 miles south of Penarth town centre on the B4267 Lavernock Road from Penarth to Sully.
- Full address: Cosmeston Lakes Country Park and Medieval Village, Lavernock Road, Penarth, Vale of Glamorgan. Postcode: CF64 5UY.
- If using 'what3words', the park entrance can be found at 'debate.pulse.change'.

Race Number Collection

- Runners can collect their race numbers on the morning of the race from the race HQ area from 8:45 a.m.
- Numbers will be issued in surname order. Please join the appropriate queue and maintain social distancing. Hand sanitiser will be available at number collection.
- Safety pins will be provided.
- Please remember to write your emergency information on the back of your number as soon as you pick it up.

Parking

- The car park is adjacent to the main park entrance. It's a 400m walk from the car park to the race HQ, which is across the Eastern lake from the entrance (see course map).
- **Please be aware that parking charges apply between 9:00 a.m. and 10:00 p.m.**
 - It's £1.00 for 1 hour, £2 for 2 hours and £4 for 4 hours.
- Payments for parking can be made via coins, phone (App), or contactless/chip and pin cards. There are 3 payment machines in the car park.
- **If at all possible, please pay in advance using the 'PayByPhone' App.**
 - This will mean you won't have to queue at the payment machines and you and others can park up more quickly.
 - The app can be downloaded from www.paybyphone.co.uk, Google Play or the Apple App Store.
 - The Cosmeston Lakes car park locations for use in the App are **806364 (cars) and 806366 (coaches)**. It's an additional 5p to pay by App.
- Please see the Vale of Glamorgan Council's '[Parking at Country Parks](#)' website for further information on charges and ways to pay.
- If your club/group is bringing a coach or minibus, then please let us know in advance to ensure space is set aside in the designated coach parking area.

Key Race Rules

- Race numbers must be worn on the front of the runner's clothing and be clearly visible at all times.
- **Runners must not run using another person's number.** Offenders will be disqualified and reported to Welsh Athletics.
- Runners must provide their name and emergency contact information and any medical conditions which the race organisers should be made aware of, on the reverse of their race number.
- **There is a cut-off time of 1 hour 30 minutes to complete the race (approx. 14 min./mile pace).** Runners exceeding the cut-off time may not receive a result and may possibly be asked to withdraw from the later stages of the race.
- Runners must be fit to compete on the day of the race. If any runner has any medical issues which they think might put them at risk when running the race, then they should consult their GP.
- All runners must be aged 17 or over on race day.
- Runners must obey marshals' instructions at all times.
- **The wearing of earphones, headphones or similar devices (including bone conducting headphones) is not permitted in the race.** *This rule does not apply to runners with a genuine hearing impairment.*
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- The race will be held under UK Athletics' Rules of Competition.

CoViD-19 Safety - Key Points

- **Please observe the following measures to help protect the health and safety of runners, organisers and the general public.** With the exception of race HQ (club tent), where numbers will be limited to key members of the organising team, all race activities will take place outdoors.
 - Runners should only attend if they are confident they do not pose a risk to the health of others. Please do not attend if you have any CoViD-19 symptoms or have been instructed to self-isolate.
 - Please maintain a safe distance from other runners and volunteers at all times and observe good hand hygiene. Hand sanitiser will be provided at race HQ for use before and after collecting race numbers.
 - The start pen and finish funnel will be designed to avoid congestion or pinch points. Please respect others' need for space as you assemble before and after the race.

First Aid

- First aid support is provided by St John Ambulance Cymru. The first aid station is located centrally at the Race HQ, with a rapid response vehicle able to respond to any serious injuries or medical emergencies on the course.

Course Information

- Following the very recent introduction of a '[Conservation Grazing](#)' scheme in the park by the Vale of Glamorgan Council, it's been necessary to modify the course from its original design, to ensure adequate separation between race participants and grazing livestock.
 - The open space of the Dovecot Field section of the course, where animals will be grazing, has been removed and replaced by an additional central loop through Cogan Wood, the West Paddock and along Mile Road. Additional marshals and signs will be used to safely direct runners around this section of the course.
 - Where runners briefly enter the lower corner of the Dovecot Field, additional fencing will be used to keep volunteers, runners and livestock safely separated.
- The undulating 6.4 mile/10.2 km (approx.) course remains entirely off-road within the park, on a variety of surfaces, through woodland and meadows, scrubland, and a few marshy areas (see course map and description below).
- The course will be marshalled at all other key points, with additional signage to guide runners through short, unattended sections. The course route, directions and main marshal locations are indicated on the course map. Mile markers will be positioned around the course.

Course Description - Revised Course

- The race starts overlooking the Eastern Lake near the children's playground area. Most of **mile 1** is run on wide, undulating trail paths around the Western Conservation Lake, before briefly entering the bottom corner of the Dovecot Field (fenced off for safety) then through a gate, crossing and following Sully Brook towards the 1 Mile markers.
- **Mile 2** starts with a short grassy climb back to the trail paths and, after 3 left turns in quick succession, down into Cogan Wood for the first time to start the central loop of the course for the first time. This should be a fast section of the course on wide trail paths. Runners emerge from the Wood up a short incline, turning right through a gate into the open land of the West Paddock with both the 4 Mile (/1.9 Mile) and 2 Mile (/4.1 Mile) markers ahead.
- **Mile 3** starts with a short climb (great views of the Dragonfly Pond and the rest of park from here) then a loop around the West Paddock. This can be wet and marshy in parts as it heads towards the grazing pen. A narrow gate (single file, please) leads onto a short section of tarmac path on Mile Road.
 - After 180m the course splits - the **first time** passing this point, runners bear right to continue along Mile Road to complete a second lap of Cogan Wood and the West Paddock.
 - The **second time** here, runners will turn sharp left into the East Paddock.
- The 3 Mile markers should be visible about 170m past the split at the start of **Mile 4**.
- The central loop is competed along Mile Road and then the undulating stony path along the top edge of the Western Lake. The course again splits as runners climb back up towards the entrance to Cogan Wood.
 - The **first time** passing this point, runners will fork off to the right to re-enter the Wood to complete the central loop.
 - The **second time**, they will fork off to the left to complete the remainder of the course.
- **Mile 5** starts as runners leave Cogan Wood and enter the West Paddock for the second time heading to the top of the Mile Road again.
- As runners approach the split on Mile Road for the second time, they will be directed to turn run sharp left into the East Paddock via a short, stony descent (take extra care on this section) before a right turn just ahead of the 5 Mile markers at the start of **mile 6**. The open land and meadows of the East Paddock are likely to be wet, muddy and slippery. There's a new section of two-way running (keep left, please) around the turn for home at 5.2 miles. A second kissing gate (single file again, please) leads back onto the Mile Road and then a second pass around the top of the Eastern Conservation Lake.
 - As the runners approach the climb back up towards the entrance to Cogan Wood for the **second time**, they will fork off to the left to complete the remainder of the course.
- A grassy downhill section leads runners back towards the wooden bridge over Sully Brook, with the 6 mile markers coming up as runners briefly enter the Dovecot Field. They then re-join Mile Road for the final time in a gentle 0.3 mile uphill run, mainly on tarmac, to the finish.
- Just after the bridge between the 2 lakes, it's a final right turn and then a 150 yard sprint down the finish funnel to the line.

Water

- Bottled water will be available just after the finish line to all finishers.

Refreshments

- The 'Refresh' lakeside café will be open on the morning of the race serving food and refreshments. It has a decked area with views of the lakes.
- There are also two coffee carts (Willmore's and Dusty's) close to the start/finish area. These will be open from early morning serving beverages and snacks.

Toilets

- Toilets are located in the main park reception building. These will be open before and after the race.
- Additional toilets are also available in the café building. Please try not to inconvenience other park/café users.

Other Facilities

- There are no changing or bag drop facilities.

Other Park Users

- Runners are asked to note that the park will be open as normal at the time of the race and will be in use by other members of the public. Please show due consideration for other park users whilst attending the park and participating in the race itself.
- Course marshals will be briefed to warn runners and park users of each others' presence during the race and to ensure each others' safety.

Fitness to Run

- It is the responsibility of the runner to be fit to compete on the day of the race. If any runner has any medical issues which they think might put them at risk when running a race, then they should consult their GP.
- Runners who should seek medical advice from their doctor include those with existing medical problems or symptoms/signs as follows:
 - Heart disease
 - Asthma
 - Diabetes
 - Epilepsy
- There's a wide variety of training programmes available via the internet and runners should easily be able to find one that suits their fitness level and race goals.

Footwear Choice

- Unless the weather is cold and the ground hard/frozen, then the course is likely to be slippery, uneven, wet and muddy underfoot. Good trail shoes are recommended (no spikes) for extra grip in this case.

Race Prizes

- Prizes will be given to the first three male and female finishers and to the first male and female finisher in the Masters Age categories as follows: M35, M45, M55, M65 and F35, F45, F55 and F65.
- If the first 3 male and female prize winners fall into a Masters Age category, they will not receive a Masters prize as well.

Results

- The race results will be published as soon as possible on the Penarth and Dinas Runners' [race web page](#) and [Facebook page](#).

Race Charity

- Part of the race proceeds will be donated to the club's 2024 charity, Tenovus Cancer Care.

Late Enquiries

- Please contact us by email if you have any questions: pdrunners@gmail.com.

Race Director

- **Lyn Evans** (email: pdrunners@gmail.com)

Race Partners



Race run under UK Athletics rules
(Licence No. TR-24-5)

2024 Course Map - Revised Course

