

MudCrew : The Roseland August Trail (RAT) : 2019 EVENT GUIDE



MudCrew presents: The Roseland August Trail (RAT) Series 2019

Thank you for interest in the 2019 Roseland August Trail (RAT) Race Series. The races are all off road coastal path runs along a stretch of the stunning South Cornwall Coastal Path between St Anthony Head on the Roseland Peninsula and Porthpean in St Austell Bay. The event village, Race HQ, registration and all event finishes are at Porthpean Outdoor Education Centre, St Austell. PL26 6AZ.

There are 5 events :

- **Plague** – an approx. 64mile (100k) route starting at the event village with an out and back course starting just after midnight and involving several hours of night running.
- **Black RAT** – an approx. 32mile point to point course starting at St Anthony Head.
- **Red RAT** – an approx. 20mile point to point course starting at Portloe.
- **White RAT** – an approx. 11mile point to point course starting at Gorran Haven.
- **Bring Out Your Dead** – 24hour continuous footrace on an approx. 5mile section of coastpath (there is a separate event guide detailing this event)

Competitors running the Black, Red and White events will be bussed from the event village to the appropriate start. There is no additional charge for the bus transport.

Entry

Entry is online via the MudCrew website www.mudcrew.co.uk. The email you receive once you have entered will be your receipt of entry and you will be required to give an email address, which we will use to stay in touch with you about the event. You will not receive any other confirmation or any other information by post. As a company one of our responsibilities is to help look after our environment, we do this in several ways and trying to use less paper is one! You can also stay in touch with all the latest news and information about the event on Facebook and Twitter as well as our website. www.mudcrew.co.uk.

Cancellation, transfers, refunds and late entries

Please read this section carefully and do not enter the event if you are not willing to adhere to these conditions.

We expect the event to be heavily oversubscribed.

Once you have a full entry we are not able to offer any refunds or transfers of your entry.

We understand that things can change. We will accept withdrawals from the race at any time up to the entry closure date of 14th July 2019. Unfortunately, we are unable to offer refunds, so if you do need to withdraw for any reason, you will be able to a defer your entry to 2019. After the 15th July, we are unable to offer any deferments or refunds. You can only defer your entrance once.

Subject to race entry limits, you may also be able to move your entry to another race distance up to the entry closure date.

For safety reasons, we do not allow you to transfer your entry to another person at any time. The person taking part in the event must be the person entered and you may be asked to prove your identity at registration.

We do not allow entry on the day.

Please ensure that you have read and agree to all other terms and conditions and understand the nature of the event before you enter.

For all deferrals or queries about your entry, please send an email to entries@mudcrew.co.uk.

Description of courses

This is a coast path run, its uneven, slippery in places, sometimes exposed, and you should expect stiles, gates, rocks, steps and hills. It is 95% multi terrain with a few short road sections where the path shares the public highway. The route is well signed, but while the coast path is defined along most of its length there are a few places where you could go adrift. This is a self-navigating and self-sufficient event, there will be marshals and check points at set locations, but you should not rely on others or the MudCrew team to be on hand to show you where to go! Unless otherwise instructed, avoid beaches and paths that look as though they lead to the beach. All Checkpoints have water and ample nutrition. Do not miss a checkpoint and be aware of the strictly enforced cut-offs. Leave no litter and take care – the route is precipitous in places.

Please note: you will be asked to sign a waiver when you enter to say that you have understood the nature of the route and all other race rules and have read the event guide and our terms and conditions.

Distances

From	To	Miles	On course at mile...			
			Plague	Black	Red	White
Porthpean	Pentewan	5	5			
Pentewan	Mevagissey	2.5	7.5			
Mevagissey	Gorran	3.5	11			
Gorran	Carhays	5	16			
Carhays	Portloe	4	20			
Portloe	Porthscatho	8	28			
Porthscatho	St Anthony	4	32			
St Anthony	Porthscatho	4	36	4		
Porthscatho	Portloe	8	42	12		
Portloe	Carhays	4	46	16	4	
Carhays	Gorran	5	51	21	9	
Gorran	Mevagissey	3.5	55.5	24.5	12.5	3.5
Mevagissey	Pentewan	2.5	58	27	15	6
Pentewan	FINISH	5	64	32	20	11

Route Mapping

A copy of the entire route (64m Plague) can be found here :

<http://tracedetrail.com/en/trace/trace/46618>

All courses use, in some part, this section of coastpath

Cut Offs

Please be aware that there are strict cut-offs in operation and please do not enter if you feel that you are unlikely to make these cut-offs. This is a running not a walking event.

Checkpoints, water, nutrition and any marshalling will start to be withdrawn from the course after the cut-offs and participants will not be able to continue. There will be a sweep safety runner who will be running to meet the checkpoint cut-offs.

Checkpoints

Checkpoints are provided at strategic intervals on all the routes. Here you will be checked in and water and nutrition will be available as well as lots of encouragement to get you on the way to the finish.

Important Race Day Times and Cut Offs

RACE START	00:05		08:30		11:00		12:45	
	Open	Cut Off/CP Close	6min miles	20min miles	6min miles	20min miles	6min miles	20min miles
	Plague		Black		Red		White	
CP Pentewan	00:35	01:45						
CP Gorran Haven	01:15	02:45						
CP Caerhays	02:15	05:15						
CP Porthscatho	03:30	07:45						
CP St.Anthonys	04:30	09:00	Start (08:30)					
CP Porthscatho		10:00	09:00	10:00				
Portloe (no checkpoint)					Start (11:00)			
CP Caerhays		13:15	09:45	13:15				
CP Gorran Haven		15:45	10:45	15:45	12:15	14:00	Start (12:45)	
CP Pentewan		17:45	11:45	17:45	12:30	16:00	01:45	15:00
Approx. finish			12:20	19:45	13:00	18:00	14:00	17:00
Registration Open	Fri 18:00		05:00		07:30		09:30	
Registration Closes	Fri 23:00		06:30		09:00		11:00	
Safety Brief	Fri 23:30		06:40		09:10		11:10	
Bus Loading			06:45		09:15		11.15	
Buses Leave			07:00		09:30		11:30	
Approx. finish			12:20	19:45	13:00	18:00	14:00	17:00
CUT OFF		20:00						

Medals / Race Clothing

Upon finishing all participants will receive a unique “survivors” medal that you can wear with pride all evening long, while celebrating at the event village. Participants for the Plague will receive a high viz. competition vest which must be worn as an outer layer during the event.

Competitors will also have the option of ordering an event running tee, event hoodie, event technical vest and/or an event buff at extra cost, when they enter. Any clothing ordered will be available at registration. Please be aware that any clothing not picked up at registration before 4pm on Saturday, will be released for general discounted sale.

Event Village

The event village will be at Porthpean Outdoor Education Centre. Here you will find everything you need to make a great weekend. This is where you can register and is the finishing venue for all the distances.

Camping

Camping is available at the event village on the Friday and Saturday nights.

Access to the campsite will open at 5pm on Friday. There are no vehicles permitted on the campsite and all tents and luggage will need to be carried from the nearby carparks to the camping field. Campervans are allowed but will be positioned in the carpark in a normal car park sized space – No additional awning or tents are allowed with campervans and you must sleep in the van. Sorry but we cannot accept large motorhomes or any caravans.

No barbeques or open fires are permitted on site but camping stoves are allowed. Campers are kindly asked to respect their neighbours and the close proximity of others and to keep noise to a minimum. Fresh water is available from numerous parts of the site and there are excellent toilet and shower facilities. There are no specific marked pitches, so please be considerate to other campers when arranging your space.

A weekend camping pass costs £25 and covers a family of two adults with their children in one tent sized correctly for their family. Additional adults and/or large tents will need to purchase an additional camping pass. All camping passes allow for camping for two nights on Friday and Saturday. Camping must be purchased when you enter online. Upon arrival at the race campsite you will be issued with a camping pass which must be displayed on your tent / campervan. Well behaved dogs are permitted on site but not in any of the races, please be mindful of your fellow campers and pick up after your dogs. Please note that the site needs to be vacated by 12 noon on Sunday. Carpark gates will be locked at 12 noon on Sunday. If you are unsure of the camping rules or need any further information about camping, please address any questions to entries@mudcrew.co.uk.

Festival Catering and Entertainment

Food and drink will be available at the event village throughout the weekend. Hot food and drink (with options for runners) will be available from Friday evening through to breakfast on the Sunday morning. The bar will be open on Friday and Saturday evenings until about 11pm. Our entertainment plans include a disco with DJ on Saturday evening.

Registration and Busses

Registration will take place at the event village at Porthpean. You must register here to take part in the event. Your kit will be checked and you will pick up your race number and timing chip when you register. Plague runners start their race at the event village. For the Black, Red and White routes you will be taken by bus to your start point. Busses will be leaving the event village on time. It is vital that you ensure you register early and don't miss your registration slot or bus leaving time. Registration will be open on Friday night from 7pm until 10pm for anyone wanting to register early for any of the route. Registration and bus times on the day of the event are as follows:

Plague 64 mile (100k) Registration: 21:00 – 23:00 (Friday evening) all competitors must attend the safety brief at 23:45. Plague Starts at 00:05.

Black 32 mile Registration: 05:00 – 06:30 all competitors must attend the safety brief at 06:40 busses will leave at 07:00 without exception. Black RAT Starts at 08:30.

Red 20mile Registration: 07:30 – 09:00 all competitors must attend the safety brief at 09:10 busses will leave at 09:30 without exception. Red RAT Starts at 11:00.

White 11mile Route Registration: 09:30 – 11:00 all competitors must attend the safety brief at 11:10 busses will leave at 11:30 without exception. White RAT Starts at 12:45.

Anyone that misses their bus, fails to register or does not have appropriate kit at any point during the event will forfeit their place and will not be able to take part.

Equipment List

Please note that for 2019 this event will be eliminating single use plastics. Participants will have to carry and use their own race cup for drinks at the checkpoints.

The following items are mandatory and must be carried by all Plague 64mile (100k) participants at all times. Kit checks will be carried out at registration. Additional random kit checks could be conducted on route at any time and/or at the finish.

- **Race Cup**
- Waterproof jacket (with taped seams)
- Long sleeve warm top
- Mobile phone
- Rucksack
- Hydration system (bladder or bottles, min capacity 1 litre)
- Emergency Blanket (foil type)
- Head wear (cap or similar headwear)
- Gloves
- Head torch (with minimum brightness level of 100 lumens)
- Spare battery set for Head torch
- Nutrition (gels, bars, energy food etc.)
- Special Plaque visibility vest (provided free at registration – must be worn as top layer)
- Red Flashing Tail Light – must be worn at all times on back of rucksack or waist pack

The following items are mandatory and must be carried by all Black 32mile and Red 20mile participants at all times. Kit checks will be carried out at registration. Additional random kit checks could be conducted on route and at the finish.

- **Race Cup**
- Waterproof jacket (with taped seams)
- Long sleeve warm top
- Mobile phone
- Rucksack or waist pack
- Hydration system (bladder or bottles, min capacity 1 litre)
- Emergency Blanket (foil type)
- Head wear (cap or similar headwear)
- Nutrition (gels, bars, energy food etc.)

The following items are mandatory and must be carried by all White 11 mile route participants at all times. Kit checks will be carried out at registration. Additional random kit checks could be conducted on route and at the finish.

- **Race Cup**
- Mobile phone
- Water bottle (hand held or similar, min capacity 300ml)
- Head wear (cap or similar headwear)

The following items are not mandatory but could also be considered for all routes.

- Blister plasters
- Sun Cream
- Sun Glasses
- Electrolyte energy drink
- Lubricant (Bodyglide or Vaseline type)
- Money for Emergencies
- Small basic first aid kit

Directions to the Event Village and Race HQ PL26 6AZ

From the A30 - take the exit marked St Austell at Innis Downs onto the A391. Stay on the A391 following signs for St Austell, through Bugle and Stenalees until you reach a large round about, take the first exit and follow the A391 until you meet a double mini roundabout. Turn right at the first roundabout and straight through the second, staying on the A391 and following signs for St Austell. Go straight through 4 more roundabouts, following the A391 until you reach a large traffic light junction at the bottom of the hill. Turn right onto the A390 heading west.

From A390 heading west - follow the A390 through three sets of traffic lights and at a large roundabout take the second exit. Follow this road for 100 meters and at a traffic light junction turn left onto Porthpean Road. From Porthpean Road - follow this road for one mile. When approaching the race village please slow down, take care and look out for pedestrians. Follow the signs and any staff instructions into the car parks. There is ample parking on site.

From A390 heading east - after entering St Austell continue on the A390. At a double roundabout continue straight on staying on the A390. After half a mile continue straight on at the next roundabout again staying on the A390. Follow this road for 150 meters and at a traffic light junction turn right onto Porthpean Road. From Porthpean Road - follow this road for one mile.

When approaching the race village please slow down, take care and look out for pedestrians. Follow the signs and any staff instructions into the car parks. There is ample parking on site.

A copy of the entire route (64m Plague) can be found here :

<http://tracedetrail.com/en/trace/trace/46618>