Mad Hatter Sports Events

HOKEY COKEY SWIMRUN

ST AUSTELL BAY ~ 09.09.17

RACE INFORMATION FOR ALL COMPETITORS & EVENTS CREW

Mad Hatter Sports Events

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Mad Hatter Sports Events for 2017

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COMPETITOR EVENT INFORMATION FOR SATURDAY 9 SEPT 2017

Welcome to Mad Hatter Sports Events HOKEY COKEY Swimrun 2017. Please ensure that you read these details carefully and we hope you have a safe and enjoyable event.

EVENT HQ:
Quay Road, Charlestown, St Austell, Cornwall, PL25 3NJ.

EVENT CAR PARKING
This will be located at Penrice Academy, Charlestown Road, PL25 3NR and is about a 10 mniute walk down to Charlestown. The cost for the day will be £3 which will go straight to the academies chosen charities. There is also a pay and display car park near the harbour which is £2.50 for 4hrs, £3.50 4-6hrs, £4.50 6-8hrs and £6 day session. Free parking can be found along Charlestown Road if you get there early!

REGISTRATION
Registration and compulsory kit check will take place on the eve of **Friday 8th September at Short & Strong Cafe**, Charlestown Road and on **Saturday 8th at Short & Strong Cafe**. Tea, coffee and sweet snacks will be on sale. Please register on Friday if you are able or arrive as early as possible on Saturday.

Registration closes Saturday 08.30.

At registration you will be given the following:

- **Commemorative Event Shirt**
- **Race Swim hat**
- **Numbered mesh bib (Gold for solo, White for pairs)**
  These must be worn at all times throughout the race. These are the same style as we used during last years event and we require them back after you have finished.
- **Your race number will be also written on your hand**.

CHANGING AREA / TOILETS
Located upstairs in The Longstore via the stairs at Short and Strong Cafe. There are also 20p public toilets in the car park. And in case of emergency whilst racing there are some located at Porthpean beach after Swim 3!

BAG DROP
A secure bag drop will be available during the event which will be attended at all times. Your bag will be tagged with your race number so to retrieve it, simply show us your race number on your hand.

EVENT & SAFETY BRIEF
This will take place from 08:45 at the start area and it is important that ALL competitors attend the briefing.
A countdown will start the race.

Make sure you allow sufficient time to register, attend the safety briefing and are ready to start the race at 09:00. And please note that there is: NO OUTSIDE HELP/ ASSISTANCE WITH KIT PERMITTED ON THE COURSE.

EVENT SCHEDULE and Location

Friday 8th September
18:45-19:45 REGISTRATION
Short & Strong Cafe, Charlestown Road

Saturday 9th September
07:15-08:30 REGISTRATION
Short & Strong Cafe, Charlestown Road

08:45 RACE BRIEF
Event HQ, Quay Road

09:00 START
Event HQ, Quay Road

10:30 EXPECTED 1st FINISHER (SHORT)
11:30 EXPECTED 1st FINISHER (LONG)
13:45 EXPECTED LAST FINISHER (LONG)

14:00 Approx. PRIZE GIVING

FOOD/WATER AID STATION
These will be sited at the beginning of stages 5, 10 and 13.

WATER SUPPORT
Will be supplied along the length of the swim sections. If a competitor has a problem or needs a rest, they must put their hand up, shout help or swim to their nearest paddler.

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.

THE FINISH
Please make sure you show your race number at the finish line. Do not ask the officials for your race time or place, as they will not know it. It will be published via our website and social media within 48 hours. Water will be available at the finish.

FIRST AID WILL BE AVAILABLE ON THE COURSE

PRESENTATIONS
Trophies will be given to the top 3 male and female finishers. And everyone will receive a commemorative bespoke medal for competing.

Hot food and hot/cold drinks with be available in Charlestown through many the different outlets after the event and we recommend booking a table if possible.

HOW IT WORKS

Your body continually emits infrared radiation.

The infrared fibre absorbs and redirects this energy back towards the body.

Microcirculation is stimulated, enabling natural thermo-regulation and increased bloodflow and oxygen to muscles and soft tissue.

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ABSOLUTE 360 www.absolute360.co.uk

the Polkerris Beach Company

5km Sea Swim

2017

Mad Hatter Sports Events.co.uk

16 SEPT
13:30

ONLINE ENTRIES OPEN

The Polkerris 5km Swim is a mass-participation open water sea swimming event and the route takes you alongside the cliffs and towards Little Gribbin head and Gribbin Tower. The route is a simple 'out and back' swim which will start and finish on the beach.

Hopefully you'll be rewarded with a clear flat calm turquoise sea and lots of ocean wildlife en route. Male and female prizes for overall 1st, 2nd, 3rd and AG winners. **Each competitor will receive a coloured swim hat, a special commemorative t-shirt and a Mad Hatter #swimfive!**

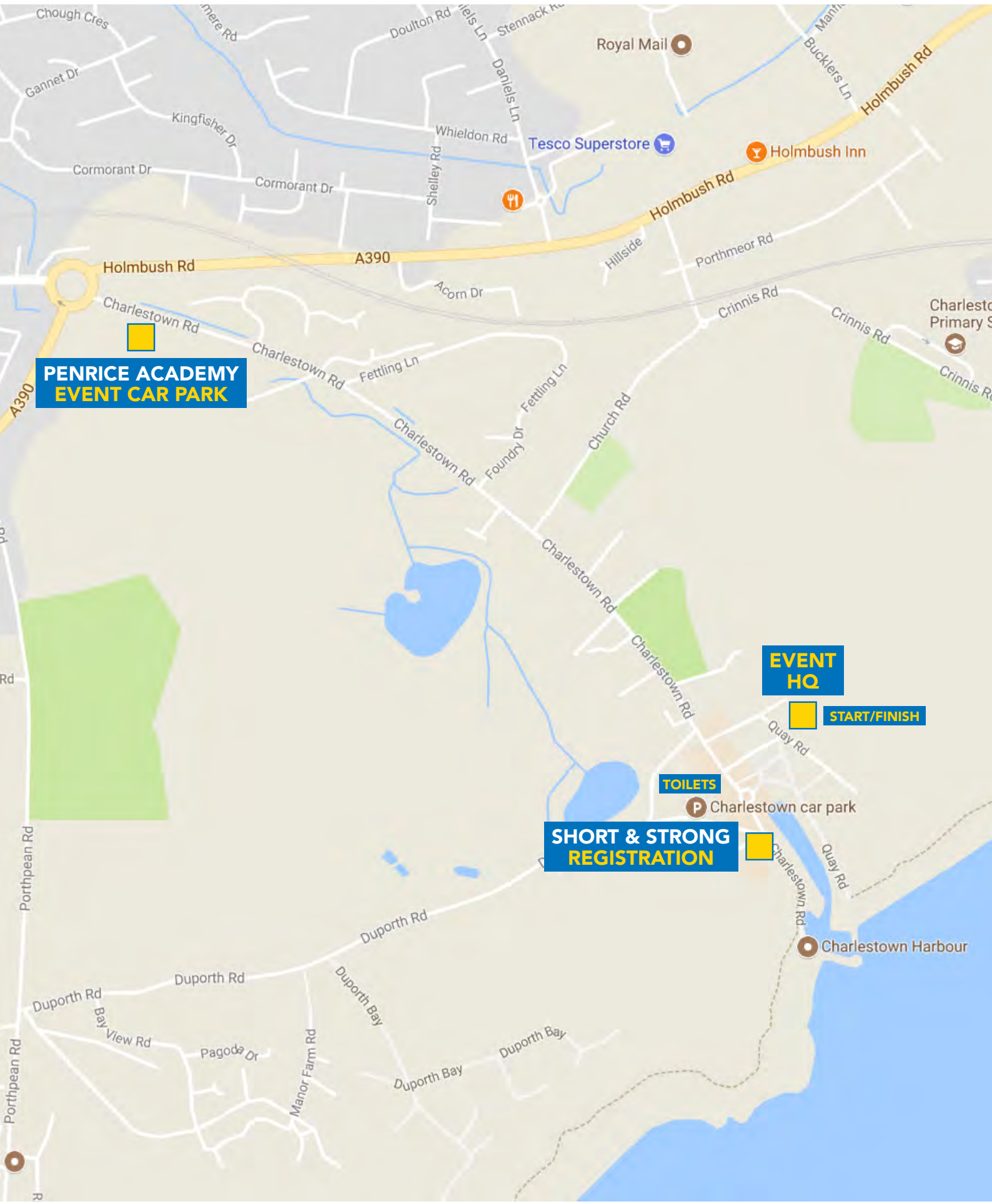
For more info and to enter visit our website

ON THE DAY ENTRIES WILL BE ACCEPTED BUT AN EVENT T-SHIRT CANNOT BE GUARANTEED

www.madhattersportsevents.co.uk/polkerris5kmswim

POLKERRIS BEACH

HOKEY COKEY EVENT SITE PLAN



AFTER EVENT DRINKS/FOOD

The Mad Hatter team will be having a get together after the event from around 6.30pm at The Harbourside Inn, Charlestown, opposite the harbour. Everyone is welcome to join us and celebrate their success!

KIT LIST

Suggested equipment

- 1 wetsuit per participant suitable for water temperature of 12+ degrees Celsius
- 1 pair goggles per participant
- 1 pair 'off road' trainers per participant
- 1 whistle per participant

Additional optional equipment for solo competitors

- 1 Tow float of any design

Mandatory equipment that Mad Hatter will supply

- Race bibs – must be worn at all times during the race and must not be modified
- Swim hat – must be worn during all the swims

Strongly recommended equipment

- Soft water bottle/Hydration system
- Emergency food/gel

WETSUITS ARE NOT COMPULSORY but if this is your first Swimrun we recommend at least a Swimrun specific type suit. Plan your clothing carefully and try it out before race day - you may get cold! We recommend you wear a layer underneath your wetsuit for warmth, and the use of a lube i.e. Vaseline to prevent rubbing.

Additional kit

The use of swimming aids IS permitted in this event, eg, hand paddles, flippers, pull buoy, tow floats etc. All equipment used MUST be carried over the entire course. You must not have any outside help. Any disgarded kit will be deemed as litter!

Course considerations

Most of the run sections are on coastal path but some is on road and these sections are open to normal traffic. Road traffic regulations must be strictly observed at all times.

During swims you may encounter other recreational users too, including other swimmers, kayakers, canoes, SUP's and children playing on the beach. We will do out upmost to ensure people know the event is taking place but please keep an eye out and take care to avoid collisions! Use of headphones is prohibited.

For clarity, instant disqualification offences include:

- **Littering:** We rely on the goodwill of the landowners and local communities for this event to be possible. Litter is something they are all very sensitive about and we do not tolerate, including disgarded kit and gel/food wrappers!
- **Dangerous or offensive behaviour:** The course is on open public rights of way. Any disregard for other users (on land or in water) or offensive behaviour, including being rude to race officials will result in disqualification. Please be nice to marshals and other volunteers. Please thank them, they've given up their time to allow you to take part!

EVENT HQ and start/finish

Quay Road, St Austell PL25 3NJ

PENRICE ACADEMY - EVENT CAR PARK

Charlestown Road, PL25 3NR

SHORT AND STRONG CAFE AND DELI

Charlestown Road, St Austell PL25 3NL

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WORKING IN PARTNERSHIP WITH MAD HATTER SPORTS EVENTS

EVENT RULES

Participants will run, swim and complete each leg along the coast of St Austell bay with no specific transition areas between each leg. Each participant will be responsible for knowing the course prior to the event, the course will be clearly marked using yellow arrows, marshals and other markers but it is also down to the participant to know the course.

ENTERING

- Participants should understand that this is a tough and challenging event and that they are entering at their own risk and cannot hold the organisers responsible.
- In the event of high winds or other unexpected situations we reserve the right to change/shorten the course or cancel the race.
- If you cannot make the event for any circumstances please contact Mad Hatter Sports events. Transferring of entry via any route other than through us will not be accepted.

RACE COURSE

- Athletes **MUST** enter/exit the water for the swim legs where the signs are located; the signs have been positioned to give you the best access to and from the water. If you choose to exit/enter at another point you may be disqualified from the event.
- Anyone found littering will be disqualified.
- There will be a water/food station at Porthpean, this station will have jelly babies, flapjacks and other goodies prior to the long run. No outside help is permitted.
- Marshals will ask for your race number at the start of some of the swim legs, this is to ensure that we have accounted for all participants.
- There will be bottles of water available after the run along Carlyon Bay beach at the top of the path.
- The swim sections will not be marked with buoys, each swim is a point to point swim and you will not be led by a kayak. There will be a water support team on hand at all times but they are only there for your safety.
- Some of the swim sections may take you close to, or over rocks depending on your time and navigational skills. Please be aware that these obstacles are there, if you get to close you may have to coasteer. If you are worried about this then please give the shoreline a wide berth.
- Part of the run is alongside the golf course at Carlyon bay, please stick to the coast path and do not run on the golf course. If you do you will be disqualified.
- Marshals will be equipped with basic first aid kit and there will be a mobile first aid unit that can be called to any location. Each marshal will also have a number of foil blankets.

EQUIPMENT

- It is your choice of what to wear for the swims, wetsuits are recommended but not mandatory. Anyone entering without a wetsuit should be an experienced "skins" swimmer and this should not be your first time attempting to swim without a wetsuit.
- You can remove your wetsuit after each swim and carry it, however this takes time to put it back on before the next swim. You must carry your own wetsuit, no outside help is permitted
- You **ARE ADVISED** to wear footwear during the run legs, most runs are mainly on coast path so it will be uneven and rocky. Any type of footwear is permitted.
- Swimming in your footwear is the recommended strategy but you can remove your shoes and transport them in the swim, this could include using dry bags or floats.
- Floatation devices are permitted during the swim, this includes pull buoys and tow floats.
- Use of paddles and flippers is allowed.
- You must wear the event swim hat during the swim sections and your bib must not be taken off and must be visible at all times.
- No motorized equipment is permitted (Someone has seriously asked!!)
- For your safety please enter the water feet first, do NOT dive into the water as there could be shallow rocks.
- You must return to the finish with the equipment that you started with, you cannot leave items around the course to be picked up later.

PARTICIPANTS

- You will be running along the coast path which is open to the public so please be mindful of this when running, we would like to hold this race again.
- If you pull out of the race at any point please report to the nearest marshalling point and you will be returned to base.

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HOKEY COKEY SWIMRUN ST AUSTELL BAY SHORT COURSE 10km

View route on line: https://www.google.com/maps/d/u/0/viewer?ll=50.32255980061079%2C-4.762079699999958&z=14&mid=17TCWo0Cjqsc7LZSOJjF8PgXtQmo

Note: The course will be marked and maps will not be supplied on the day. If you wish to carry a map, please print this out or mark this route onto an OS map and carry it in waterproof case. A map may be useful to you if you are in any doubt or if you want to see how far you have to go!

KEY:

- RUN
- SWIM
- CHECKPOINT
- WATER/FOOD

= Oops up hill

= Yeah down hill

Swim: 2.5km | Run: 7.5km

Stages: 9

Course Length: 10km

- START
- 1 RUN OUT & AROUND CHARLESTOWN 2.2KM
- 2 SWIM TO DUPORTH BEACH 0.6KM
- 3 RUN DUPORTH BEACH 0.3KM
- 4 SWIM TO PORTHPEAN 0.6KM
- 5 RUN TO TRENARREN & BACK TO PORTHPEAN 4.8KM
- 6 SWIM TO DUPORTH BEACH 0.6KM
- 7 RUN DUPORTH BEACH 0.3KM
- 8 SWIM TO CHARLESTOWN 0.6KM
- 9 RUN TO FINISH 0.4KM

Course and distances are approximate and may change due to conditions

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HOKEY COKEY SWIMRUN ST AUSTELL BAY LONG COURSE 20km

View route on line: https://www.google.com/maps/d/u/0/viewer?ll=50.32440986073578%2C-4.740890250000007&z=13&mid=1mVq7W8KBkIz1zgaiFIGKGhEmEEE

Note: The course will be marked and maps will not be supplied on the day. If you wish to carry a map, please print this out or mark this route onto an OS map and carry it in waterproof case. A map may be useful to you if you are in any doubt or if you want to see how far you have to go!

KEY:

- RUN
- SWIM
- CHECKPOINT
- WATER/FOOD

= Oops up hill

= Yeah down hill

Swim: 5km | Run: 15km

Stages: 13

Course Length: 20km

- START
- 1 RUN OUT & AROUND CHARLESTOWN 2.2KM
- 2 SWIM TO DUPORTH BEACH 0.6KM
- 3 RUN DUPORTH BEACH 0.3KM
- 4 SWIM TO PORTHPEAN 0.6KM
- 5 RUN TO TRENARREN & BACK TO PORTHPEAN 4.8KM
- 6 SWIM TO DUPORTH BEACH 0.6KM
- 7 RUN DUPORTH BEACH 0.3KM
- 8 SWIM TO CHARLESTOWN 0.6KM
- 9 RUN AROUND CHARLESTOWN HARBOUR 0.6KM
- 10 SWIM TO CARLYON BAY 1.7KM
- 11 RUN TO SPIT BEACH 2.3KM
- 12 SWIM TO POLGAVER BEACH 1KM
- 13 RUN TO FINISH 3.5KM

Course and distances are approximate and may change due to conditions

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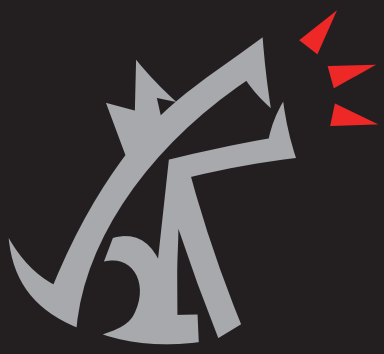

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