



Race Day Information Pack (Update - July 3rd)

Thank you again for entering the 2024 Cosmeston Relay Race. A record-equalling 250 teams have signed-up again this year - it should be another great evening's relay running.

Please read on for full race day information. Additional information is available on the Cosmeston Relay Race page of the [Penarth and Dinas Runners' website](#).

Any late changes will also be posted there and e-mailed to participants and team managers.

Please contact the Race Director via email (pdrunners@gmail.com) if you have any last minute queries.

Park 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'.

Parking

- The car parks are adjacent to the main park entrance. It's a 400m walk from the car parks 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 large minibus, then please let us know in advance to ensure space is set aside in the designated coach parking area.

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.**
 - 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.
 - Race batons will be sanitised before the start of the race. Hand sanitiser will be available at the exit of the finish funnel for runners who have completed their stage to sanitise their hands.
 - 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/holding pen.

Race Day Times to Remember

5:30 - Baton and number collections open at Race HQ (Team Managers or their delegates **ONLY**, please)

6:55 - First leg (A) runners called to start area

7:00 - Race starts

8:30 - Prize Presentations (*approximate timing only*)

Key Race Rules

- A runner can only run **once** in the race and for one team **only**.
- All runners must be aged 17 or over.
- For 2024, there is a **TEAM time limit of 1 hour and 45 minutes**. Any teams exceeding this time *may* be asked to withdraw from the race.
- Race numbers must be worn on the front of runners' vests and be clearly visible at all times.
- Batons must be carried in runners' hands at all times.
- Prizes will be awarded to the first placed team in all the categories below.
- For safety reasons, runners must not take part using another person's race number. This can lead to disqualification and reporting to Welsh Athletics.
- **All team members must complete the medical and emergency contact information on the reverse of their race number.**

2024 Team Categories and Prizes

- Prizes will be awarded to the first placed team in all the categories below.
- A team's age category is determined by the age of the youngest runner in the team.
 - 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)
 - Senior Mixed (under 35)
 - Masters Mixed (35-44)
 - Masters Mixed (45-54)
 - Masters Mixed (55 and over)

Team Changes

- Team changes can be made via an online self-service link that is included in the registration confirmation email. This facility closes at 7:00 p.m. on Monday July 8th.
 - All teams will be frozen at this time. **No further team changes of any type will be permitted after this time.**
 - If the team declared at 7:00pm on July 8th is unable to take part, then they will need to withdraw from the race.
 - If a team runs but differs from the declared team, then they will be disqualified from the race.
- No refunds will be given for teams/runners that are unable to take part.

Baton and Number Collection

- Team managers (or their delegates) can collect batons and numbers from race HQ from 5:30 onwards. Number bibs will be attached to the batons.
- They will be organised in Team Managers' **FIRST NAME ORDER** (e.g. from Aaron to Zoe).
- If the named Team Manager (as of 7:00 pm Monday) isn't collecting the batons and numbers themselves, then please make sure any delegate knows the Team Manager's name and goes to the appropriate collection queue.
 - There'll be a list of who were expecting to show up for collection on display at Race HQ and the participant list is also 'live' on line, here: <https://my.raceresult.com/246023/participants>

Headphones and Similar Equipment

- **The wearing of earphones, headphones or similar devices is not permitted in the race. This includes bone-conducting headphones.** *This rule does not apply to runners with a genuine hearing impairment.*
- Any teams not complying fully with this requirement will be disqualified from the race.

Race Day Conditions/Footwear Choice

- After the recent spell of largely dry weather, the course should, for the most part, be firm and dry underfoot. It can, however, be rutted and uneven in a few places where the ground has dried out.
- It's recommended runners wear good road shoes or trail shoes (no spikes).
- The temperature's currently predicted to be around 15 to 20°C at race time.
- If the weather's sunny, please bring sunscreen and plenty of water to drink, especially if you're planning to have a picnic before, during or after the race. Check the latest forecast beforehand, though.

Course Information

Note: Two large route boards will be on display - one at the race HQ and one at the entry to the start pen.

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

Course Description (Please refer to the [course map](#))

- The course is an approximate figure of 8 with 1 short loop, then 1 long loop. The 'Orange Zone' is at the centre of the figure of 8 and runners pass through this area twice.
- Runners are requested to run on the left and leave room for faster runners to overtake on their right.

Mile One

- From the start area, runners cross a section of open parkland before turning left onto a trail path and through an open, wide gate. After about 700m there's a dip into and out of a section of uneven ground whilst turning through 180 degrees and then joining the main path through the park ('Mile Road'). There's another open, wide gate just before Mile Road at the top of a short stony hill.

The 'Orange Zone' (Orange Area on Course Map)

- The Mile Road then gradually descends towards the 'Orange Zone' - the centre of the figure of eight. The zone is about 100m long and is clearly marked out by orange barrier tape and signs. Marshals wear orange vests.
- In order to keep the course safe and clear for runners and other park users, **no spectators are allowed on the course in the Orange Zone**. They must stay behind the orange barrier tape at all times.
- **Runners pass through the Orange Zone twice.**
 - **The first time, they run straight through.** The 1 mile markers are just after the first pass through the Orange Zone.
 - **The second time, runners will turn left to the finish.** Marshals will point out the turn location.
 - **It is 100% the runners' responsibility to know whether or not they need run straight through the Orange Zone (1st pass) or to turn left to the finish (2nd pass).**

Mile Two

- After exiting the **Orange Zone** and passing the 1 mile markers, runners continue on Mile Road before turning right over a short wooden bridge and starting a gentle climb on a curved path around the western lake. A wooded section leads to two 90 degree left turns in quick succession which signal the entrance to Cogan Wood and a fast, downhill section of the course.
- From the centre of the Wood, approaching the 2 mile markers, the course starts a gradual climb back towards Mile Road.

Mile Three

- Shortly after the 2 mile markers, the course briefly narrows down to single file. Marshals will point out this short section of course. Overtaking is not advised here. However, where there is room to pass safely, runners are requested to run on the left and leave room for faster runners to overtake on their right.
- After levelling off, the course then slaloms through trees, leading to an open gate ahead of a right turn back onto Mile Road. There's just over 800m to go at this point (signs will indicate the exact point). Shortly after these, runners from the earlier part of the course could be joining the course from the left - marshals will warn runners of each others' presence.

- It's a straight run, mainly downhill, back to the **Orange Zone** and finish area from here.

- As noted above, on the **second pass through the Orange Zone, runners turn left** to the finish. Marshals will point out the turn location.
- It is the runners' responsibility **to know whether or not they need to turn left to the finish (2nd pass)** or run straight through the Orange Zone (1st pass).

- It's approximately 100m from the exit of the **Orange Zone** to the finish/change-over area.

Finish/Change-Over Area (White area on Course Map)

- On leaving the **Orange Zone**, runners soon enter the finish funnel and change-over area. **Runners must pass the baton to the outgoing runner within the marked, 15m change-over area.**
- Outgoing runners should keep to the right of the course.
- Finished runners can exit the change-over/finish area to the left at the water station.
- The last team member (leg 'C') must hand in their baton to the designated collection marshals.
 - Failure to do so could result in a disqualification and a £25 charge for a replacement baton.

Holding Pen

- Outgoing runners for legs B and C will be held in a marshal-controlled holding pen adjacent to the change-over area. Their team number will be called-out over the PA system as their incoming runner approaches the finish funnel. Runners are asked to listen closely for this information and to watch for their incoming team member.
 - The intent is to keep the change-over zone on the course as clear as possible.
 - Outgoing or finished runners must not loiter in the change-over zone.

Water

- Bottled water will be available to all finishers just after the change-over/finish area at the exit on the right of the funnel.
- Bottles will be laid out on tables for self-service collection (one bottle each, please).

First Aid Cover

- First Aid cover will be provided by St John Ambulance Cymru. The main treatment centre will be at race HQ. A rapid response vehicle will be deployed for any on-course medical emergencies or serious injuries.
- Runners requiring first aid should, in the first instance, report to a course marshal or attend the treatment centre in the race HQ area.

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 before the race. 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.
- The two coffee carts, Willmore's and Dusty's, located close to race HQ will be open until late evening selling beverages and hot and cold food. Both are highly recommended by park regulars.

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.

Results

- A link to the live race results will be available via the RaceResult website. The address will be published by July 7th.
- 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](#).

And finally...

We hope you all enjoy a great evening's relay racing with us.

Race Director

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



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