

Talan's Notorious Trail

Race Brief - Saturday 27 June to Sunday 28 June 2026

Camping from Friday 26 June 2026 at 4:00pm

Thank you for entering Talan's Notorious Trail. We are looking forward to welcoming you to Widemouth Bay for the 6, 12 and 24 hour events. Thank you to all of our sponsors, supporters, volunteers and landowners who make the event possible.

Please read this brief carefully before race weekend. It contains important safety, timing and site information.

Race Director Mike Tunney 07912 67363	On-site Medics 07340 501 601	Event Email talans.tnt@gmail.com
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Getting Here

Postcode: EX23 0AW

Do not enter the Bay View Inn car park and do not enter the paid camping field next to it. On the north side of the Bay View Inn you will see a gate with event signage. Please use the event entrance and follow the signage and directions from parking volunteers.

- Google Maps location for the event entrance: <https://share.google/pKL7RaAAcrwBmLbb5>
- What3Words for the event entrance: [///reinstate.windows.changed](https://www.what3words.com/reinstate-windows-changed)
- Event location: The Bay View Inn, Marine Drive, Widemouth Bay, Bude, EX23 0AW

Times and Locations

Item	Details
Camping	From Friday 26 June 2026 at 4:00pm. Camping is included from Friday night through to Monday morning for competitor + 1 adult and children under 16.
Car parking	On site next to the Bay View Inn, Widemouth Bay. Registration and the race start are a short walk from the car parks.
Registration - Friday	Friday 26 June 2026: 6:00pm - 7:00pm: Registration open for all events.
Registration - Saturday	Saturday 27 June 2026: 7:30am - 8:30am: Registration for 12 hour and 24 hour entries. 10:00am - 2:30pm: Registration for 6 hour entries. Cub registration closes at 11:30am.
Race starts	9:00am: 24 hour and 12 hour events. 12:00pm: Cub run. 3:00pm: 6 hour event.
Awards	Awards will be presented at the start / finish area as close to 1:00pm as possible on Sunday 28 June 2026.
Start / finish	In the field next to the Bay View Inn, Widemouth Bay.

Reminders and Safety

The event is organised under a UK Athletics / England Athletics race licence and UKA event rules apply, together with the event-specific rules issued by the Race Director.

Headphones are not permitted on the course, other than bone-conducting headphones where allowed by the organisers. This is because parts of the route are on tracks or roads used by others. Anyone breaching this rule risks disqualification.

Please stay on the route. Cutting corners may result in disqualification. Leaving the route may also take you onto private land and can create serious safety issues if we need to look for you. If we search for a runner, we will follow the course. If you are off course, we may not find you quickly.

The course is a trail route and includes uneven ground, holes, road crossings and road sections. Please take care throughout.

Heat, Hydration and Looking Out for Each Other

Please look after yourself in warm weather. Make sure you drink regularly, eat enough, use sun cream and take breaks where needed. If you feel dizzy, confused, unusually weak, stop sweating, develop chills or feel unwell, please stop running and seek help from the organisers, medic or Race Director.

Please also look out for other runners. If you come across someone who appears to be struggling with the heat, is injured or is otherwise unwell, please check on them and contact the Race Director and/or medic as soon as it is safe to do so. Let us look out for each other out there.

Toilets and Facilities

Portaloos will be available on site. These are the only toilets to be used for the event.

Please do not use the Bay View Inn toilets unless you are a customer, and do not use the toilets or showers belonging to the adjoining campsite. This applies to runners, families and supporters. Breach of this rule may lead to disqualification.

There are no showers provided by the event.

If you do wish to use the camping facilities at the paid campsite, then subject to availability, you can book in there and pay their fees. Their website is: <https://www.sandparkscampsitebude.co.uk/>

Start and Finish

The start and finish will be in the field next to the Bay View Inn. Each race will start with a 3-2-1 air horn at the times shown above.

Water, Snacks and Allergies

Water, cola, hot drinks and a small selection of snacks will be available at the start / finish area for the senior race (water only for the Cubs). There will be sufficient water for runners, but snacks are limited and you should bring your own race food, especially for the longer events. Please use food and hydration that you have trained with.

We cannot guarantee that any food provided is allergen-free, and there is always a risk of cross-contamination. If you have an allergy, please bring your own food and snacks.

Mandatory Kit

- 12 hour and 24 hour runners must carry a headtorch from 8:00pm.
- 12 hour and 24 hour runners must attach a flashing red light to their back from 8:00pm / during hours of darkness.
- A spare headtorch is strongly recommended.
- Mobile phones are strongly recommended for all runners.

Timing Ankle Tags

All events are timed using ankle tags. If you are not wearing your ankle tag, your lap will not count. We recommend keeping your ankle tag on at all times, even if you are resting.

The ankle tag must be attached firmly to your ankle. It must not be carried, placed in a pocket or attached to another part of your body, as it may not be read by the timing mat.

We are charged for missing ankle tags and this cost, currently £20, will be passed on. Please return your ankle tag at the end of your race, or immediately if you withdraw.

Teams and Pairs

Teams and pairs are relay events. Only one runner from a team or pair may be out on the course at any one time, except for the final lap team finish explained below.

Handovers must take place after the incoming runner crosses the finish line and before the outgoing runner crosses the start line.

On the final lap, multiple team or pair members may join the nominated runner for a team finish. Only one runner's lap will count, and all runners taking part in the team finish must cross the finish line together at the same time. The team finish must not obstruct or interfere with any other runner.

If a runner in a pair or team abandons a lap, for example because of injury, the team must tell the organisers. That lap will be deleted. The ankle tag must be returned to the start / finish area before the pair or team can continue from the start line.

First Aid and Withdrawal

First aid will be stationed at the start / finish area. If you injure yourself, please tell a marshal, event official or another runner so support can be arranged.

If you come across an injured runner on the route, please contact the Race Director and/or the on-site race medics as soon as it is safe to do so. Please also alert an event official or another runner if needed. Let's look out for each other out there.

If you withdraw or drop out for any reason, you must tell the organisers and give them your race number. This is essential so that we know you are safe and are not still out on the course.

- On-site race medics: 07340 501 601
- Race Director, Mike Tunney: 07912 67363

The Course and GPX

The course is an approximately 5 mile loop, taking in the views over Widemouth Bay, the nature trail to the Weir, the canal path and the return towards the bay. It is a multi-terrain route, including trail, tarmac and three small sections of seldom-used road.

A GPX file and Strava route link are available from the Bude RATs TNT page:
<https://www.buderats.co.uk/talansnotoriotrail>

Navigation

The route will be marked at key points, but it is important that runners familiarise themselves with the route in advance. Please use the GPX file where possible and pay attention to route markings.

Roads and Road Crossings

There are several road crossings and road sections on the senior race route. These will be signed, but the roads cannot be marshalled for 24 hours. It is each runner's responsibility to check that it is safe before crossing or running on any road section.

Litter

Please do not leave gel wrappers, cups, food packaging or any other waste on the route. All litter must be carried to the finish area and placed in a suitable bin or taken home. This is vital to protect the landowner permissions that allow the event to take place.

Bins will be available on site, but we ask you to take your litter home with you if possible.

Awards and Results

Awards will be presented at the start / finish area on Sunday as close to 1:00pm as possible.

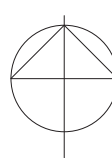
Live results should be available from: https://cornwallrunning.co.uk/r/Talans_Notorious_Trail_2026/ Please note that live results are provisional until confirmed by the organisers. The Race Director's decision is final.

Final results will be uploaded to the Bude RATs TNT webpage and the TNT Facebook page as soon as possible after the race.

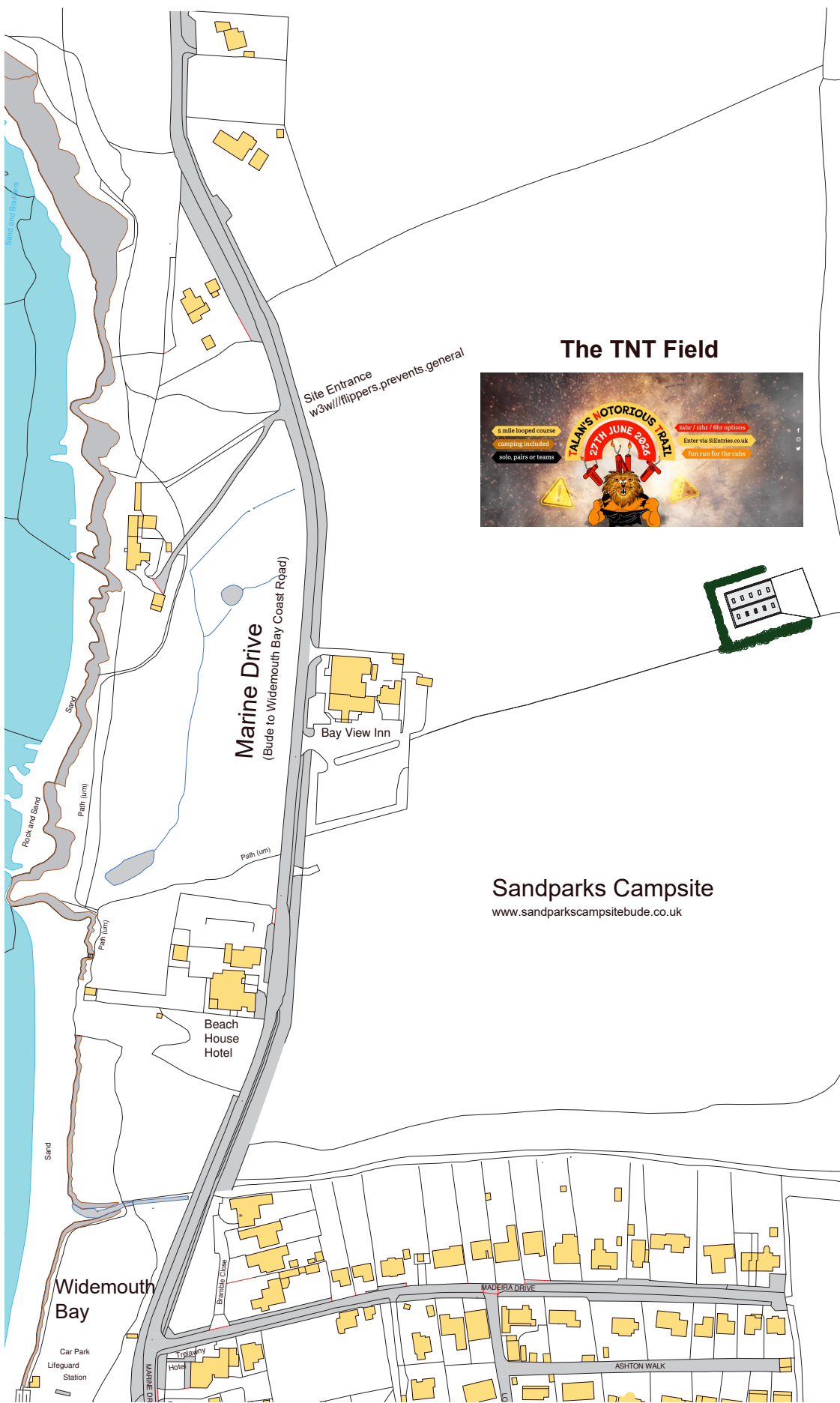
Final Note

We hope you have a fantastic race weekend. Thank you for supporting the event and Talan's Trust. We look forward to seeing you at Widemouth Bay.

Mike Tunney
Race Director



To Bude



The TNT Field



Sandparks Campsite

www.sandparkscampsitebude.co.uk

LOCATION PLAN 1:2500

250m

100m



