



SUNDAY 7 JULY 2019



**RACE INFORMATION FOR ALL COMPETITORS & EVENT TEAM**  
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# RACE INFORMATION FOR ALL COMPETITORS & EVENT TEAM

Welcome to Mad Hatter Sports Events CASTLE TRIATHLON. Please ensure that you read ALL the following details carefully and we hope you have a safe and enjoyable event.

## EVENT HQ

CAERHAYS BEACH CAFE, Caerhays Estate. PL26 6LY.

## OVERVIEW

The race will start on Porthluney (Caerhays) beach where you will swim 1km around the bay before exiting on the beach. Once out of the water there will be a short run to transition. You will head out of Caerhays and cycle an out and back 24km route. There is a climb to start but the route is mainly on fast roads. The run will begin with one loop of the field visible opposite the estate before crossing the road and heading into the castle estate grounds for an undulating run of 6.5km ish.

## DIRECTIONS TO THE EVENT

From St Austell: First turning after the end of Sticker by-pass (signposted to Tregony - B3287) turn right at first junction and then follow signposts to Caerhays. From Truro: First turning right off the A390 after Grampond (signposted to Tregony and St Mawes) then follow signposts to Caerhays.

## EVENT CAR PARKING

Parking is in the event field where there is a small charge of £3 and will be collected by a marshal.

## REGISTRATION

Registration will take place in the event field from 06:30 – 07:45. You will collect your Timing Chip and Ankle Strap along with your race pack. The chip will need to be attached to the strap and fixed to the OUTSIDE of your LEFT ANKLE. In your race pack you will receive your race number and two stickers; one sticker for the front of your helmet, and the other for your saddle post. These stickers will not stick to wet surfaces. Make sure areas are dry before applying. We suggest your main race number is attached to a race belt as on the bike leg you will have to wear it at the back and to the front for the run. Also inside will be your swim hat and event t-shirt.

**You will need to register before you can rack your bike** and equipment in transition ready for the event. The transition area will be in the field (see map). Please have your helmet on and done up as you enter and a quick check of your brakes will be carried out.

You will not be able to collect your bike until the last competitor finishes their bike leg. Ensure you have your race number available to show when collecting your bike. There will be no secure baggage drop available as the event area is so close to the car park.

## RACE DAY SCHEDULE

- 06:30** Registration and transition open
- 07:45** Registration close
- 08:00** Transition close
- 08:10** Race briefing at the finish area, must be attended by all competitors.
- 08:25** Warm up, we will allow you 5 minutes to get in the water and acclimatise before the start.
- 08:30** Race Start
- 11:30 (approx.)** Prize giving ceremony by the beach hut

## TOILETS

There are public toilets by the beach hut and there will be portaloos near transition and the finish area.

## SWIM

The 1km swim will take place in the bay of Porthluney beach with the start being on the waters edge marked by two Mad Hatter chequered flags. You will swim in a triangular, direction around two buoys and exit the water where you entered. We would recommend wearing a wetsuit but a non-wetsuit swim will be allowed if you're mad enough. There will be no cut off times for the swim unless it gets dark!

On leaving the water you will be directed up the beach and along a path on to the road and through a gate into a field and into transition. The approx. distance is 250m and most of it is sand and tarmac. We don't believe that you will need shoes for this section of T1 but if you bring an extra pair then you can make the decision on the day and these can be left on the beach near the start or with a spectator.

CASTLE TRIATHLON 2019

Mad Hatter Sports Events

# RACE INFORMATION FOR ALL COMPETITORS & EVENTS TEAM

## CYCLE

You must clip your helmet on before leaving transition and you must not mount your bike until after the bike mount sign/line, we will not penalise you for this but you will be told off and will have to do a forfeit at the prize giving.

You will exit the field turning right onto a quiet road which will be marshalled but please be aware when leaving.

The bike course is an out and back 24km which will be signposted and marshalled at key points.

There will be two mandatory foot down stops on the course where you turn into traffic. A left turn onto the road into Gorran Churchtown and at the turnaround area (halfway). Once you climb out of Caerhays at the start the roads can become narrow in places. These will be steep descents on the way back and narrow, be cautious!

Please, please take care on these sections and always observe the Highway code as there will be no road closures in operation. Ride on the left hand side and if you need to overtake a competitor a simple shout of 'overtaking' will act as a great warning sign as the average person won't have eyes in the back of their head. Please do not cut corners, undertake competitors or cars in the process of trying to save yourselves milliseconds, you're not racing for a world title and your safety is paramount. Once you descend back into Caerhays you may encounter runners who will be crossing the road from the field to the woods of Caerhays Estate. This area will be marshalled so please keep to the left and this will be a **STRICTLY NO OVER TAKING SECTION OF ROAD**. Please listen to the marshals instructions, they are there for your safety and will remember your number if you shout abuse to them. You will turn left back into transition and proceed to the dismount sign before returning your bike to your rack position ready for the run. Take a deep breath and smile, you're nearly done. Just a little run left...

## RUN

The start will take you on the SWC path and will continue around a small loop of the field opposite the castle which will be marked by white poles, please have the poles on your left at all times. Keep your head up as the views are stunning on this loop. You will exit the field at the bottom gate and cross the road, entering the Caerhays Estate. Here you will be running on mostly woodland tracks and there are a few naughty climbs thrown in to make this a challenge. You will continue by running past the castle and a down hill main entrance section, through the Castle gates, across the road to the finish. You will also receive your well deserved bling here and a Mad Hatter high 5! As the weather in Cornwall is very changeable you may need to bring a selection of shoes. We will however run the course prior and will give you an update.

## THE FINISH/SPECTATORS/VIEWING AREAS

Access to the castle grounds is restricted and you will not be able to go into the gardens as they will be closed to the public. We would recommend placing yourselves near transition and the finish line as this is where most of the action will take place. The general public will have access to the beach and its surrounding areas for spectating.

## PRESENTATIONS

The prize presentations will take place outside the Caerhays Beach Cafe after the event. We'd encourage you to invite your family and friends along to help you celebrate your success. Prizes will be given to the 1st, 2nd and 3rd male and female winners of the race. Plus 1st in each of the following age categories for male and female:

(51+) Where legends are made

(35 – 50) Midlife crisis ahead

(20 – 34) Prime time

(Teens) iGeneration

We will also be giving out spot prizes so please hang around, as it may be YOU!!

## MEDICAL ADVICE

If you feel unwell on race day please don't race. If you have any medical condition, including asthma or any allergies, please advise us at time of registration. First aid will be available.

## ENVIRONMENTAL CONSIDERATIONS

We have obtained special use of the grounds. We ask all competitors and spectators to take their waste with them. **ANY COMPETITOR SEEN ON THE COURSE DELIBERATELY DROPPING LITTER, E.G. GEL WRAPS, ETC., WILL BE AUTOMATICALLY DISQUALIFIED, NO EXCUSES!!!** We ask that everyone respects the local environment.

## WEATHER

In the case of severe weather conditions, like strong winds and big swells which will affect sea conditions, we will have no option but to shorten the sea swim leg of the race. Competitors will be notified via text, email and our social media channels.

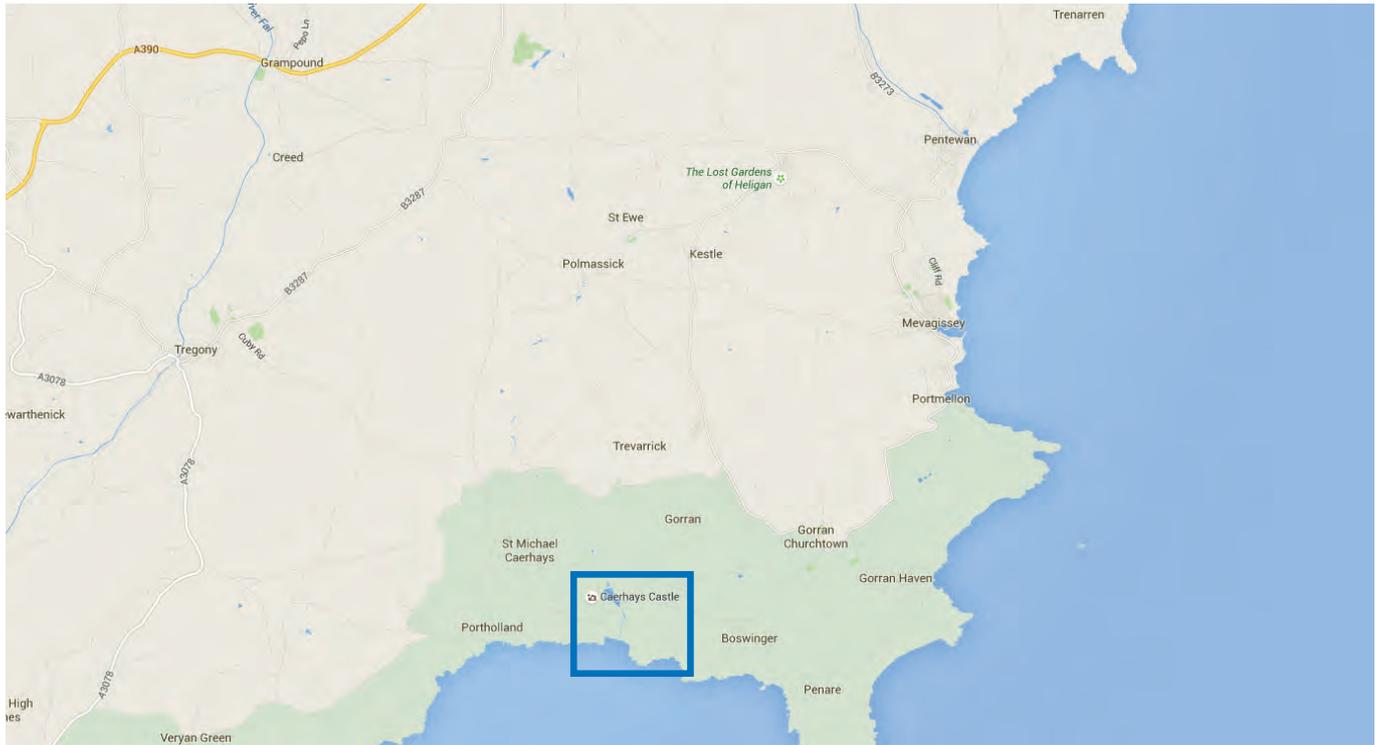
## FOOD & DRINK

There will be food and drink available to purchase during and after the event at the Caerhays Beach Cafe.

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# WHERE AND GETTING THERE



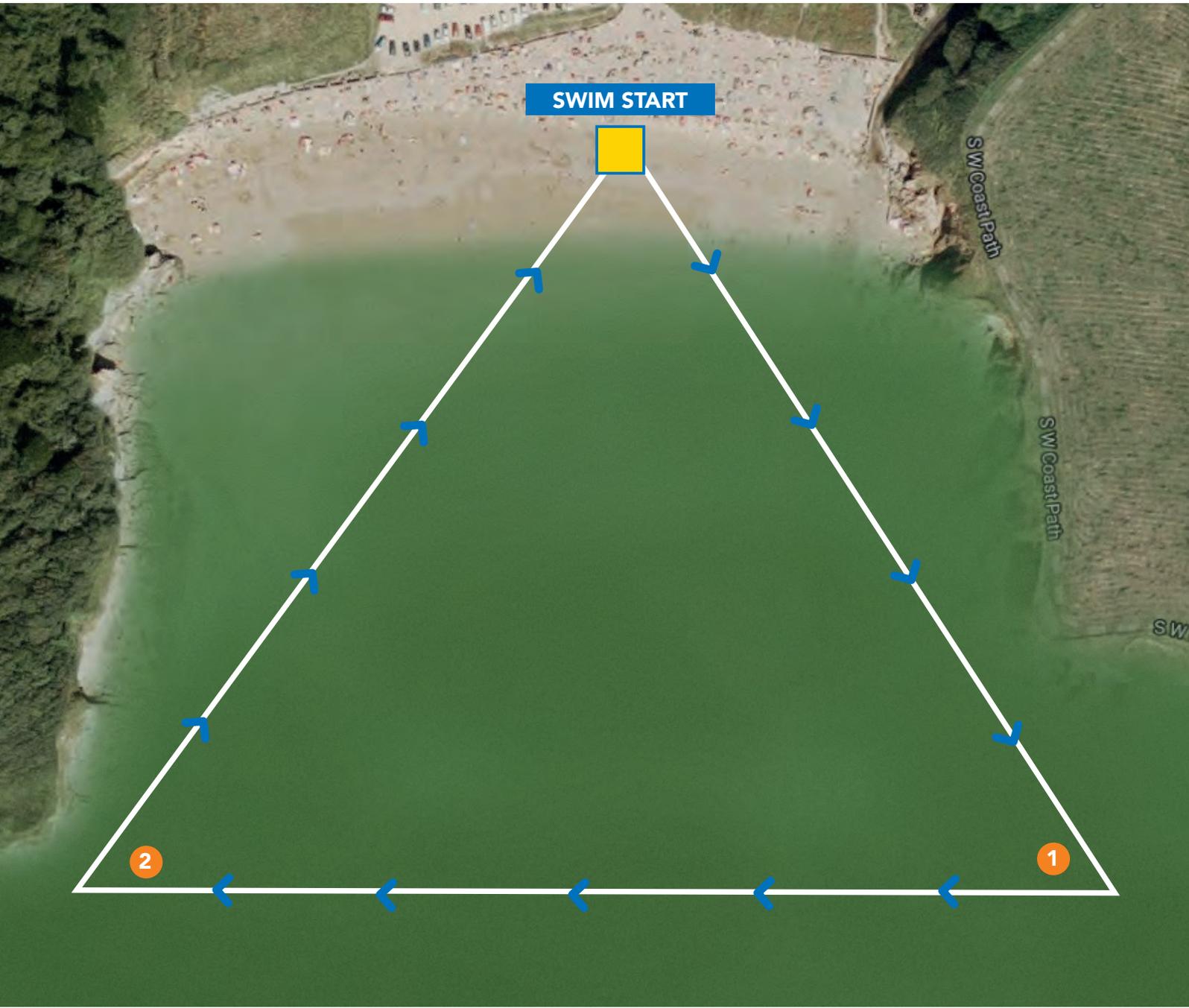
# WHERE AND GETTING THERE



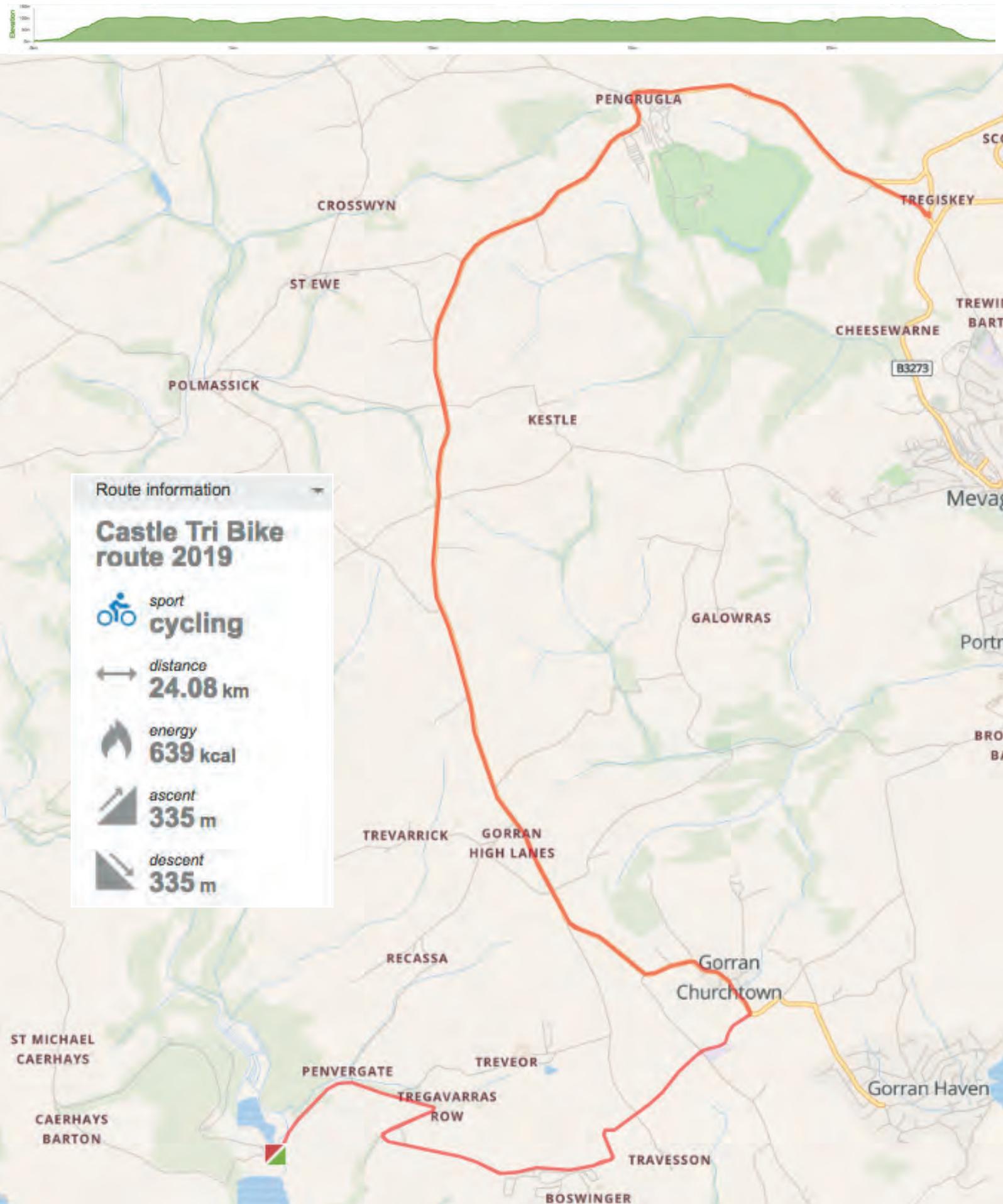
# TRANSITION AREA / RACE FLOW



# SWIM COURSE



# BIKE COURSE - OUT AND BACK



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# RUN COURSE - MIX OF GRASS, WOODLAND TRAILS & ROAD

RUN - ELEVATION: 820FT



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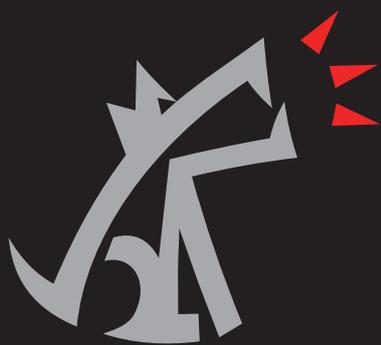
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