

**West Cornwall Sprint Triathlon
BTF SW Series
Saturday 14th August 2010
8.00 am
The Field
Marazion
Cornwall**

**THIS PAMPHLET CONTAINS
IMPORTANT INFORMATION ABOUT
THE EVENT.**

PLEASE READ CAREFULLY.

This race is sanctioned by the BTF

**For further information or questions
please contact:**

**Cris Hayden: 01736 755923 /
07773707212**

Or

Email: cooter@hayletri.co.uk

Please enjoy the race!

Dear Triathlete,

Please take the time to read the following information as it is for your own safety and enjoyment of the event.

Please have a great day and join us for the presentations, free pasty for all.

Please contact us with any questions that you may have. The details are on the front page.

Have fun and be safe,
Crispin Hayden
Race Dogsbody.

Registration

Registration will commence in The Field from 5.00 pm the evening before until 7.00 pm. **Please bring you helmet with you.** You will be given an event memento, an envelope containing your race numbers, swimming hat, timing chip and strap, security bands (1 for you and 1 for your bike). There will also be an opportunity to register on the morning of the event from 6.00 am, but only for those who were unable to do so the evening before.

Programme

6.00 am - 7.30 am – Registration for those who were unable to register the evening before. Helmet checks time for all competitors. **TIMING CHIPS WILL ALSO BE ISSUED. PLEASE DO NOT LOSE THEM AND HAND THEM BACK TO THE DESIGNATED PERSON WHEN CROSSING THE FINISHING LINE.**

7.400 am – Race brief. It is essential that you attend as important information will be given. Please listen carefully to the person doing the brief. **IT IS YOUR RESPONSIBILITY TO KNOW THE COURSE.** Please look at the information boards for any other information.

8.00 am – Swim commences. Any changes to the swim will be given according to the conditions.

You must abide by the rules stipulated by The British Triathlon Federation

<http://www.britishtriathlon.org/triathlonengland//events/page.php?article=&category=/events/&folder=rules/>

You must also ride according to the rules of the highway code

http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG_069837

Marshals are only for directional guidance purposes, **and will not stop traffic.**

Trophy List

1,2,3 Sen, V40,V50
1st Team Relay

Relay Teams

Your chip is your baton and must be worn on your right or left ankle, your swimmer must wear the chip throughout the swim, the chip will be handed to the cyclist in transition (bike must be racked and helmet on), cyclist must wear the chip throughout the cycle, cyclist must rack their bike before handing the chip to the runner, who must put the chip on correctly

General Information

Swim 750 metre sea swim – There may be some surf. Changes to suit the conditions will be made on the day. Hayle Surf Lifesaving Club will be in attendance with their IRB and Hayle Canoe Club will have paddlers in the water for your safety. Please wear your swim hat at all times. It will be a mass start, so please swim to the side or rear if you are slightly nervous. If you get into any difficulties, lie on your back and raise your arm. Someone will come to your aid. Please swim using a recognised stroke and not back stroke as this can cause confusion and you may get rescued! Please be careful its a 200m run to transition.

Cycle 20 km – Please ensure that helmets are worn at all times and fastened. Do not unrack your bike until you have done this. Failure to do so will result in a two minute time penalty. Do not mount your bike until the transition marshal allows you to do so. Always wear your number on the back during the cycle stage. The full route and map is in the back of this pamphlet. **BTF Bike marshals will be on route.....DO NOT DRAFT. YOU HAVE BEEN WARNED!**

Run 5 km – On returning from the cycle, dismount when you are authorised to do so, rack your bike, remove helmet and begin the run. The run is **ONE** lap. There will be drink stations at Marazion end and the 1/2 way point (PLEASE TURN AROUND AND COME BACK). Please wear your race number on the front. On finishing the race please hand in your **timing chip**.

Timing chips

Must be worn at all times on your left or right ankle

Hydration

Water

Bicycles – All helmets and bikes will be checked and it is compulsory to wear a BTA approved helmet. Competitors and officials are only allowed in transition for security reasons. **Do not unrack your bike until wearing a fastened helmet. Do not cycle in the transition area.**

Parking – Free parking and is available in the field, large vehicles can park along the sea wall near the Station Inn.

Spectators – Spectators are particularly welcome to watch the event and show their support, but please keep the finish area clear.

Important – Please respect the local people at this early time of the morning, and take your litter home.

Amendments of entry details – Please inform the people on registration of any changes to entry details. This applies to members of a team.

Results – Results will be available post race and also on: www.hayletri.co.uk and www.racetimingsystems.com

Marshals and Volunteers – This race series is run by volunteers and is hoping to raise funds for donations to Hayle Canoe Club, Hayle SLSC, Hayle Air Cadets.

The organisers have taken out all relevant insurance cover for this event and have followed the guidelines as set out by the British Triathlon Association. The organisers cannot be held responsible for competitors' property lost, stolen or damaged before, during or after the event.

Swim Transition

The swim will be a single lap mass start in a rectangle shape

The swim exit is approx 200 meters from Transition on tarmac. We will have a trainer transition for those that require at the exit of the beach.

Keep to the left when entering Green Lane and Transition.

Transition

Transition is on grass, with numbered racking and **THE PITBULL (Race Referee)** will be in attendance

Cycle Route (Change from advertised route, please see website for Goggle map)

West Cornwall Sprint Triathlon Cycle route.

Turn left out of transition
Follow the main road up through Marazion
Turn right on Rnd abt (Goldsithney) towards Helston (A394)
Turn right at far end of Praa Sands into Pengersick Lane
Halfway down Steep technical decent.
Follow road right into Castle Drive
Turn right into Pentreath Lane
Turn Left back towards Marazion (A394)
Straight over Rnd Abt (Goldsithney) onto Marazion bypass
Turn Left on Newtown Rnd Abt onto Newtown Lane
Turn Left towards Marazion and West End
Turn Left (180 deg, SHARP BEND)
Dismount and enter Transition.

Keep right when entering Green Lane and Transition, opposite to swim entrance.

Run Route (Change from advertised route, please see website for Goggle map, opposite way round)

Exit Transition and keep right when leaving field by bottom entrance
Turn right into Green Lane
Turn Left into Green Lane West/ New Dairy Lane
Bare Left onto Footpath on long side A394
Turn Left onto Gwallon Lane (Under Bridge)
Turn Right onto Farm Lane (Tarmac)
Drink Station Turn Point
Turn Left onto Gwallon Lane
Under Bridge turn Right up Virgin Hill
Turn Right into Green Lane
Turn Left into Field
Follow Field hedge around Field (Keep hedge on Left)

Large Flags denotes finish at bottom of Field

Directions to Venue.

Follow A30 to Marazion

Over railway bridge into Marazion

Sharp Left onto Green Lane (Behind old Transition and opposite the Folly Field)

Follow signs for Carpark.

Large vehicles (Big mobile homes) please use the parking along the sea wall and inspect the Field before attempting to access.

Venue Postcode

TR17 0HQ

Car Parking in the Morning.

Please be patient and park where advised by Marshals.