

Tywardreath Trotter 2019: Saturday, 27th July

Start times

Please note that the start times are both 30 minutes earlier than previous years.

The fun run will start at 5.00pm.

The main race will start at 6.15pm.

Please aim to arrive at least an hour before your race starts. Registration for the fun run gets particularly busy, so please allow plenty of time. Registration for both races opens at 3.30pm.

Multi-Terrain Race Series

This year's 7-mile race is Round 1 of the 2019/20 Cornwall Multi-Terrain Race Series, a series of 10 races across the county.

Car parking

Parking this year will again be in a field about 3 minutes' walk from the New Inn. This is "the usual car park" on the road towards Castledore, not the one that we used last year. When you arrive in Tywardreath, please follow the signs and marshals' directions to this car park. As in 2017 a one-way system through the car park will operate, with all vehicles entering the car park at the top of the field and leaving at the bottom exit. **Please do not park on-street** – parking off-road will help us keep the course clear and reduce traffic congestion. We have a bag storage facility where you can leave your kit whilst you're running. This will be in the beer garden at the back of the pub.

Registration

Race numbers are issued on the day. If you have any medical conditions please write these on the reverse of your race number.

This year the race will be using chip timing for the first time so you will need to ensure you cross the timing mat at the start of the race.

Fun run registration is in the chapel opposite the New Inn, right by the fun run start line.

Main race registration is in the playgroup on the right hand side of the New Inn.

Directions to race HQ are provided below.

Registration will be open from 3.30pm and you are advised to arrive early to collect your race number and goodie bag. There will be course maps etc on display at the registration.

Race briefings

The race briefings will take place outside the New Inn approximately 5 minutes before the start of each race. Please ensure you are there to hear the briefing, which will help to ensure you enjoy the run safely.

No dogs or MP3 players!

Runners using personal stereos will be disqualified and their times will not be recorded. Approximately 50% of both races are on country lanes. Although these lanes are relatively quiet, you will encounter traffic en-route and will need to listen out for traffic and listen to marshals' instructions. For this reason dogs are not allowed to take part in either race and MP3 players or personal stereos are not permitted. Marshals will try to help you cross any roads safely, but they do not have the power to stop traffic, so please be prepared to give way to traffic.

Accommodation

One of our race sponsors, Trenython Manor, is offering a 15% discount to all runners who stay with them for the race. Trenython is just half a mile outside the village and has its own leisure facilities, including a warm pool, sauna, jacuzzi and steam room, as well as restaurant and bar area and great views out across the bay. For more information check out their website at www.trenython.co.uk

On the day entries

Pre-entries for the main race are strongly recommended, as T-shirts and goodie bags cannot be guaranteed to on the day entries. However, it will still be possible to enter on the day. There is an additional £2 charge for on the day entries. Registration for both races opens at 3.30pm. Minimum age for the main 7 mile race is 16. The 1 mile fun run is open to everyone, young and old.

Marshals

If any of your supporters would be willing to marshal near the start and finish, please let me know – any additional help is very gratefully received.

Drinks stations

In order to reduce plastic waste, from 2019 onwards there will just be 1 drink station along the route of the main race where water will be provided. This will be at around 3.5 miles, at the bottom of the track through Great Pelean Farm. If it is hot please make sure you have enough fluids. Water will also be available at the start / finish but you will need your own bottle / flask to fill up.

Course details / hazards: The courses are pretty bumpy in places and can be slippery if it's wet. Please take care, especially on the off-road sections. The main hazards to be aware of on the main race are as follows:

- 0.75 miles, uneven & narrow descent followed by 2 flights of steep steps and a low tunnel (if you are tall you will need to duck!)
- 1 – 1.5 miles and 5 – 5.75 miles, riverside path: low trees, tree roots & eroded path (watch your step or you could end up in the river!)
- 2 miles and 3 miles, narrow lanes: traffic should slow but remember that it has priority
- 3.5 miles, Great Pelean Farm: very bumpy and can be very wet and slippery after rainfall
- crossing roads: marshals will try to stop traffic but be prepared to wait
- 6.9 miles (and end of fun run): last steps from field very uneven

A map, description and profile of the course are all available on the race website, along with previous results, photos etc – go to www.tywardreathtrotter.co.uk

Results of the main race will be available for you to look at immediately after the race and will be posted on the website by 8am on the Monday after the race. The presentations will take place at around 5.30pm (fun run) and 8.00pm (Trotter) in the beer garden. The full fun run results will not be available on the night but will be posted on the website by the Monday morning. Please follow us on Twitter and Facebook to receive notification of when the results are available.

Beer and BBQ

The New Inn serves great St Austell beer and has a large beer garden. The Strand Bistro will have a barbecue in the beer garden from early evening, so please stay after the race and enjoy the rest of the evening in Tywardreath!

Social media

Please follow us on twitter and facebook to ensure you get all the latest race updates.

Twitter: @tywardreathtrot

www.facebook.com/tywardreathtrotter

We look forward to seeing you all on Saturday 27th July!

All the best, the Tywardreath Trotter Team

07711 037343

Twitter: @tywardreathtrot

www.facebook.com/tywardreathtrotter

Thanks to all our sponsors, who this year include:

- **May Whetter & Grose**
One of the broadest based Estate Agents and Surveying practices in Cornwall operating from prominent offices in St Austell, Fowey and Polruan.
www.maywhetter.co.uk
- **The New Inn & Strand Bistro, Tywardreath**
Traditional local pub in the centre of the village. Bistro serving local produce, home cooking, seafood and grilled meats.
- **The Cornish Riviera Box Office**
The Cornish Riviera Box Office has a great range of events for the 2019 Summer & Autumn Season:
 - Open-Air Theatre at venues across Cornwall from Penzance to Bodmin Moor, Live Music Festivals, 'In Concert' appearances,
 - Choral Music, Am-Dram Theatre productions, Local Cinema Screenings, Rock & Folk music
 - Visiting theatre companiesMore information on our website, www.crbo.co.uk. Book your tickets Online, phone us on (01726) 879 500 or call in at our local box offices in Penzance, St Ives, Truro, Newquay, St Austell, Fowey, Bodmin, Looe and Launceston.
- **Coodes Solicitors**
Coodes Solicitors is a long-established and trusted law firm with seven offices across Cornwall and Devon. www.coodes.co.uk
- **Trenyhton Manor**
Refined rooms in a 19th century house hotel with 24-acre grounds, terrace dining and a spa www.trenyhton.co.uk
- **NE Tyres**
NE Tyres & Van Hire are a successful family company based in St Austell, Cornwall. With a fully kitted workshop, we can offer not only a full tyre fitting but servicing of vehicles and the replacement of exhausts and other vehicle maintenance jobs.
<http://netyres.net/>
- **Varker Appliances, Alexandra Road, St Austell (01726) 64455**
A wide range of household appliances at competitive prices. www.varkers.co.uk
- **West Pharmaceuticals**
By your side for a healthier world www.westpharma.com
- **St Austell Brewery**
Cornwall's Award winning Independent Family Brewers, established in 1851.
www.staustellbrewery.co.uk
- **Pipeworx Ltd Cornwall**
Water leak detection, repair and thrustboring specialists based in Cornwall.

www.pipeworx.co.uk

- **Johns Hair Studio, Tywardreath**
Professional hairdressers, specialising in cutting, colouring, perming, gents and children's, friendly atmosphere with free consultations available.
- **Richard's Fruit & Veg, Par**
Supplier of race-finish bananas
- **Tywardreath Butchers**
Supplier for prize-winning sausages for prize-winning runners!
www.thelocalbutcher.co.uk
- **The Catch Fish & Chip Shop / Sala Thai Take Away, Tywardreath**
Supplier of prizes for fastest local runners
- **Imerys**
www.imerys.com

Directions to race HQ (PL24 2QP)

On the train

To try and reduce our carbon footprint, we offer a £2.00 refund to anyone who travels to the race by train. Par station is on the main line between Plymouth and Penzance and it is just a 10 minute walk from the New Inn. For details of train times go to www.nationalrail.co.uk Bring your ticket to the registration to claim your refund. From the station car park turn right along Eastcliffe Road and then turn left into Tehidy Road. Follow the signs to the race HQ.

From “upcountry”: From Exeter take the A30 into Cornwall. Go past the Bodmin turn, then take the exit for Lostwithiel. After 0.8 miles turn off to the left signposted “Bodmin, Liskeard, Lostwithiel, Lanhydrock”. After another 0.8 miles turn left at the T-junction signposted Liskeard, Lostwithiel, Lanhydrock. After another 0.4 miles turn left at the roundabout (same signage). After 0.3 miles turn right at the roundabout towards Lostwithiel. After another 1.5 miles turn left at the roundabout towards Lostwithiel. After another 3.2 miles turn right at the T-junction onto the A390 towards St Austell & Fowey. After 1.8 miles you will be at the top of a long hill with views of the sea. You will shortly see signs directing you to the race. Turn left by the house signposted “Treesmill / Tywardreath”. Continue for 1.4 miles through Treesmill and the entrance to the parking field is on the right at the top of the hill into Tywardreath.

From north and east Cornwall: Head towards Lostwithiel. Once at the top of the hill one mile to the west of Lostwithiel follow the A390 towards St Austell & Fowey. After 1.8 miles you will be at the top of a long hill with views of the sea. You will shortly see signs directing you to the race. Turn left by the house signposted “Treesmill / Tywardreath”. Continue for 1.4 miles through Treesmill and the entrance to the parking field is on the right at the top of the hill into Tywardreath.

From west Cornwall: Come through St Austell and continue towards Liskeard, passing through various sets of traffic lights. 3 miles east of St Austell turn right at the roundabout just after St Austell garden centre, signposted “Fowey”. Pass under the railway bridge and past the docks, then turn right by Richard’s fruit and veg shop. Follow the one way system and take the left lane. Turn right into Tywardreath and turn right again by the church. Marshals will direct you to the parking.