

The background of the entire image is a teal-colored topographic map with white contour lines. The text is centered on this background.

TRAIL PURSUIT

CORNWALL

30 - 31 MAY 2025

**PARTICIPANT EVENT
INFORMATION**

EXPLORE RACE SPLASH

Thank you for signing up to Trail Pursuit Cornwall in St Agnes! Get ready to take on some of the most stunning coastal trails in the UK.

This event is all about adventure, connection, and good vibes - we can't wait for you to experience it, meet fellow runners, and enjoy every step of the journey. Good luck!

Ed (Founder) Kev (Routes)



TRAVEL & ACCOMMODATION INFO:



ADDRESS

Newdowns Farm, Beacon Drive, St Agnes, Cornwall,
TR5 0NU

TRAVEL

By Car: Just outside St Agnes off Beacon Drive. Use the postcode 'TR5 0NU' for accurate directions.

There is **FREE** Parking on-site.

By Train: The closest train station is in **TRURO**.
Bus & Taxi services are available.

By Air: The closest airport is **NEWQUAY**

ACCOMMODATION:

Nearby Campsites:

Trevellas Manor Farm Campsite - 01872 552238

Beacon Cottage Farm St Agnes - 01872 553381

Presinggoll Farm St Agnes - 01872 552333

Blue Hills Touring Park - 01872 552999

Cross Coombe Camping - 01872 552379

Nearby Hotels:

St Agnes Hotel - 01872552307

Beacon Country House Hotel - 01872 552318

Rose in Vale Country House Hotel - 01872 552202

The Rosemundy House Hotel - 01872 552101

The Driftwood Spars - 01872 552428

INHALE MOVE CHALLENGE



EVENT DETAILS

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Schedule:

Friday 30th May

Race Pack Collection	15:00 - 20:00
Food & Drink, Sports Expo	15:00 - 20:00

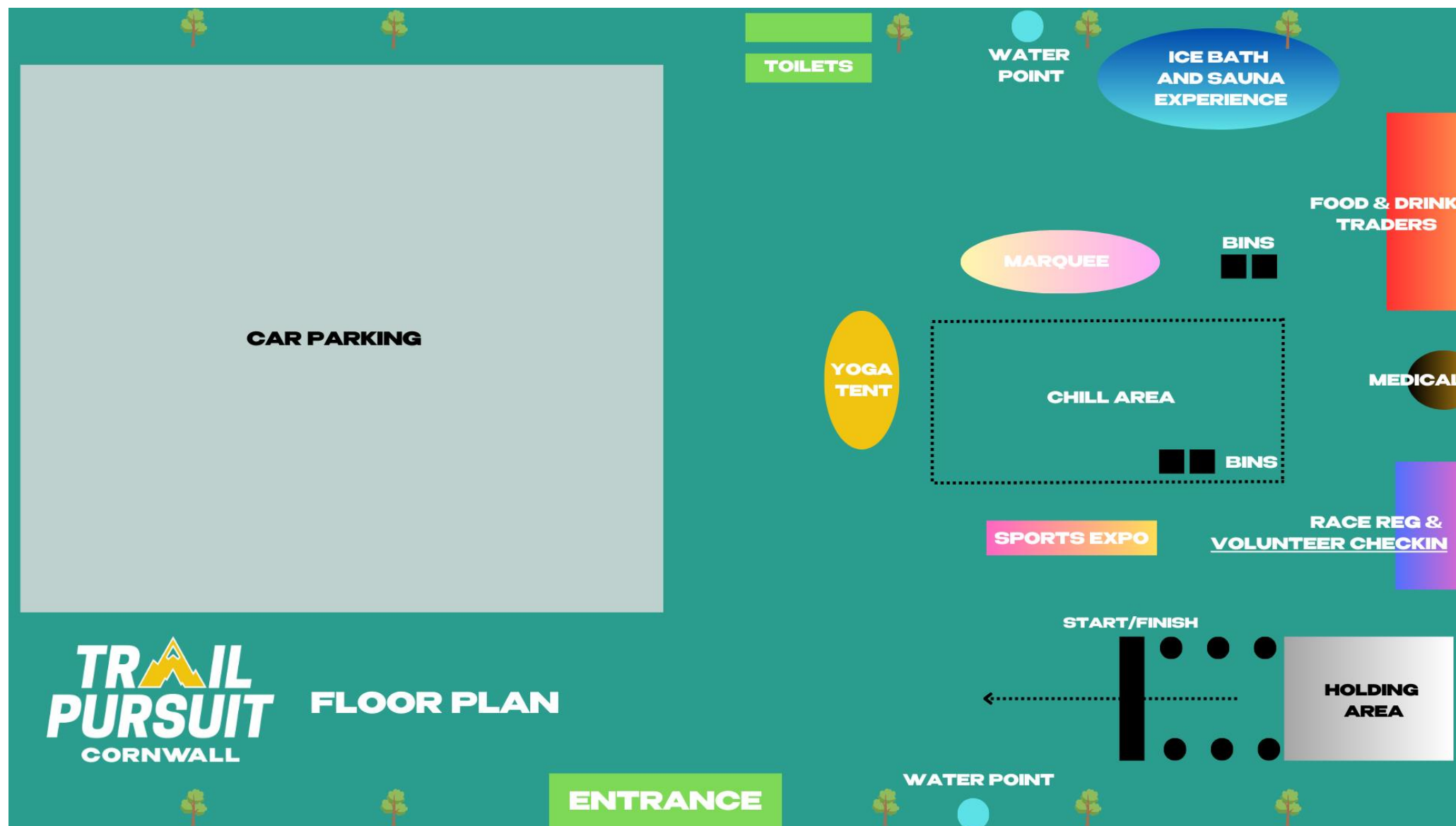
Saturday 31st May

Car Park Opens	07:00
Race Pack Collection	07:00 - 10:00
Half Marathon	08:45
10K	09:30
5K	10:00
Kids 1 Mile	14:00
Site Closes	18:00



VENUE PLAN:

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ESSENTIAL RACE INFO



Bag Drop

No bag drop will be available. Please travel light & store any items in your car.

Toilets

There are Portaloos in the venue. There are **NO** official toilets on the routes (though you do pass public toilets)

Dogs

While we love dogs & they are more than welcome in the venue, due to the narrow paths, dogs are **NOT** allowed to take part in any race.



ESSENTIAL RACE INFO



Cut Offs

We want you to have an incredible adventure & for this reason we have generous cut offs: Half Marathon: 4hrs, 10K: 2hrs, 5K: 1hr

PLEASE NOTE THERE WILL BE A HARD CUT OFF AT AID STATION 2 AT 11:30AM FOR THE HALF MARATHON - THIS IS AT 11KM AND IS 2 HOURS 30 MINS FROM THE START.

Chip Timing:

Timing will be provided by K2 Sports
Full results will be available after the race.

Route Marking:

- The routes will be fully signed with teal & yellow arrows and there will be volunteer stewards out on the course to assist you. In addition, there will be red flags on the route every few hundred meters to assist in staying on course.
- We also advise that you have a GPS device (watch or garmin) with the GPX files loaded onto them and/or a map. GPX files can be downloaded [here](#)

ESSENTIAL RACE INFO



Race Pack Collection:

Race packs can be collected from the Registration Tent at the following times:

- Friday 30th May 15:00 – 20:00
- Saturday 31st May 07:00 - 10:00

We highly recommend picking up your pack on the Friday to save any queues on race day.

At registration, you will pick up:

- Race Number (timing chip attached to back) & pins
- Schedule/Info Sheet
- Merch (if pre-ordered)

Kit Checks:

Kit checks for mandatory kit (on next page) will take place when you register, so please bring along your kit bag.

We set out these items as the weather can not only change quickly on the coast, but if you fall over & get injured, the additional clothing will keep you warm & comfortable until help reaches you.

There will be some items (whistles, bottles, buffs) available to purchase online [HERE](#) to pick up at registration or cash only onsite, but do not rely on these as there are limited items & numbers.

We would recommend bringing bright & wet condition kit with you when you register to have it checked. There will be a notice informing you of expected weather/kit for race day in the tent.

An X mark will be made on your race bib showing that your kit has been checked. Our volunteers will be checking for this mark on race morning.

We will also do a number of spot checks on race day to ensure you have packed all of your mandatory kit. Remember it's for your own safety!

MANDATORY KIT – HALF MARATHON



Mandatory Kit:

All runners in the Half Marathon **MUST** have the mandatory kit outlined below. Please ensure you have this on the day, it's for your own safety! **IF YOU DO NOT HAVE THE REQUIRED KIT, YOU WILL NOT BE ABLE TO RACE!**

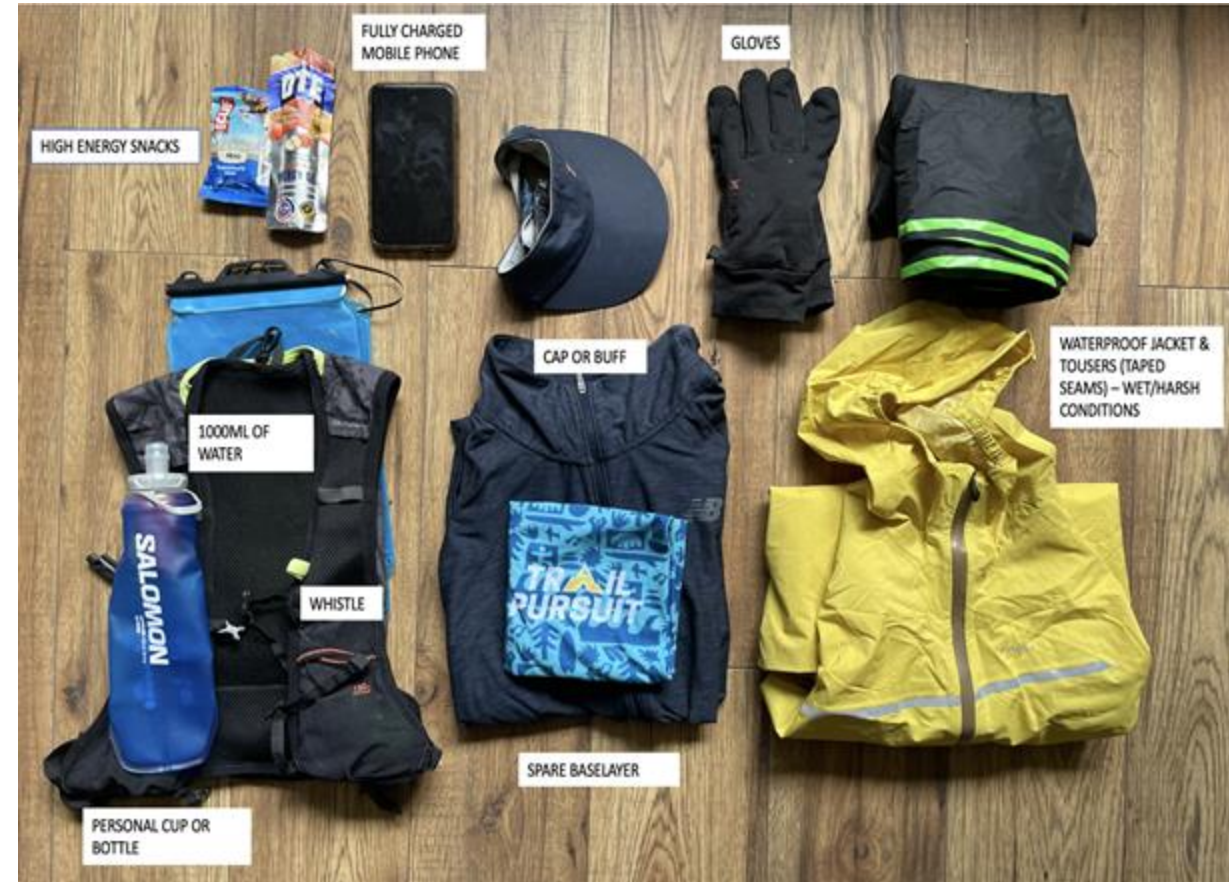
Bright Conditions

- Whistle
- Fully charged mobile phone (switched on!)
- High energy snacks
- 1000ml minimum liquid
- Personal cup or bottle
- Waterproof jacket

Wet / Harsh Conditions (above + below)

- Waterproof trousers
- Spare base layer
- Hat or Buff & Gloves

PLEASE BRING YOUR FULL KIT TO REGISTRATION WHERE IT WILL BE CHECKED & A MARK MADE ON YOUR RACE NUMBER. THIS WILL BE CHECKED AS YOU ENTER THE START AREA.



THE WEATHER FORCAST WILL BE CHECKED & YOU WILL BE INFORMED AT REGISTRATION IF WET KIT IS NEEDED FOR SATURDAY.

MANDATORY KIT – 10K & 5K



Mandatory Kit:

All runners in the 10k & 5k must have the mandatory kit outlined below. Please ensure you have this on the day, it's for your own safety! **IF YOU DO NOT HAVE THE REQUIRED KIT, YOU WILL NOT BE ABLE TO RACE!**

- Waterproof Jacket
- Fully charged mobile phone (switched on!)
- Personal cup or bottle

PLEASE BRING YOUR FULL KIT TO REGISTRATION WHERE IT WILL BE CHECKED & A MARK MADE ON YOUR RACE NUMBER. THIS WILL BE CHECKED AS YOU ENTER THE START AREA.

THE WEATHER FORCAST WILL BE CHECKED & YOU WILL BE INFORMED AT REGISTRATION IF WET KIT IS NEEDED FOR SATURDAY.

ESSENTIAL RACE INFO



Racing Instructions

- It is a mix-terrain route of road, gravel paths, rocky terrain, grass & dirt tracks. Some sections are narrow, may be slippery underfoot or have shrubbery alongside. Please take care & slow down if necessary. We would rather you walk tough sections and finish a few minutes slower, than get injured.
- Please respect the countryside. Help us look after it by closing gates behind you and leaving no litter whatsoever. If a marshal sees you drop litter on purpose, you may be disqualified
- Some sections of the route are narrow. If a faster runner is behind you & lets you know, please step to the side and let them pass.
- There are a few sections that have you running on the roads for a short distance. These roads are open to vehicles, so please keep to the side & take care.
- You **DO NOT** have priority over cars when crossing a road. Marshals will be on hand at junctions, but they will not be stopping traffic. Please look carefully & cross when safe to do so.
- Please respect, assist & look out for other runners.

Emergency Event Phone Number: 07918 935279

Please make a note of this phone number or add to your phone. If you need to get in touch, request help/medical instance or tell us you have dropped out of the event please use this number first.

Medical Phone Number: 07800 992755

If you need medical attention while you are on the course, but not with a marshal & cannot get through to Event Control, please phone the below number for the Event Medical Team. They are a fully stocked ambulance with paramedics roaming on course and can reach all locations.

MEDICAL:



There will be a medical team (Tactical Medical Rescue) onsite for the duration of the event. They can be found in the main festival site.

During the races, there will be an additional 4x4 Medical Ambulance that can reach all areas of the route. They are fully stocked with all medical equipment and paramedics.

We recommend you bring your own basic first aid supplies for taping up blisters or covering small cuts.

WHAT 3 WORDS:

We recommend that all runners download the App What 3 Words (or use it in browser) and get to know how it works.. Every 3 metre square of the world has been given a unique combination of three words.

If you need any assistance while on route, it enables us to know your exact location to reach you quicker.

<https://what3words.com/pretty.needed.chill>



THE START:

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Please arrive to the start area 15 minutes before your race begins.

- Your Mandatory Kit Mark on your race bib (checked at registration) will be checked by a volunteer before you enter the start chute. Please ensure that you have not removed any items.
- There will be a short 5 minute race briefing & warm up before the race sets off - please pay attention
- You will be placed in waves of 30 people, setting off every couple of minutes.
- The waves are self-seeded, so if you are a faster runner, head to an earlier wave. if you want to take your time, head to a later wave.



RACE ROUTE MAPS: HALF MARATHON



Saturday 3 1st May

Start Time: 08:45

A spectacular mix of coastal trails & wild forestry. Taking in the amazing coastal views, beaches, shipwrecks, mining landscapes, history & Cornish villages along the way. With two ascents of the 'St Agnes Beacon (192m), double the chance to see the amazing views of the area. Perfect for those who love an adventurous trail race!

Aid Station 1 - 5.5km

Aid Station 2 - 11km (Cut off at 11:30am)

Aid Station 3 - 15.3km

[**CLICK HERE TO VIEW ON GOOGLE MAPS**](#)

[**CLICK HERE TO DOWNLOAD THE GPS ROUTE**](#)

RACE ROUTE MAPS: 10KM

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Saturday 31st May

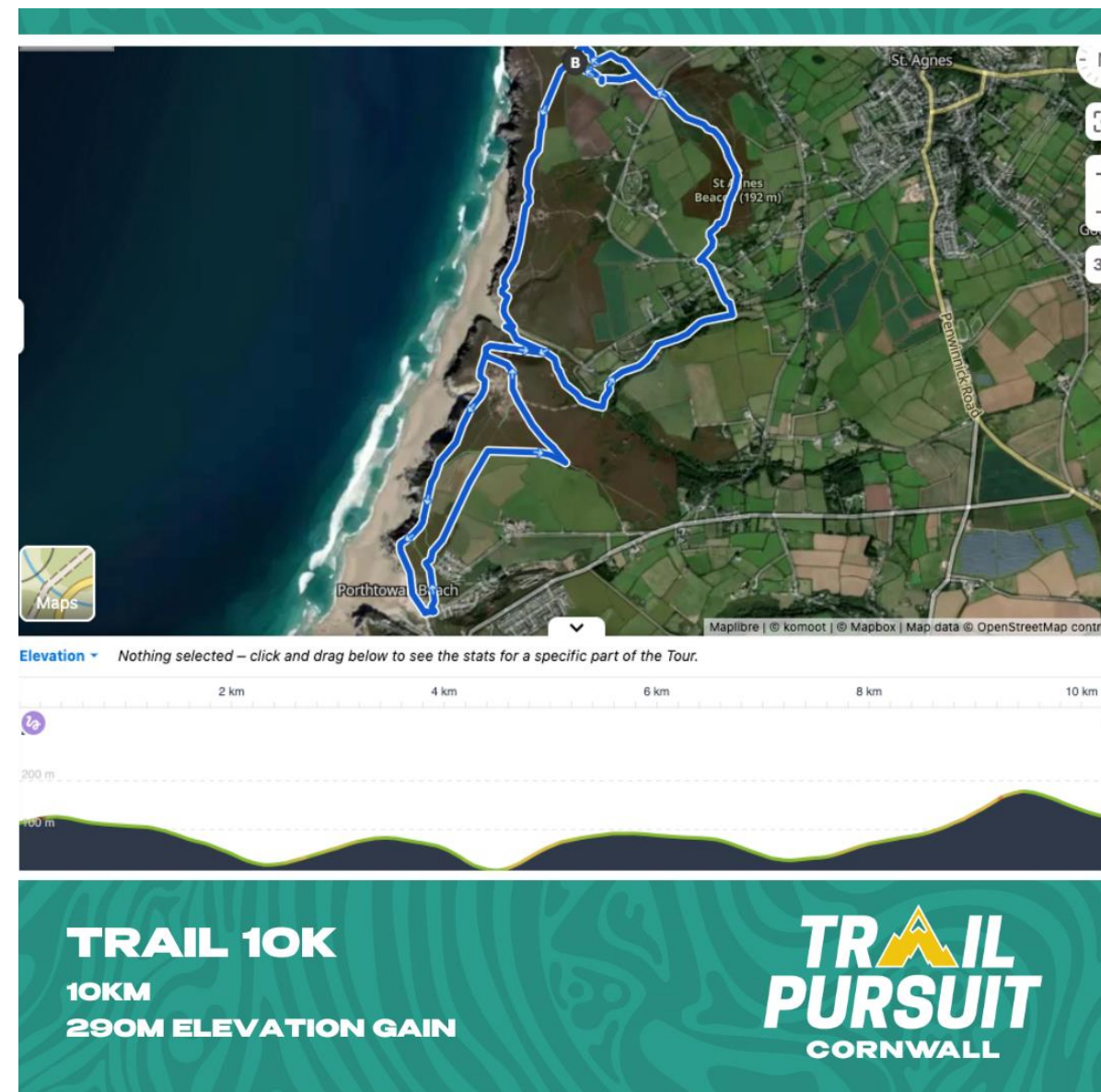
Start Time: 09:30

Coastal paths, once secret beaches, tin mining landscapes, shipwrecks, wild forestry & the climb to “The Beacon” (192m) with amazing views of the area - this 10k has it all!

Aid Station - 5.3km

[CLICK HERE TO VIEW ON GOOGLE MAPS](#)

[CLICK HERE TO DOWNLOAD GPX](#)



RACE ROUTE MAPS: 5KM

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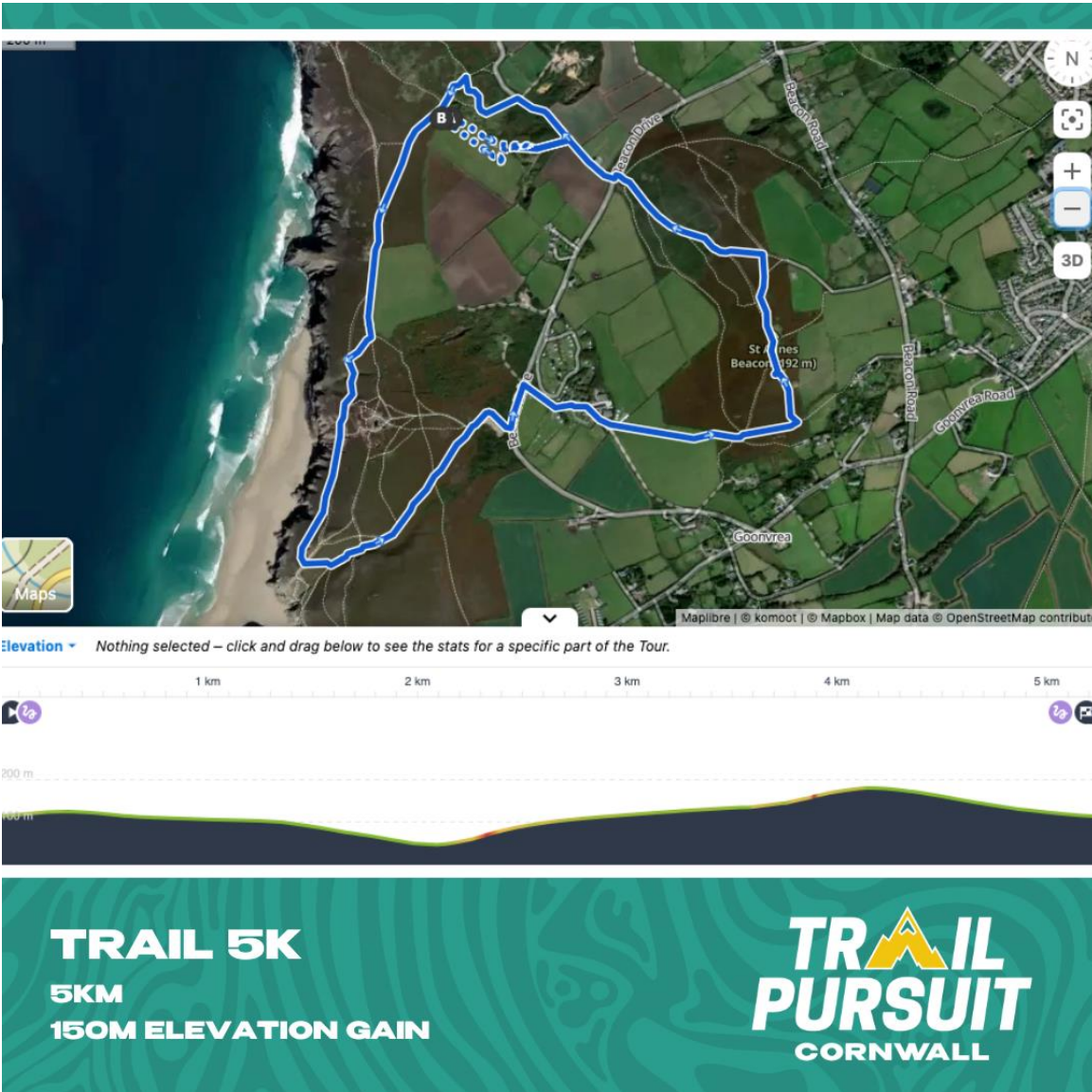
Saturday 31st May
Start Time: 10:00

Our 5K gives you a great taste of this stunning area. First off you'll pass the sentry box that once marked the entry to **WW2 Gun Battery** that once stood here before joining the **South West Coastal Path** with the great expanse of the **Atlantic Ocean** on your right before bringing you inland to tackle **The Beacon (192m)** with its unbeatable views of the festival site and beyond!

This race is perfect for newbie trail runners looking for a fun & beautiful coastal race.

[CLICK HERE ON GOOGLE MAPS](#)

[CLICK HERE TO DOWNLOAD GPX](#)



FEED STATIONS



There are 3 feed stations on the Half Marathon route & 1 feed station on the 10k route which will be manned by our volunteers & stocked full of energy food and water.

AID STATION 1 : 5.5km in - Half Marathon

- ///keener.branching.parrot

AID STATION 2 : 11km in - Half Marathon

- ///flopped.warp.scooter

AID STATION 3: 15km in - Half Marathon 5.3km in - 10km

- ///instructs.helpful.fallback

All Aid Stations will stock the following:

- Water
- Bananas
- Sweets
- Electrolyte energy drink

AID STATION 3 (visited by both Half Marathon & 10K) will also have Gels from **GU ENERGY**

Station Rules

- If the feed station is busy, please queue up.
- Put litter in bins provided or take it with you
- Leave the feed station or move away once you have been served

Be prepared, you MUST have a collapsible cup/bottle/hydration pack to refill and carry water. There will be NO cups at the feed stations.



FINISH AREA / RESULTS / PRIZES

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Race photographer Olivia will be on the finish line & Craig will be out on the course, so make sure you smile!

When you cross under the finish line gantry, please collect your medal and move through the finish area as quickly as possible. There is plenty of space to the side of the gantry to get additional water, relax, recover and cheer other runners through the finish line.

There are prizes for 1st, 2nd & 3rd Male & Female for each race. Listen out for the MC to announce when this will be.



Tag us in your Medal Photos
[@trail_pursuit](https://www.instagram.com/trail_pursuit)

KIDS 1 MILE FUN RUN

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After all our Half, 10K & 5K runners are back, it's time for the kids at 2:00pm!

A 1 mile looped run around the venue gives the kids an opportunity to show their parents how it's done! With a medal at the end, it's a great time for all.

Parents can run with kids.

There may be a few entries spare on the day to enter, but to avoid disappointment, please enter online in advance [HERE](#)



Tag us in your Medal Photos [@trail_pursuit](#)

YOGA, DJ & ICE BATHS

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After your race enjoy a number of festivities!



Relaxing yoga sessions with Beth. First-come first serve, feel free to bring your own mat, though we will have some available!



Delicious food & drink vendors!



Ice Bath & Sauna Experience by SiVo Wellness.

Kickstart your recovery post race. Hugely popular last year, for 2025 all sessions must be booked in advance please.

[BOOK HERE!](#)



CHERISH YOUR RACE!

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Explore the coast. Embrace the challenge.

Our Limited Edition CORNWALL '25 Tee is here - inspired by windswept cliffs, sea-salted trails, and the power of community. Whether you're running the coast or cheering from the sidelines, wear your passion for adventure proudly. This is more than a tee - it's a reminder of what we achieve, together.

- Limited quantity available
- Size: Unisex fit (ladies order one size down)
- Colour: Blue Soul
- Order now & collect 30 May - 31 May 2025 at Cornwall race reg

[Order yours here](#) & collect at race registration!



VOLUNTEERING

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Bringing along friends or family who aren't running or competing? Why not volunteer for a few hours?

Being part of the volunteer team is an amazing way to be involved in the events and meet others, without having to take part!

Whether it's showing people where to park, following the last runner on the course, directing runners on the route, or handing out medals at the finish line, volunteers really make the event & we couldn't do it without them!

As a thank you, we offer **FREE** entries into other events, a Trail Pursuit Buff & full event access when you're not working!

[REGISTER HERE](#)



HEADLINE PARTNER

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DARE 2B

WARM WELCOME TO OUR HEADLINE PARTNER

dare 2b are known for designing high-performance, style-led activewear built for the outdoors. Whether you're training on the coast or racing through the trails, their trail running collection offers lightweight, breathable, and weather-ready gear to keep you moving in comfort and confidence.

Check out their full trail run collection [here](#).

From windproof jackets to moisture-wicking layers, dare 2b's kit is built for runners who love to explore wild places — just like the Trail Pursuit community. As part of their mission to support adventure-seekers, the team will be showcasing their latest range at the Trail Pursuit Sports Expo in Cornwall.

They've kindly gifted the Trail Pursuit community an exclusive discount, use **TP15 (£15 OFF)**

Shop [here](#).



THANK YOU TO OUR PARTNERS

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Check out the incredible vendors who will be serving up tasty food & drink over the event.



JOIN US ON A TP ADVENTURE!
TRAILPURSUIT.COM

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The background of the entire image is a teal-colored topographic map with white contour lines. The lines are more densely packed in some areas, indicating steeper slopes, and more spread out in others.

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GOOD LUCK!