



SATURDAY 3RD MAY 2025

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

**EXCLUSIVE
15% OFF**

Mad Hatter Sports Events
Discount Code
MHSAVE15



HOW IT WORKS



Your body continually emits infrared radiation.



The infrared fibre absorbs and redirects this energy back towards the body.



Microcirculation is stimulated, enabling natural thermo-regulation and increased bloodflow and oxygen to muscles and soft tissue.

the difference is **INFRARED**

ABSOLUTE 360 performance wear has been designed to meet every challenge you'll face. Our specialist soft-touch infrared fibre works naturally with your body helping you to perform at your best and speed up your recovery.

ABSOLUTE360

SHARE YOUR STORY #ABSOLUTE360

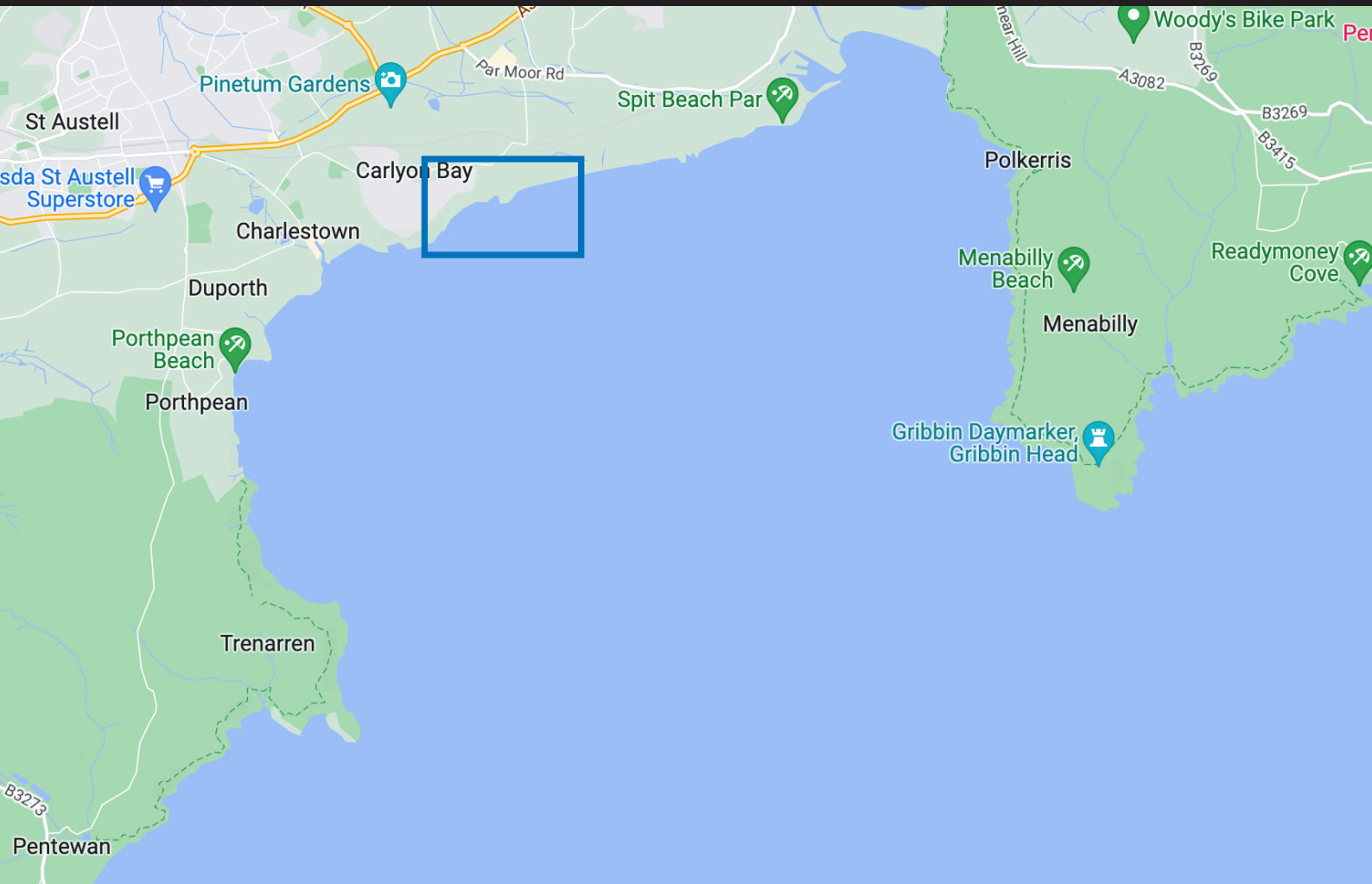


www.absolute360.co.uk

SWIM-SUP-RUN 2025

Mad Hatter Sports Events

LOCATION AND GETTING THERE



SWIM-SUP-RUN 2025
Mad Hatter Sports Events

WETSUIT REPAIR CENTRE



HOW DOES IT WORK?

Very often, it's just a small area of damage on a wetsuit that needs fixing to keep it going. Nail nicks, shredded under arms, full zips or, even, chewed-by-a-mouse damage, can all be fixed for much less than the price of a new suit.

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 (technepro.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

www.technepro.co.uk



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RACE INFORMATION FOR ALL COMPETITORS & EVENTS TEAM

Welcome to Mad Hatter Sports Events SWIM-SUP-RUN. Please ensure that you read ALL the following details carefully and we hope you have a safe and enjoyable event.

EVENT HQ

CARLYON BAY BEACH, Carlyon Bay. PL25 3RD

DIRECTIONS TO THE EVENT

Carlyon Bay is located in the middle of St Austell Bay. A large car park on the beach has been agreed and this is only for competitors.

Travelling by road from the East:

- Take the A38 from Plymouth
- Just after the Britannia Inn turn Left onto the A3082 Par Moor Road.
- After 0.3 miles Turn right onto Cypress Avenue.
- Follow Cypress Avenue for 0.6 miles (Under the railway bridge) until you come to a crossroads with Beach road.
- Turn left onto Beach road and head to the security barrier. From here you will be directed to the car park

Travelling by road from the West:

- Follow the A390 through St Austell and turn right onto Holmbush Arch rd.
- Go under the railway bridge and turn left at the roundabout onto Crinnis road.
- Follow Crinnis road, which becomes Beach road for 1 mile.
- Head to the security barrier. From here you will be directed to the car park.

EVENT CAR PARKING

There will be a free car park set aside for competitors on the beach which you will be directed to. You will need to show the pass to get to the car park, if you do not show the pass then you will be charged.

REGISTRATION 08:00

This will take place in the under the Mad Hatter Gazebo from 08:00 on the day of the event.

REGISTRATION WILL CLOSE AT 09:00 PROMPT.

At registration you will be given the following:

- Timing Chip
- Event Swim hat
which 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.

EVENT TIMINGS and LOCATION

08:30 - 09:30 REGISTRATION

Carlyon Bay Beach

09:45 RACE BRIEF

ALL competitors on the beach

09:55 ACCLIMATISATION/WARM UP

Five minutes in the water

10:00 START

At edge of the water

12:30/Last finisher PRIZE GIVING

On the Beach/Finish Line

TOILETS AND BAG DROP.

We recommend you use your own vehicle to store your bags etc. Toilets are located above the beach in the public toilets.

THE BEACH TRANSITION AREA

This will be a 'triathlon style' area on the beach, where you will have space to place your SUP, trainers, towel and other kit needed. We suggest having a bowl or plastic tub full of sea water so you can rinse the sand off your feet before changing into your running foot wear. Please see page 7 for proposed layout.

RACE BRIEF 09:45

You must attend the race briefing, which will take place on the beach. This brief will contain specific course instructions.

RACE INFORMATION FOR ALL COMPETITORS & EVENTS TEAM

START 10:00

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 and SUP legs. If you have a problem or need a rest, you must put your hand up, shout help or swim to your 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 or you do not have experience sea swimming without one.

THE 750M SWIM (see course map)

This is an open water sea swim and a mass start on the edge of the water. The planned swim course will be an anti-clockwise triangle route and back into the beach. After completing the swim, you will exit the water and proceed to the transition area on the beach, change out of your wetsuit if required and proceed with your the SUP and continue.

THE 1.5KM SUP (see course map)*

The course will be a straight out and back paddle to the furthest buoy. After completing the SUP leg, you will exit

the water, and proceed to the transition area on the beach where you will leave your SUP and change into your foot wear to start the run. *Please note that the course direction maybe changed due to wind direction and sea conditions. This will be decided on the day and you will be notified at the event briefing.

THE 5.3KM RUN (see course map)

You will exit the transition area and continue on the marked course across Carlyon Bay beach and returning along the SW Coastpath beside the golf course. You will then head up Beach road along Sea road before returning to the beach via the SW coastpath. The route will be marked and there will be marshals at key points.

THE FINISH

The race will finish on the beach. Please show the members of our event team your number (marked on both hands) and your elastic band at the finish line. Do not ask the finish line event team members for your race time or place, as they will not know. To keep the cost of entry as low as possible we are unable to give you a separate swim, SUP and run split time. You will be given an overall combined time. All results will be published via our website and social media within 48 hours. Water and sweet snacks will be available at the finish – ENJOY, YOU'VE EARNED IT!!!

PRESENTATIONS

The prize presentations will take place on the beach after the 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 the team categories (Male/Female/Mixed).

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

MEDICAL ADVICE

First aid assistance will be on hand on the day should you need it. Do not race if you feel unwell on the day or are still recovering from being ill. If you are unsure if you are fit to race please seek medical advice.

TRAFFIC, TRANSPORT AND PARKING

Most competitors will travel to the event by car and we encourage car-sharing where possible.

ENVIRONMENTAL CONSIDERATIONS

We will be using the SWCP and private grounds and ask you to take any waste with you.

ANY COMPETITOR SEEN ON THE COURSE DELIBERATELY DROPPING LITTER, E.G. GEL WRAPS, ETC., WILL BE AUTOMATICALLY DISQUALIFIED, NO EXCUSES!!! We ask that everyone respects the local environment and be considerate to the general public.

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 swim/SUP legs of the race or cancel the event and rearrange. You will be notified via text, email and our social media channels. If possible a new date will be planned or a refund offered in line with our refund policy.

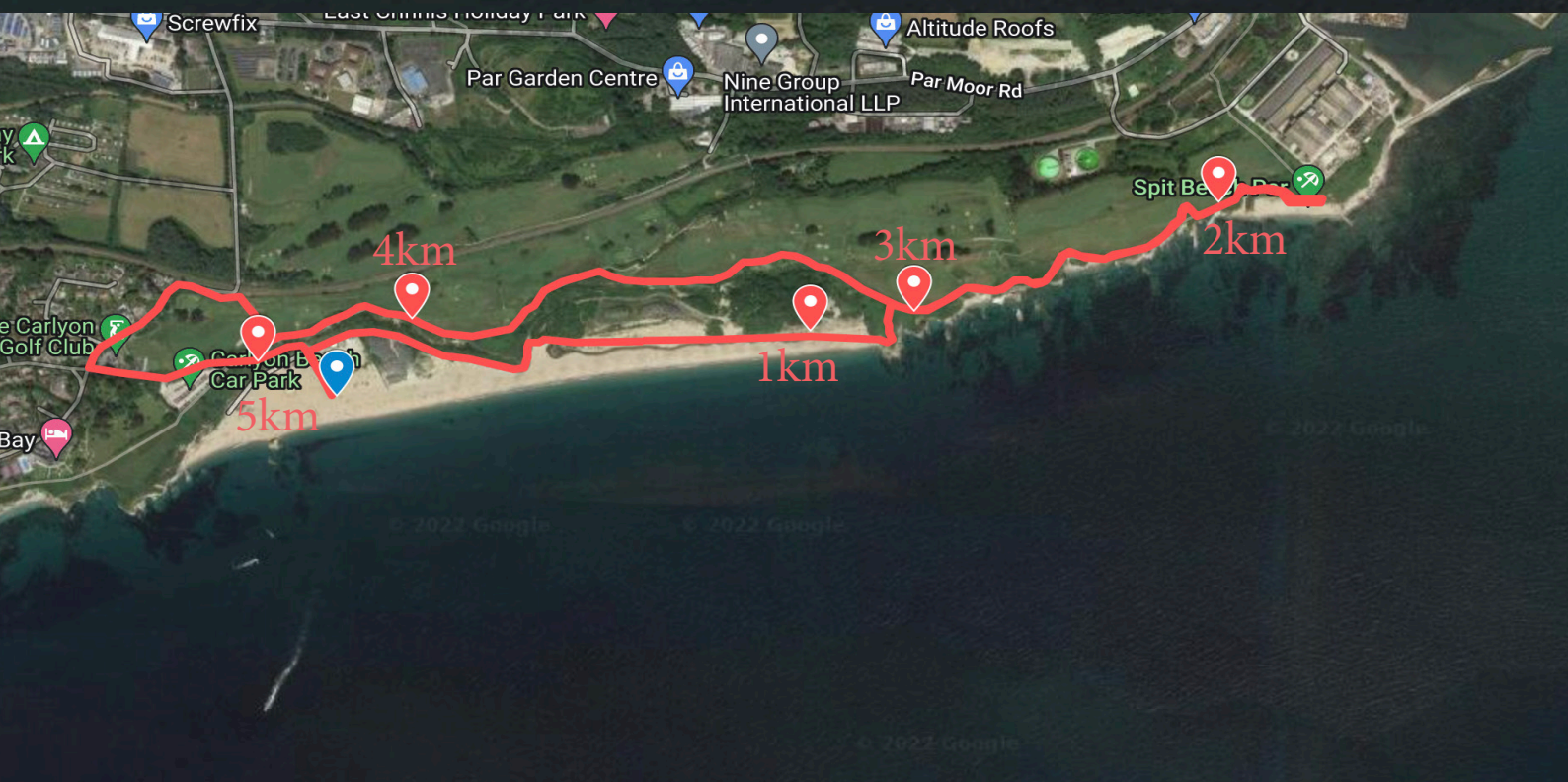
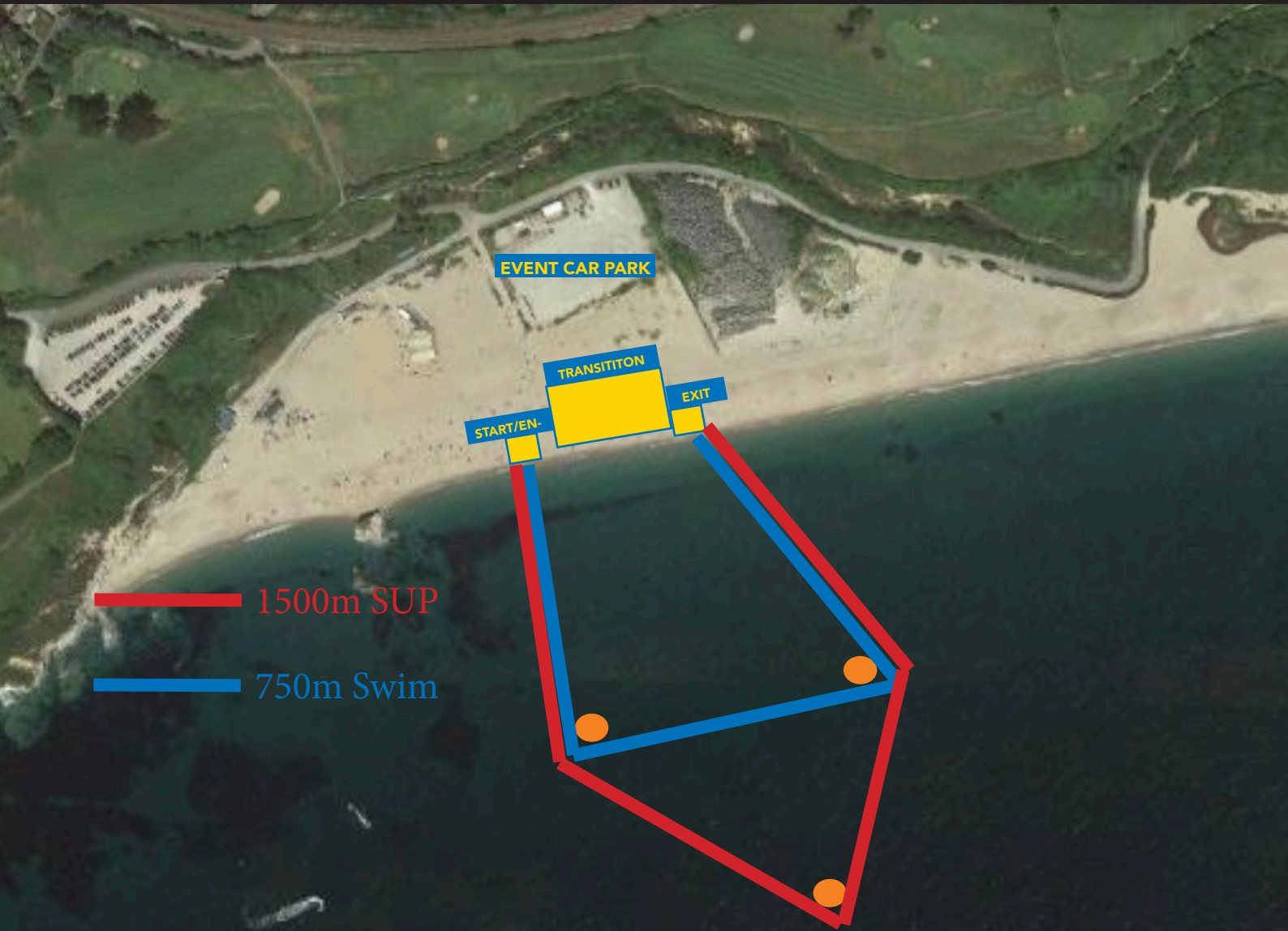
FOOD & DRINK

There are numerous a cafes on the beach that sell everything you would expect a cafe to sell.

SPECTATORS AND VIEWING AREAS

The general public will have as to the beach and its surrounding areas. We would kindly ask all spectators to keep clear of the swim/SUP route whilst in progress and remain clear of the transition entry/exit and finish area until the race is over.

SWIM 750M / SUP 1.5KM



SWIM/SUP/RUN - TRANSITION AND FINISH AREA LOCATIONS

