



SATURDAY 8TH JULY



HOKEY COKEY SWIMRUN

EVENT INFORMATION PACK
Mad Hatter Sports Events

COMPETITOR EVENT INFORMATION FOR SATURDAY 8TH JULY 2023

Welcome to Mad Hatter Sports Events HOKEY COKEY Roseland Swimrun 2023. Please ensure that you read these details carefully as they will help you have a safe and enjoyable event.

EVENT HQ:

Mevagissey School, Old Road, Trewinney, Mevagissey, Cornwall, PL26 6TD.

EVENT CAR PARKING

There is a free car park at the school and additional parking along the road.

Please be considerate in your parking

REGISTRATION - FRIDAY 18:00-19:00

Registration will take place at Mevagissey school on the evening of **Friday 7th July**. Tea, coffee and sweet snacks will be on sale.

If you cannot make the registration due to travel then please contact j.yelland@madhattersportsevents.co.uk who will arrange an online race brief.

At registration you will be given the following:

- **Commemorative Event t-shirt**

- **Timing chip**

- **Race Swim hat**

- **Numbered vest:**

These must be worn at all times throughout the race. We do require the vests back after you have finished and ask if they are placed in the dump bin within the finish area.

- **Your race number will be also written on your hand.**

CHANGING AREA / TOILETS - RACE DAY ONLY

Toilets are located inside Mevagissey primary school and there are areas outside to change as long as you have changing robes etc

EVENT & SAFETY BRIEF FRIDAY 19:15

At the school (Inside or out depending on weather and it is important that ALL competitors attend the briefing).

As previously mentioned if you are unable to attend the Friday night brief please contact us and we can arrange an online safety brief.

BUS TO THE START - LEAVING AT 06:45 SATURDAY

There will be two coaches transferring you to the start at Porthscatho. Please do not leave any rubbish on the bus or wee in your wetsuit. Please take only what you need to race as the bus will not be returning to the finish.

Please wear a facemask on the coach.

FOOD/WATER AID STATION

These will be sited at the checkpoints at Carne Beach (before leg 6), Portloe (before leg 10), Caerhays beach car park (before leg 15) and at Gorran Haven (before leg 17).

There will be fluids provided by Precision Hydration, Coke and Water along with lots of food and sweets.

Please let us know if you have any specific dietary

EVENT SCHEDULE and Location

Friday 7th July

18:00-19:00 REGISTRATION

Event HQ - Mevagissey Primary School

19:00 RACE BRIEF

Event HQ

Saturday 8th July

06:45 BUS DEPARTS EVENT HQ

07:30 EVENT START

Porthscatho Car Park

13:30 POTENTIAL 1st FINISHER

17:30 EXPECTED LAST FINISHER

17:00 Approx. PRIZE GIVING

requirements

WATER SUPPORT

Will be supplied along the length of the swim sections. If a competitor has a problem or needs help, they must put their hand up, shout help or swim to their nearest safety craft.

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.

THE FINISH

Please make sure you show your race number at the finish line.

Do not ask the officials for your race time or place, as they will not know it. It will be published via our website and social media within 48 hours. Water and food will be available at the finish.

FIRST AID WILL BE AVAILABLE OUT ON THE COURSE

HOKEY COKEY ~ SWIMRUN ~ ROSELAND 2023

Mad Hatter Sports Events

COMPETITOR EVENT INFORMATION FOR SATURDAY 8TH JULY 2023

PRESENTATIONS

Trophies will be given to the following:

1st, 2nd & 3rd for Male/Female/Mixed pairs.

1st, 2nd & 3rd for Male/Female Solo.

Everyone will receive a commemorative bespoke medal and t-shirt for completing.

KIT LIST

Mandatory equipment

- 1 wetsuit per participant suitable for water temperature of 14+ degrees Celsius
- 1 pair 'off road/hybrid' trainers per participant

Suggested equipment

- 1 pair goggles per participant
- 1 whistle per participant

Mandatory equipment that Mad Hatter will supply

- Race vests – must be worn at all times during the race and must not be modified
- Swim hat – must be worn during all the swims

Strongly recommended equipment

- Soft water bottle or cup/Hydration system. We will not be providing any plastic cups out on the course but will be providing water and basic energy food on stations
- Nutrition/gels

Additional kit

The use of swimming aids IS permitted in this event, e.g., hand paddles, flippers, pull buoy, tow floats etc.

All equipment used MUST be carried over the entire course. You must not have any outside help. Any discarded kit will be deemed as litter!

Course considerations

Most of the run sections are on coastal path but some is on road and these sections are open to normal traffic. Road traffic regulations must be strictly observed at all times.

During swims you may encounter other recreational users too, including other swimmers, seals, kayakers, canoes, SUP's and children playing on the beach. We will do our utmost to ensure people know the event is taking place but please keep an eye out and take care to avoid collisions! Use of headphones is prohibited.

For clarity, instant disqualification offences include:

- **Littering:** We rely on the goodwill of the landowners and local communities for this event to be possible. Litter is something they are all very sensitive about and we do not tolerate, including discarded kit and gel/food wrappers!
- **Dangerous or offensive behaviour:** The course is on open public rights of way. Any discarded for other users (on land or in water) or offensive behaviour, including being rude to race officials will result in disqualification. Please be nice to marshals and other volunteers. Please thank them, they've given up their time to look after you and make sure you are going the right way!

EVENT HQ Finish

Mevagissey School, Old Road, Trewinney, Mevagissey, Cornwall, PL26 6TD.

JOHN YELLAND

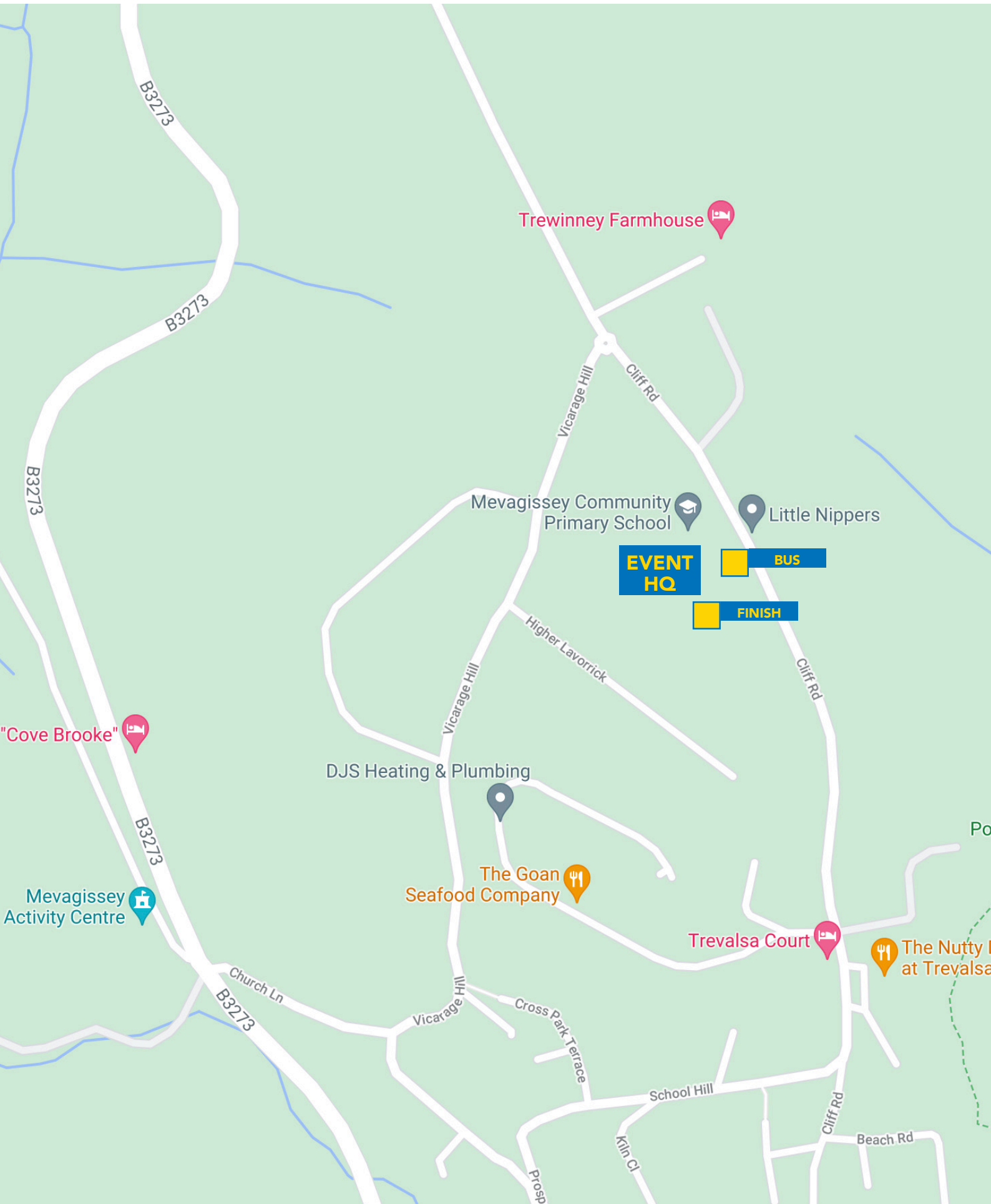
07766 405101

MARTIN SOUTHGATE

07776 158709

Hot food and hot/cold drinks will be available after the event and will be supplied by the school PTA.

HOKEY COKEY ROSELAND EVENT SITE PLAN



HOKEY COKEY ~ SWIMRUN ~ ROSELAND 2023

Mad Hatter Sports Events

EVENT RULES

Participants will run, swim and complete each leg along the coast of the Roseland Peninsula from Porthscatho to Mevagissey. Swim exit and entry areas will be marked with a yellow flags. The run course will be signed using yellow arrows and tape, marshals and other markers.

ENTERING

- Participants should understand that this is a tough and challenging event and that they are entering at their own risk and cannot hold the organisers responsible.
- In the event of high winds or other unexpected situations we reserve the right to change/shorten the course or cancel the race.
- If you cannot make the event for any circumstances please contact Mad Hatter Sports events. Transferring of entry via any route other than through us will not be accepted.

RACE COURSE

- Athletes **MUST** enter/exit the water for the swim legs where the yellow Mad Hatter flags are located; the flags have been positioned to give you the best access to and from the water. If you choose to exit/enter at another point you may be disqualified from the event.
- Anyone found littering will be disqualified.
- There will be a water/food stations along the course, these station will have Precision Hydration, water, jelly babies, flapjacks and other goodies. No outside help is permitted.
- Marshals will ask for your race number at each checkpoint, this is to ensure that we have accounted for all participants.
- The swim legs will not be marked with buoys, each swim is a point to point swim and you will not be led by a kayak. There will be a yellow Mad Hatter flag marking your entry/exit point. There will be a water support team on hand at all times but they are only there for your safety.
- Some of the swim sections may take you close to, or over rocks depending on your time and navigational skills. Please be aware that these obstacles are there, if you get too close you may have to coasteer. If you are worried about this then please give the shoreline a wide berth.
- There will be a mobile first aid unit that can be called to any location. Each marshal will also have a number of foil blankets in-case of emergency.

EQUIPMENT

- Wetsuits are mandatory.
- You can remove your wetsuit after each swim and carry it, however this takes time to put back on before the next swim. You must carry your own wetsuit, no outside help is permitted.

- Any type of footwear is permitted.
- Swimming in your footwear is the recommended strategy but you can remove your shoes and transport them in the swim, this could include using dry bags or floats.
- Floatation devices are permitted during the swim, this includes pull buoys and tow floats.
- Use of paddles and flippers is allowed.
- You must wear the event swim hat during the swim sections and your vest must not be taken off and must be visible at all times.
- No motorized equipment is permitted (Someone has seriously asked!!)
- For your safety please enter the water feet first, do NOT dive into the water as there could be shallow rocks.
- You must return to the finish with the equipment that you started with, you cannot leave items around the course to be picked up later.

PARTICIPANTS

- You will be running along the coast path which is open to the public so please be mindful of this when running, we would like to hold this race again. Especially when running through Mevagissey as this could be busy by the time you get there.
- If you pull out of the race at any point please report to the nearest marshalling point and you will be returned to HQ.
- **YOU MUST STAY WITH YOUR RACE PARTNER!!!**

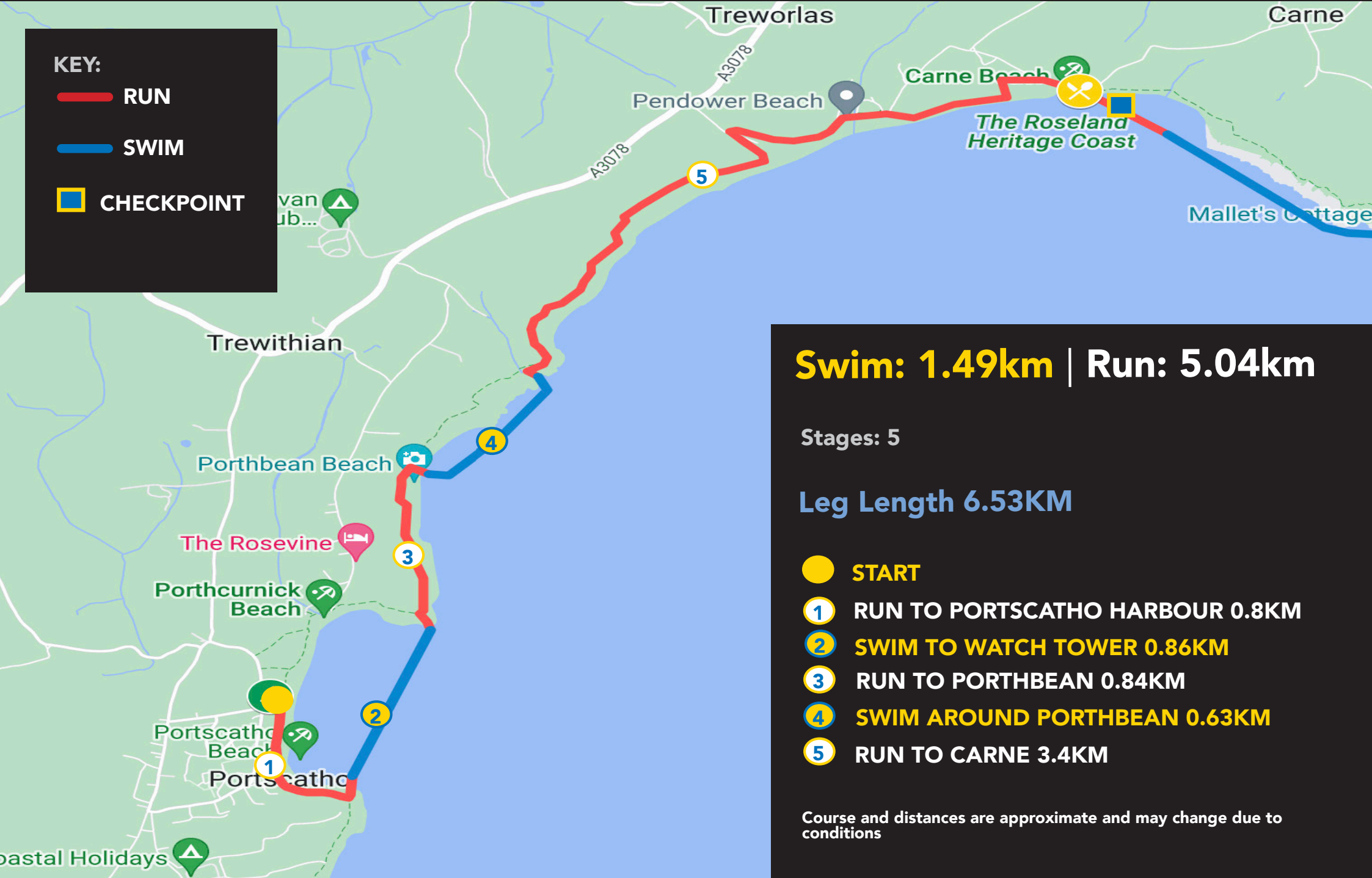
HOKEY COKEY ~ SWIMRUN ~ ROSELAND 2023

Mad Hatter Sports Events

HOKEY COKEY SWIMRUN ROSELAND LEG 1

KEY:

- RUN
- SWIM
- CHECKPOINT



Swim: 1.49km | Run: 5.04km

Stages: 5

Leg Length 6.53KM

- **START**
- 1 **RUN TO PORTSCATHO HARBOUR 0.8KM**
- 2 **SWIM TO WATCH TOWER 0.86KM**
- 3 **RUN TO PORTHBEAN 0.84KM**
- 4 **SWIM AROUND PORTHBEAN 0.63KM**
- 5 **RUN TO CARNE 3.4KM**

Course and distances are approximate and may change due to conditions

HOKEY COKEY SWIMRUN ROSELAND LEG 2

Swim: 1.3km | Run: 5.3km

Stages: 4

Leg Length 6.5KM

- 1 SWIM TO MALLETS COTTAGE 1.0KM
- 2 RUN TO BROOM PARK 3.4KM
- 3 SWIM TO SHAG ROCK 0.3KM
- 4 RUN TO PORTLOE 1.8KM

Course and distances are approximate and may change due to conditions

KEY:

 RUN

 SWIM

 CHECKPOINT



HOKEY COKEY SWIMRUN ROSELAND LEG 3

KEY:

 RUN

 SWIM

 CHECKPOINT



Swim: 2km | Run: 4.1km

Stages: 3

Leg Length 6.1KM

- ① SWIM TO SHAG ROCK 1KM**
- ② RUN TO PERBEAN BEACH 4.1KM**
- ③ SWIM TO CAERHAYS 1KM**

Course and distances are approximate and may change due to conditions

HOKEY COKEY SWIMRUN ROSELAND LEG 4



Swim: 1.0km | Run: 7.5km

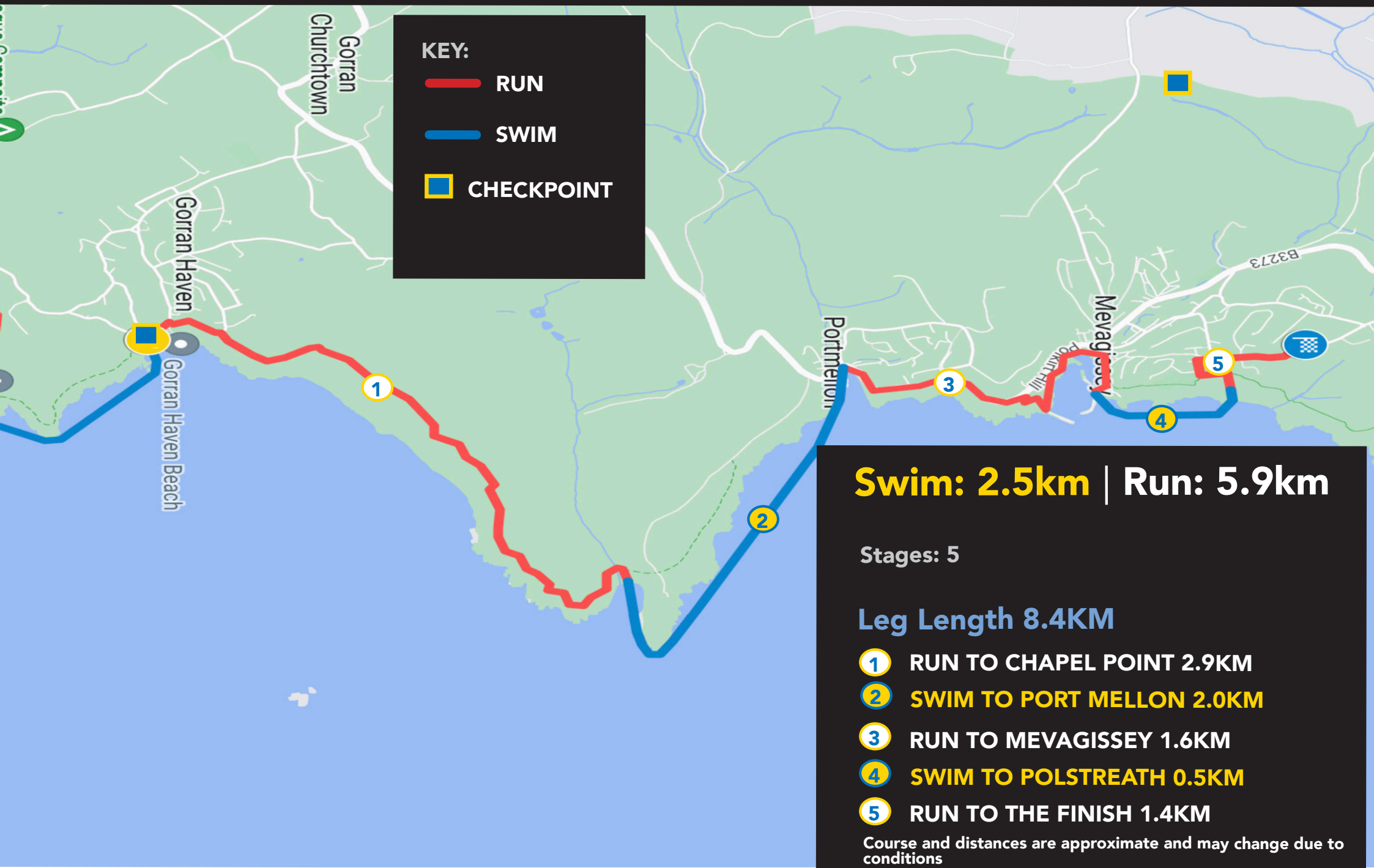
Stages: 5

Leg Length 8.5KM

- 1 RUN TO VAULT BEACH 7.5KM**
- 2 SWIM TO GORRAN HAVEN 1.0KM**

Course and distances are approximate and may change due to conditions

HOKEY COKEY SWIMRUN ROSELAND LEG 5



DISTANCE CHART



Mad Hatter Sports Events Hokey Cokey Roseland Distance Chart – 2023

Leg	Description	Running	Swimming
1	Start, Portscatho car park – Harbour Slipway	800	
2	Portscatho harbour slipway – Watchtower hut		860
3	Watchtower hut – Porthbean beach	840	
4	Porthbean beach south – Porthbean beach north		630
5	Porthbean beach north – Carne Beach	3400	
6	Carne Beach – Mallets Cottage		1000
7	Mallets Cottage – Broom Park Cove	3400	
8	Broom Park Cove rocks – Broom Park Cove centre		300
9	Broom Park Cove centre – Portloe	1800	
10	Portloe – Shag Rock		1000
12	Shag Rock – Perbean Beach	4100	
13	Perbean Beach – Caerhays		1000
14	Caerhays – Vault Beach	7500	
15	Vault Beach – Gorran Haven		1000
16	Gorran Haven – Colona Beach	2900	
17	Colona Beach – Portmellon		2000
18	Portmellon – Mevagissey	1600	
19	Mevagissey – Polstreath		550
20	Polstreath – Finish	1400	
Total Distances		27,740	8,343

Total Distance (Meters) 36,083

10 Runs

9 Swims

23.1% of swimming

HOKEY COKEY ~ SWIMRUN ~ ROSELAND 2023

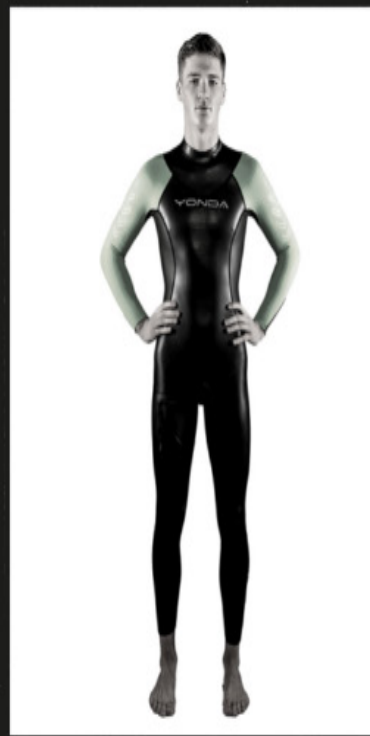
Mad Hatter Sports Events



YONDA®



15% off all
Yonda kit with
the discount
code madhatter



YONDASPORTS.COM