

**Kernow Fest
Saturday 17th July 2010
6.00 and 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 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) . There will also be an opportunity to register on the morning of the event from 0400- 0530 & 0630-0730, but only for those who were unable to do so the evening before.

Programme

4.00 am - 5.30am Kernowman 6.30-7.30 – 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.

5.45/ 7.45 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.

6.00 - 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

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 2800/1500 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 144/74/37 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!**

Run 30/20/10 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 **1,2,3** 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**.

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 you 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.

Please enjoy the day and race safely. The organisers hope to see you at 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 available on www.hayletri.co.uk Kernowfest

Kernowman 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.
Follow A30 to Land's End
Crossing Tesco's, Heamoor and Mount Misery Roundabouts
Turn around at Lands End
Turn Left on B3306 to St Just
Turn Left on A3071 through St Just
Follow main Coast Road B3306 (Ignore No go by hill on online map)
Stay on coast road for approx 11 miles
Turn right B3311
Turn Left on Old Coach Road (Hayle, Lelant)
Turn Right on Roundabout Nutt Hill
Turn Right on Roadabout (St.Erth) A30 (Penzance)
Turn Left on Newtown Roadabout A394 (Helston)
Start 2 laps of Cormaran/Comelian bike course
Feed Station 70/104km

Cormelian 1 lap Cormoran 2 laps

Turn left out of transition
Turn left onto the main road
Cycle through Marazion
Turn Right on Roundabout A394 (Helston)
Turn Left Hill Top Garage B3302 (Hayle)
Turn Left at Roundabout B3301 (St.Erth/ Penzance)
2nd Exit on St Erth Roundabout A30 (Penzance)
Newtown Roundabout (start of 2nd lap for Cormoran by turning left on A394 to Helston)
You are responsible for your own hydration
Finish for all

2nd exit Newtown roundabout Newtown Lane
Left turn onto West End (Marazion)
Sharp Left Green Lane
Dismount Transition

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), **Kernowman has own feed 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 Cormelian
2nd Lap for Cormoran
3rd Lap for Kernowman

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