



Dear Classic Quarter Participant.

I hope you are well and looking forward to taking part in this epic challenge in just over two weeks time. We are very excited about hosting the event for the 4th time, and with over 130 solo runners and 23 relay teams due on the starting line at Lizard Point, it is going to be a great day out.

Please find below details pertaining to the logistical aspects of the event that will help make your planning for the day easier. If you have any questions after reading this update and after consulting the information on the web site, please do not hesitate to [contact us](#).

Fundraising: As you are hopefully aware, the Classic Quarter is also a fundraising event for [Cornwall Hospice Care](#). Whilst not compulsory each participant is kindly asked to try and raise a minimum of £50 for this invaluable organization. Your efforts are massively appreciated. For those solo runners committed to raising a minimum of £200 via the discounted entry scheme, we hope this is going well.

Once the event is over and you have collected in your sponsorship monies. Please send your contributions direct for the attention of Dee Reeves c/o Cornwall Hospice Care, 1 Litton Place, Clifden Road, St Austell, PL25 4PE. Cheques payable to Cornwall Hospice Care (please write Classic Quarter on the back)

Event Details: The event starts from the car park at Lizard Point. Endurancelife signs & flags will be out to guide you.

- Date: Saturday 26th June, 2010
- Start Location: Lizard Point Car Park, Cornwall
- Finish Location: Lands End, Cornwall

Solo Runners

Registration: 05:00 - 05:45

Safety Briefing: 05:45 (attendance is mandatory)

Start: 06:00

Relay Teams (Pairs & Fours)

Registration: 05:45 - 06:45 (a minimum of 2 team members to attend)

Safety Briefing: 06:45 (attendance is mandatory)

Start: 07:00

Registration for relay teams: Important! If not all members of a relay team can attend registration in the morning, it is essential that a **minimum of 2 members** of the team attend to collect the running numbers for the other 2 members and to hand in the **WHOLE** teams completed indemnity and medical forms. **Failure to submit completed and signed forms**

from all team members at registration will result in that team being unable to compete. Please don't forget.

Indemnity and medical forms can be printed from this link [Indemnity & medical form](#)

Parking & Transport: There are 2 options available to solo participants who are driving to the event. The 1st option (highly recommended) is to park your car at the finish (Lands End) and catch the bus to the start (Lizard Point) at 4am. The cost of this option is £12 which includes transport by coach and parking at Lands End for the duration of the event.

Please Note: This is a **pre booked** service only and is **not available** as an on the day option. If you would like to take advantage of this service and have not already signed up on the web site, you need to do so by the latest **Thursday 17th of June.**

Signing up is simple, log into your Endurancelife Account and select 'View the events in which you are competing' then select 'my add ons'. You will see the £12 transport option, simply click and follow the payment instructions.

The 2nd option is to park at the start location (Lizard Point) and return to your car from the finish. Please be aware that there is no transport provided between the finish and start after the event so you will need to make your own arrangements.

Parking Included: You are able to leave your vehicles at either the start or finish car parks with a **Classic Quarter parking pass on display** (please collect a parking pass from registration at Lizard Point, or from an Endurancelife representative at Lands End) Vehicles are left entirely at your own risk.

Accommodation: Please consult [web site](#) for options

The Course: The course follows the South West Coastal Path from Lizard Point to Lands End. The distance has been measured using memory map and by GPS and is approximately 44 miles. The Coastal Path is generally well sign posted; however there are a few places where the route is not entirely obvious. We will be putting up additional signs or marks to guide you. The official Coastal Path markers are yellow arrows on wooden posts, the extra signs we will put out will be 2 red chevrons on a white back ground or 2 white temporary painted chevrons on the ground.

Check Points & Hydration Stations: There are 4 water stations and 3 check points on the course resulting in H2O being available at approximately 5 mile intervals for the duration of the event. You will be supplied with a course map indicating the location of hydration stations and check points at the start, all these points will be manned by helpful and supportive marshals.

Cut Off Times: The Classic Quarter is an ultra marathon challenge for runners. As is the norm in ultra distance events most participants will employ a run / power walk combination to get through the miles most efficiently. It is not possible to for solo participants to walk the entire course and make the cut off times that are in place to assist with the efficient and safe management of the event.

Please make note of the following cut off times for **solo participants: Maximum time to reach CP2 at 20.5 miles is 6 hours. Maximum time to reach CP3 Lamorna Cove at 32 miles is 9 hours.** If a cut off dead line is missed you will be asked to withdraw from the event and offered a lift to the finish as soon as transport is available.

Timing System: We will be using a Sport-Ident electronic timing system during the event. At registration you will be fitted with a small electronic tag worn around the wrist. The tag must be inserted into the timing boxes at the 3 course check points and at the finish. Please make sure the 1st thing you do on arrival at each check point and at the finish is 'dib' in.

Relay Teams: Relay teams of four change runners at each of the three check points marked CP1, CP2 & CP3. At each change over the team timing chip needs to be 'dibbed' and then passed to the next section runner. Timing tags will be fitted to a lanyard for relay team members to wear around their necks whilst running. Relay pairs are at liberty to choose where they transition and how often, the same applies to the timing chip however, it must be taken by the runner on that leg.

Clothing and Kit: Despite the time of year, the weather on the coast can be notoriously changeable (previous years have seen participants battling driving rain one moment and blistering sunshine the next). If the weather is wet and windy you need to be prepared, the going under foot will be greasy and slippery in places. The terrain is undulating and uneven and you will be crossing a wide variety of surfaces. You need to carefully consider what footwear you use and what clothing you plan to wear and carry. Obviously for a challenge like this the more familiar you are with all of your kit the better.

Hot weather is probably the most challenging of all the conditions to endure on an ultra marathon and it is really important that you are equipped to deal with it. A good hat with neck protection is a great investment as is a buff or similar which can be dunked in streams ETC, sun cream is essential and the small solid ones in a stick form are best for carrying with you. The Endurance Store now stocks the best hat money can buy for sun protection, check it out here [Sun Runner Cap](#)

Poles: Trekking poles are permitted in the CQ, please make sure that you have trained with them before hand and learnt the technique that best suits you, please also be careful when using them on the course when in close proximity to other participants and members of the public.

Being prepared for the weather and terrain are all part of the challenge and are integral to success, please make sure you pay close attention to this aspect of the event & don't get caught out.

Personal Bags: Solo participants that do not have anyone supporting them can leave a pre packed bag with us at the start that will then be made available at Check Point 2 Perranuthnoe. You are welcome to put anything you think you might need later in the day in this bag, such as a fresh pair of socks, spare shoes, clothes, energy food / gels ETC.

Note: Please make sure your bag is a sensible size, is done up properly and is clearly marked with your name. Once you have been through CP2 your bag will be taken to the finish.

The following list is a guide to the kit and clothing you will need; (Please Note: Items in red are **mandatory** for solo runners)

Hydration pack or bum bag or bottle holster
750ml water / energy snacks
Wind proof jacket
Cap / hat
Mobile phone

Silver space blanket
Whistle
Basic 1st aid / blister kit

Recommended Kit

Sunglasses
Sun cream
Buff (great for dipping in streams to keep cool)
Light weight synthetic running T
Running tights / shorts
Blister plasters
Vaseline or similar
Good quality socks (2 pairs)
Your favorite, worn in trail running shoes

Relay Teams: If you are part of a relay team it is your teams' responsibility to be ready at the appropriate check point to receive you and for the next team member to be ready to go. Make sure you have a change of clothing in the team vehicle and remember to 'dib' and hand over the timing chip to the next runner.

Mobile Phones: It is mandatory for all solo runners to carry a mobile phone during the event. We will supply plastic bags to protect your phone if the weather is bad. It is important that your phone is on and to hand at all times during the challenge.

Litter: Please make sure you do not drop any litter along the course, we will be more than happy to relieve you of any spent energy gel sachets and banana skins ETC at the H2O stations and check points.

Emergencies: In the event of a major medical emergency please call 999 on your mobile phone and if required or able use your map to provide details of your location. You can also dial 112. Please Note: You do not need a signal to dial these emergency numbers as your phone signal will be bounced by satellite to the emergency center. The call also pin points your location. If needs be ask passers by to get help and then contact the event organisers.

Please also make a note of the following telephone numbers for the event directors

Gary 07817910115 / James 07855494454

If during the event you come across a fellow participant having problems, please do what you can to help them in keeping with the spirit of trail running.

Support Teams & Spectators: Spectators and supporters are very welcome and add fun and excitement to the event experience; they will also be a great moral booster to you when you see them along the course, so encourage them to come along. It is important however that everyone drives carefully and parks sensibly at the various check points and the start and finish areas. Please Note: Some of the check point areas are small and not suitable for lots of vehicles.

Post Event: The finish is out side the entrance to the Lands End Hotel. Endurancelife staff will be there to great you as will hopefully plenty of supporters and spectators. All participants receive an event t-shirt and a medal.

The hotel bar will be open and will also be serving hot pasties and other wholesome snacks and meals at reasonable prices.

Prize Giving: An informal prize giving will take place once approximately 50% of participants have finished, Please Note: due to the nature of this challenge and the wide variety of finishing times, it is not possible or practical to do the ceremony at the end. Your understanding is appreciated and naturally the support crew will be there to welcome you across the line when you finish. Results and if necessary medals will be sent out after the event if not provided on the day.

I hope this information is helpful, if you have any questions at all regarding the event please contact us. Good luck with the rest of your preparation and please don't risk injury by over training in the final two weeks, there is nothing to be gained now anyway (you are much better off sleeping and eating pies 😊). We look forward to seeing you on the start line.

On behalf of the Endurancelife Team

Many thanks for your time

Gary Jolliffe >>Event Director