# CF64 Winter Race 2027

# Race Information (Rev. 6)

**10:00 a.m. Sunday January 17th 2027**

**Location:** Cosmeston Lakes Country Park, CF64 5UY

**Entries (on-line ONLY) now open**
Registration link: https://my.raceresult.com/434862/registration

Race website: https://penarthanddinasrunners.co.uk/cf64-winter-race

- 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.
- 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 shaded wooded sections.
- 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

- Entries (on-line only) now open.
    - Affiliated entries - £8
    - Non-affiliated entries - £10
- Race registration link: https://my.raceresult.com/434862/registration
- Race website: https://penarthanddinasrunners.co.uk/cf64-winter-race
- There will be no on-the-day entries.
- 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 15th 2027. Places can be transferred using the link in the entrant's registration confirmation email.

- 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

- Please stay at home if you have any CoViD-19 symptoms. Runners should only attend if they are confident they do not pose a risk to the health of others.

## 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 near the main car park. 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.

## Water

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

## Refreshments

- The 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/carts (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 is no changing facility.
- A gazebo will be available as an unmanned bag drop near the start/finish (items left a runners' own risk).

## 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:
    - A1.1 mile outward leg, around the top of the Western Conservation Lake and loop of the 'Dog Leg Field' (coloured red on the course map)
    - A roughly 2.4 mile central loop (coloured blue on map) through Cogan Wood and the West and East Paddocks (covered twice),
    - A final 0.6 mile section anti-clockwise around the Western Conservation Lake back to the finish via Mile Road (coloured yellow on map).
- The course has been modified for 2027 to avoid the conservation grazing area in the Dovecot Field.

## Course Map


PENARTH AND DINAS RUNNERS
2027 CF64 Winter Race
Course Map
Key
Main marshal locations
Mile markers
Race route and direction (outward leg)
Race route and direction (central loop - run twice)
Race route and direction (finish leg)
Kissing Gate (on race route)
First aid
Water
No Access
West Paddock
Padog Gorllewin
Llwybr Cerfluniau
Pwll Gwas y Neidr
Dragonfly Pond
Play Area Ardal Chwarae
Race HQ
Start and finish
Bird Hide Caban
Eastern Lake
Llyn Dwyreiniol
Toilets/Toiledau
To/I Penarth Bus Stop Arhosfa Bws
Car Park/Maes Parcio
Warden
Visitor Centre/Canolfan Ymwelwyr
Conservation Area No Access
Ardal Cadwraeth Dim Mynediad
Western Conservation Lake
Llyn Cadwraeth Gorllewinol
Pond Dipping Pwll Dipio
Cosmeston Medieval Village
Lavernock Road
Pentref Canoloesol Cosmeston
Sully Brook/Nant Sili
Medieval Dovecot
Colomendy Canoloesol
Harold Larnog
Not to Scale/Dim i Raddfa
To Sully/i Sili
Open Land Tir Agored
Scrubland Tir Prysg
Marshy Area Man Corsiog
Meadow Dôl
Woodland Tir Coediog
Main Paths Prif Lwybrau
Boardwalk Llwybr Bordiau
Other Paths Llwybrau Eraill
Stiles Camfa
Kissing Gates Gatiau Mochyn
(wheelchair friendly) (mynedfa cadair olwyn)

## First Aid

- A first aid station will be located centrally at the Race start/finish area, with a rapid response vehicle able to respond to any serious injuries or medical emergencies on the course.

## 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 2027 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

WELSH ATHLETICS
ATHLETAU CYMRU

**Race run under UK Athletics Rules**
(Licence applied for)

EventResultz