



presents: The “RaidLight” Arc of Attrition 2019

The UKs toughest winter 100mile ultra footrace



The Arc of Attrition is an extreme winter 100mile footrace with competitors running in challenging winter conditions.

The Arc is a point-to-point race from Coverack to Porthtowan taking in 100miles of stunning and dramatic Cornish coast-path and will complete an Arc around the entire south west foot of Cornwall. The race has a strict 36hour cut-off with additional checkpoint and safety cut-offs on route. With checkpoints approximately 20 miles apart, competitors will need the ability to be self-sufficient for long periods of time.

The extreme nature of this event means it has been awarded 5 points towards UTMB qualification.

As safety is our primary concern, competitors will need to carry mandatory kit at all times and will be subject to a kit check at registration and random kit checks throughout the event. We would strongly recommend and advise the use of your own support crew. The cost of entry is £163 (£165 unaffiliated) and includes the hire of a compulsory GPS tracking device which allows race HQ (and friends and family) to track your progress online.

The race starts at 12.00 noon on Friday 1st February 2019 and competitors will be bussed to the start area from the race HQ at the Eco Park in Porthtowan. TR4 8HL. Grid Reference SW 696 468.

Although it follows a way-marked route, this is a self-navigation event and ONLY suitable for experienced ultra-runners. There is an entry requirement of at least a 100km finish and considerable experience of night time running. We reserve the right to refuse an entry if we believe you do not have the right level of experience to compete in this event safely. If this is the case we will refund any monies paid in full.

Please note that the event has an average DNF rate of 54%.

All competitors will receive an event hoodie at registration and all finishers will be awarded an exclusive and much coveted MudCrew 100mile buckle. Black Buckle – sub 24 hour finish, Gold Buckle – Sub 30 hour finish, Silver Buckle – Sub 36 hour finish.

Arc of Attrition 2019 - 12 Noon - FRIDAY 1st February 2019

Key Info, Where, Parking, Registration, Race Start and Facilities

- Registration and kit check will be at the Eco Park, Porthtowan. TR4 8HL.
- Ample parking on site – please follow any directions and signage. Please do not park in the marked bus waiting areas.
- Registration is open from 7am and will close promptly at 9.30am on Friday. Follow signs to registration from the carpark.
- Registration is also open on Thursday evening between 5pm and 7pm. You will still have to arrive in good time on Friday morning as we will need to allocate and fix your GPS tracker and you need to attend the compulsory safety brief.
- Every Runner **MUST** register at Porthtowan and attend the compulsory safety brief before getting on the bus and traveling to the start.
- Buses will leave promptly at 10.30am.
- At registration you will be issued with a map showing all four course checkpoints and our suggestions (with grid references) describing where support crew can easily access the route.
- Please bring your support crew contact details as well as your own details to registration as we will be recording these on the day in order to ensure we have the most up to date information.
- Once you have registered and we have checked your kit, you will be issued with a GPS tracker, which will need to be attached to your rucksack, we will help you with this. Please do not lose this as you will be charged for a replacement.
- **Medical and Race brief is at 9.30am. It is compulsory that you attend.**
- Busses leave The Eco Park for Coverack promptly at 10.30am. All participants must travel to the start of the race on the bus or MudCrew support vehicles.
- The race starts at 12 Noon in Coverack. TR12 6TF. SW 784 186. There are public toilets available and competitors must be dressed ready to race. No kit can be left on the bus or at the Eco Park in Porthtowan.
- The Race finishes at the Eco Park, Porthtowan. We'll open the bar at around noon on Saturday and start the party to welcome you back.
- All competitors will receive an event hoody at registration and all finishers will be awarded an exclusive and much coveted MudCrew 100mile buckle.
- Camping is available for tents and campervans at the EcoPark Porthowan. Further details and bookings can be made direct to them. Details at mpecopark.co.uk 01209 891500.

Route Details

Participants will complete a point to point 100mile course entirely along the Cornwall Coast-path National Trail.

Total elevation over the route is 4010m.

Race starts at Coverack and finishes at Porthtowan.

Course is mostly coastal trail although there are some short sections of road where the coast-path shares the public highway. The course will not be waymarked although is well signed with the National Trail acorn symbols.

There are 4 x Checkpoints on route spaced at approx. 20mile intervals. (see more detail below).

Route map can be viewed here: <https://tracedetrail.com/en/trace/trace/46621>

A gpx file can also be downloaded from the Arc of Attrition page on our website - mudcrew.co.uk.

Checkpoints

There are four Checkpoints on route.

Each checkpoint will be well stocked with at least three hot food options, hot drinks and a selection of other goodies and ultra-fare, including cold drinks, water and coke. There are toilet facilities at all locations, which have seating, are inside, sheltered and warm.

In order to keep the checkpoints exclusively for participants, only one member of the runner's support crew will be allowed to access the checkpoint and this must be only with their runner. You will be issued with one crew checkpoint pass at registration which will need to be shown to the checkpoint manager to gain access with your runner.

Checkpoints are located in residential areas and we would ask participants to respect the local neighbours and keep all noise to a minimum.

In addition, MudCrew will have several mobile support crews shadowing front, mid and rear runners for the duration of the event and will be found at suitable access points between the checkpoints. Each crew will have emergency water, coke, gels and nutrition.

Dropouts

If you need to drop out of the race for whatever reason you **MUST** return to Race HQ at Eco Park, Porthtowan ideally transported by your own support crew.

Any unsupported runners will be transported by MudCrew event support back to race HQ but priority will be given to runners still on the course.

Once you arrive at race HQ please return your tracker as well as notifying race staff that you have withdrawn.

If you do not do this, you will be treated as missing and may incur call out charges from the emergency services and the coastguard. You will also incur a charge for not returning your GPS tracker.

Support Crew

Although this is a supported event with checkpoints and medical cover, due to the extent of the course and the time of year, we strongly advise you to have your own support crew.

We recommend that your crew have their own transport and are contactable by mobile phone during the weekend. We will ask you for their contact details when you register.

It may also be beneficial for them to have internet access which will allow them to track your progress using our online GPS tracking system.

Your support crew should be able to give you additional support out on the course and be available to pick you up in case of drop out or injury.

It is **compulsory** to have a supporter to drive you from HQ after the event if you are leaving immediately particularly without sleeping. We will ask you for evidence of this at registration.

Unsupported runners without their own support crew, are permitted a small drop bag which will be available at the Land's End checkpoint only. Unsupported runners should bring their drop bag to registration where it will be transported to the Land's End checkpoint for you. Once the checkpoint has closed, all drop bags will be transported back to the race finish at The Eco Park, Porthtowan. Supported runners are not allowed drop bags.

Kit

Warning: This is a footrace for experienced ultra runners who must have the ability to be self-sufficient for long periods. Please note the average DNF rate of 54%.

Mandatory Kit: The below list is compulsory. Your kit will be checked at registration and could also be subject to random checks at any time during the event and also at the finish. **You risk disqualification if you do not have all kit with you at all times.**

- GPS tracker compulsory supplied and attached to your pack at registration.
- Quality waterproof jacket (taped/sealed seams. Minimum 10k HH waterproofing)
- Quality waterproof trousers (taped/sealed seams)
- Long tights / leg cover
- Warm hat
- Water resistant peak cap (only needed if no peak on waterproof jacket)
- Buff
- Emergency survival bag (suitable to provide full body cover) (pictured)



- 2x long sleeve base layer (minimum – one can be worn)
- Whistle
- Mobile phone (fully charged and in a waterproof case)
- 2x head torches each with spare batteries and/or spare charged battery pack (minimum 100 lumens each)
- Red tail light (to be switched on and worn on back of pack at all times) – including those red tail lights incorporated into the headtorch.
- 2x sets of gloves. Liner and waterproof / Goretex type
- Capacity to carry minimum 1.5 litres of water
- Emergency Food / Nutrition
- Rucsac
- **Foldable reusable rubber/silicone drinks cup (to reduce plastic usage no disposable cups will be provided at the checkpoints)**
- Outline simple route guide showing checkpoints and cut-offs and safety information (you will be issued a copy of this at registration and your support crew can also have a copy).

Please Note: additional items of kit may be added based on expected weather conditions. If necessary, we will advise you by social media in the days leading up to the event what additional items may be required.

Advisory Items: Although the route follows the coast-path National Trail and is well marked, for those that wish to follow and navigate the route more closely, the following Ordnance survey maps cover the entire route. (shown in order of use).

- OS Explorer 103 The Lizard
 - OS Explorer 102 Land's End
 - OS Explorer 104 Redruth and St Agnes
- (Copies of these maps may also be useful for your support crew).

Cut off times and Support Crew Access Points

To checkpoint 1 - Coverack to Porthleven. Section total : 24.5 miles.

Checkpoint Village Hall, Porthleven. TR13 9AB. SW 630 259.

Cut Off at Porthleven : 19:30 Fri

Support Crew Access points for this section (suggested):

Cadgwith Cove 7 m

Lizard point 10 m

Kynance Cove. 12.5 m

Mullion Cove. 17 m

Church Cove Gunwalloe 20 m

To checkpoint 2 - Porthleven to Penzance. Section Total : 13.9 miles.

Checkpoint Sailing Club, Penzance. TR18 2LL. SW 477 304.

Cut Off at Penzance: 23:45 Fri

Support Crew Access points for this section (suggested)

Praa Sands 4.5 m

Perranuthnoe 8.5 m

Marazion 10.8 m

To checkpoint 3 - Penzance to Lands End. Section Total :16.5 miles.

Checkpoint Café, Land's End Hotel. TR19 7AA. SW 343 250.

Cut Off at Land's End : 06:30 Sat

Support Crew Access points for this section below (suggested):

Newlyn 2.0 m

Mousehole 3.7 m

Lamorna 6.1 m

Penbeth 10.3 m

Porthcurno 11.5 m

Porthgwarra 12.7 m

To checkpoint 4 – Land's End to St Ives. Section total : 24 miles.

Checkpoint Guild Hall, St Ives. TR26 2NE. SW 517 404.

Cutoff at St Ives : 14:00 Sat.

Support Crew Access points for this section (suggested):

Sennen 1.2 m

Cape Cornwall 6.4 m

Pendeen Watch Lighthouse 10.4 m **(additional safety cut-off 09:00 Saturday at Lighthouse Car Park)**

Please note: This is a very remote section of the course with little access by vehicles except in these two locations and we need to advise of the dangers of old mine workings. This is also the most difficult section to navigate.

To the finish - St Ives to Porthtowan. Section total : 22 miles.

Finish at the Eco Park, Porthtowan. TR4 8HL. SW 696 468.

Cut Off at Eco Park, Porthtowan : midnight Sat.

<http://www.mpecopark.co.uk/>

Support Crew access points for this section (suggested):

Lelant 4m

Hayle 6 m

Gwithian 10 m

Godrevy 11 m (**additional safety cut-off 19:00 Saturday at Godrevy Café Car Park**)
Portreath 18 m

Overall cut off is 36 hours.

Please note that all cut-offs will be strictly enforced. To avoid being cut-off and withdrawn, you must arrive at the checkpoint before the cut-off and exit the checkpoint no later than 20minutes after the cut-off time.

Please also note the additional safety cut-offs in place at Pendeen Watch Lighthouse Car Park and at Godrevy Café Car Park. You must leave these locations before the cut-offs.

Withdrawal, transfers, refunds and deferrals.

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, deferrals or transfers of your entry. **This event does not offer any deferrals.**

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.

Should you need to withdraw from the event, if you let us know before the entry closure date (midnight 23rd December 2018), we are able to offer you a guaranteed pre-entry option for the event in the following year.

For any information or any queries about your entry please email entries@mudcrew.co.uk.

Other info

- Age Limits : all participants must be 21 years or over.
- Support Runners: Due to the nature of the course NO support runners are permitted on the route. Members of a runners support crew may access the route to provide needed support but are not permitted at any time to run with race participants.
- The extreme nature of this event means it has been awarded 5 points for UTMB qualification.
- If we believe safety of participants, support crew or members of the public is being compromised in any way, MudCrew reserve the right to stop you from competing in this event at any time. Please only enter if you are willing to accept this.
- Running / walking poles are permitted.
- Unsupported runners without their own support crew, are permitted a small drop bag which will be available at The Land's End Checkpoint. Unsupported runners should bring their drop bag to registration where it will be transported to Land's End checkpoint for you. Supported runners are not allowed drop bags.
- No dogs allowed with participants.
- The 2020 Arc of Attrition is currently scheduled for Friday 31st January 2020. (this is however, subject to change).

More information can be obtained by emailing info@mudcrew.co.uk

**Mud
Crew**