

Mt Edgcumbe event details.

Location and Directions.

Mt Edgcumbe Country Park is on the Rame peninsula on the SE tip of Cornwall.

The event will be signed off the B3247 at SX441514.

What3words oath.waving.twigs

Parking will be in the car park behind Maker Church.

From Plymouth via:

Either the Tamar Bridge (free travelling west; pay going east) on the A38 to Trerulefoot roundabout; then via A374 and B3247 (brown signs) to Millbrook and Mount Edgcumbe.

Or in to Devonport for the the Torpoint Car Ferry. From Torpoint use A374 and B3247 (brown signs) via Antony.

Area and map.

Parkland with wooded areas. Fast running on the plateau of the deer park, with stunning views over Plymouth Sound and the river Tamar.

The map has been updated for this event. It will be A3 at a scale of 1:7500.



Note that there are stretches of high deer fencing with gates in them. Otherwise they are uncrossable.

Special symbols: X bench. O tree guard

Courses.

Colour	Length (km)	Climb (m)	Controls
Brown	7.9	360	22
Blue	5.9	250	19
Green	4.5	165	15
Short Green	3.7	90	11
Light Green	3.7	105	13
Red	3.5	120	13
Orange	2.9	90	11
Yellow	2.6	80	12

Yvette Baker competition.

The competition will make use of the Yellow, Orange, Light Green and Green courses but those taking part must be entered separately in the YB versions of the course.

Entry details.

There will be some maps available for entry on the day.
Extra charge £1.

Registration and start times.

Starts are from 1100 - 1300. Courses close at 1500.
Enquiries and download will be in a tent in the car park.

Facilities.

There will be a portable toilet in the car park.
The Kerno Tea Tent will be there.
There are also other toilet facilities and cafes at various locations in the park.

Dog restrictions.

Dogs are allowed but must be on leads and under control at all times.

Event officials.

Organiser: Chris Moncaster
Planner: John Moody
Controller: Adrian Taylor (DEVON)

Safety.

Full body cover is mandatory ie NO SHORTS.
After the event you should check for ticks.
Be aware of people on Segways or playing Frisbee Golf.
Be respectful to members of the public.
A full risk assessment has been carried out.
First aid will be provided by members of Kernu.

Nearest A&E.

Derriford Hospital, Derriford Road, Plymouth, PL6 8DH

Miscellaneous.

Many thanks to Cornwall Council and Plymouth City Council for the use of Mt Edgcumbe.

<https://www.mountedgcumbe.gov.uk/>