



CF64 Winter Race 2022

Race Information Pack

Date/Time: ~~Sunday January 23rd 2022, 10:00am~~

Race Postponed – New date t.b.c.

Location: Cosmeston Lakes Country Park, CF64 5UY

Race Registration: <https://my.raceresult.com/184606/registration>

Background

- The CF64 Winter Race is a 6.4 mile/10.2 km (approx.) mixed-terrain race set off-road entirely within Cosmeston Lakes Country Park in Penarth. The race is organised by [Penarth and Dinas Runners](http://penarthanddinasrunners.co.uk) (email: pdrunners@gmail.com) and licensed by Welsh Athletics (licence applied for).
- [Cosmeston Lakes Country Park](http://cosmestonlakescountrypark.gov.uk) 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, marshy areas and a shaded wooded section.
- In establishing 'CF64' in 2018, our aim was to put on a low cost, 'no frills', mid-winter off-road race for the local running community. The course will challenge experienced runners, particularly those looking to sharpen their mid-season cross-country speed, but is also suited to newer runners looking to try out an off-road mixed-terrain race. There's trails, mud, woodlands, more mud, hills, fast tarmac sections and some great scenery to enjoy on the twisting course around the park. Plus the usual excellent level of race organisation and support from Penarth and Dinas Runners and friends.
- Read on for information about the race and how to enter.
- A full race information pack with detailed joining instructions will be posted on our website (<https://penarthanddinasrunners.co.uk/cf64-winter-race>) approximately 7 days before the race.

Race Registration (temporarily suspended)

Registration: <https://my.raceresult.com/184606/registration>

- On-line entries opened on Friday, November 26th 2021 - **and are currently suspended**. They will close at 6:00 p.m. on the Friday preceding the new race date (or earlier if the race is full). There will be no on-the-day entries.
- The 2022 race has an entry limit of 350 runners.
- No refunds will be given for runners who are unable to take part. However, transfers will be possible up to 6:00 p.m. the Friday preceding the rearranged race using the link in the race confirmation email that runners receive on entering the event.
- **If it's necessary to cancel the race at short notice 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 Entry Fees

- General entry: £10.00
- Welsh/UK Athletics Registered Runners: £8.00
 - *Note: To receive the £2.00 discount, runners will need to provide their Welsh/UK Athletics registration number and the name of their affiliated club as part of the entry process.*
- There are no additional payment, admin. or card processing fees.

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'.

Key Race Rules

- Race numbers must be worn on the front of the runner's clothing and be clearly visible at all times.
- 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.

COVID-19 Safety

- **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, 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 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.
- Please consider wearing a face covering in any crowded areas (unless exempt). These can be removed whilst running.
- Runners will not be allowed inside race HQ. Our volunteers at race HQ will wear face coverings when close to others.

Course Information

- The undulating 6.4 mile/10.2 km (approx.) course is entirely off-road within the park, on a variety of surfaces, through woodland and meadows, scrubland, and a few marshy areas (see 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.
- A first aid station will be located centrally at the Race HQ with mobile First-Aiders positioned at two points on the course.
- First aid support is provided by volunteers from St John Cymru-Wales.



Course Description

- Starting at the barbecue area, most of **mile 1** is run on wide, undulating trail paths around the Western Conservation Lake, finishing with a short grassy climb after entering the Dovecot Field.
- **Mile 2** initially follows the top edge of Dovecot Field, then drops down to the bottom corner of the field, where it's likely to be wet and muddy. The course then runs alongside Sully Brook, doubling back through two gates heading into mile 3.
- A short grassy climb early in **mile 3** leads back to the trail paths and, after 3 left turns in quick succession, down into Cogan Wood. This should be a fast section of the course on wide trail paths. Runners emerge from the Wood up a short gentle incline turning right through a gate into the open land of the West Paddock.
- **Mile 4** starts just before the Dragonfly Pond, located on the runners' left. The loop around the Paddock can be wet and marshy in parts. A kissing gate (single file, please) leads from the Paddock onto a short section of tarmac path on Mile Road before a left turn into the East Paddock via a short, stony descent. Marshals will direct runners to take care on this section.
- The turn for home comes just after the 4 mile markers at the start of mile 5. The open land and meadows of the East Paddock are likely to be wet and muddy, before the second kissing gate (single file again, please) leads back onto the Mile Road and then a second pass around the top of the Eastern Conservation Lake and back into open fields. A grassy downhill section leads into **mile 6**.
- The course again loops either side of Sully Brook, before a final sharp grassy hill leads from the side of the Brook up to the top of Dovecot Field and the start of the run for home. The 6 mile markers come up as runners exit Dovecot Field and re-join Mile Road for the final time in a gentle 0.4 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 down the finish funnel to the line.

Course Map



R2

C

Course Videos

- Click on the image below to see a brief 'Relive' video-run through of the course.



- This is a [high speed video](#) of a course recce run ahead of the 2020 race.



Water and Fruit

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

Parking, Facilities and Race HQ

- The car park is adjacent to the main park entrance. Parking charges now apply after 10:00 a.m. It's £1.00 to park until 12:00 midday.
- Please see the Vale of Glamorgan Council's 'Parking at Country Parks' website for further information on charges and ways to pay.
- It's a 400m walk from the car park to the race HQ, which is in the barbecue area of the park across the eastern lake from the entrance (see course map).
- Toilets are available near the car parks in the visitor centre and café building. There are no changing facilities.
- The 'Refresh' lakeside café will be open after 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.

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 the race HQ area from 8:45 a.m.

Footwear Choice

- The course is likely to be slippery, uneven, wet and muddy underfoot. Good trail shoes are recommended (no spikes) for extra grip.

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.

Presentations

- Presentations will take place at 11:30 a.m. or earlier if all runners have finished. Weather permitting, the intention is to make the presentations near the Race HQ area.

Results

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

Personal Data

- By entering this race, you will be agreeing that Penarth and Dinas Runners may publish your personal information as part of the race participant list and results and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the race alone or combined with or compared to other events.
- The participant list and results may include (but not be limited to) name, gender, any club affiliation, race time and position and age category.

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)

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