

Rolls-Royce Harriers Circuit of Cornwall Challenge May 2009 - Checkpoint Locations

Key: A = Team A, B = Team B, K = Kayak section, C = Cycling section						
TEAM	LEG	DAY	FROM	TO	OS Grid Ref	Handover at Car Park
A	1	Fri	Mead (SS 212174)	Coombe	SS 201118	Yes
A	2	Fri	Coombe	Bude (Crooklets Beach)	SS 204072	Yes
A	3	Fri	Bude	Widemouth Bay	SS 199025	Yes
A	4	Fri	Widemouth Bay	Crackington Haven	SX 144968	Yes
A	5	Fri	Crackington Haven	Boscastle	SX 097913	No
B	6	Fri	Boscastle	Tintagel	SX 050884	No
B	7	Fri	Tintagel	Trebarwith	SX 049864	No
B	8	Fri	Trebarwith	Port Isaac	SW 999810	Yes
B	9	Sat	Port Isaac	Polzeath	SW 936796	Yes
B	10	Sat	Polzeath	Rock Ferry	SW 928757	Maybe
K	K1	Sat	Rock Ferry	Padstow Quay (note 1) or Padstow low tide	SW 920754 SW 922760	Maybe No
A	11	Sat	Padstow	Trevone	SW 892759	Yes
A	12	Sat	Trevone	Porthcothan	SW 859720	Yes
A	13	Sat	Porthcothan	Watergate Bay	SW 841649	Yes
A	14	Sat	Watergate Bay	Newquay Fistral Beach	SW 801622	Yes
A	15	Sat	Newquay Fistral Beach	Holywell (beach)	SW 767589	Yes
A	16	Sat	Holywell (beach)	Perranporth	SW 756543	Maybe
B	17	Sat	Perranporth	St Agnes	note 4	note 4
B	18	Sat	St Agnes	Porthtowan	SW 692480	Yes
B	19	Sat	Porthtowan	Portreath	SW 655453	Yes
B	20	Sat	Portreath	Gwithian	SW 579414	No
B	21	Sat	Gwithian	Hayle	SW 543366	Maybe
B	22	Sat	Hayle	St Ives	SW 518404	Yes
B	23	Sat	St Ives	Zennor	SW 450389	800m from CP
A	24	Sat	Zennor	Pendeen Watch	SW 380355	Nearby
A	25	Sat	Pendeen Watch	Cape Cornwall	SW 380355	Maybe
A	26	Sat	Cape Cornwall	Sennen Cove	SW 355263	Yes
A	27	Sat	Sennen Cove	Porthcurno	SW 386223	400m from CP
A	28	Sun	Porthcurno	Lamorna Cove	SW 450240	Yes
B	29	Sun	Lamorna Cove	Penzance railway station	SW 475306	Yes
B	30	Sun	Penzance railway station	Marazion	SW 515309	Yes
B	31	Sun	Marazion	Prussia Cove	SW 556280	800m from CP
B	32	Sun	Prussia Cove	Porthleven	SW 628258	Nearby
B	33	Sun	Porthleven	Mullion Cove	SW 666180	Yes
B	34	Sun	Mullion Cove	Lizard lighthouse	SW 701115	Maybe
A	35	Sun	Lizard lighthouse	Coverack	SW 781186	Yes
A	36	Sun	Coverack	Helford South	SW 760260	Nearby
K	K2	Sun	Helford South	Helford North	SW 763269	No
A3	37	Sun	Helford North	Falmouth Watersport Centre (note 2)	SW 807330	Nearby?
K	K3	Sun	Falmouth Watersport Centre (note 2)	Cellars Beach Place House	SW 854324	Nearby
B2	38	Sun	Place House	Portscatho	SW 878358	Yes
B3	39	Sun	Portscatho	Portloe	SW 938394	200m from CP
B1	40	Sun	Portloe	East Portholland	note 4	note 4
B1	41	Sun	East Portholland	Gorran Haven	SX 012416	400m from CP
B2	42	Sun	Gorran Haven	Pentewan	SX 019472	Nearby
A1	43	Mon	Pentewan	Charlestown	SX 039517	Nearby
A2	44	Mon	Charlestown	Par (Polmear)	SX 087532	Nearby
A3	45	Mon	Par (Polmear)	Fowey (Quay)	SX 124515	Nearby?
K	K4	Mon	Fowey (Quay)	Polruan (Quay)	SX 125510	No
B3	46	Mon	Polruan	Polperro	SX 359539	No
B1	47	Mon	Polperro	Looe	SX 255535	Nearby
B2	48	Mon	Looe	Portwrinkle	SX 359539	Nearby
All	49	Mon	Portwrinkle	Wiggle Cliff	SX 420503	Yes
All	50	Mon	Wiggle Cliff	Cawsand	SX 431502	Yes
All	51	Mon	Cawsand	Cremell Ferry	SX 453535	Nearby
K	K5	Mon	Cremell Ferry	Plymouth Jetty (note 3)	SX 460539	N/a
Bike	50	Mon	Plymouth Jetty (note 1)	Start Point nr. Meed	SS 212174	No

Note 1: Kayak landing at Padstow could be at main ferry landing point or at alternative low tide landing point half a mile down the estuary.

Note 2: Kayak entry point at Falmouth is from Watersports Centre near Trago Mills. Landing near Cellars Beach at Place House.

Note 3: Kayak landing at Plymouth assumed to be at ferry landing point on Stonehouse (East) side of river.

Note 4: Legs 17-18 and 40-41 were combined and run as single legs.

Note 5: Legs 35 and 36 were split at intermediate points to reduce leg distances.

Note 6: Legs 49, 50 and 51 were run by the majority of the team with driver changes at intermediate points.

Above changeover points and grid references are on the Cornish Coastal path. In some places this is some distance from nearest car park or car access point e.g. Zennor. Unless previously agreed with team members it is assumed changeover will take place on path rather than adding extra running distance to/from car park. Note where handover is shown at a car park this assumes the car park is open and there is sufficient space to park. If not above rule applies ie. the team parks where it is safely possible to do so and outgoing runners do handover with incoming runners at previously agreed point. Note many Cornish country lanes are very narrow so allow plenty of time to find parking places so as not to miss scheduled handovers.