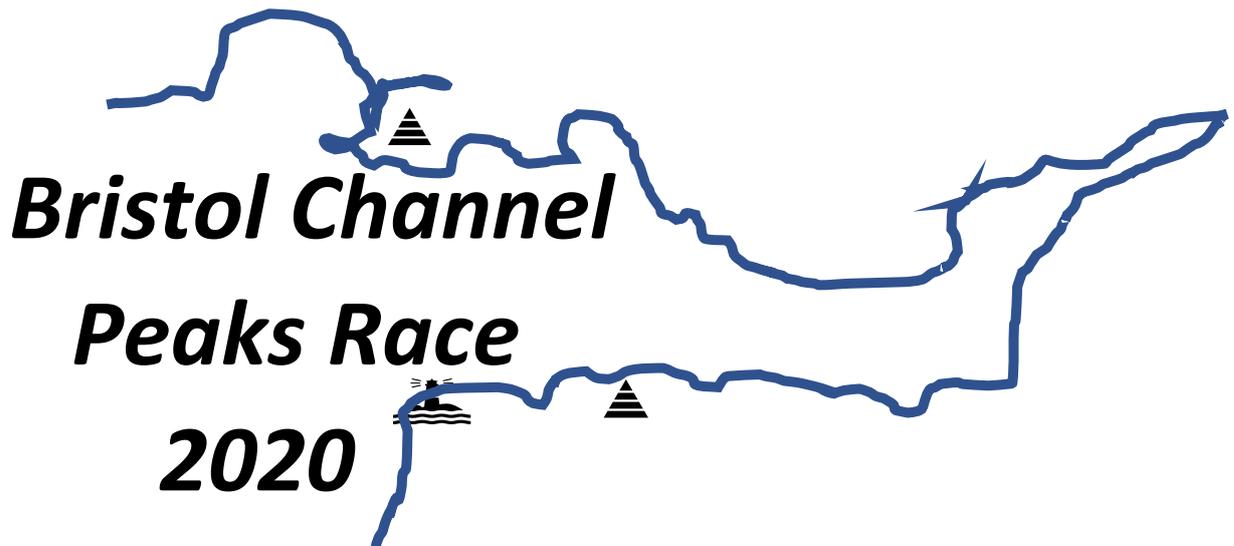


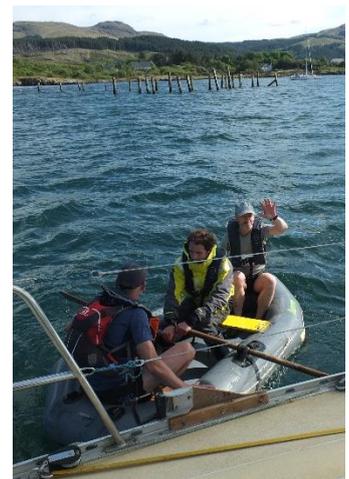
## Introducing the Bristol Channel Peaks Race



Swansea City has an excellent record of holding successful sailing, running and rowing events. In addition, it has the glorious Gower coastline for all to enjoy. In July 2020 all these elements are going to be brought together in the Bristol Channel Peaks Race (BCPR). The BCPR will be starting on the seafront alongside Mumbles Yacht Club at 6pm on Friday 31<sup>st</sup> July. Teams of 5, typically 2 runners and 3 sailors will be competing in this non-stop endurance event. Teams where 4 of the 5 team members take part in the running are also encouraged. Boats can be either monohulls or catamarans and the event can be followed as each team has a GPS tracker.



From the Mumbles Yacht Club start line, two runners from each team will complete a short clifftop course, climbing the steps alongside The George pub and heading along the cliffs with views over Swansea Bay before going past the Big Apple kiosk on the way to the Pier. The course then takes them along the seafront to the Verdi's slipway. The runners get into their team dinghy and row out to their waiting boat. Each boat will be displaying battle flags and playing instruments to enliven proceedings. The teams of five will then sail to Oxwich with the runners coming ashore and heading to Arthur's Stone on Cefn Bryn. This is followed by an overnight sail to Ilfracombe and a run to Bull Point lighthouse, then up the Bristol Channel to Porlock and a run up Porlock Hill. The final sea leg is a sail back to Swansea and the finish line at Swansea Marina.



This race is based on the fabulous Three Peaks Yacht Race (TPYR), a classic endurance race that starts at Barmouth in Mid Wales and finishes at Fort William. Runners have to climb Snowden, Scafell Pike and Ben Nevis along the way. Inspired by the legendary adventurer and mountaineer Bill Tilman, this race has been running for over 40 years and taking part is a truly memorable experience.

The BCPR is intended to be a more accessible version of the original race, with running legs around the 12km mark and no extreme hills. The sailing is also considerably less demanding than passages through the Menai Straits and the extreme tidal effects of Corryvreckan in the Scottish Islands that are two of the many challenges of the original event. A feature that makes the original race stand out also applies to the BCPR. If the wind dies, competitors are allowed to row their boats. Rowing a 5-ton yacht is a major challenge in itself.



The event should be completed by Sunday lunchtime, 2<sup>nd</sup> August. A prizegiving event will be held at Mumbles Yacht Club Sunday afternoon.

It is intended that the Bristol Channel Peaks Race will be held annually and attract visiting teams from other clubs along the Bristol Channel and further afield for a weekend enjoying the Bristol Channel, our wonderful coastline and an exhilarating sporting challenge.

See <http://www.mumblesyachtclub.co.uk/> or <http://peaksracing.com> for more information.

Oscar Chess