



Blackhead - 6miles from the finish of The RAT

MudCrew : The RAT - 3 weeks to go !

Hello RAT runner,

Sunday 23rd July 2017 is a crucial date for us here at MudCrew. It is the date by which we have to have everything signed off and finalised for The RAT. At midnight on Sunday all our entry systems close and we start working to get everything sorted for the big day.

So, if you need to make any changes to your entry, order clothing, book camping or MOST IMPORTANTLY NEED TO DEFER YOUR ENTRY, (which we very much hope you don't need to do) it has to be done before midnight on Sunday 23rd. After that date it will be too late to make any alterations and if you are unable to make the start line unfortunately you will forfeit your place. Sorry to stress this point but each year we get enquiries from people right up to the day, asking to defer to next year. All deferrals must be sent to entries@mudcrew.co.uk

As long as your email is dated 23rd July or earlier, we will sort it for you.

If you have any additions, you can simply log in and make those yourself, again before midnight on Sunday. We will be unable to take any further orders for clothing after that time.

Whilst we are talking about clothing, if you have ordered vests, T-shirts, hoodies or wrags, these will be waiting for you at registration. If you are unable to attend, just let us know that either someone else is collecting it for you or you will be collecting it after the event and we will arrange that for you. Any items that have not been collected and no arrangements have been made regarding them will go on general sale after registration closes.

Remember, camping must be pre booked PER PERSON. If you have extra people in your party than you have booked for, payment will be taken on the day but this must be in cash. We stress that it is important to have booked it before though, so we know how many people we need to accommodate and most importantly, cater for!

Oh, that does mean it is only 3 weeks to go, by the way!

3 WEEKS! HOW DID THAT HAPPEN, I HEAR YOU ALL SHOUT!!

We are working really hard behind the scenes to get everything ready for you. It is important that you are doing the same. Make sure you have read the event guide and the very important kit list. If there is anything on there you are unsure about, now is the time to ask. Email me on jane@mudcrew.co.uk and I will do my best to help. Please do not use this email for deferrals.

The route The RAT follows is on one of the most beautiful stretches of the Cornish coastline so we want to give spectators as much of an experience as the runners. Here is a brief guide, to help you to help them with the best places to go. Remind them that some of the villages are less accessible than others and we will be sharing the area with locals and holidaymakers alike. Advise them to be careful where they park and not to block any lanes or driveways, with their vehicles! Emergency vehicles may still need to access the areas and our continued success relies on the support of the people in the areas we run.

There are several places along the route where viewing the race is possible but I have limited my information to those places where I think you will enjoy it the most and where there are venues that you can partake of some refreshments! People should be able to make use of local car parks and there are toilets. Tell your family what you are wearing on the day so they can look out for you approaching. Remember, if you are a Plague Runner, you will be wearing your green Plague Victim vest, so should be easy to spot! Also, I have limited this to the Saturday, during the day. It is worth remembering, St. Anthony's Head is the start point for the Black and the turn around point for the Plague. There will be no checkpoint facilities here. Black RAT runners, you will have the pleasure of seeing some of the Plague runners at their half way point. Be kind, give them words of encouragement and let them use the loo ahead of you, if time will allow!

IMPORTANT SPECTATOR INFORMATION. THERE WILL BE NO ACCESS TO PORTHOLLAND DURING THE HOURS MIDNIGHT TO 8am DUE TO A REQUEST FROM RESIDENTS. ANY SPECTATORS WHO ARRIVE DURING THE NIGHT WILL BE TURNED AWAY BY CREW.

This is a tiny hamlet and we would suggest that no one spectators in that area for the duration of the event.

1. Porthscatho

For Black Rat (32 mile) runners and the return leg of the Plague, the checkpoint is in the council car park at the top of the village. Approximate timings are as follows.

Black Rat – 6 minute mile – 9am.
20 minute mile – 10am

The Plague – 8 minute mile – 9.40am
15 minute mile – 10.15am
This is based on a Plague Runner leaving St. Anthony's Head at 9am.

2. Portloe

This is where the Red Rat (20 mile) starts at 11am. There is a checkpoint here for mile 12 of the Black and mile 44 of the Plague. Approximate timings are as follows.

Black Rat – 6 minute mile – 9.45am
20 minute mile – 12.45pm

The Plague – 8 minute mile – 10.40am
15 minute mile – 12 midday

3. Gorran Haven

The 11 mile White Rat will be starting from here at 12.45pm, so from here on in, spectators will be able to see runners from every race, making their way to the finish village. The Plague Runners will be 53 miles into their 64 mile event! Black will be on mile 21 and Red on mile 9. Please encourage each and every one of them! You will see a variety of emotions, simply by looking at their faces. Pick your words of support carefully! "You are nearly there" should always, without exception, be reserved for the final 100 yards of any race! So probably best not to shout it out at this point! Also "Blimey, you look dreadful, are you tired?" is best said in your head and not out loud, to a Plague Runner!

Black Rat – 6 minute mile – 10.45am
20 minute mile 3.45pm

Red Rat – 6 minute mile – 12.15pm
20 minute mile – 2pm

The Plague – 8 minute mile – 11.50am
15 minute mile – 2.15pm

4. Caerhays Beach Hut

This is a fabulous place to see all the runners from each event. It is a lovely little place, where you can buy a whole host of goodies, from a cup of Twinings Tea to a pasty or a burger. We have pre ordered perfect weather so this should be a stunning location to see the coast path in all its glory!

5. Mevagissey Harbour and Sharksfin, Mevagissey.

Again, this is yet another fantastic viewing platform for the event. Check out <http://www.thesharksfin.co.uk/>

6. Ship Inn, Pentewan

Anyone for Pimms? Or a glass of orange juice in the sunshine? This is the perfect place. Here you will find a checkpoint for all distances and it is bustling and busy and all runners have the finish in their sights and minds! Plague runners will be at mile 59, Black at 27 miles, Red at 15 & White at 6. This will be the final checkpoint, before the final leg to the finish. It is a fantastic place to give final words of encouragement and enjoy Cornwall at its best! Your supporters will also be able to enjoy Pentewans beer festival at the same time but tell them to make sure they make it back to Porthpean, to see you finish and enjoy the party!

Black Rat – 6 minute mile – 11.45am
20 minute mile 5.45pm

Red Rat – 6 minute mile – 12.30pm
20 minute mile – 4pm

White Rat – 6 minute mile – 1.45pm
20 minute mile – 3pm

The Plague – 8 minute mile – 12.40pm
15 minute mile – 1.45pm

7. Porthpean

This is our event village and race HQ. Here you will find food outlets,, a bar, a coffee stand and entertainment, which will start up at 4pm. The runners finish will be right in the heart of the village. Spectators can line the route of the final stretches of the race and the atmosphere will be buzzing! The absolutely best thing that a runner can experience at the finish of an event of this nature is cheers and applause. When you see a runner crossing that line, make us much noise as you possibly can! Remember, they will have run 64 miles, 32 miles, 20 miles or 11 miles. Many of them will have run the furthest they have ever run in their lives and on really tough terrain. Do not underestimate the achievements of these guys and girls. They are simply awesome!

Black Rat – 6 minute mile – 12.20pm
20 minute mile – 7.45pm

Red Rat – 6 minute mile – 1pm
20 minute mile – 6pm

White Rat – 6 minute mile – 2pm
20 minute mile – 5pm

The Plague – 8 minute mile – 1.15pm
15 minute mile – 5pm

So, there you have a brief spectator guide. Clearly, we are unable to be more specific with timings for individual runners but you will be able to give your supporters an idea of where they may be able to see you.

If you are in the fortunate position of having support throughout the race, consider asking them to carry those things that you are unsure whether or not you will need. There are things that we like to have access to, that are not on the kit list and we don't want to carry in our packs. These are not vital things that you know you will need. Remember, you may miss your spectators if your pace is different than you anticipate and you need to have your essentials about your person!

Examples of these are as follows but everyone is different, they are really based on personal experience!

- Plastic bag containing a wet flannel! If it is hot, really refreshing.
- Wet Wipes.
- Extra running kit, socks, top, etc. over and above what you are carrying.
- Flat full fat coke! Nectar! Available at checkpoints so just for in between times.

As I say, these are just a few examples but you get my drift!! I must reiterate though, this is IN ADDITION to the kit you will carry, not INSTEAD OF!

As stated, the campsite and race HQ will be open and accessible from 5pm on the Friday evening. **Please do not arrive before 5pm.** Registration doesn't open until 6pm and there will be plenty of time to register and set up camp. Remember, it is one reasonable sized tent per entry. Generally speaking, your tent needs to be the right size for the number of people inside it! If your party contains one runner, a tent for maybe yourself and a couple of supporters is acceptable. If you turn up with a bell tent for 10, you may fall foul of our campsite crew! With almost 1000 runners this year, space will be at a premium. No gazebos, no pop up add ons, no wind-breaks etc. Also, no open fires or bbqs. We all need to be packed up and gone from the site by 12 noon on the Sunday. Take all your litter with you so pack your black bin bags!

Whilst we are on the subject of litter, here at MudCrew we are proud of our record on looking after the environment. We are so fortunate to have Cornwall as our playground, especially the bit of it around the edges! Please, Please, Please. Do not leave any litter, intentionally, on the coast path. I am certain that you will not be carrying anything so large that you can't take any wrappers etc. with you and hand them in at a checkpoint or dispose of them in the numerous litter bins along the route. Accidents do happen, we know that, so if you happen to come across the odd gel packet or mars bar wrapper, pick it up and bin it for us. Our fantastic sweep crew will double check as they go along but they also have to collect all our signs and bring them back to HQ, a task in itself, so it would be brilliant if they came back litter free this year!

FAQs.

1. Will there be a photographer this year.
Yes, we are fortunate to have Mark Matthews of Bluekite Communications at the event this year. <http://www.bluekitecomms.co.uk/> We will release free to share photography of your RAT exploits after the event.

2. If the weather is bad, will you cancel the event?
In a nutshell, no. A full safety risk assessment has been carried out and the event will go ahead, with your safety of paramount importance. (But, we are MudCrew!)

3. I don't have any supporters coming. What happens if I have to pull out?
Hopefully, this won't happen. But if it does, make sure you inform a marshal or ring race HQ to let us know what has happened. We will get you back to the race village.

4. I am travelling down by train. How do I get to the start and is it far?
It is a short taxi ride, taking only about 10 minutes. Local firms will know the location.

5. Is it ok to use a Go-Pro?
Of course it is and we would love to see the edited footage of your run!

6. Do you take drop bags out onto the route?
No, we don't but we are confident you will be happy with the supplies at our check points. They are manned by ultra runners and will be stocked with the type of refreshments we know you will appreciate!

Ok everyone, we are getting close now! The excitement is building and we are reaching levels of busy I didn't think possible! We love every minute of it! If you have any worries or concerns and they haven't been covered in the emails, contact us, we will try to help. The Roseland August Trail Facebook page is full of useful information and is a great place to make contact with other runners. Consider sharing information to and from the event, both to save on parking space and fuel but also to have some company before and after the event.
There will be one final email to remind you it is one week to go and then we really will be on the final countdown!

Best wishes to you all from HQ,

Team MudCrew!

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St Anthony - Turnaround on the Plague and Start of Black RAT

MudCrew : The RAT - 4 weeks to go !

Hello RAT runner,

It's already the middle of July and before we know it, August and the 2017 Rat will be upon us. We hope your training has gone well and you are looking forward to arriving at Portphean as much as we are. Rest assured, we are very busy behind the scenes, making sure everything is ready for you.

Please be sure to read the event guide on our website as it contains all the information that you need. In the previous email, we gave you details of the different registration times for each event. Several people have come back to us, asking if they can only register between those times.

As per the event guide you may register at any time before your particular event. When registration opens on the Friday evening at 7pm ANYONE can register. Priority will be given from 9pm for Plague runners but you are welcome to register at any time after 7pm. Registration will close on the Friday at 10pm and then will re-open at 5am on the Saturday morning. I hope that clarifies the situation for you.

If you are camping, you are welcome to arrive from 5pm on the Friday. You will not be able to gain access to the site before 5pm so please, don't turn up during the day, expecting to come in! The car parks will be locked until 5pm.

There will be marshals on site, directing you to one of two car parks. Just let them know if you are camping or not and they will help. If you come on the Friday to simply register and leave, you will be asked to park in the short stay car park. This will also be for people who arrive on the Saturday and are intending to drive home after they have run. Anyone who is camping or staying in a campervan will use a different car park. Just follow the marshals instructions.

Remember, if you are staying overnight, you will need to have purchased camping on your entry and this is required for every person in your party regardless of whether they are competing or not. If you are unsure, log in to your SI entry and check.

The short stay car park is in close proximity to The Little Harbour childrens hospice so under no circumstances will anyone be permitted to sleep in their vehicles in this car park. It is vital that we respect the privacy of the staff and patients.

Mandatory kit.

Please be sure to read the kit list pertinent to your distance. You will be required to go through kit check before you are issued with your race number so bring ALL of your kit to registration. No kit – no registration – no exceptions! We take your safety very seriously and you will not be able to register without your kit. There will also be random kit checks throughout the event and again at the finish. If you borrow someone's kit to get through registration and don't carry it with you, you risk disqualification so don't do it! You must register in person and please, do not allow someone else to register in your name.

Here is a reminder of the kit that you will need to pass kit check. If you are unsure about anything, please feel free to contact us on jane@mudcrew.co.uk. We would much rather answer your queries now than turn you away at registration,

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 and at the finish.

- 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 Plague visibility vest (provided free at registration – must be worn as top layer)
- Glow Stick (provided free at registration – must be worn at all times on backpack 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.

- 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 11mile 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.

- 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

TAPED SEAMED WATERPROOF JACKETS!!

This has already started the usual debates on social media so hopefully this will clarify the situation!

A waterproof jacket is mandatory kit for the Plague, the Black and the Red Rat. For a jacket to be waterproof, it has to have taped seams. If you are unsure, refer to the manufacturers details. Showerproof, water resistant and windproof jackets will not pass kit check.

Here is a handy link, explaining the difference. Have a read.
<https://www.mountainwarehouse.com/expert-advice/waterproof-jacket-guide/>

As usual, there will be a fine array of food and refreshment outlets at the event village, along with physio services.

Food will be available for you to purchase during the following times:

Friday 11th 5pm until 10pm.
Saturday 12th 6am until 11am, during the day as required for spectators/family and until 10pm, once all competitors are back in the event village.
Sunday 13th 8am until 10.30am.

Everyone, including us, must be cleared up and gone from the site by 12 noon.

Once the menus have been finalised, we will give you more details of what you can expect but suffice to say, we are working with some fantastic, local caterers providing pizza, game and Thai street food and you will not be disappointed! Our famous coffee guys will be there to entertain you and with Tesco Community supplying fresh fruit at the finish, it will make those steps seem even more worthwhile!

EVERYTHING ULTRA

As part of the Roseland August Trail weekend festival your opportunity to hear a motivation talk from Jo Meek, GB ultra trail team member and Scott Running sponsored athlete.

MEET THE ELITE

Friday 11th Aug 8.30pm
in the R.A.T barn
Free admission, all welcome.

MudCrew EVENTS

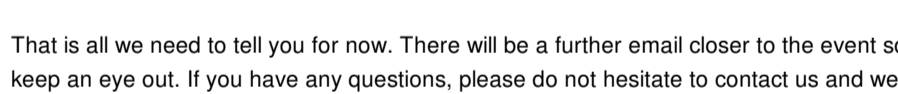
We are absolutely thrilled to welcome GB ultra trail team member, Jo Meek, to the event this year. Jo will give a talk in The Rat Barn at 8.30pm on the Friday evening. Everyone is welcome and admission is free. Jo will also be taking part in the White Rat and will be helping to hand out medals at the finish. Jo is an extremely accomplished Ultra runner and and thoroughly lovely lady! Come and be inspired!

That is all we need to tell you for now. There will be a further email closer to the event so keep an eye out. If you have any questions, please do not hesitate to contact us and we will do everything we can to help.

Best wishes

Team MudCrew

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