

South West 3 Peaks Yacht Race Land Rules

Dropping Cyclists off at Newlyn/Polruan and PYH. – The yachts must disembark their 2 cyclists at the agreed points. Bicycles can be either carried on the yacht or by a shoreside support team.

Start in St Mawes: Land Leg 1 St Mawes to St Just and back:

at 10:00 two runners start from outside Sailing Club and run up to the Castle along castle drive and then on the path to St Just, return on footpath alongside A3078 and at water tower join the A3078 and follow it back to the harbour. (This leg will be the only one that has marked signs to aid navigation)

Runners must cross the finish line in front of the sailing club before going down to their dinghies. A dinghy from each boat must wait in the harbour with a crew member aboard to row runners back to their boats.

Equipment Note *the two runners on this leg need carry no extra equipment, the crew member in the dinghy and the two runners must wear lifejackets when rowing out to their yacht.*

Land Leg 2: Newlyn to Porthcurno and onto Land's End and back. Bicycles must be left with the marshalls in the main car park in Porthcurno (opposite the Cable Station Inn). The run to Lands End is along the South West Coastal Path. Runners must take a picture of themselves at the Trig Point at Lands End to prove they have been there and tweet it with the hastag #sw3pyr as soon as possible (always before reboarding their yacht).

Equipment Note the two runners/cyclists will not be required to carry item 3 (hat), item 4 (gloves) or item 6 (tracksuit bottoms) on this leg

Land Leg 3: Polruan to Jamaica Inn and on to Brown Willy and back.

Cyclists/runners must be dropped ashore at the pontoon at Polruan harbour. Cyclists must follow route as per the map and drop their bicycles at the road outside Jamaica Inn car park. Runners must take a picture of themselves at the Trig Point on top of Brown Willy and tweet it with the hastag #sw3pyr as soon as possible (always before reboarding their yacht).

Land Leg 4: Plymouth to Yes Tor (Devon Coast to Coast Cycle Map provided)

Cyclists can choose the fastest route between Plymouth Yacht Haven and the road bridge where the A379 crosses the River Plym, this is where they must join the Sustrans Cycle Route 27 all the way to Tavistock, from there the A386 may be used to reach the Northern Edge of Meldon Reservoir. Leave bikes in Car Park and proceed on foot around Northern Edge of the reservoir then follow the path initially south west along the side of the reservoir and then turning north east to circle around Longstone Hill. Once on the eastern side of the hill Yes Tor should be visible about 1 km to the south east. Runners must take a picture of

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themselves at the Trig Point on top of Yes Tor and tweet it with the hastag #sw3pyr as soon as possible (always before finishing in Plymouth). Then return to the Car Park at Meldon Reservoir and then cycle back to Tavistock and then down Route 27 to the finish at Plymouth Yacht Haven.

Note for cycle Route. *The A386 SOUTH of Tavistock is not to be used at any time.*

RETIREMENTS – In the event of your retirement send a text message to **07971 173 668** to inform the race organiser.

PROTESTS

If a crew wishes to protest another crew then a written protest detailing the grounds must be handed to the event organiser at Plymouth. A protest committee consisting of the race organiser and at least two other members will meet within 48 hours of the finish of the race. Their decision will be final.

GENERAL RUNNING/CYCLING RULES

- 1 Each team must carry the tracker supplied by the race organisers at all times.
- 2 Competitors must remain clearly visible and audible to each other at all times. They must follow routes as specified.
- 3 Any competitor who falls sick or is injured should be assisted back by their partner.
- 4 Competitors must have the clothing and equipment listed below with them at all times (except on the start run in St Mawes). Vests provided by the race organisers should be worn at all times.
- 5 There must be no pacing runners/cyclists.
- 6 Competitors must report to the marshalls before commencing each leg and again on completion.

RUNNERS/CYCLISTS EQUIPMENT

- 1 Roadworthy bike with front and back lights and approved helmet
- 2 Head torch with spare battery. (Note the head torch should be of good quality and not the sort that one would use just to read a map, in previous years competitors with poor quality head torches found it very difficult to run safely at night as they could not see very far ahead)
- 3 Hat or balaclava
- 4 Gloves or mitts

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- 5 One long sleeved top
- 6 Long trousers – tracksters, tracksuit bottoms, lycra running tights
- 7 Compass and whistle
- 8 Route maps
- 9 Emergency rations – 250 gms of chocolate or equivalent
- 10 First Aid Kit – one first aid kit per team, including one large wound dressing, two triangular bandages and three elastic bandages.
- 11 Mobile phone – one per team.
- 12 **Land's End Required Map OS Explorer 102**
- 13 **Brown Willy Required Map OS Explorer 109**
- 14 **YES TOR (Required Map OS Explorer OL28)**
- 15 **Devon Coast to Coast Cycle Map (provided by race organisers)**

Below are some useful notes provided by the Jamaica Inn for walkers going to Brown Willy:

Brown Willy
The highest point in Cornwall
(420 metres/ 1,378 feet)

Walk No 1.....Bolventor to Brown Willy. 10.5 kilometres
(6.5miles)

(The weather on the moor is very changeable, take suitable clothing and foot wear. Some of the walk is on private land, please respect all fences and follow the country code.) Park your car in the overflow car park at Jamaica Inn. (The Inn does like to be notified if you do use their car park.)

Start the walk by turning left as you come out of the car park; follow the old road down the hill to the second turning on your left. Take this turning and walk under the new road, take the first turning on your right, followed by the first turning on your left. (You are now on the road running parallel with the new road.) Walk along the road for 150 metres until you see a footpath sign on your right, follow the footpath down three fields and you will come to a track. Walk up the track bearing to the right of the buildings in front of you and into a rocky lane; follow the lane for 750 metres until you come to a gate.

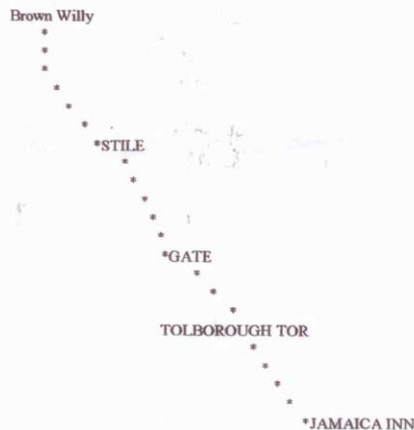
Go through the gate and you are now on the moor proper, at Tolborough Downs.

Bearing a little to your right walk 250 metres to the highest point on the Downs, Tolborough Tor. From the top of the Tor you will have superb views of Brown Willy. Looking towards Brown Willy and 250 metres in front of you is a fence with a gate, walk down to the gate, go through the gate and you will now have a wire fence on your left.

Follow the fence, keeping it to your left for 2 kilometres until you come to a stile in the fence, cross the stile and climb the steep path up the side of Brown Willy.

At the top of the path turn right and walk up to the Cain and Trig point.

CONGRATULATIONS! you have now reached the highest point in Cornwall.(you can now retrace your route back to Jamaica Inn for some well earned refreshments.



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Below are some walking notes, which you may find useful, for the run/walk from Meldon Reservoir to the top of High Willhays and Yes Tor (you only need to go to the top of Yes Tor)

Dartmoor National Park consists of many square miles of open moorland scattered with distinctive rocky tors which are often surrounded by rock strewn slopes. This route takes you to the highest summits in the Dartmoor, which are also the highest south of the Brecon Beacons. Much of Dartmoor is used for military training including the firing of live ammunition so closures are often in place. Before travelling you are advised to contact any of the local Tourist Information Offices to check whether the area being visited is not subject to closure. One word of warning - do not touch any suspicious pieces of military debris.

Please Note The concessionary path mentioned in the paragraph below has been blocked by the landowner. This closure prevents access to the northern side of the reservoir. An alternative route avoiding this closure is to cross the dam and take the first path on the right. This leads you along the southern shore of the reservoir to reach the southern side of the footbridge mentioned in the description below. This alternative route is through open access land and should not be subject to closure.

The start is the car park and toilets (Grid ref. 562917) located at the northern end of the dam containing Meldon reservoir. Exit the car park and cross the lane to a signed bridleway heading southwest. Follow this for a short distance turning left along a concessionary footpath that contours across the reservoir side of South Down. Nearing the western end of the reservoir turn left to cross a footbridge. Continue along the eastern side of West Okement river for about one kilometre. Up the slope to your left you will see the rocks of Black Tor, which is your next objective. From here the rocks forming the summit of High Willhays will be obvious lying a further kilometre or so to the east. There are intermittent paths but it is probably better to work your own way through the 'clitter' or rocks which are scattered liberally across the moor.

Reaching the summit of High Willhays (the highest point is on the southernmost rocks) you can proudly claim to have reached the highest point in England south of Kinder Scout in the Peak District. Despite being inferior in elevation, Yes Tor, roughly a kilometre north, has a trig point and much better view and is easily reached along a clear path. Sadly there is ample evidence of the military presence with some rather shabby buildings scattered across the landscape.

Leaving Yes Tor, the descent is straightforward with a clear path leading you down to the track that skirts the eastern flanks of Longstone Hill. This in turn leads you quickly back to the car park.