

100 Mile Endurance

Distance: 101.2 miles	Elevation: 7683 Feet
Feed Stations: RNAS Culdrose	26.4 miles
Praa Sands	36.0 miles
Lands' End Airport	52.6 miles
Philps Bakery	73.2 miles

Entry Fee £40.

Early Bird Registration by 14/1/2017 £35



Heading South from our site you pass through the pretty waterside village of Gweek before reaching the Southern tip of RNAS Culdrose and on to Goonhilly Earth Station. Continuing South past the beautiful Cadgwith before turning up towards Mullion Village and the lovely Poldhu Cove. Turning North, a welcome awaits at RNAS Culdrose for the first Water/Snack Station.

Continuing towards Penzance you will pass another Water/ Snack Station next to the beach at Praa Sands. The scenery gets better and better as you head around Mounts Bay and Penzance taking in stunning views of St Michaels Mount. Your route then heads along the water's edge towards Penzance then on to Lands End. Narrowly missing the Westerly most tip of England, you will turn sharp right to your 3rd Water/Snack Station at Lands' End Airport.

You then you start a spectacular run along the North Coast for 35 miles, the scenery here takes the breath away. You will be passing St Ives then on to Hayle which has benefitted from massive investment in recent years. Your final Feed Station is in the Car Park of Philps' Bakery where we will have a sandwich lunch waiting for you. If you would like a bigger challenge pop some money in your pocket and carb up on one of Philps' highly regarded Pasties.

Continue along the North Coast, passed Hell's Mouth and then drop down to Portreath. At Porthtowan your route cuts across country heading South towards the finish but not before passing through our very own World Heritage Site "Cornish Mining", evidenced by the famous engine towers and shafts scattered across the landscape.