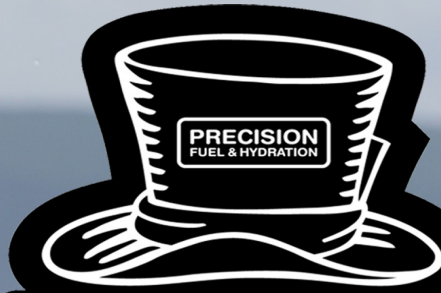


SATURDAY 27TH MAY 2023



HOKEY COKEY SWIMRUN



RACE INFORMATION FOR ALL COMPETITORS & EVENTS CREW
Mad Hatter Sports Events

COMPETITOR EVENT INFORMATION FOR SATURDAY 27 MAY 2023

Welcome to the Precision Fuel and Hydration HOKEY COKEY St Austell Bay Swimrun 2023

EVENT HQ:

Quay Road, Charlestown, St Austell, Cornwall, PL25 3NJ.

EVENT CAR PARKING

There is a pay and display car park near the harbour. Free parking can be found along Charlestown Road if you get there early. Please remember it is a bank holiday weekend.

FRIDAY REGISTRATION 18:45-19:45

SATURDAY REGISTRATION 07:15-08:30

Registration will take place on the evening of **Friday 26th Sep at Charlestown Gig Shed** and on **Saturday 27th** located at **(Charlestown Gig Shed, Charlestown, St Austell, PL25 3NJ) Registration closes Saturday at 08.30.**

At registration you will be given the following:

- **Commemorative Event t-shirt**
- **Race Swim hat**
- **Timing Chip**

- **Numbered vest:**

Blue for solo short course

Orange for solo long course

Green for pair long course

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

Located upstairs in The Longstore via the stairs at Short and Strong Cafe. There are also 20p public toilets in the car park. And in case of emergency whilst racing there are some located at Porthpean beach after Swim 2!

BAG DROP

A secure bag drop will be available during the event which will be attended at all times.

EVENT & SAFETY BRIEF 08:45

At the start area and it is important that ALL competitors attend the briefing. A countdown will start the race.

EVENT SCHEDULE and Location

Friday 26th May

18:45-19:45 REGISTRATION

Charlestown Gig shed, Quay Road, Charlestown PL25 3NJ

Saturday 27th May

07:15-08:30 REGISTRATION

Charlestown Gig shed, Quay Road, Charlestown PL25 3NJ

08:45 RACE BRIEF

Event HQ, Quay Road

09:00 MASS START

Event HQ, Quay Road

Make sure you allow sufficient time to register, attend the safety briefing and are ready to start the race at 09:00. And please note that there is: NO OUTSIDE HELP/ ASSISTANCE WITH KIT PERMITTED ON THE COURSE.

FOOD/WATER AID STATION

These will be sited at the beginning of stages 5, 8 and 11 and will have all sorts of stuff to energise you.

There will also be Precision Hydration hydration drinks and gels along with water.

WATER SUPPORT

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

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.

PRECISION FUEL & HYDRATION HOKEY COKEY ~ SWIMRUN ~ ST AUSTELL BAY 2023

Mad Hatter Sports Events

COMPETITOR EVENT INFORMATION FOR SATURDAY 27 MAY 2023

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 will be available at the finish.

FIRST AID WILL BE AVAILABLE OUT ON THE COURSE

PRESENTATIONS

Trophies will be given to the following winners:

1st male and female short course/long course.

1st male/female pair and 1st mixed pair.

Plus 2nd and 3rd prizes.

Everyone will receive a commemorative bespoke medal for competing and a tech vest.

KIT LIST

Suggested equipment

- 1 wetsuit per participant suitable for water temperature of 17+ degrees Celsius
- 1 pair goggles per participant
- 1 pair 'off road/hybrid' trainers 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

WETSUITS ARE NOT COMPULSORY but if this is your first Swimrun we recommend at least a Swimrun specific type suit. Plan your clothing carefully and try it out before race day - you may get cold! We recommend you wear a layer underneath your wetsuit for warmth, and the use of a lube i.e. Vaseline to prevent rubbing.

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.

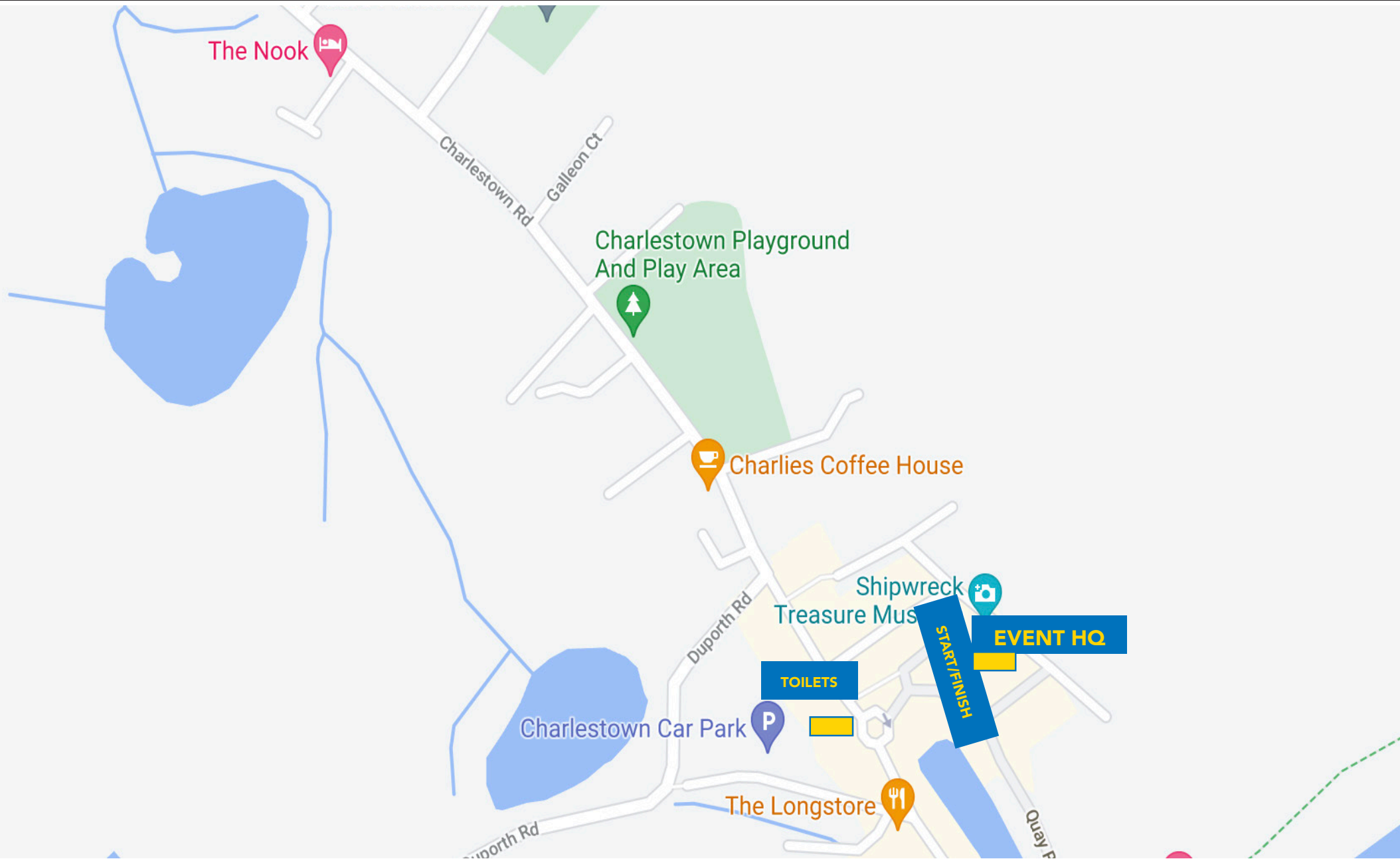
During swims you may encounter other recreational users too, including other swimmers, seals, kayakers, canoes, SUP's and children playing on the beach. We will do our utmost to ensure people know the event is taking place but please keep an eye out and take care to avoid collisions! Use of headphones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

Hot food and hot/cold drinks will be available in Charlestown through many different outlets after the event and we recommend booking a table if possible.

HOKEY COKEY EVENT SITE PLAN



PRECISION FUEL & HYDRATION HOKEY COKEY ~ SWIMRUN ~ ST AUSTELL BAY 2023
Mad Hatter Sports Events

EVENT RULES

Participants will run, swim and complete each leg along the coast of St Austell bay. Swim exit and entry areas will be marked with 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 station at Porthpean, this station will have jelly babies, flapjacks and other goodies prior to the long run. No outside help is permitted.
- Marshals may ask for your race number at the start of some of the swim legs, this is to ensure that we have accounted for all participants.
- The first swim leg from Charlestown will take you out to a buoy which you will approach and pass on your left hand shoulder. You are then aiming for the beach to the right of the harbour and the exit will be marked by a flag. The remainder swim sections 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 suggesting 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 to close you may have to coasteer. If you are worried about this then please give the shoreline a wide berth.
- Part of the last run (long course only) is alongside the golf course at Carlyon bay, please

stick to the coast path and do not run on the golf course.

- There will be water available after the run along Carlyon Bay beach at the top of the path (long course only).
- 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

- It is your choice of what to wear for the swims, wetsuits are recommended but not mandatory. Anyone entering without a wetsuit should be an experienced "skins" swimmer and this should not be your first time attempting to swim without a wetsuit.
- 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.
- You **ARE ADVISED** to wear footwear during the run legs. There is one long run which is mostly road and the other run legs are mainly on coast path/sand so it will be uneven and rocky. 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. We recommend those on the long course carry a tow float for their own safety.
- 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

HOKEY COKEY SWIMRUN ST AUSTELL BAY LONG COURSE 20km



View route on line: <https://www.google.com/maps/d/u/0/viewer?mid=18ElzgzLz528X8ITMKi08vTAVPiQ0zd7k&ll=50.32194995699545%2C-4.731405978112775&z=14>

Note: The course will be marked and maps will not be supplied on the day. If you wish to carry a map, please print this out or mark this route onto an OS map and carry it in waterproof case.

Swim: 5.2km | Run: 13.8km

Stages: 11

Course Length: 20km

KEY:

 RUN

 SWIM

 CHECKPOINT

 WATER/FOOD

 START/FINISH

 1 RUN TO CHARLESTOWN BEACH 0.4KM

 2 SWIM TO BUOY AND BACK TO BEACH 0.3KM

 3 RUN OUT & AROUND CHARLESTOWN 2.5KM

 4 SWIM TO PORTHPEAN 1.1KM

 5 RUN TO TRENARREN & BACK TO PORTHPEAN 4.8KM

 6 SWIM TO CHARLESTOWN 1.1KM

 7 RUN TO POLGAVER BEACH 4.5KM

 8 SWIM TO SPIT BEACH 1KM

 9 RUN TO CARLYON BAY 2.2KM

 10 SWIM TO CHARLESTOWN 1.7KM

 11 RUN TO FINISH 0.4KM

Course and distances are approximate and may change due to conditions

HOKEY COKEY SWIMRUN ST AUSTELL BAY SHORT COURSE 10.3km



View route on line: <https://www.google.com/maps/d/u/0/viewer?mid=18ElzgzLz528X8ITMKi08vTAVPiQ0zd7k&ll=50.32194995699545%2C-4.731405978112775&z=14>

Note: The course will be marked and maps will not be supplied on the day. If you wish to carry a map, please print this out or mark this route onto an OS map and carry it in waterproof case.

Swim: 2.5km | Run: 7.8km

Stages: 7

Course Length: 10.3km

- START/FINISH**
- 1 RUN TO CHARLESTOWN BEACH 0.4KM**
- 2 SWIM TO BUOY AND BACK TO BEACH 0.3KM**
- 3 RUN OUT & AROUND CHARLESTOWN 2.5KM**
- 4 SWIM TO PORTHPEAN 1.1KM**
- 5 RUN TO TRENARREN & BACK TO PORTHPEAN 4.8KM**
- 6 SWIM TO CHARLESTOWN 1.1KM**
- 7 RUN TO FINISH 0.4KM**

Course and distances are approximate and may change due to conditions