



CF64 Winter Race 2022

Final Race Information Pack

- Please read this document for final race information and joining instructions. 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

- Entries and transfers will close at 6:00 p.m. on Friday April 1st.
- There will be no on-the-day entries.
- If it's necessary to further 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'.

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 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.

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 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.
 - 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.
 - Consider wearing a face covering in any crowded areas (unless exempt) and in toilets. These can be removed whilst running.
 - Runners will not be allowed inside the race HQ tent. 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 a rapid response vehicle able to respond to any serious injuries or medical emergencies on the course.
- First aid support is provided by St John Ambulance Cymru.

Course Description

See course map on race web page: <https://penarthanddinasrunners.co.uk/cf64-winter-race>

- 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 (please stick to the course in the area of newly planted trees), where it's likely to be wet underfoot. 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, before finishing alongside the new grazing pen. A kissing gate (single file, please) leads from the Paddock onto a short tarmac section of 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 first part of the East Paddock is hard, dry and rutted in places.
- The turn for home comes just after the 4 mile markers at the start of mile 5. The meadow section of the East Paddock leads to a second kissing gate (single file again, please) and 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 short 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.

Water

- Bottled water will be available just after the finish line to all finishers.
- Bottles will be laid out on tables for self-service collection (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 is in the barbecue area of the park across the eastern lake from the entrance (see course map).
- **Please be aware that parking charges now apply after 10:00 a.m.**
 - It's £1.00 for 2 hours. If you pay before 10:00 a.m. then you'll be covered until 12:00 midday.
- Payments for parking can be made via coins, pay by 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.

Toilets

- Portable toilets are available in an area of the car park near the reception building.
- Additional toilets are available before the race in the Medieval Village - a marshal will direct runners to the village.
- Please do not use the toilets in the café building unless using the café itself, so as not to inconvenience other park/café users.

Refreshments

- 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. These will be open from early morning 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.

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.
- 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 is firm and dry underfoot. Winter mud has largely dried out, but it can be quite rutted in places.
- There are one or two short muddy sections with some standing water.
- Trail shoes (no spikes) or good road shoes are recommended.

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

- 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.
- There will be no prize ceremony. Except for the first male and female finishers, winners will receive their prizes via email.

Results

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

Enquiries

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

Race Director

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



Race Partners



Race run under UK Athletics rules
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