

SATURDAY 2ND SEPTEMBER 2023



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

COMPETITOR EVENT INFORMATION FOR SATURDAY 2ND SEPTEMBER 2023

Welcome to the Precision Fuel and Hydration HOKEY COKEY GRIBBINy Swimrun 2023

EVENT HQ:

Fowey River Academy, Windmill, Fowey, Cornwall, PL23 1HE.

EVENT CAR PARKING

There is free car parking onsite.

FRIDAY REGISTRATION 18:45-19:45

SATURDAY REGISTRATION 07:15-08:30

Registration will take place on the evening of **Friday 1st Sep at Fowey Sports Hub** and on **Saturday 2nd** located at **(Fowey River Academy, Windmill, Fowey, Cornwall, PL23 1HE)**
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

There are toilets and changing areas available within the Sports Hub.

BAG DROP

As there is onsite parking please leave your kit in your cars.

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

Fowey River Academy, Windmill, Fowey, Cornwall, PL23 1HE

Saturday 27th May

07:15-08:30 REGISTRATION

Fowey River Academy, Windmill, Fowey, Cornwall, PL23 1HE

08:45 RACE BRIEF

Event HQ

09:00 MASS START

Event HQ

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 situated at approximately 7km, 12.5 and at 20km. These will be stocked with Precision Hydration Gels and Drinks as well as water, crisps and sweets.

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.

THE FINISH

COMPETITOR EVENT INFORMATION FOR SATURDAY 2ND SEPTEMBER 2023

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
- Timing chip – this can be worn by either competitor if you are in a team.

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 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 ~ GRIBBIN 2023
Mad Hatter Sports Events

EVENT RULES

Participants will run, swim and complete each leg along the coast from Fowey to Par beach and back. 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, and other goodies. 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 is down the river Fowey where there may be boats moored.
- 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.
- 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 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.
- If you pull out of the race at any point please report to the nearest marshalling point and you will be returned to HQ.

HOKEY COKEY SWIMRUN GRIBBIN LONG COURSE 22.6km



Swim: 4.7km | Run: 17.9km
Stages: 13

Course Length: 22.6km

- START/FINISH**
- ① RUN TO WHITEHOUSE KEY 1.8KM**
- ② SWIM TO READYMONEY 0.8KM**
- ③ RUN TO COOMBE 2.9KM**
- ④ SWIM TO MENABILLY 1.5KM**
- ⑤ RUN TO BOOLEY BEACH 5.0KM**
- ⑥ SWIM TO PAR BEACH .65KM**
- ⑦ RUN TO KAMELLA'S BEACH 2.4KM**
- ⑧ SWIM TO DRAGON ROCK 0.4KM**
- ⑨ RUN TO MENABILLY 3.5KM**
- ⑩ SWIM TO DAPHNE'S 0.45KM**
- ⑪ RUN TO COOMBE 1.5KM**
- ⑫ SWIM TO READYMONEY 0.9KM**
- ⑬ RUN TO THE FINISH 0.8KM**

KEY:

-  RUN
-  SWIM
-  CHECKPOINT
-  WATER/FOOD



HOKEY COKEY SWIMRUN GRIBBIN SHORT COURSE 10.3km

Swim: 3.2km | Run: 7.1km
Stages: 7

Course Length: 10.3km

- START/FINISH**
- ① RUN TO WHITEHOUSE KEY 1.8KM**
- ② SWIM TO READYMONEY 0.8KM**
- ③ RUN TO COOMBE 2.9KM**
- ④ SWIM TO MENABLY 1.5KM**
- ⑤ RUN TO COOMBE 1.6KM**
- ⑥ SWIM TO READYMONEY 0.9KM**
- ⑦ RUN TO THE FINISH 0.8KM**

KEY:

 RUN

 SWIM

 CHECKPOINT

 WATER/FOOD

