

SATURDAY 3RD OCTOBER 2026

POLKERRIS BEACH

5KM Sea Swim

Charlestown to Polkerris

MadHatterSportsEvents.co.uk



RACE INFORMATION FOR ALL COMPETITORS & EVENT TEAM

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Welcome to Mad Hatter Sports Events CHARLESTOWN to POLKERRIS 5K SWIM. Please read ALL the following details carefully and we hope you have a safe and enjoyable event.

SATURDAY 3 OCTOBER REGISTRATION / SWIM FINISH

POLKERRIS BEACH, Polkerris, Fowey PL24 2TL.

DIRECTIONS

Polkerris is located on the East side of St Austell Bay and is accessed by a typically narrow Cornish lane.
Travelling by road from the East:

- Take the A38 from Plymouth
- Turn off to Lostwithiel and St Austell on the A390
- Pass through Lostwithiel, and after 1.7 miles...
- Turn left towards Fowey on the B3269
- Turn right at the roundabout at Newtown by the Texaco petrol station
- Turn left to Polkerris and Menabilly
- Take next right turn following the signs down to the village.

Travelling by road from the West:

- Follow the A390 to the South side of St Austell
- At the roundabout after St Austell Garden Centre, turn right onto the A3082
- Carefully follow signs to Fowey as the road goes through Par
- At the top of a very steep hill, turn right to Polkerris
- Take next right turn following the signs down to the village.

You can also come via the A30, turning off at Bodmin. Follow the signs to Lostwithiel and turn right when you get to the A390. Please see maps on the next page.

EVENT CAR PARKING

Please use the large car park on the right before entering the village. It is £1 per hour up to 3hrs and £4 for an All Day ticket. You can also pay by mobile as well as cash. The beach is only a five minute walk down the hill. **Do not use the Rashleigh Inn car park**. Additional parking can be found if you follow the road after turning right for Polkerris (and not turn right again for the village). This is a simple field and the charge is £2 per day via an honesty box. The beach is a 4 minute walk via an uneven track that is not suitable for buggies, wheelchairs or those unsteady on their feet.





07:30-08:30am
SWIM REGISTRATION POLKERRIS

This will take place in the Polkerris Beach Company yard (accessed through the shop).
At registration you will be given the following:

- Event Swim hat must be worn during the swim at all times
- Your race number which will be written on both hands to show us at the finish line.

08:50 COACH LEAVES POLKERRIS FOR CHARLESTOWN

This was a pre-booked coach journey from Polkerris to Charlestown for the start of the swim. This service is for competitors only and is a ONE WAY journey so please make sure nothing is left on the coach as it will not return to Polkerris. Please allow at least 10 minutes from the car park to walk up the hill and be ready to board the coach. It will leave at 08:50!

SWIM START

CHARLESTOWN HARBOUR, St Austell, Cornwall, PL25 3NJ.

CAR PARKING AT CHARLESTOWN FOR SUPPORTERS

There is a pay and display car park near the harbour. Free parking can be found along Charlestown Road but is limited.

09:30
CHECK-IN AND RACE BRIEF AT CHARLESTOWN

There will be a final check-in process just before you go down to the beach for final swim attendance numbers. ALL competitors must check-in and attend the race briefing on the beach as this will contain essential information.
We will collect any shoes left at Charlestown and transport them back to Polkerris. These will be placed on the beach for your collection after the swim.

10:00 5K SWIM START

The swim will start in the water. The route is a straight A to B swim and will be marked with buoys. There will be no official food or water station during the swim but our water support kayakers will be carrying a limited amount of bottled water if you really need a drink. If you do not wish to race we suggest you place yourself near the back of the start to avoid being swum over or hit by those with a more competitive nature. Water safety cover will be at hand along the length of the swim. If a competitor has a problem or needs a rest, they must put their hand up, shout help or swim to their nearest paddler/SUP. No backstroke or butterfly is permitted, only front crawl, breaststroke or doggie paddle. Wetsuits are optional but we recommend you wear one if it is your first sea swim.

WETSUIT REPAIR CENTRE



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Put your suit in the post or drop it to the factory in Lostwithiel. We'll assess it and send you a quote for the repair. Turnaround time is typically within one week. If you want to email a photo for a guide price on the repair, that's no problem.

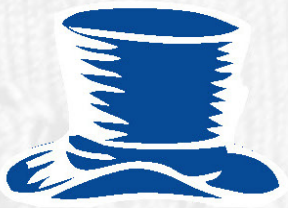
Please include one of our repair forms that can be downloaded from our website (techneopro.co.uk). Mark on the form the damaged part of your wetsuit you want us to fix, and we'll be in touch.

ARE YOU A MAD HATTER?

We're very proud to be supporting the Mad Hatter swim events* in the 2025 season. To help you get ready for the swims, we're offering swim event competitors a 15% discount on wetsuit repairs during the 2025 season.

Simply quote **HATTER25** on the repair form when you send the suit and we'll give you 15% off the repair price. You've got enough to worry about before these mad events. The least we can do is make getting your wetsuit ready for the swim, nice and easy.

Please send a copy of your event entry with your suit (email or printed) to get the discount.
*The Gwineas - Kaolinite Swim - Swim Festival



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PL22 0HG

THE FINISH AT POLKERRIS

The race will finish on the beach between the Mad Hatter chequered flags and this is where your overall swim time will be recorded. Please show the members of our event team your number (marked on your hand) at the finish line. Do not ask the finish line event team members for your race time or place, as they will not know. All results will be published via our website and social media within 48 hours. Water and sweet snacks will be available at the finish.

PRESENTATIONS

The prize presentations will take place outside Polkerris Beach Company after each event. We'd encourage you to invite your family and friends along to help you celebrate your success. Prizes will be given to the 1st, 2nd and 3rd male and female winners of the race. Plus 1st in each of the following age categories for male and female:
U20, 21-35,36-50, 51-65,65+ and Skins

We will also be giving out spot prizes so please hang around, as it may be YOU!!..

CHANGING AREA / TOILETS / OUTSIDE SHOWERS

At Polkerris a secure baggage drop area will be available in the yard, along with a changing room, toilet and outside shower. Your bag will be tagged with your race number so to retrieve it, simply show us your race number on your hand. There are also public toilets nearby.

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. First aid will be available at the finish and at Charlestown.

ENVIRONMENTAL CONSIDERATIONS

This is a privately owned beach and we have been given special permission to use it. We ask all competitors and spectators to use the bins provided or take their waste with them.

WEATHER

In the case of severe weather conditions, like strong winds and big swells which will affect sea conditions, we will have no option but to shorten the sea swim or cancel the event and rearrange. Competitors will be notified via email and our social media channels. If possible a new date will be planned or a refund offered in line with our refund policy.

SPECTATORS AND VIEWING AREAS

The general public will have access to the beach and its surrounding areas for spectating. We would kindly ask all spectators to keep clear of the swim route whilst in progress and remain clear of the finish area until the race is over.

RACE DIRECTORS

JOHN YELLAND 07766 405101

EVENT TIMINGS and Location

07:30 – 08:30 REGISTRATION
Polkerris Beach Company yard (through the shop)

08.50 COACH for Charlestown
Polmear Hill junction

09:30 CHECK-IN AND RACE BRIEF at Charlestown
ALL competitors on the beach

09:55 WARM UP
Five minutes in the water

10:00 START at Charlestown
In the water

Last finisher expected 13:00pm
Polkerris beach

12:45 Approx. PRIZE GIVING
In front of Polkerris Beach Company

The times above are estimated and are dependent on the last finisher, sea and weather conditions. Please be patient with us if we are running late to these times.

Beach



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CHARLESTOWN START – POLKERRIS FINISH

