



Race Information Pack (Rev. 1)

Entries open 8:00 p.m. Weds. May 27th

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

Race Registration website: **To follow**

The Cosmeston Relay Race is a chip-timed baton relay race at Cosmeston Lakes Country Park, Penarth, organised by [Penarth and Dinas Runners](http://www.penarthanddinasrunners.co.uk). The 2025 race was the winner of the first ever Welsh Athletics/Run Wales 'Event of the Year' award.

[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 12 team categories with plenty of healthy competition and friendly rivalry.

Read on for more information about the race.

A final race information pack with detailed joining instructions will be posted/emailed approximately 3 days before the race, with additional updates between now and race day.

The race is licenced by Welsh Athletics (licence applied for).

Please contact us via email (pdrunners@gmail.com) with any enquiries.

Key Race Rules

- A runner can only run **once** in the race and for one team **only**.
- All runners must be aged 18 or over.
- 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. There are no time limits for individual legs.

2026 Race Entries and Transfers

- The 2026 race registration fee is £21 per team of 3. There are no additional payment or processing fees. Entries open at 8:00 p.m. on Weds. May 27th.
- Entries are limited to one team per transaction.
- Anyone who registers a team will need to enter the following information for their team and all their team members:
 - Team Manager Details
 - Name
 - Address (inc. post code),
 - Phone number
 - Email address
 - Team Details
 - Club/group or other organisation (if applicable)
 - Team name
 - Estimated team finish time (in mins.)
 - Team Category
 - See page 3 for eligible team categories
 - Team Member Details (for each team member)
 - Name
 - Date of birth
 - Welsh/UK Athletics Number (if applicable)
 - Gender
 - Any relevant medical conditions/medication
 - Email address
- When registering, you **MUST** provide the full details of runners for each leg. It must be the correct runner's information in the correct order.
 - Please DO NOT put 'Runner 1, Runner 2, etc., or similar. Any teams with incomplete runner information at time of registering will be removed by the race organisers and their entry fees refunded.
- There will be no on-the-day entries.
- No refunds will be given for teams/runners that are unable to take part.

2026 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 Team Manager's registration confirmation email. This facility closes at 7:00 p.m. on Monday July 6th.
 - All teams will be frozen at this time. **No further team changes of any type will be permitted after this deadline.**
 - If the team declared at 7:00pm on July 6th is unable to take part exactly as registered, 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.
- Once entries have opened, a Facebook Event will be set-up on the Penarth and Dinas Runners' Facebook page for the purpose of requesting and offering race entries for transfer.

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 and baggage drop tent 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. .
 - 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 minimise congestion or pinch points. Please respect others' need for space as you assemble before and after the race and in the start/holding pen.

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.

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, Lavernock Road, Penarth, Vale of Glamorgan. Postcode: CF64 5UY.
- If using 'what3words', the park entrance can be found at `///debate.pulse.change` and the race HQ at `///desks.goes.food`.

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. Main marshal locations are indicated on the map below.
- Runners are responsible for ensuring they have familiarised themselves with the layout of the course ahead of the race and that they have read all the pre-race safety instructions. These will be sent to each runner by email in the lead-up to the race.

Course Map (overleaf) and Elevation Profile

Elevation Profile





Cosmeston Relay Race - Course Map

Key

- 10 Marshal Locations
- 1 Mile Distance and countdown markers
- Race Route
- ➔ Race Direction
- + First Aid Post
- Water

No spectators allowed in 'Orange Zone'

- ALL RUNNERS - PLEASE BE AWARE OF THE FOLLOWING:**
1. The layout of the course.
 2. You must follow marshals' instructions.
 3. **In the change-over/finish area:**
 - Runners must pass the baton to the outgoing runner within the 15m change-over area.
 - Outgoing runners must keep RIGHT.
 - Finished runners must keep LEFT.
 4. **Runners pass through the Orange Zone twice.**
 - The first time they run straight through.
 - The second time they turn left to finish.



Water

- Bottled water will be available just after the finish line to all finishers (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 crosses the eastern lake from the entrance (see course map).
- **Please be aware that parking charges apply up to 10:00 p.m.**
- 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 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.
- If your club/group is bringing a coach, then please let us know in advance to ensure space is set aside in the designated coach parking 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. Please try not to inconvenience other park/café users.

Refreshments

- The 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, Willmore's and Dusty's, close to the start/finish area. These will be open on race night serving beverages and snacks.

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

- Unless there's a period of heavy rainfall prior to the race, then 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.

Results and Race Prizes

- Live race results will be available on race day via EventResultz.
- Results will be processed as quickly as possible to enable a swift announcement of the prize winners.
- Weather permitting, the prize presentation will be held near the race HQ as soon as the full list of prize winners is available.
- 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 applied for)

