



presents: The “RaidLight” Arc50 2020



Before entering please read this event guide carefully and fully.

The Arc50 is a 50mile footrace with competitors running in challenging winter conditions.

The Arc50 is a point-to-point race from The Minack Theatre, Porthcurno to Porthtowan taking in 50miles of stunning and dramatic Cornish coast-path. By passing Land’s End it will complete an Arc around the extreme south west tip of Cornwall. The race has a strict 15.5 hour cut-off with additional checkpoint and safety cut-offs on route. Competitors will need the ability and experience of being self-sufficient for long periods of time in potentially extreme weather conditions.

The event has been awarded 3 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 £93 (£95 unaffiliated), which includes £15 for the use of a compulsory GPS tracking device which allows race HQ (and friends and family) to track your progress online.

The race starts at 08.30 am on Saturday 1st February 2020 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 runners with some ultra experience. The route follows the cliff path and the terrain can be arduous

and follows the cliff edge in places. There is an entry requirement of a previous, at least a 50km ultra finish. Also bear in mind that the later part of this race will be running in the dark at night and you should ideally have had some experience of night time running prior to the event. We reserve the right to refuse any entry or to withdraw the right for you to take part 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.

All competitors will receive an event beanie at registration and all finishers will be awarded an exclusive MudCrew Arc50 medal.

Arc50 2019 – 08:30 – SATURDAY 1st February 2020

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 area.
- Registration is open from 4am and will close promptly at 6am on Saturday. Follow signs to registration from the carpark.
- 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 06.45am.
- At registration you will be issued with a map showing the course and checkpoint 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 6.00am. It is compulsory that you attend.**
- Busses leave The Eco Park for The Minack Theatre Porthcurno promptly at 6.45am. All participants must travel to the start of the race on the bus or MudCrew support vehicles.
- The race starts at **08.30** at The Minack Theatre in Porthcurno. TR19 6JU. SW 384 223. 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 be given a Arc50 beanie at registration and all who complete will be awarded an exclusive and MudCrew Arc50 Medal.
- Camping is available for tents and campervans at the EcoPark Porthtowan. 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 50mile course entirely along the Cornwall Coast-path National Trail.

Race starts at Minack Theatre, Porthcurno and finishes at The Eco Park, 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 is one main checkpoints on route at St Ives at approx. the 29 mile mark.(see more detail below).

<https://tracedetrail.com/en/trace/trace/80134>

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

Checkpoints

There is one main Checkpoint on route.

The 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. It is inside, sheltered and warm and has toilet facilities.

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.

The Checkpoints and start 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 emergency 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. 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.

There are no drop bag facilities.

It is **compulsory** to have a supporter to drive you from HQ after the event. We will ask you for evidence of this at registration.

Kit

Warning: This is a challenging footrace for experienced runners who must have the ability and experience of being self-sufficient for long periods.

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 base layer long sleeve (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 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 at St Ives – Porthcurno to St Ives. Section Total :28 miles.

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

Cut Off at St Ives : 17:00 Sat

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

Porthgwarra 1.7 m

Land's End 5.0 m

Sennen 6.2 m

Cape Cornwall 11.4 m

Pendeen watch 15.4 m (additional safety cut-off 13:00 Saturday at Pendeen Watch 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 20:00 Saturday at Godrevy Café Car Park)

Portreath 18 m

Overall cut off is 15.5 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. These rulings are strictly enforced.

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. This is strictly enforced.

Withdrawal, transfers, refunds, deferrals 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 to another person.

We do understand that things can change. We will accept withdrawals from the race at any time up to the entry closure date of 31st October 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 2021. After the 31st October, we are unable to offer any deferments or refunds. You can only defer your entrance once.

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.

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.
- This event means it has been awarded 3 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.
- There are no drop bag facilities.
- No dogs allowed with participants.
- The 2021 Arc50 is currently scheduled for Saturday 30th January 2021. (this is however, subject to permissions).

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

