



# The **Rescheduled** 2025 CF64 Winter Race

Sunday March 23<sup>rd</sup> 10:00 a.m.

## Race Day Information Pack (Final)

- **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 – now closed

- Entries and transfers have now closed.
  - There will be no on-the-day entries.
- Final pre-race entry list: <https://my.raceresult.com/314523/participants>
  - Note that the 'Entry Order ID' is not your race bib number - these will be allocated on race day
- 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 tent 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.
- Numbers will be hole-punched. 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, contactless/chip and pin cards or by phone App. There are 4 payment machines in the car park. Car park marshals can show you their locations.
- **If at all possible, please pay 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 is available to pay after 9:00 a.m.
  - It can be downloaded from [www.paybyphone.co.uk](http://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

- The race will be held under UK Athletics' Rules of Competition.
- Race numbers must be worn on the front of the runner's clothing and be 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 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.
- Runners must be aged 18 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 full Conditions of Entry can be found on the race registration web page:

<https://my.raceresult.com/314523/registration>

## 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

- The undulating 6.4 mile/10.3 km (approx.) course remains entirely off-road within the park, on a variety of surfaces, through woodland and meadows, scrubland, and a few potentially marshy areas (see course map on p7 and description below).
- The course will be marshalled at all 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

- The race starts overlooking the Eastern Lake near the children's playground area and quickly leads onto the stony path around the top of the Western Lake.
- At the end of the path, up a slight incline, runners turn left onto an undulating trail path around the Western 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 in the Dog Leg Field.
- **Mile 2** starts with a short grassy climb out of the Dog Leg Field back to the trail paths and, after 3 left turns in quick succession, heads down into Cogan Wood 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 in sight.
- **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 sheep grazing pen. A kissing gate (single file, please) leads onto a short section of tarmac path on Mile Road.

- After 180m on Mile Road, the course splits into 2 lanes, separated by cones. The **first time** approaching this cones/split, runners should take the **right lane and continue along Mile Road** to complete a second lap of Cogan Wood and the West Paddock.
- The 3 Mile markers should be visible about 170m after the split at the start of **Mile 4**.
- The central loop is competed along Mile Road and then the stony path along the top edge of the Western Lake. The course again splits into 2 lanes, separated by cones.
  - The **first time** approaching the cones/split here, runners should **take the right lane and fork off to the right** to enter Cogan Wood to complete the central loop.
- **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, after 180m on Mile Road, the course splits in to 2 lanes, separated by cones. The **second time** runners approach the split, they will be directed to **take the left lane and to turn sharp left** into the East Paddock.
- After a gate, there's 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 in the East Paddock**.
- The open land and meadows of the East Paddock can be wet and slippery. There's a 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 final pass around the top of the Western Lake.
  - As the runners approach the cones/split on the lake path for the second time, they should **take the left lane and 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 re-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 (optional) into 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 from 9:00 a.m. 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.
- 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 particularly wet in the last few days before the race, then the course is expected to be firm and generally dry underfoot, with just a few softer and potentially muddy, patches. Good road shoes or trail shoes are recommended
  - Participants will receive a final course update by email on the evening prior to the race, following a full pre-race course check earlier in the day.

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

## Results

- The race is manually timed. Finish times in the race results will be 'gun' times.
- Full 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 2025 charity partners, Tenovus Cancer Care.

## Late Enquiries

- Please contact us by email if you have any last-minute questions: [pdrunners@gmail.com](mailto:pdrunners@gmail.com).
  - If you use other means (e.g. social media), then we might not see it.

## Race Director

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

## Race Partners



Race run under UK Athletics  
Rules of Competition  
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## 2025 Course Map

