

THE 2023 PORTHKERRY 5MT RACE



RACE DAY INFORMATION PACK

- **Please read this document ahead of the race for final race information and important safety and joining instructions.**
- **Race date & time: Sunday May 7th 2023, 10:00 a.m.**
- Additional, general information about the race can be found on the race's web page: <https://penarthanddinasrunners.co.uk/porthkerry-5mt>

Race Entries and Transfers

- Entries and transfers will close at 7:00 p.m. on Friday May 5th.
- There will be no on-the-day entries.
- If it's necessary to postpone the race due to inclement weather or for 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

- [Porthkerry Country Park](#) is located west of Barry (off Park Road), between the town and Cardiff International Airport.
- For satellite navigation or Google Maps, use the **postcode CF62 3BY**. This will take you to the park entrance.
- If using 'what3words', then the park entrance is 'firms.dislikes.propelled'.
- The race HQ is in the Forest Lodge (what3words: 'allowable.spring.products') next to the main car park and Mrs. Marco's Café.



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 (Forest Lodge) and club tent (at start/finish) 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 morning 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.
- 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.

Key Race Rules

- Race numbers **must** be worn on the front of the runner's clothing and be clearly visible at all times during the race. They must not be folded or creased.
- **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.
- 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.*
- The race will be held under UK Athletics' Rules of Competition.

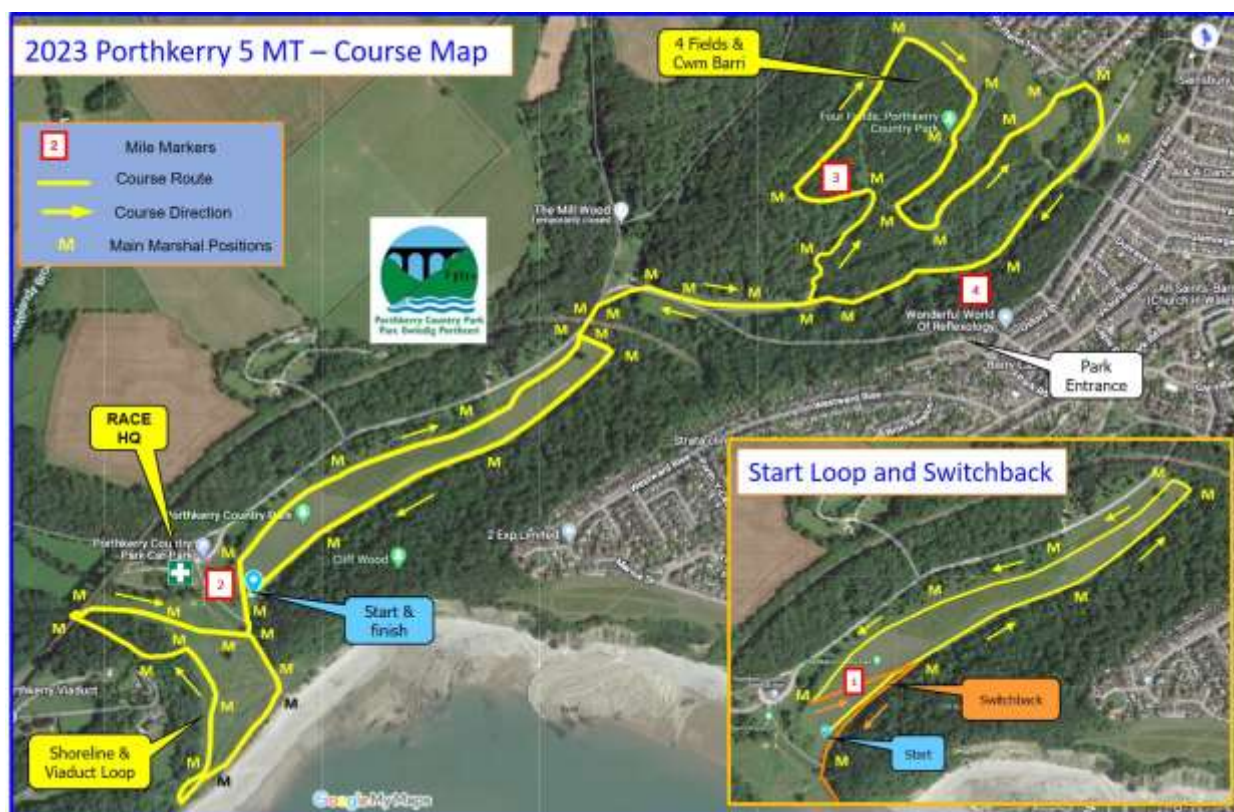
Course Information

- The undulating 5 mile/8 km (approx.) trail course is 95% off-road within the park, on a variety of surfaces and through woodland, fields and meadows.
- See the course map and description below.
- The course is marshalled at all key points, with additional signage to guide runners through unattended sections. The course route, directions and main marshal locations are indicated on the course map. Mile markers will be positioned around the course, with countdown makers in the last half mile.
- First aid support is provided by St John Ambulance Cymru. The first aid station is located at the Race HQ with a rapid response vehicle able to respond to any serious injuries or medical emergencies on the course.



Course Map

(Larger version available on the [race web page](#))



Course Description

- The course starts with a full anti-clockwise loop of the main field ('The Meadow') before a short switchback either side of the 1 mile markers.
- It's then out towards and along the park shoreline, across a boardwalk, and a loop around a small copse to head back inland near the edge of the Viaduct Wood. A left turn leads to a trail in Viaduct Wood, initially via a short sharp climb (watch for tree roots) then a gentle downhill through to Porthkerry Viaduct.
- Two arches of the viaduct form a 180 degree turn back out onto and across the former mini golf course (now being reclaimed) before crossing a boardwalk (carefully, please) and back into the Meadow - just before the 2 mile markers.
- After the Meadow, it's a single file pass under the railway bridge (watch for runners coming the opposite way) and across the main park road - **runners must keep to the left and obey race marshals' instructions at all times in this area**. It's then into Cwm Barri before a climb (quite steep and potentially muddy) up through Mill Wood into the (much flatter) '4 Fields' area, levelling off just before the 3 mile markers.
- The course loops around the 4 Fields area on fast grass tracks (narrow in two places), leading via two kissing gates into the top of Cwm Barri. This is a fast, downhill section on a firm stone track (4 mile markers about half way down), levelling out as it approaches the road crossing. It's single file running again to cross the road (**runners must keep left and follow race marshals' instructions at all times in this area**) and to pass under the railway bridge into the Meadow.

- Re-entering the Meadow for the last half-mile, runners will then pass 800m, 400m and 200m count-down markers to help pace that sprint finish!



Traffic Hazards

- Runners cross one of the park roads at the same place in both outward and return directions.
- **Runners must keep to the left and obey race marshals' instructions at all times as they cross the road.**
 - Runners who ignore marshals' directions may be disqualified.

Water and fruit

- Bottled water and bananas will be available just after the finish line to all finishers.
- Bottles and fruit will be laid out on tables for self-service collection (one item each, please).

Parking

- The car park is adjacent to race HQ.
- **Please be aware that new parking charges will be in effect on race day. Charges now apply from 9:00 a.m. (previously 10:00 a.m.).**
 - It's now £1.00 for 1 hour, £2.00 for 2 hours and £4.00 for 4 hours.
 - Payments for parking can be made with coins or contactless/chip and pin cards or by phone (via the 'PayByPhone' App - the App. Is active after 9:00 a.m.).
- Please see the Vale of Glamorgan Council's ['Parking at Country Parks'](#) website for further information on charges and ways to pay.

Toilets

- Public toilets are available near the race HQ.

Refreshments

- Mrs. Marco's Café will be open before and after the race, serving food and refreshments. It has an outdoor decked area with sea views.

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.

Race Number Collection

- Runners can collect their race numbers on the morning of the race from outside the race HQ 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 with each number.
- Please remember to write your emergency information on the back of your number as soon as you pick it up.

Footwear Choice

- In general, the course should be quite firm and dry underfoot. Some areas can be wet and slippery underfoot, 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 and Presentation

- 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.
- The prize presentation, will take place at 11:30 a.m. (or earlier if all runners have finished) at the race HQ (Forest Lodge).

Results

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

Race Charity

- Part of the race proceeds will be donated to the club's 2023 charity, Tenovus Cancer Care.

Enquiries

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

Race Director

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



Thank you to our Race Partners



Race run under UK Athletics rules
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