



## presents: The Bring Out Your Dead 24 2019

The UKs toughest 24 hour footrace



An extreme event from MudCrew covering just shy of 5 miles of the Cornish coast path. Not just any 5 miles, the final stretch of The RAT route – 350metres elevation and yes, the steps – 500+ ! How far can you cover in 24 hours?

“Bring out your dead, bring out your dead” the exclamation used during the outbreak of The Plague to let people know the death cart was passing by. If a member of a household had succumbed they would simply be thrown on the top of the pile!

Not everyone survived The Plague. Pustules, pestilence and pain were common place. Suffering was endured on a daily basis. The stench was unbearable.

Come and join us on one of the toughest sections of our coast path. Test yourself and see what distance you can cover. We will support you, we will even offer you sanctuary, but we won't make it easy. You'll need to survive for 24hours to avoid the death cart and the cry “Bring Out Your Dead”.

### Entry

Entry to the Bring Out Your Dead 24 can be made via the website at [www.mudcrew.co.uk](http://www.mudcrew.co.uk)

The cost is £90.00 plus £15.00 for the compulsory hire of your GPS tracker.

You will be required to provide an email address and you will receive an email as confirmation of entry. This will also be your receipt. You will not receive any further confirmation or any information by post. We will keep in touch with you via email, with necessary information regarding the event. As a company we are committed to looking after the environment and

trying to use less paper is one of the methods we employ! You can stay in touch with us and keep up to date with the latest MudCrew and event news via Facebook and Twitter, as well as via our website.

### **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 understand that things can change. We will accept withdrawals from the race at any time up to the entry closure date of 30th June 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 2020. After the 30<sup>th</sup> June, we are unable to offer any deferments or refunds. You can only defer your entry once to the following year only.

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.

Before entering, please ensure that you have read, understand and agree to all the terms and conditions and that you have read the event guide thoroughly.

For all deferrals or any other queries about your entry, please email [entries@mudcrew.co.uk](mailto:entries@mudcrew.co.uk).

### **Course description.**

The BOYD24 is a trail run and will take place on the Cornwall coast path. Starting at The Porthpean Outdoor Events Centre, Runners will Head out through Trenarren and onwards towards Black Head. Here they will be "checked in", allowing them to turn and retrace their steps back to the centre. The total distance is just short of 5 miles, with 350m of elevation. The coast path can be precipitous in places and you will be asked to sign a waiver when you enter to say that you understand and accept the possible risks in taking part in an event of this nature.

**PART OF THIS EVENT WILL TAKE PLACE IN THE DARK AND EXTRA CARE MUST BE TAKEN BY PARTICIPANTS.**

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.

### **Checkpoints.**

There will be a marshalled turnaround point at Black Head, where your race number will be scanned, to ensure completion of each lap.

Event HQ will be at The Porthpean Outdoor Events Centre. Registration will take place here too from 4pm on Friday 9<sup>th</sup> August 2019 and will close at 6pm promptly. Participants will be required to attend a safety briefing at 6,30pm and the race will start at 7pm sharp. The event will continue for 24 hours, finishing at 7pm on Saturday 10<sup>th</sup> August 2019. At that time, participants must complete the lap that they are on to complete the event. Trackers will record the distance travelled during the 24 hours only and no additional distance covered after 7pm on the Saturday will count towards the total but you must complete the lap you are on and

cross the finish line back at race HQ. The winner will be the person who covers the greatest distance in the 24hours.

To remain within the event, participants must remain within the confines of the course. Any participant who leaves the course at any time, for any reason, will be classed as a DNF. The course is defined as from "Sanctuary" at race HQ to the turnaround point at Black Head. Participants must not stop for longer than 20 minutes at any time. Anyone who stops whilst on the course for longer than this will be deemed as RTC. (Refusing to continue.)

On return to race HQ, at the end of each lap, participants will have access to their own food and spare kit. This must be kept in a waterproof, lidded box which will be kept outside. You must provide your own food and nutrition. Mudcrew staff will supply hot water as required. You will have access to toilet facilities at race HQ.

Participants may spend a maximum of 20 minutes in "sanctuary". This will be recorded on the tracker that each competitor is wearing but it is your responsibility to ensure that you do not breach the 20 minute rule. If a competitor is not out on the course, they can only be in sanctuary. Participants must not return to their or anyone else's tents/campers/cars and must not leave the site and visit home. If any participant leaves sanctuary for any reason other than returning to the course will be deemed as a DNF.

**NO CREW PERMITTED ON THIS EVENT. ANY OUTSIDE ASSISTANCE, HOWEVER SMALL, WILL RESULT IN INSTANT DISQUALIFICATION.**

At any time, a participant may declare themselves as refusing to continue. (RTC). If they RTC, they will be invited to burn their high viz BOYD24 vest on the funeral pyre and they themselves will be thrown on the BOYD body pile. The Plague Doctor will be in direct charge of this procedure.

The distance will be measured by a GPS tracker which must be worn at all times. This will be attached to their rucksack at registration.

### **Medals / Race Clothing**

Upon finishing the 24hours, 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 BOYD24 will also receive a high viz. competition vest which must be worn as an outer layer during the event.

The following items must be carried by competitors 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.

- 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) This must be taken out on the course at a time to be decided by the RDs, to ensure it is available when darkness falls.
- Spare battery set for Head torch
- Nutrition (gels, bars, energy food etc.)

- Special BOYD24 High visibility vest (provided free at registration – must be worn as top layer)
- Red Flashing Tail Light – must be worn during hours of darkness on the back of rucksack or waist pack