

**West Cornwall Middle Distance Triathlon
West Cornwall Standard Distance
Saturday 22nd May 2010
7.00 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 lunch and a drink.

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 a t-shirt, an envelope containing your race numbers, swimming hat, timing chip and strap, security bands (1 for you and 1 for your bike) and a free meal/drink voucher. There will also be an opportunity to register on the morning of the event from 5.00 am, but only for those who were unable to do so the evening before.

Programme

5.00 am - 6.15 am – Registration for those who were unable to register the evening before. Helmet checks time for all competitors. Cris will also give your bikes a quick check over. **TIMING CHIPS WILL ALSO BE ISSUED.**

PLEASE DO NOT LOSE THEM AND HAND THEM BACK TO THE DESIGNATED PERSON WHEN CROSSING THE FINISHING LINE.

6.30 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.

7.00 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

Medal, pasty and beer/cider for all finishers

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 1900 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 83/46 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 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 marshalls will be on route.....DO NOT DRAFT. YOU HAVE BEEN WARNED! There will be a cut off time for the cycle set at six hours from the start of the race.**

Run 20/10 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/TWO** laps of a 10 k loop. There will be drink stations at Marazion end and the 1/2 way point (the start of the off road section). Please wear your race number on the front. It is your responsibility to count laps. 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 and SR3

http://www.allsports-online.co.uk/1a_pdf_downloads/leaflets/Allsports_SR3.pdf

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

Post Race Massage – will be available (donations would be greatly received)

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.

Please enjoy the day and race safely. The organisers hope to see you at Kernow Fest on the 17th July and The West Cornwall Sprint on the 14th August.

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

Transition

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

Cycle Route

West Cornwall Middle Distance Triathlon Cycle route.

Turn left out of transition
Turn left onto the main road
Cycle through Marazion
Left turn Goldsithney Rnd about (Marazion bypass)
Straight over Newtown rnd about (Varfell)
2nd exit on the Heliport Road roundabout. **Join Main cycle route**

West Cornwall Standard Distance Cycle route

Turn left out of transition
Turn right onto main road
Stay left over railway bridge
Left at mini Rnd about
Straight over Morrisons rnd about
Left Turn Heliport Rnd about. **Join main cycle route**

Main Cycle route

Stay on the A30 and move to right hand lane
2nd exit on Tesco's roundabout A30.
Straight over Trenere Roundabout.
2nd exit Heamoor roundabout, A30 signposted Lands End.
2nd exit Mount Misery roundabout, A30.

Start 1st lap for Middle distance. (Mount Misery)

Follow A30 to Lands End.
Straight over roundabout at Sennen.
Follow one way system at Land End and directly behind gate house (number check point, self service drinks station).
Straight over roundabout at Sennen.
Left at Friends Burial Ground. B3306 signposted St Just/Aerodrome
Right hand turn A3071 St Just signposted Penzance.
Follow road to Mount Misery roundabout, take 3rd exit, A30 Lands End.

Begin 2nd lap for WCMD

End of 2nd lap and WCSD route

Left turn at Mount Misery roundabout A30 Penzance.
3rd exit Heamoor roundabout A30.
1st exit Trenere (warning Scott Markham).
2nd exit Tesco A30 onto Duel Carriageway please be careful and move to right hand lane, if unsure wait until you get to Heliport rnd about and marshal assistance.
3rd exit Heliport Roundabout (Morrisons).
Straight over mini rnd about (Morrisons)
2nd exit mini rnd about (Long Rock).
Sharp Left Turn back to transition.

<http://www.gmap-pedometer.com/?r=3549484> **WCMD Cycle Course**

<http://www.gmap-pedometer.com/?r=3549498> **WCSD Cycle Course**

Run Route

10 km lap

Exit transition at top of field
Run behind finish area
Drinks Station keep right
Turn right onto Green Lane
Turn Left onto Virgin Hill (Please keep to the left)
Turn right at viaduct onto Gwallon Lane
Turn left and keep left on Trevarnon Square
Follow rd through Plain-an -Gwarry
Turn left onto Chynoweth Lane
Turn Left onto Bridalway (5.3km drinks station)
Follow Bridleway straight, there are no turns until the farm. (This is a wide track, that is mainly hard pack, but may be muddy in places if weather is wet)
Turn left at farm
Turn left onto Gwallon Lane
Turn right underneath viaduct (Follow footpath along side A394, Marazion bypass)
Follow path onto New Dairy Lane, into Green Lane West)
Left turn onto Green Lane
Right turn into The Field

Finish for WCSD
2nd Lap for WCMD

http://www.mapmyrun.com/view_route?r=934125758833297312 Run Course

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. (Do not come into the field from the bottom so we can keep a one way system operating)
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