



EVENT INFORMATION

START TIMES:

Runners will start in one of five waves between 0915 and 1015. **Please find your start time on the spreadsheet attached.** Start times have been allocated according to the predicted run times you gave us when you entered the event. Slower runners are starting in the earlier waves and the fastest runners will start in the final wave at 1015. It is particularly important that fast runners do not start in one of the earlier waves. If you do, you risk arriving at the food / drink stops before they are ready for you. Be warned!

- i) **Please check you are entered for the correct distance and make a note of your start time.**
- ii) **If you believe you should be in an earlier / later wave, please email: hello@deliciouskernowtrail.co.uk**

LATE ENTRIES:

There are still places available on the Delicious Kernow Trail so if you have fun-loving foody friends and family who are yet to enter then do send them along to our [website](#) quick sticks to sign up!

REGISTRATION:

The event start is [Camel Creek Adventure Park](#) (formally known as Cornwall's Crealy) - postcode PL27 7RA. Please arrive at the start at least 30 minutes before your allocated start time to sign in with our registration team and collect your running number. You will be served the first of the day's delicious food tasters before crossing the start line. There will be a mandatory event briefing for all runners before each wave departs. Our registration desk will be open inside the Adventure Park from 08:30. Please follow venue signage.

PARKING AT THE START:

There is plenty of free parking for participants at the start. On finishing the event at [Trevibban Mill Vineyard](#), participants who have left their vehicles at the start will follow a signposted walking route of less than half a mile back to Camel Creek Adventure Park. **Kindly note: parking is available at the finish for spectators only. Participants wishing to bring their cars must park at the start.**

BAG DROP:

Runners may leave a *small* bag at the start which we will transport to the finish. Name tags will be provided and must be attached to all bags.

COURSE:

The route will be way-marked on the day and easy to follow. Participants will collect a list of all Food and Drink Stops along the route when they register at the start. Free samples and tasters will be given to all participants wearing a Delicious Kernow Trail running number. A provisional route map may be viewed via the MapMyRun link on the Trail tab of the website [here](#).

DISTANCES:

Not all footpaths that appear on Ordnance Survey maps exist on the ground in Cornwall! We've made every effort to seek permission from private landowners to follow alternative off-road routes but a consequence of this has been to add a little to the mileage of each route. Therefore the 10 mile route will be nearer 10.5 miles, while the 15 mile route will be nearer 16.5 miles. We hope that the stunning scenery will mean you won't notice the extra yards, but if you are entered on the 15 mile event and wish to change down to the 10 mile event, please [email](#) us.

CUT-OFF TIMES:

15 Miles - Participants must finish the event (at Trevibban Mill Vineyard) by 1530.

10 Miles - Participants will catch a special bus from Harlyn Bay to the Vineyard. The bus will operate a shuttle service on a first come first served basis between 1200 midday and 1430.

An official backmarker will sweep the course, reaching Harlyn Bay no later than 14:30 and Trevibban Mill no later than 15:30. Runners who fall behind the official backmarker risk arriving at food / drink stations to find them closed. Please be warned!

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RETIRING FROM THE EVENT:

If you are injured and/or retire from the event at any point, you must notify the Event Director by texting / calling 07833 586733.

ESSENTIAL KIT:

- Water bottle or hydration system

There will be plenty of places to fill up with water enroute - **please bring your own water bottle / container.**

RECOMMENDED KIT:

- Trail shoes - the majority of the course is off-road

- Water/windproof Jacket

- Basic first aid kit - (blister) plasters; antiseptic wipes; 1 x wound dressing

- Mobile Phone

- Hat, cap or Buff

- Emergency money

FANCY DRESS:

Don't forget this year's fancy dress theme is **Saints and Sinners!** Please bear in mind that we're starting at a children's adventure park so keep your costumes age appropriate. **No overly sinful outfits please!**

DOGS:

Well behaved dogs are welcome on the course but **must be kept on leads at all times.**

SPECTATORS HIGHLIGHTS:

The Start: Camel Creek Adventure Park - Spectators are encouraged to cheer their friends and family across the start line, next to the car park. However, please be aware that spectators may not be allowed into the registration area which will be inside the park. The park is open to the public from 1000 and spectators wishing to make a day of it can buy tickets at a 20% discount if bought online in advance via the park's [website](#).

The Finish: Trevibban Mill Vineyard - Spectators will be made very welcome at the finish! Friends and family can purchase refreshments from the vineyard bar and enjoy a BBQ on the terrace to the beat of [Samba Celtica!](#) The first runners are expected to finish here from 1.30pm onwards. Free parking is available for spectators. The vineyard is in a very scenic spot and we heartily recommend that you encourage friends and family to meet you there.

Most of the food and drink stops along the route will be open to the public on event day. Spectators are encouraged to support these wonderful local businesses. They make great spectator spots to cheer on friends and family! For a full list of stops, visit the [Trail page](#) of our website.

PRIZES:

On finishing, all participants will be awarded an engraved finishers' half pint glass and a goody bag.

Special prizes will be awarded post-event to:

i) The runner who has best embraced the spirit of the event

ii) The best fancy dress costume (Theme: *Saints and Sinners*)

iii) The winner of the CHICKS fundraising prize draw

FUNDRAISING:

The Delicious Kernow Trail is proud to be partnering with local charity Countryside Holidays for Inner City Kids ([CHICKS](#)). We know that some of you have already downloaded a sponsorship form or created an online fundraising page to help raise extra funds for CHICKS. You don't have to collect huge amounts to make a difference. If you can help please visit the [Fundraising tab](#) on our website. Those who raise £50 or more will be entered into a special prize draw. If you think you will be eligible for the prize draw, [email](#) us.

POST EVENT PARTY:

We are currently scouting out locations in Padstow for a post-event party. If you live locally or plan to stay overnight nearby, we'd love to see you there! More details to follow...

SOCIAL MEDIA:

Stay tuned to our social media pages between now and event day for updates and previews. If you're a Twitter aficionado and would like to send live updates from the course on the day, please use the handle or hash tag [@delishtrails](#) or [#delishtrails](#) If Facebook is more your thing, you can post to our wall [here](#).

**We would like to thank all our generous supporters without whom the event could not take place.
Browse all supporters [here](#).**