



CF64 Winter Race 2026

Race Information (Rev. 3)

10:00 a.m. Sunday January 18th 2026

Location: Cosmeston Lakes Country Park, CF64 5UY

Entries open: 8:00 p.m. Thursday November 20th 2025

Race Registration Website: <https://my.raceresult.com/371442/registration>

- The CF64 Winter Race is a 6.4 mile/10.3 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](#) (email: pdrunners@gmail.com) and licensed by Welsh Athletics (Licence applied for).
- [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, 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 and social runners looking to try out an off-road, mixed-terrain race. There are trails, woodlands, hills, fast tarmac sections, very likely mud and some great scenery to enjoy on the twisting course around the park. Plus the usual excellent level of award-winning race organisation and support from Penarth and Dinas Runners and friends.
- **Read on for information about the race and how to enter.**
- A final race information pack with detailed joining instructions will be posted on our website and emailed to participants approximately 5 days before the race.

Race Registration and Entry Fees

- On-line entries will open at 8:00 p.m. on Thursday November 20th 2025.

Race Registration website: <https://my.raceresult.com/371442/registration>

- Entries will close at 7:00 p.m. on Friday January 16th 2026 (or earlier if the race is full). There will be no on-the-day entries.
- The 2026 race has an entry limit of 350 runners.
 - General entries: £10.00.
 - Welsh/UK Athletics Registered Runners: £8.00.
 - *Note: To receive the reduced entry fee, 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, administration or card processing fees.
- No refunds will be given for runners who are unable to take part. However, transfers will be possible up to 7:00 p.m. on Friday January 16th 2026.
- 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, 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

- 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, plus 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.*

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.**

- 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 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.

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.

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).
- **Parking charges apply between 9:00 a.m. and 10:00 p.m.**
- 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.

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.

Course Information

- The undulating 6.4 mile/10.3 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.
- The course is split broadly into 3 sections - an outward leg, clockwise around the Western Conservation Lake (**coloured red on the course map**) followed by a central loop (**coloured blue on map**) through Cogan Wood and the West Paddock (covered twice), then a final section from the East Paddock, anti-clockwise around the Western Conservation Lake back to the finish (**coloured yellow on map**).

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 the 4 Mile (/1.9 Mile) markers in sight.
- **Mile 3** starts with a short climb to the 2 Mile (/4.1 Mile) markers - 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 in to 2 lanes, separated by cones. The **first time** approaching this cone/split arrangement, 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 along Mile Road will indicate the start of **mile 4**, with first central loop being competed along 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 cone/split arrangement 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, passing the 4 Mile (/1.9 Mile) markers at the start of the second loop around the West Paddock, heading back 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 cone/split arrangement, 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 and tricky dip 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 are likely to be wet, muddy and slippery. There's a section of two-way running (keep left, please) around the turn for home at 5.1 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 cone/split arrangement on the lake path for the second time, they should **take the left lane and fork off to the left** to complete the course.
- A grassy downhill section in the Dog Leg Field 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 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.

2026 Course Map



Water

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

Refreshments

- The 'Refresh' lakeside café will be open 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 vans (Willmore's and Dusty's) close to the start/finish 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.
- 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

- Unless the weather is cold and the ground hard/frozen, then the course is likely to be slippery, uneven, wet and muddy underfoot. Good trail shoes are recommended (no spikes) for extra grip in this case.

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.

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.

Results

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

Race Charity

- Part of the race proceeds will be donated to the club's 2026 charity partner, Tenovus Cancer Care.

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)

