



# RIDERS GUIDE



• Mount Edgcombe Hospice • St Julia's Hospice •

Caring for our community

## When is Coast and Clay 2024?

Sunday 30th June 2024.

### Choice of routes:

EXTREME 104 Miles: £40

EPIC 73 Miles: £38

CHALLENGE 45 Miles: £35

INSPIRE 20 Miles: £15 /

(under 16's): £2.50

### How do I sign up?

Sign up [HERE](#) or new sign ups will be welcomed on the day but will incur an additional £5 admin fee.

### Where is registration and start?

Prideaux Place Padstow, PL28 8RP. Please ensure you check what time registration opens for the distance you are registered for and allow time to arrive, register and collect your number.

### What time shall I arrive?

EXTREME 104 miles and

EPIC 73 miles

Registration is 7:00AM – 7:30AM with your wave releasing from 7:30AM

CHALLENGE 45 miles and

INSPIRE 20 miles –

Registration is 8:00AM – 8:30AM with your wave releasing from 8:30AM

### How do I find Prideaux Place?

The postcode for Prideaux Place is PL28 8RP. Once you arrive in Padstow please remain on the A389 and follow the event signs for the car park, which is as below, (some Sat Navs have sent riders along back roads which cannot handle the volume of traffic)

## Directions:

The What3Words location of the car park entrance is rails.acoustics.pheasants.

From the car park, marshals & event signage will direct you along the B3276 road (please be mindful this is not a closed road) past the main gate entrance to Prideaux Place (marked by the star) which is the start point of the sportive, and up Tregirls Lane to access the Event HQ via the Eastern Gate of Prideaux Place (red line). Registration is a quick and simple process with ample racking for your bike – **please come to registration with your bike, ready to ride.**

## Drop off:

If you choose to be dropped off at the event, we ask that you kindly use the Link Road Car Park, PL28 8AX. Please note, this car park is not formally supporting the event, and charges apply from 9AM and are enforceable to all. Attendance at the sportive does not equal exemption.



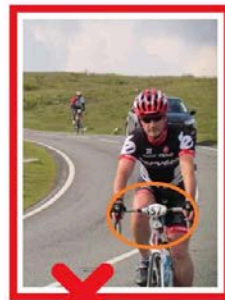
## Where do I collect my number?

All cyclists will need to go to the registration desks to collect their number and attached chip, these are organised alphabetically by surname. Emergency contact details will be printed on the back.

All riders must collect their own number & chip individually. Please follow the instructions below to attach your number & chip board to your bike – failure to do so may result in your chip not registering when you cross the start/finish line.

**Please check the Emergency Contact information on the reverse of your number board is correct before you set off.**

## How to use number board on bike



Board must be visible and straight

Please remember -  
race chip is on reverse of number board.

**PLEASE DO NOT BEND OR FOLD NUMBER BOARD  
IT WILL DAMAGE THE RACE CHIP**



## **Rider Briefing:**

Once you have registered, you will be called forward in preparation slightly ahead of your release time. There will be a rider briefing for your wave which will have updates on key information we need you to be aware of. The time you start is dictated by your distance. To minimise congestion, we reserve the right to release riders in smaller groups:

EXTREME 104 Milers – your wave releases from 7:30AM

EPIC 71 Milers – your wave releases from 7:30AM

CHALLENGE 44 Milers – your wave releases from 8:30AM

INSPIRE 20 Milers – your wave releases from 8:30AM

Please do not be late! If you arrive after 8:30AM you may not be allowed to take part.

We start on the main drive of Prideaux Place and waves will be released down to the main gate. Our marshals will signal you to cross or hold you depending on the traffic of the road you emerge onto, please respect their instruction as they will have a better vantage than you will.

**Please remember helmets are mandatory:  
No Helmet = No Ride.**

## **Routes and Course Signage:**

GPX files can be downloaded from the route maps below. The routes will be extensively signposted and marked with the use of arrow and warning signs. Arrow signs will be on all approaches to and at junctions as well as route confirming signs after the junction. There will be signage at regular intervals. There will also be marshals at a small number of key locations on routes providing extra confidence.

EXTREME 104 Milers –

<https://ridewithgps.com/routes/31529513>

EPIC 73 Milers – <https://ridewithgps.com/routes/31529531>

CHALLENGE 45 Milers –

<https://ridewithgps.com/routes/31529608>

INSPIRE 20 Milers – <https://ridewithgps.com/routes/31529620>

The event is entirely on the open road; however, we stay off the major routes in and out of primary tourist destinations where we can. When we come through Newquay to head up the coastline back towards Padstow, most groups of cyclists will have dispersed, we expect this to be the case for Pentewan Road in St Austell as well.

The route will be well signed to include signs for motorists for awareness that there is an event on and to exercise caution.

Examples of this are below:



### **Kit List:**

We recommend you also participate with the following items:

- Spare inner tubes, we recommend two
- Puncture repair kit
- Pump
- Multi-tool
- Water (in 2022 this event fell on the hottest day of the year, so this is very important) We suggest carrying a minimum of 1500ml. You can refill bottles at all of our water/feed stations.
- Snacks (bananas, energy gels etc.)
- Suitable clothes – unfortunately it does rain sometimes!
- A foil blanket
- Sun cream

### **Emergencies:**

Medical cover is provided as follows: one paramedic with ambulance based at Event HQ. Two medics in response vehicles on the route based at feedstations but mobile to treat any casualties, as necessary. The medics will move along the course as the feedstations close.

In the event of an emergency, all event bibs will have the emergency contact number to Event Director, Jane Appleton: 07539 152560, who will liaise services to support as required. In a Medical Emergency please dial 999.

**We strongly recommend participants download the what3words app. If you get into difficulties and need to be picked up or need medical support, this will enable you to provide us with a precise location and our team or the medics can be accurately and quickly directed to you.**

### **Mechanical Support:**

There will be mechanical support offering basic repairs, at the start of the event. Mechanical support should not be relied on to fix any existing problems with your bike but is there to help resolve any problems that have occurred on the way to the event.

Punctures are the likely issue many sportive riders face so please ensure that you do have spare inner tubes with you – we suggest 2 per rider as a minimum.

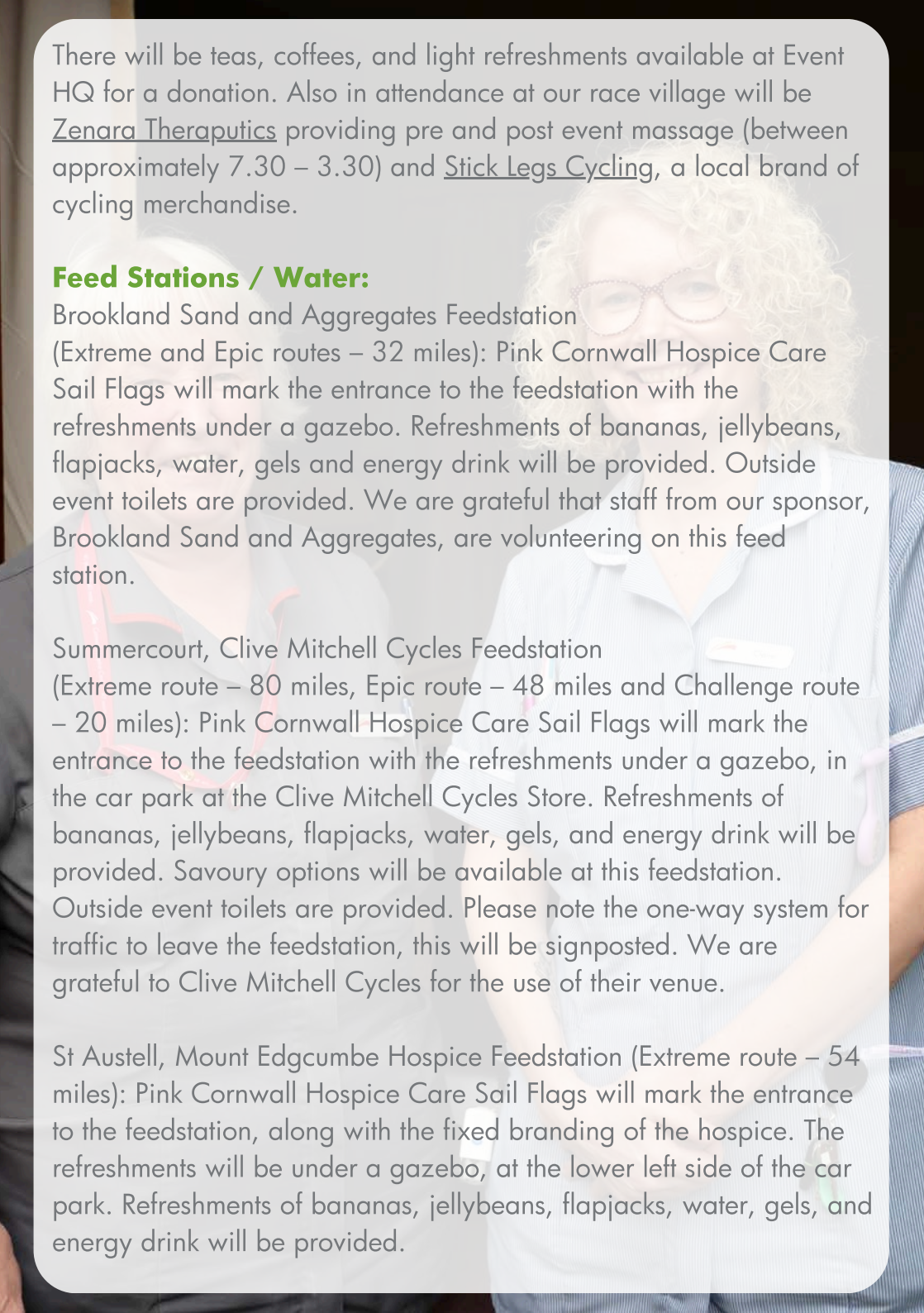
A sweep vehicle will be based at Event HQ to collect riders unable to continue for any reason. This vehicle will not back mark the event so please contact Event Director, Jane Appleton: 07539 152560 if you need mechanical support or to be picked up.

### **Event Village - Prideaux Place:**

The venue grounds and tea room will be closed on event day; however, your supporters are still very welcome to come along with you to our Event Village. Prideaux Place is a spectacular location and only a 5-10 minute walk from Padstow Harbour, which your supporters may wish to visit whilst they wait for you to return from your ride.

There will be event toilets on site; these, along with our registration desk, refreshments and mechanic will all be contained to a small event village with bike racking on the southern lawn.





There will be teas, coffees, and light refreshments available at Event HQ for a donation. Also in attendance at our race village will be Zenara Therapeutics providing pre and post event massage (between approximately 7.30 – 3.30) and Stick Legs Cycling, a local brand of cycling merchandise.

### **Feed Stations / Water:**

Brookland Sand and Aggregates Feedstation (Extreme and Epic routes – 32 miles): Pink Cornwall Hospice Care Sail Flags will mark the entrance to the feedstation with the refreshments under a gazebo. Refreshments of bananas, jellybeans, flapjacks, water, gels and energy drink will be provided. Outside event toilets are provided. We are grateful that staff from our sponsor, Brookland Sand and Aggregates, are volunteering on this feed station.

Summercourt, Clive Mitchell Cycles Feedstation (Extreme route – 80 miles, Epic route – 48 miles and Challenge route – 20 miles): Pink Cornwall Hospice Care Sail Flags will mark the entrance to the feedstation with the refreshments under a gazebo, in the car park at the Clive Mitchell Cycles Store. Refreshments of bananas, jellybeans, flapjacks, water, gels, and energy drink will be provided. Savoury options will be available at this feedstation. Outside event toilets are provided. Please note the one-way system for traffic to leave the feedstation, this will be signposted. We are grateful to Clive Mitchell Cycles for the use of their venue.

St Austell, Mount Edgumbe Hospice Feedstation (Extreme route – 54 miles): Pink Cornwall Hospice Care Sail Flags will mark the entrance to the feedstation, along with the fixed branding of the hospice. The refreshments will be under a gazebo, at the lower left side of the car park. Refreshments of bananas, jellybeans, flapjacks, water, gels, and energy drink will be provided.

Toilets are in the Hospice, this is inside, so please follow instructions regarding any precautions. You will be directed up to the left side of the building, avoiding the main entrance to use the side fire exit, this will be signposted.

Bedruthan Waterstop (All routes – 7.5 miles from the finish) – Refreshments of water, gels and energy drink will be provided. There are no toilets here. This station will be manned by volunteers during the core hours of 11.00 - 3.00. Outside of these times please help yourself!

Feedstations and the waterstop will pack down 1hr after their last rider exits.

### **Abandoning the Ride:**

If you cannot complete the ride, please tell a marshal at a check point or phone 07539 152560. Do not go home without telling someone or we will assume you are injured and have the emergency services out looking for you. You will have to pay any costs incurred.

### **End of the Event:**

The event will close after the last rider returns, or at 5.00PM, whichever is earliest. If riders remain on the route after 5:00PM, Event HQ will pack down, but the Event Director and a Medic will remain on site to ensure your safe return - riders completing after 5.00 will still receive a medal.

### **At the finish:**

When you arrive back at Event HQ, please complete the course through the finish arch and collect your rider's medal. There will be recovery shakes and water available, as well as hearty congratulations.

## **Event Photos, Social Media and Chip Timing:**

www.charleswhittonphotography.com will be providing event photography on the day. Please see their [website](#) after the event to see your photos that can then be purchased.

If you take your own photos en-route, we'd love to see them! Tag us on Facebook @CornwallHospiceCare or Instagram @cornwallhospicecare or Twitter @CornwallHospice

Chip Timing results will be posted on our website as soon as possible after the last rider is back.

## **Cancellations and Transfers**

Registrations are strictly personal; firm and binding and fees shall not be refunded for any reason.

If you are unable to take part, please let us know as soon as possible by calling 01726 66868 (option 3). You may defer your place to 2025 or transfer your place to another cyclist. Please note deferrals and transfers will be accepted up to Monday 24th June 2024 at Midday.

## **Cornwall Hospice Care:**

This event is run by, and for, Cornwall Hospice Care. The profits of the event are used to fund the care of those terminally ill in Cornwall. For those who wish to further support our work, raising sponsorship is an excellent way to fund our nurses, whom, whilst you will be taking part in this event, will be at work in our two hospices, Mount Edgcumbe and St Julia's. To raise much needed sponsorship, follow this link: [Coast and Clay Sportive 2024 - JustGiving](#)

## Sponsors:

A huge thank you to Mr and Mrs Peter Prideaux-Brune for their donation of Prideaux Place for its use as the venue of choice for the Coast and Clay Sportive.

An enormous thank you to Title Sponsor Clive Mitchell Cycles for their help and support and for provision of the event mechanic.



A further thank you to sponsors Suez Cornwall, and Brookland Sand and Aggregate.



## **Competiton:**

**Title sponsor Clive Mitchell Cycles have kindly donated a £1000 gift voucher – all you need to do to be in with a chance of winning is set up a JustGiving page [HERE!](#)**

**Every £1 you fundraise will give you one free entry into our free PRIZE DRAW!**

The Coast and Clay Sportive is organised by Cornwall Hospice Care and all profit from the event helps to fund the care in our two hospices in Cornwall. The registration fee covers the costs of putting the event on so we do encourage you to set up an online fundraising page – use this [link](#) to set up your page now and see how you can help.

See the full Competition Terms and Conditions of Entry [HERE](#).

## **Terms and Conditions:**

By entering the Cornwall Coast and Clay Sportive they will be agreeing to the following terms and conditions:

- Participants will be responsible for the roadworthiness of their own cycle, which should be in a good state of repair
- Due to the challenging nature of this event, riders should ensure they have a level of fitness suitable for the route they are selecting.
- No accompanying vehicles are allowed to follow riders. Any participant failing to observe this regulation will be withdrawn from the event.
- This event is not a race or trial of speed, but a personal challenge and as such there will be no list published which sorts riders either in finishing time or finishing position order. An alphabetical list of finishers and times will be published.

- As the event takes place on the open road, riders must abide by the Highway Code at all times. Riders should be aware that when riding on a public highway the function of marshals is only to indicate direction and that riders must decide whether the movement is safe.
- The wearing of Hard Shell Style Helmets is compulsory for all riders under UCI regulations for 2012.
- There is no minimum age limit to take part in this event but under 16's must be accompanied by an adult, and all participants for the Epic, Extreme and Challenge routes must hold a full price ticket.
- The use of triathlon handlebars is discouraged. However, where riders do have them fitted they are not to be used when riding in a group.
- Riders participate in this event entirely at their own risk and must rely on their own ability in dealing with all hazards and must ride in a manner which is safe to themselves and others.
- No alcohol is to be consumed prior to or during the event.
- No liability whatsoever shall attach to Cornwall Hospice Care the promoting club/organisation, event sponsors, or any event official or member of the promoting organisation in respect of any injury, loss or damage suffered by riders in or by reason of the event, unless such injury, loss or damage is proven to be caused by the negligence of the aforementioned. If riders do not abide by these terms and conditions the organisers will make all reasonable efforts to remove them from the event, and Cornwall Hospice Care will use all efforts to restrict participation in future events of their ownership.
- By entering The Coast and Clay Sportive you agree to your name and any photographs, which may be taken of you, being used by Cornwall Hospice Care.

## **Refund Policy:**

Registrations are strictly personal, firm and binding and fees shall not be refunded for any reason. If you are unable to take part please let us know as soon as possible by calling 01726 66868 (option 3). You may defer your place for 2025 by emailing the Event Director [jappleton@cornwallhospice.co.uk](mailto:jappleton@cornwallhospice.co.uk) or transfer your place to another cyclist (this is self-managed via the Registration Platform SI Entries. Please note deferrals cannot roll over multiple years and the deadline for deferrals and transfers is Monday 24th June 2024 at Midday.

## **Event cancellation refund policy:**

If the event is cancelled due to adverse weather conditions or other reasons beyond our control, we may at our discretion offer a refund of your entry fee(s). However, we reserve the right to deduct an amount to cover the expenses incurred in setting up the event to ensure that Cornwall Hospice Care and our associated partners are not out of pocket due to running this event.

By registering for Coast and Clay you confirm that you are medically fit to participate and understand that the organisers will not be held responsible for any injury, illness, damage or loss to you or caused by you, however caused.

**You enter into this event entirely at your own risk, waiving any legal recourse for damages to yourself, which may arise from participation in this event organised by Cornwall Hospice Care.**

## ENJOY!

Enjoy the ride! Remember this ride is not a race and you are on public roads that are open to other traffic. Respect other road users and be vigilant!

See you all at the start - and the finish!

Jane Appleton

Event Director, Cornwall Hospice Care

[jappleton@cornwallhospice.co.uk](mailto:jappleton@cornwallhospice.co.uk) / 07539 152560



• Mount Edgumbe Hospice • St Julia's Hospice •

Caring for our community





Thank you for funding the care we give.


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**Web: [www.cornwallhospicecare.co.uk](http://www.cornwallhospicecare.co.uk)**

**Email: [fundraising@cornwallhospice.co.uk](mailto:fundraising@cornwallhospice.co.uk)**

**Call: 01726 66868 (option 3)**

**Cornwall Hospice Care**  
Fundraising Office, Daniels Lane,  
St Austell, Cornwall, PL25 3HS

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