

# Bude Pirate Run 2023

## Bude Pirate Run 2023 Race Brief Sunday 10<sup>th</sup> September 2023



**Ahoy me hearties! Welcome back to the Bude Pirate Run 2023.**

Thank you for joining our race, I hope you enjoy it as much as we do.

Firstly, I would like to thank Rock Gin Cornwall for kindly sponsoring our race. I would also like to thank the National Trust for all their assistance and in particular, Jeffrey Cherrington, their ranger who provides us with a lot of his free time. I also thank Sophie Edwards of SE Sports Therapy and Lisa Wood of Lisa Wood Fitness. Sophie has kindly agreed to offer her time to provide massages pre-race and post-race (all that is asked is a donation to the Bude Surf Life Saving Club). Lisa has kindly agreed to provide the race warm-up. The Bude Surf Life Saving Club also provide us with a headquarters and are always very hospitable which we are thankful for. Finally, we could not run the race without all our volunteer marshals, please ensure you thank the marshals during your run.

### Reminders and Safety

Our race is part of the Multi Terrain Series and therefore no dogs are allowed. Also, in line with the Series rules, no headphones are permitted of any type (even bone conducting or similar). Anyone found breaching these rules will be disqualified, you have been warned!

Please also note that the coast path can be a dangerous place. Sticking to the footpath is important, firstly it is the route of the course, secondly if you veer off the footpath you could be on private land and thirdly (most importantly) for your safety veering off the path may lead you closer to the cliff edge.

**Zig Zags** - those that know the local area or the course itself will note that there are zig zags cut into three of the hills, Northcott Mouth, Duckpool and the downhill and uphill after Duckpool. The zig zags form part of the course and you should take these, please do not shortcut your way up the hill.

**Rabbit Holes** - There are lots of rabbit holes on the grassed areas, please watch your step.

**Under 18's Winners** - Just a reminder to those runners who are under 18 if you are the first female or first male runner you must ensure someone over 18 is with you to receive the prize. Remember the prize belongs to the over 18-year-old who collects it on behalf of the runner!

**New Start / Finish Line** – Due to unforeseen circumstances we have a new Start / Finish Line on Maer Down. A link to google maps is below. Shortly after the warmup outside Bude Surf Life Saving Club you will be shown to the start/finish line by marshals. There are also yellow arrows from registration pointing you there.

## Times & Locations

Car Parks	Open Throughout  <i>The registration and race start are both a short walk from the car parks.</i>	Both car parks are chargeable, and both have the postcode: EX23 8NF  Crooklets Car Park  What 3 Words: <a href="#">///fuse.targeted.discusses</a> Google Maps: <a href="https://goo.gl/maps/uQZxQTLEYHk2FcFo9">https://goo.gl/maps/uQZxQTLEYHk2FcFo9</a>  Rosie's Kitchen Car Park  What 3 Words: <a href="#">///tilt.riverside.tougher</a> Google Maps: <a href="https://goo.gl/maps/CPcZnTbxeffGtqrVA">https://goo.gl/maps/CPcZnTbxeffGtqrVA</a>
Registration	Opens at 9 AM  <b>CLOSES 10:10 AM</b>	At the Bude Surf Life Saving Club. Usually, registration is at the front of the building however if weather conditions are adverse then registration will be within the building.  What 3 Words <a href="#">///issues.enthused.unfair</a> Google Maps <a href="https://goo.gl/maps/TU5iNriwF378hvtm8">https://goo.gl/maps/TU5iNriwF378hvtm8</a>  Directions from Crooklets Car Park, walk along the tarmac towards the sea, you will see the Surf Club / Registration on the Right (there will be yellow signs from this car park).  Directions from Rosies Kitchen Car Park - you will see the Bude Surf Life Saving Club at the end of the car park.
Warm Up	10:10 AM	Outside the front of the Bude Surf Life Saving Club
Walk to Start	10:20 AM	After the warmup from the Bude Surf Life Saving Club, we will walk over to the Start Line, please follow the marshal.
Race Start	10:30 AM	<b><u>There is a new start / finish line!</u></b>  You will be walked there from registration at 10:20 as mentioned above. There is no vehicular access to the start. Below are links to the locations for your information, but there will be signage and marshals walking all runners to the start.  What 3 Words: <a href="#">///darker.backfired.apparatus</a> Google Maps: <a href="https://goo.gl/maps/sacaEtqZTRBA6TXA9">https://goo.gl/maps/sacaEtqZTRBA6TXA9</a>
Awards	Variable time (depending on finishing time)	Bude Surf Life Saving Club

## **Toilets**

Public toilets are available in the Crooklets car park. These toilets are, at the time of writing this, free of charge. Rosie's Kitchen does have toilets however these are for customers only therefore if you are using them, please make sure that you are a customer.

## **Registration**

Details of the registration including times and locations are set out above in the table.

## **Warm Up**

There will be a warm up which we anticipate will be outside the Bude Surf Life Saving Club. From there you will be walked to the start of the race.

If you are carrying out your own warm up, please remember the start of the race has changed from previous years and take note of this.

## **Baggage**

As the car parks are close-by to registration there will be no bag drop.

## **The Start/Finish**

The start/finish location, as stated above, is different from last year. The local authority has double booked the road closure and so we have ascertained that there will not be sufficient space following the commencement of works along the roadside this week. The new start/finish is on Maer Down:  
What 3 Words: [///darker.backfired.apparatus](https://darker.backfired.apparatus)

Google Maps: <https://goo.gl/maps/sacaEtqZTRBA6TXA9>

The start will commence with a 3-2-1 Air Horn.

## **Water**

Water will be supplied on the course at Stowe Barton and Duckpool (approximately mile three and mile five). There will also be water at the end of the race. Cups will be supplied and there will also be jugs if you wish to fill your own cups.

## **Ankle Tags**

As with other Multi Terrain Series races the Bude Pirate Run will have ankle tags for all runners. Please ensure that the ankle tag is secured to your ankle firmly. Please ensure it is attached to your ankle and not carried or attached to any other part of your body. The reason for this is that it ensures that your time is picked up by the timing mat.

We get charged for any ankle tags that are missing. Please also ensure that you return the ankle tags at the end of the race or, if you have to withdraw, please return them as they are needed for a race the week after and missing ankle tags will cause problems.

## **First Aid**

First aid is stationed at Stowe Barton and at the start/finish. If you hurt yourself, please make a marshal aware and they will arrange support for you. If you drop out for any reason, it is important that you tell a marshal and give them your number. To contact the on-site race medics please call 07548 290686 and 07510 113052, or call the race director, Simon, on 07812019635.

## **The Course / GPX**

A GPX file and a Strava Route link are both available from the Pirate Run Page.

<https://www.buderats.co.uk/budepiraterun>

A map of the route will be available at registration.

**Flags: Blue out and Red Back** - The route is marked with flags where the route diverges on the outward run and the homeward run, please follow blue flags on the way out and red flags on the return route.

**Roads and Road Crossings** - There are several road crossings on the route and a road section from Coombe to Duckpool. There will be signs warning of these and marshals there to support you, but it is your responsibility to ensure it is safe to cross. Marshals do not have the authority to stop traffic. We have a good team of marshals out to support you – if you have enough breath as you pass by, please do give them a Thank You – we couldn't do it without them.

The route also follows the coast path for much of the way. This has been subject to a lot of erosion in the last few years. Please stick to the flagged path. If you need to come off the path for any reason, please do so on the inland side of the path not towards the cliff edge. At Northcott there is a new(ish) zigzag path instead of the steps which you need to follow. Also, at Duckpool the path has been altered and zig zags up the hill at the top end. The steep downhill and uphill after Duckpool is the same with new zig zags. Please follow the path and zig zags.

The route crosses public footpaths and grazing land, please ensure that all gel wrappers or any other waste is taken with you and disposed of at the end of the race in a suitable bin, under no circumstances leave litter along the route.

There will be a pasty waiting for all those that comply and a gangplank for those that do not!

Awards will be presented outside the Surf Club as soon as we have checked things after the race.

We will also aim to get the race results uploaded on the Bude Rats Pirate Run page of the website and the Pirate Run Facebook page as soon as we can after the race.

If you have any problems, I can be reached by emailing [budepiraterun@buderats.co.uk](mailto:budepiraterun@buderats.co.uk) I will try and respond promptly.

Finally, it is a fantastic course, and we hope you have a great time and enjoy yourselves and look forward to seeing you again next year.

Simon Finn

Race Director