

**Marazion Middle Distance Triathlon
Sunday 31th May 2009
7.00 am
The Rope Walk Carpark
Marazion
Cornwall**

**THIS PAMPHLET CONTAINS
IMPORTANT INFORMATION ABOUT
THE EVENT.
PLEASE READ CAREFULLY.**

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

**Cris Hayden: 01736 755282 /
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,
Karen Hayden, Crispin Hayden
Race Organisers.

Registration

Registration will commence in the Rope Walk Carpark from 5.00 pm the evening before until 7.00 pm. You will be given a t-shirt, goody bag, race numbers, pins, swimming hat 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 – Registration for those who were unable to register the evening before. Helmet checks and numbering will be done at this 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.

Trophy List

Age group categories

1st Team Relay

1st Club (first four to count)

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 on exiting the swim and running up the steps to transition.

Cycle 84 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 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 21 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 **three** laps of the coastal path. There will be drink stations at Marazion end and Penzance end. You will be given a coloured band to indicate the laps completed. Please wear your race number on the front. Unfortunately, as this is a public path, the organisers cannot help the situation with the public and their dogs. It is a public path and cannot be closed. On finishing the race please hand in your bands and **timing chip**.

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 camping is available in the field opposite the Rope Walk Carpark.

First Aid – Hayle St John Ambulance will be providing first aid cover.

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.

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 hopefully be available post race and also on:
www.hayletri.co.uk www.blacksheepsports.co.uk

Post Race Massage – The students from Cornwall College, Complementary Therapies will be providing FREE post race massage. Please book at registration.

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 the Standard Distance in Hayle on Sunday 26th July 2009 and the Sprint on Sunday 23rd August 2009.

Cycle Route

Marazion Middle Distance Triathlon Cycle route.
Sunday 20th May 2007

Turn left out of transition
Turn right onto the main road
Left at mini roundabout through Long Rock.
Straight over roundabout by Morrisons.
Left onto the Heliport Road roundabout.
Stay on the A30.
2nd exit on Tescos roundabout A30.
Straight over Trenere Roundabout.
2nd exit Heamoor roundabout, A30 signposted Lands End.
2nd exit Mount Misery roundabout, A30.
Start 1st lap.
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).
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

End of 2nd lap

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.
2nd exit Heliport Roundabout A30.
2nd exit Varfel roundabout A394 signposted Helston.
4th exit Goldsithney Roundabout (turn round point).
1st exit Varfel roundabout, New Town Lane (Marazion).
Left turn and left hand turn back into transition.

Run Route

The run route is a 3 lap course using the coastal path between the Station House Pub and Penzance.

You will be directed to the coastal path from transition and please be careful crossing the road.

