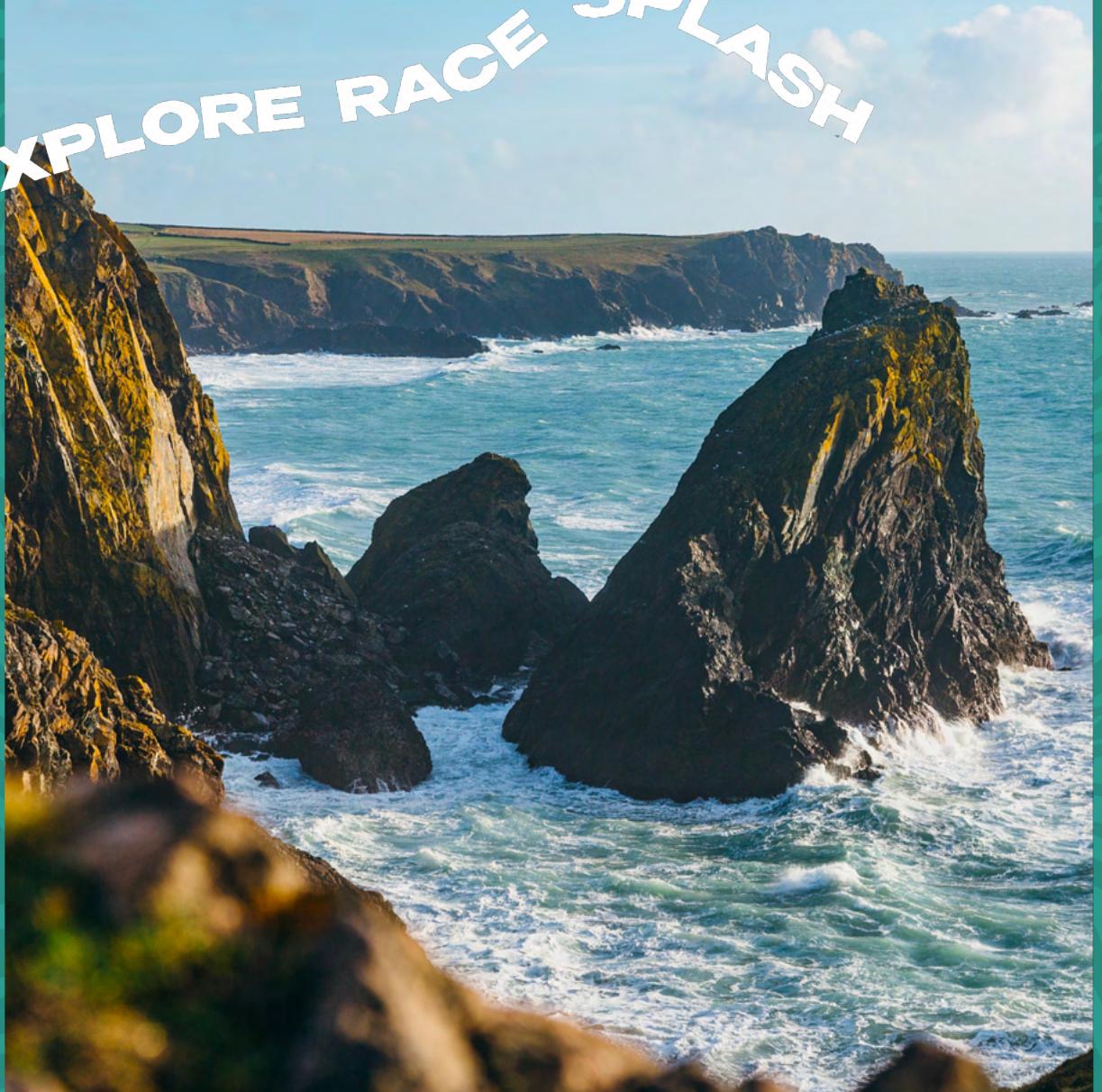


TRAIL PURSUIT

CORNWALL
4-5 AUGUST 2023

PARTICIPANT EVENT
INFORMATION

EXPLORE RACE SPLASH



Hey, we'd like to say a huge thank you for signing up to our Cornwall race. We can't wait to share the adventure with you!

Ed (Founder) Kev & Emma (Routes Team)



TRAVEL & ACCOMMODATION INFO:

ADDRESS

**Newdowns Farm, Beacon Drive, St Agnes, Cornwall,
TR5 0NU**

TRAVEL

By Car: Just outside St Agnes off Beacon Drive. Use the postcode 'TR5 0NU' for accurate directions.

There is FREE Parking on-site.

By Train: The closest train station is in TRURO. Bus & Taxi services are available.

By Air: The closest airport is NEWQUAY

ACCOMMODATION:

Nearby Campsites:

Trevellas Manor Farm Campsite - 01872 552238
Beacon Cottage Farm St Agnes - 01872 553381
Presinggoll Farm St Agnes - 01872 552333
Blue Hills Touring Park - 01872 552999
Cross Coombe Camping - 01872 552379

Nearby Hotels:

St Agnes Hotel - 01872 552307
Beacon Country House Hotel - 01872 552318
Rose in Vale Country House Hotel - 01872 552202
The Rosemundy House Hotel - 01872 552101
The Driftwood Spars - 01872 552428

If you are struggling to find accommodation, please get in touch as soon as possible & we can hopefully help.



INHALE MOVE CHALLENGE



EVENT DETAILS

Schedule:

Friday 4th August

Race Pack Collection	15:00 - 20:00
Food & Drink, Sports Expo	15:00 - 20:00

Saturday 5th August

Car Park Opens	07:00
Race Pack Collection	07:00-10:00
Half Marathon	09:00
10K	10:00
5K	11:00
Kids 1 Mile	14:30
Site Closes	18:00



VENUE PLAN:

TRAIL PURSUIT: CORNWALL FLOOR PLAN

CAR PARKING

**TRAIL
PURSUIT**
CORNWALL

ENTRANCE

FOOD & DRINK TRADERS

ICE BATHS
& SAUNA

WATER
POINT

BINS

ATHLETE TALK
TENT

YOGA
TENT

CHILL AREA

BINS

TOILETS

SPORTS EXPO

RACE REG &
VOLUNTEER CHECKIN

RACE ARCHWAY

HOLDING
AREA

WATER POINT

MEDICAL

ESSENTIAL RACE INFO

TRAIL
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Bag Drop

No bag drop will be available. Please travel light & store any items in your car.

Toilets

There are Portaloos in the venue. There are NO official toilets on the routes (though you do pass close by many public toilets)

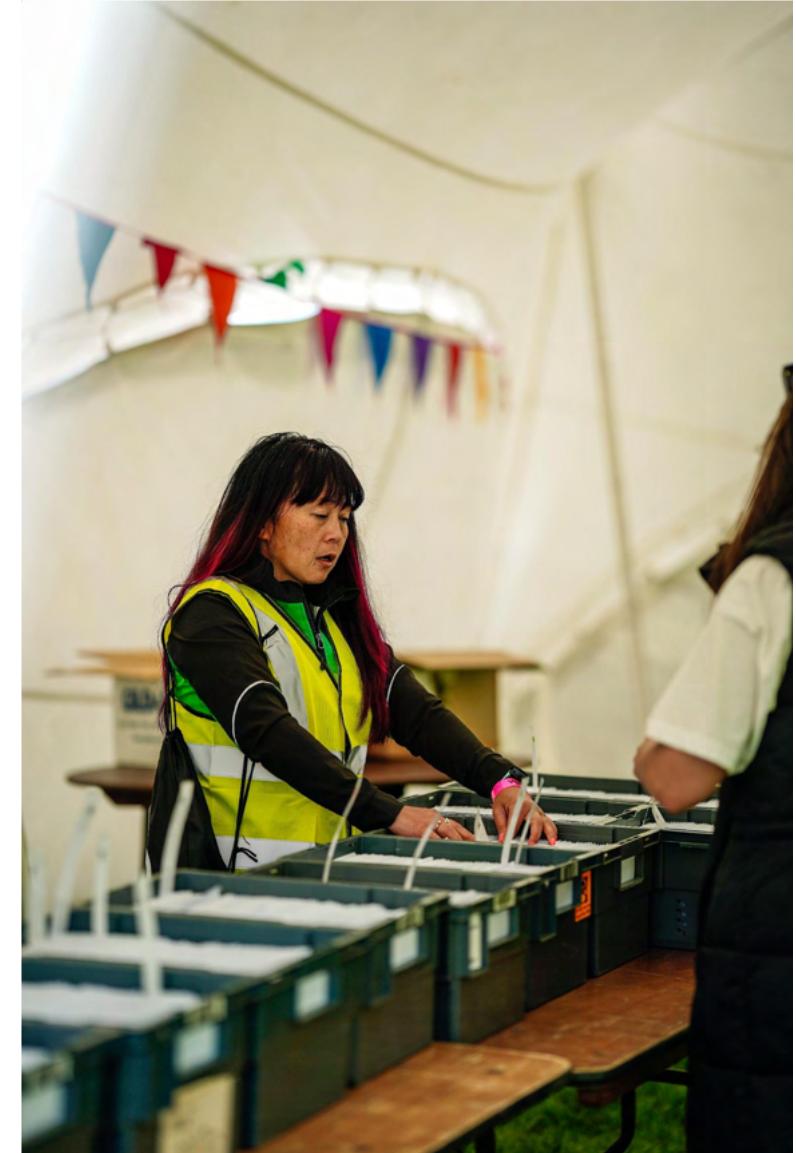
Dogs

While we love dogs & they are more than welcome in the venue, due to the narrow paths, dogs are NOT allowed to take part in any race.

Video Race Briefing

You have been sent a video race briefing via email. This goes into the routes in more detail, including any sections to take care. Please watch before arriving:

<https://www.youtube.com/watch?v=LzDTRI7b5so>



ESSENTIAL RACE INFO



Cut Offs

We want you to have an incredible adventure & for this reason we have generous cut offs: Half Marathon: 4hrs, 10K: 2hrs, 5K: 1hr

Chip Timing:

Timing will be provided by K2 Sports

Full results will be available after the race.

Route Marking:

- The routes will be fully signed with teal & yellow arrows and there will be volunteer stewards out on the course to assist you. In addition, there will be red flags on the route every few hundred meters to assist in staying on course.**
- We also advise that you have a GPS device (watch or garmin) with the GPX files loaded onto them and/or a map. GPX files can be downloaded here:
<https://www.trailpursuit.com/routes-cornwall>**

ESSENTIAL RACE INFO



Race Pack Collection:

Race packs can be collected from the Registration Tent at the following times:

- **Friday 4th August 15:00 – 20:00**
- **Saturday 5th August 07:00 - 10:00**

We highly recommend picking up your pack on the Friday to save any queues on race day.

At registration, you will pick up:

- **Race Number & pins**
- **Schedule/Info Sheet**
- **Merch (if pre-ordered)**

Kit Checks:

Kit checks for mandatory kit (on next page) will take place when you register, so please bring along your kit bag.

We set out these items as the weather can not only change quickly on the coast, but if you fall over & get injured, the additional clothing will keep you warm & comfortable until help reaches you.

There will be some items (whistles, bottles, buffs) available to purchase online [HERE](#) to pick up at registration or cash only onsite, but do not rely on these as there are limited items & numbers.

We would recommend bringing bright & wet condition kit with you when you register to have it checked. There will be a notice informing you of expected weather/kit for race day in the tent.

An X mark will be made on your race bib showing that your kit has been checked. Our volunteers will be checking for this mark on race morning.

We will also do a number of spot checks on race day to ensure you have packed all of your mandatory kit. Remember it's for your own safety!

MANDATORY KIT – HALF MARATHON

TRAIL
PURSUIT

Mandatory Kit:

All runners in the Half Marathon **MUST** have the mandatory kit outlined below. Please ensure you have this on the day, it's for your own safety! **IF YOU DO NOT HAVE THE REQUIRED KIT, YOU WILL NOT BE ABLE TO RACE!**

Bright Conditions

- Whistle
- Fully charged mobile phone (switched on!)
- High energy snacks
- 1000ml minimum liquid
- Personal cup or bottle
- Windproof jacket

Wet / Harsh Conditions (above + below)

- Waterproof jacket & trousers
- Spare base layer
- Hat or Buff & Gloves

PLEASE BRING YOUR FULL KIT TO REGISTRATION WHERE IT WILL BE CHECKED & A MARK MADE ON YOUR RACE NUMBER. THIS WILL BE CHECKED AS YOU ENTER THE START AREA.



THE WEATHER FORECAST WILL BE CHECKED & YOU WILL BE INFORMED AT REGISTRATION IF WET KIT IS NEEDED FOR SATURDAY.

MANDATORY KIT – 10K & 5K

TRAIL
PURSUIT



Mandatory Kit:

All runners in the 10k & 5k must have the mandatory kit outlined below. Please ensure you have this on the day, it's for your own safety! **IF YOU DO NOT HAVE THE REQUIRED KIT, YOU WILL NOT BE ABLE TO RACE!**

- Windproof Jacket
- Fully charged mobile phone (switched on!)
- Personal cup or bottle

PLEASE BRING YOUR FULL KIT TO REGISTRATION WHERE IT WILL BE CHECKED & A MARK MADE ON YOUR RACE NUMBER. THIS WILL BE CHECKED AS YOU ENTER THE START AREA.

THE WEATHER FORECAST WILL BE CHECKED & YOU WILL BE INFORMED AT REGISTRATION IF WET KIT IS NEEDED FOR SATURDAY.

ESSENTIAL RACE INFO



Racing Instructions

- **It is a mix-terrain route of road, gravel paths, rocky terrain, grass & dirt tracks. Some sections are narrow, may be slippy underfoot or have shrubbery alongside. Please take care & slow down if necessary. We would rather you walk tough sections and finish a few minutes slower, than get injured.**
- **Please respect the countryside. Help us look after it by closing gates behind you and leaving no litter whatsoever. If a marshal sees you drop litter on purpose, you may be disqualified.**
- **Some sections of the route are narrow. If a faster runner is behind you & lets you know, please step to the side and let them pass.**
- **There are a few sections that have you running on the roads for a short distance. These roads are open to vehicles, so please keep to the side & take care.**
- **You DO NOT have priority over cars when crossing a road. Marshals will be on hand at junctions, but they will not be stopping traffic. Please look carefully & cross when safe to do so.**
- **Please respect, assist & look out for other runners.**

Emergency Event Phone Number: 07918 935279

Please make a note of this phone number or add to your phone. If you need to get in touch, request help/medical instance or tell us you have dropped out of the event please use this number first.

Medical Phone Number: 07759 641233

If you need medical attention while you are on the course, but not with a marshal & cannot get through to Event Control, please phone the below number for the Event Medical Team. They are a fully stocked ambulance with paramedics roaming on course and can reach all locations.

MEDICAL:



There will be a medical team (Tactical Medical Rescue) onsite for the duration of the event. They can be found in the main festival site.

During the races, there will be an additional 4x4 Medical Ambulance that can reach all areas of the route. They are fully stocked with all medical equipment and paramedics.

We recommend you bring your own basic first aid supplies for taping up blisters or covering small cuts.

WHAT 3 WORDS:

We recommend that all runners download the App What 3 Words (or use it in browser) and get to know how it works.. Every 3 metre square of the world has been given a unique combination of three words.

If you need any assistance while on route, it enables us to know your exact location to reach you quicker.

<https://what3words.com/pretty.needed.chill>



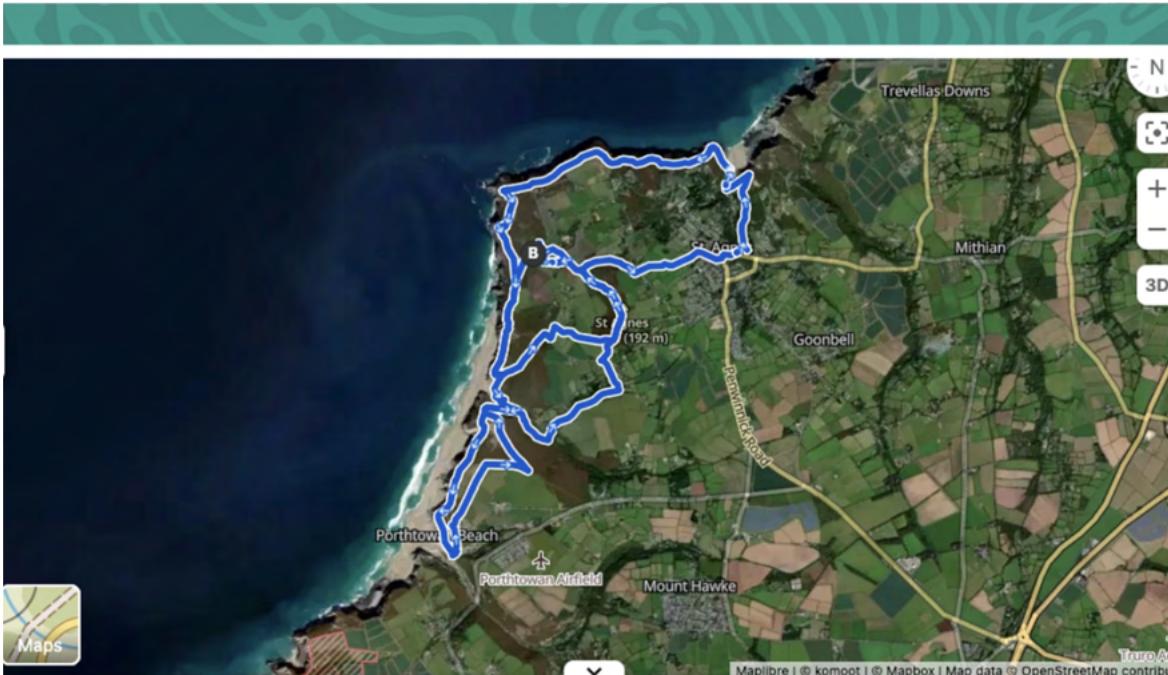
THE START:

Please arrive to the start area 15 minutes before your race begins.

- Your Mandatory Kit Mark on your race bib (checked at registration) will be checked by a volunteer before you enter the start chute. Please ensure that you have not removed any items.**
- There will be a short 5 minute race briefing & warm up before the race sets off - please pay attention**
- You will be placed in waves of 30 people, setting off every few minutes.**
- If you are a faster runner please head to the start of your wave.**



RACE ROUTE MAP: HALF MARATHON



HALF MARATHON
21KM
520M ELEVATION GAIN

**TRAIL
PURSUIT**
CORNWALL

Saturday 5th August
Start Time: 09:00

A spectacular mix of coastal trails & wild forestry. Taking in the amazing coastal views, beaches, shipwrecks, mining landscapes, history & Cornish villages along the way. With two ascents of the 'St Agnes Beacon (192m), double the chance to see the amazing views of the area. Perfect for those who love an adventurous trail race!

Aid Station 1 - 5.5km
Aid Station 2 - 11km
Aid Station 3 - 15.3km

[**CLICK HERE TO VIEW ON GOOGLE MAPS**](#)

[**CLICK HERE TO DOWNLOAD THE GPS ROUTE**](#)

RACE ROUTE MAP: 10KM

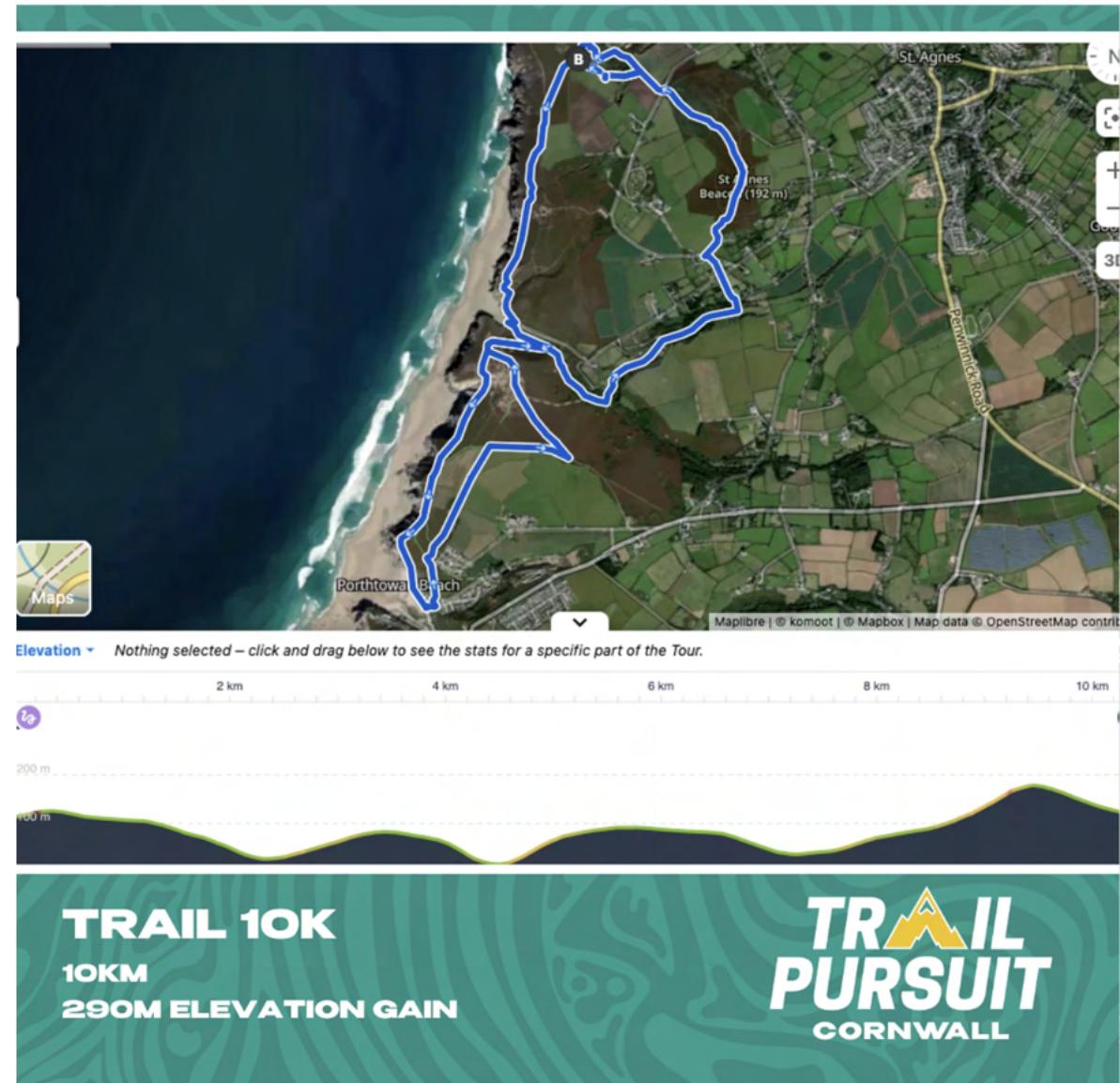
Saturday 5th August
Start Time: 10:00

Coastal paths, once secret beaches, tin mining landscapes, shipwrecks, wild forestry & the climb to “The Beacon” (192m) with amazing views of the area - this 10k has it all!

Aid Station - 5.3km

[**CLICK HERE TO VIEW ON GOOGLE MAPS**](#)

[**CLICK HERE TO DOWNLOAD GPX**](#)



RACE ROUTE MAP: 5KM



Elevation - Nothing selected – click and drag below to see the stats for a specific part of the Tour.

1 km 2 km 3 km 4 km 5 km



TRAIL 5K

5KM

150M ELEVATION GAIN

**TRAIL
PURSUIT**
CORNWALL

Saturday 5th August
Start Time: 11:00

Our 5K gives you a great taste of this stunning area. First off you'll pass the sentry box that once marked the entry to WW2 Gun Battery that once stood here before joining the South West Coastal Path with the great expanse of the Atlantic Ocean on your right before bringing you inland to tackle The Beacon (192m) with its unbeatable views of the festival site and beyond!

This race is perfect for newbie trail runners looking for a fun & beautiful coastal race.

[CLICK HERE ON GOOGLE MAPS](#)

[CLICK HERE TO DOWNLOAD GPX](#)

FEED STATIONS

There are 3 feed stations on the Half Marathon route & 1 feed station on the 10k route which will be manned by our volunteers & stocked full of energy food and water.

AID STATION 1 : 5.5 km in - Half Marathon

- //keener.branching.parrot

AID STATION 2 : 11 km in - Half Marathon

- //flopped.warp.scooter

AID STATION 3: 15 km in - Half Marathon

5.3 km in - 10km

- //instructs.helpful.fallback

All Aid Stations will stock the following:

- Water
- Styrkr Carb Mix & Electrolytes
- Styrkr Bars
- Styrkr Gels
- Banana
- Sweets

Station Rules

- If the feed station is busy, please queue up.
- Put litter in bins provided or take it with you
- Leave the feed station or move away once you have been served

**Be prepared, you MUST have a collapsible cup/bottle/hydration pack to refill and carry water.
There will be NO cups at the feed stations.**

STYRKR®

A big thank you to our nutrition sponsor Styrkr for supplying our aid station nutrition.

<https://styrkr.com/>

FINISH AREA / RESULTS / PRIZES

Race photographer Rich will be on the finish line & Liam will be out on the course, so make sure you smile!

When you cross under the finish line gantry, please collect your medal/goodies and move through the finish area as quickly as possible. There is plenty of space to the side of the gantry to get additional water, relax, recover and cheer other runners through the finish line.

There are prizes for 1st, 2nd & 3rd Male & Female for each race. Listen out for the MC to announce when this will be.



**Tag us in your Medal Photos!
[@trail_pursuit](https://www.instagram.com/trail_pursuit)**

KIDS 1 MILE FUN RUN

After all our Half, 10k & 5k runners are back, it's time for the kids at 2:30pm!

A 1 mile looped run around the venue gives the kids an opportunity to show their parents how it's done! With a medal & goody bag at the end, it's a great time for all.

Parents can run with kids.

There may be a few entries spare on the day to enter, but to avoid disappointment, please enter online in advance [HERE](#)



**Tag us in your Medal Photos!
@trail_pursuit**

YOGA, TALKS & ICE BATHS

After your race enjoy a number of festivities!



Yoga sessions with Hannah.
First-come first serve. Feel free to bring your own mat, though we will have some available!



Qualified Mountain Leader Ben gives talks on Nutrition, Mindset & an Intro to Navigation. Ben is also leading a free guided 1hr walk from 3pm.



Ice baths & sauna from SiVo Wellness.

Book yours in advance or pay on the day

[**BOOK HERE**](#)

YOGA, TALKS & HIKE SCHEDULE

YOGA FOR RUNNERS WITH HANNAH

10:00 - 10:30

11:00 – 11:30

12:00 – 12:30

13:00 – 13:30

14:30 – 15:00

15:30 – 16:00

16:30 – 17:00

MOUNTAIN LEADER, BEN TURNER: TIMETABLE

TIME

ATHLETE TALK: Optimize Your Running Performance – Fuel, Fitness and Focus

12:00 – 12:45

ATHLETE TALK: Navigation for Trail Runners – How Not To Get Lost

14:00 – 14:45

GUIDED HIKE: 60-90 min steady hike to wild swim

15:00 – 16:30

YOGA MEET-POINT: WELLNESS TENT
First come-first served, no need to book

TALKS & HIKE MEET-POINT: MAIN MARQUEE
First come-first served, no need to book

CHERISH YOUR RACE!

TRAIL
PURSUIT

Introducing our Merch!

They're crafted with the spirit of adventure, encouraging you to run, explore, and dive into the ocean. Each design celebrates the natural beauty found along the Cornish coastline.

[Order yours here](#) & collect at race registration!

TP Buff!



VOLUNTEERING



Bringing along friends or family who aren't running or competing? Why not volunteer for a few hours?

Being part of the volunteer team is an amazing way to be involved in the events and meet others, without having to take part!

Whether it's showing people where to park, following the last runner on the course, directing runners on the route, or handing out medals at the finish line, volunteers really make the event & we couldn't do it without them!

As a thank you, we offer FREE entries into other events, a Trail Pursuit Buff & full event access when you're not working!

[REGISTER HERE](#)

ST AGNES CARNIVAL

If you're staying in the area, why not leave your car at the venue & wander down to St Agnes Carnival after Trail Pursuit Cornwall?

The St. Agnes Carnival tradition dates back many years, to the time when the village streets would have been lined with miners and fishermen, bal-maidens and fishwives. What makes St Agnes Carnival such fun? It's about the local community spirit.

This year, the procession will begin at 5:00pm on Saturday 5th August 2023 from the carnival field on Goonvrea Road, St Agnes and travel through Church Town, along Trevaunance Road, finishing at the St Agnes Sports Club, Enys Park, Saint Agnes TR5 0SS for the carnival prize giving, some live music, bar and food.

Winding through the village streets, you will see an enthusiastic and exciting procession of fancy dress, local bands and people of all ages having a great time! Clever floats, great ingenuity, even dance routines, all led by the famous Giant Bolster.



www.stagnescarnival.co.uk

LEAVING THE VENUE

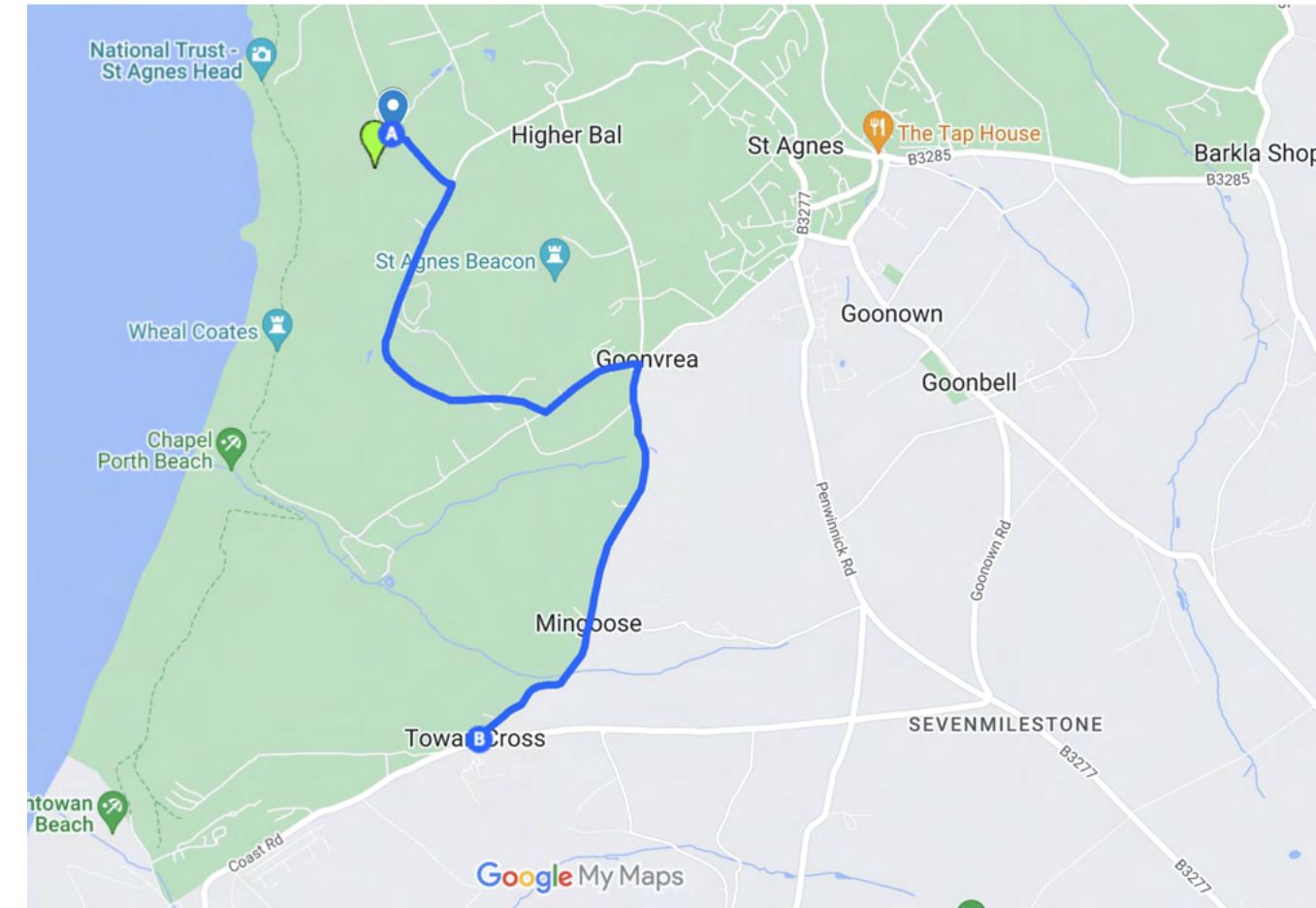
TRAIL
PURSUIT

If you are leaving the Trail Pursuit Cornwall site after 4pm, you will need to take the following route due to road closures for the St Agnes Carnival.

- Please turn **RIGHT** out of Newdowns Farm onto Beacons Drive
- Turn **LEFT** onto Goonvrea Road
- At the Crossroads in Goonvrea, turn **RIGHT** signposted Porthtowan
- At the Victory Inn Pub, turn left on to Coast Road.
- From here, you can easily access the A30

<https://www.google.com/maps/d/u/0/edit?mid=10Gadc7cBiiRSyy3JbckgZi7NIdH33YA&usp=sharing>

Please note, some of these are narrow country lanes, so please take care.



THANK YOU TO OUR PARTNERS & VENDORS

TRAIL
PURSUIT

TRAIL
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STYRKR®



Check out the incredible vendors who will be serving up tasty food & drink over the event.

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Since 2017



THE OLD
OLIVE KART
♦ Cocktails & Pizza Bar ♦

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JOIN US ON A TP ADVENTURE!

NORWAY, MOROCCO, CROATIA



Hike, Trail Run & Kayak
Expedition in Norway
AUG 2023 - [HERE](#)



Multi-sport adventure through
Croatia
SEPT 2023 - [HERE](#)



Surf, Trail Run & Yoga Camp!
Morocco
NOV '23 & FEB '24 - [HERE](#)

TRAIL PURSUIT

CORNWALL
4-5 AUGUST 2023

GOOD LUCK!!