Cosmeston Relay Race, Wednesday 6th July 2022, 7pm Photo by Nigel James

Pre-Race Information (June 19th update)

Race website: http://www.penarthanddinasrunners.co.uk/cosmeston-relays/

Race Sold out - Entries closed

Race Participant List: https://my.raceresult.com/202700/participants

The Cosmeston Relay Race is a chip-timed baton relay race at Cosmeston Lakes Country Park, Penarth, organised by Penarth and Dinas Runners.

Cosmeston Lakes Country Park is one of the finest country parks in South Wales and is a designated local nature reserve. It offers some scenic running, with views of the lakes, open countryside and a shaded wooded section.

Each runner completes 1 circuit of the 3 mile (approx.) undulating course in teams of three. There are 11 team categories, plenty of healthy competition and chances to win prizes for club and all-comers teams.

Read on for information about the race. A final race information pack with detailed joining instructions will be posted/emailed approximately 5 days before the race, with updates leading up to race day.

Please contact the Race Director via email (pdrunners@gmail.com) with any enquiries.

Race Entries and Key Rules

- The entry fee is £21 per team of 3. There are no additional payment or processing fees.

- Team managers can enter a single team or multiple teams, up to maximum of 3 per transaction.

  - Groups or clubs who want to enter more than 3 teams will need to make multiple transactions. They can appoint multiple Team Managers if they wish.

- Team managers will need to enter the following information for their teams and team members:

  - Team manager's name, address, phone number and email address.

  - For each team:

    - Team name (Note: Athletic club teams **must** use a team name that includes their club name).

    - Team category (see below).

    - Each runner's name, gender and date of birth.

    - Any additional information of relevance (e.g. any runner's medical conditions).

      Note: **Please provide the full details of runners for each leg. It must be the correct information in the correct order.**

      Please do not put 'Runner 1, Runner 2, etc., or similar. Any teams with incomplete runner information may be removed by the race organisers and entry fees refunded.

- A runner can only run **once** in the race and for one team **only**.

- All runners must be aged 17 or over on race day.

Teams Categories

Athletic Club Teams

- Senior Men (under 35)
- Masters Men (35-44)
- Masters Men (45-54)
- Masters Men (55 and over)

- Senior Women (under 35)
- Masters Women (35-44)
- Masters Women (45-54)
- Masters Women (55 and over)

- **All-Comers Teams**

- Men
- Women
- Mixed

- A team can be made up of runners from different age categories. In this case, the team's age category is determined by the age category of the youngest runner in the team.

- For purposes of this race, 'Athletic Clubs' are running, athletics and triathlon clubs affiliated to Welsh Athletics or UK Athletics. Non-affiliated clubs/groups must enter an 'All Comers' category.

- Athletic club teams must all be members of the same club. A team comprising members of more than one athletic club or a mixed men's/women's team from the same club must enter the appropriate 'All Comers' category.

- No refunds will be given for teams/runners that are unable to take part.

- Team changes can be made via an online self-service link that is included in the confirmation email. This facility closes at 6:00 p.m. on Monday July 4th 2022.

    - Changes will still be possible after this time, up until 6:30 p.m. on race day, using a downloadable form that has to be handed in at baton collection.

- Prizes will be awarded to the first placed team in all the above categories.

2022 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 the 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.

    - Consider taking a lateral flow test before leaving home on the day of the race.

    - 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 and should be used before and after collecting race numbers, when entering the start/holding pen and exiting the finish funnel.

    - 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 and in the start pen.

    - Consider wearing a face covering in any crowded areas (unless exempt) and in toilets. These can be removed whilst running.

Location and Directions

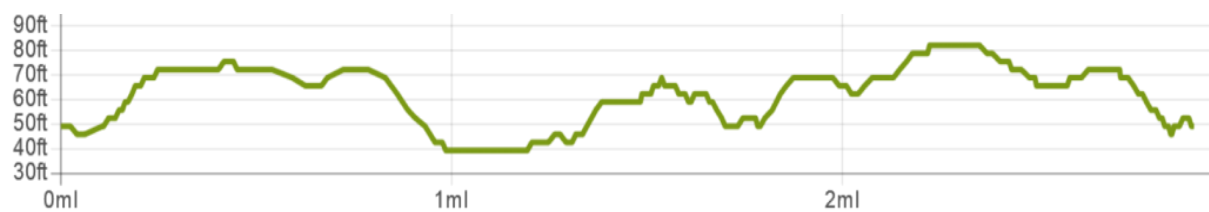- Cosmeston Lakes Country Park is located about five miles west of Cardiff. The main entrance is 1.5 miles south of Penarth town centre on the B4267 Lavernock Road from Penarth to Sully.

- 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'.

Course Information

- The undulating course is entirely off road within the park, on a variety of paths and across parkland. One section of the course, starting approximately 700m from the finish, is covered twice.

- The course is marshalled at all key points, with additional signage to guide runners through unattended sections. Marshal locations are indicated on the map below.

- Team managers are responsible for ensuring runners are familiar with the layout of the course.

Course Map (overleaf) and Elevation Profile

Elevation Profile

Course Map

Cosmeston Relays
Course Map

PENARTH AND DINAS RUNNERS

Key

M	Main Marshal Locations
1 mile	Distance and countdown markers
——	Race Route
→	Race Direction
✚	First Aid

Team Managers - please ensure your team is aware of the following:
1. The layout of the course.
2. They must follow marshals' instructions at all times.
3. No spectators are allowed in the 'Orange Zone'.
4. In the change-over/finish area
- Runners must pass the baton to the outgoing runner within the 10m change-over area.
- Outgoing runners must keep left.
- Finished runners must keep right.
5. Runners pass through the Orange Zone twice.
- The first time they run straight through.
- The second time they turn left to finish.

No Access

800m to go

West Paddock
Padog y Gorllewin

2 miles

Llwybr Cerfluniau

East Paddock
Padog Dwyrain

Pwll Gwas y Neidr

Dragonfly Pond

Play Area
Ardal Chwarae

HQ

Barbecue
Ardal Farbeciw

Orange Zone

Start/Finish & Change-over

1 mile

Llyn Dwyreiniol

To/I Penarth
Bus Stop
Arhosfa Bws

Toilets/Toiledau

Car Park/Maes Parcio

Warden

Visitor Centre/Canolfan Ymwelwyr

Conservation Area
No Access
Ardal Cadwraeth
Dim Mynediad

Western Conservation Lake
Llyn Cadwraeth Gorllewinol

Pond Dipping
Pwll Dipio

Cosmeston Medieval Village
Pentref Canoloesol Cosmeston

Sully Brook/Nant Sili

Medieval Dovecot
Colomendy Canoloesol

Not to Scale/Dim i Raddfa

Lavernock Road

Ffordd Lavernock

To Sully/i Sili

Open Land	Tir Agored
Scrubland	Tir Prysg
Marshy Area	Man Corsiog
Meadow	Dôl
Woodland	Tir Coediog
Main Paths	Prif Lwybrau
Boardwalk	Llwybr Bordiau
Other Paths	Llwybrau Eraill
Stiles	Camfa
Kissing Gates	Gatiau Mochyn
(wheelchair friendly)	(mynedfa cadair olwyn)

N

Water

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

- Bottles will be laid out on tables for self-service collection (one bottle each, please).

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 across the eastern lake from the entrance (see course map).

- **Please be aware that parking charges apply between 10:00 a.m. and 8:00 p.m.**

   - It's £1.00 for 2 hours. If you pay after 6:00 p.m. then you'll be covered for the rest of the evening.

- Payments for parking can be made via coins, pay by 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 location for use in the App is **806364**. 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.

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.

Refreshments

- The 'Refresh' lakeside café will be open before the race serving food and refreshments. It has a decked area with views of the lakes.

- There are also two coffee carts close to the start/finish area, on the path to the children's play area. These will be open from early morning serving beverages and snacks.

- Women Running Penarth will have a charity cake stall near the race HQ area.

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.

Footwear Choice

- In general, the course should be quite firm and dry underfoot. Some areas can be uneven or rutted, so it's recommended runners wear good road shoes or trail shoes (no spikes).

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.

Race Prizes

- Prizes will be given to the first team in each of the age categories listed above, plus the three All-Comers categories.
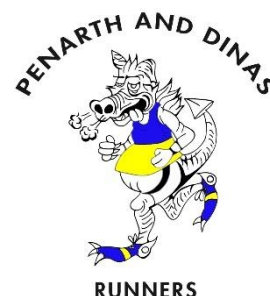
Results

- Live race results will be available on race day via WeAreTiming.

- Links to the full results will be published as soon as possible after the race on the Penarth and Dinas Runners' website and Facebook page.

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. WA-TR-28)

WELSH ATHLETICS
ATHLETAU CYMRU

St John
Ambulance
Cymru

We Are Timing