



SUNDAY 20 FEBRUARY

EVENT INFORMATION PACK
Mad Hatter Sports Events

HOURGLASS EVENT GUIDE

Welcome to Mad Hatter Sports Events HOURGLASS 2022. Please ensure that you read these details carefully as they will help you have a safe and enjoyable event.

EVENT HQ:

Exhibition Hall, Royal Cornwall Event Centre, Whitecross, Wadebridge, PL27 7JE

EVENT CAR PARKING

Outside the exhibition hall.

REGISTRATION - SUNDAY

Registration will take place at inside of the exhibition hall in the Event Centre from 08:00 to 08:45. Tea, coffee and sweet snacks will be on sale.

At registration you will receive your race number and **Your race number will be also written on your hand** and you will receive any merchandise that you have purchased.

CHANGING AREA / TOILETS - RACE DAY ONLY

Toilets are a toilet block outside of the main race arena, you will be able to change in the area as long as you do not expose yourself.

You will have space inside the exhibition hall to store your own food, drinks, change of clothes etc.

EVENT & SAFETY BRIEF SUNDAY 08:50

Inside the exhibition hall, it is important that ALL competitors attend the briefing.

FOOD/WATER AID STATION

Food and hydration areas will be located at the start/finish area only.

There will be fluids provided by Precision Hydration, Coke and Water along with sweets and savoury snacks. Please let us know if you have any specific dietary requirements

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.

Should you be suffering with any COVID 19 symptoms you need to stay away from the event and self isolate in accordance with the government guidelines.

THE FINISH

At the end of each lap you will be informed if you did/didn't make the time limit.

If you made the time you are eligible to start the next lap, if you didn't make the time limit you will not be able to start the lap

Results will be published via our website and social media within 48 hours. Water and food will be available at the finish.

EVENT SCHEDULE

Sunday 20th February

08:00 - 08:45 Registration in the exhibition hall

08:50 Race Brief on the start line

09:00 EVENT START

PRESENTATIONS

There will be prizes for the following:

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

Everyone will receive a commemorative bespoke medal and for completing.

There will also be spot prizes as usual with Mad Hatter Sports

COURSE CONSIDERATIONS

The course is a mixture of tarmac, trail and grass so please bring appropriate footwear.

Please bring any nutrition, drinks, gels etc with you.

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:** 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

Royal Cornwall Event Centre, Whitecross, Wadebridge, PL27 7JE

JOHN YELLAND

07766 405101

MARTIN SOUTHGATE

07776 158709

Hot food and hot/cold drinks with be available after the event.

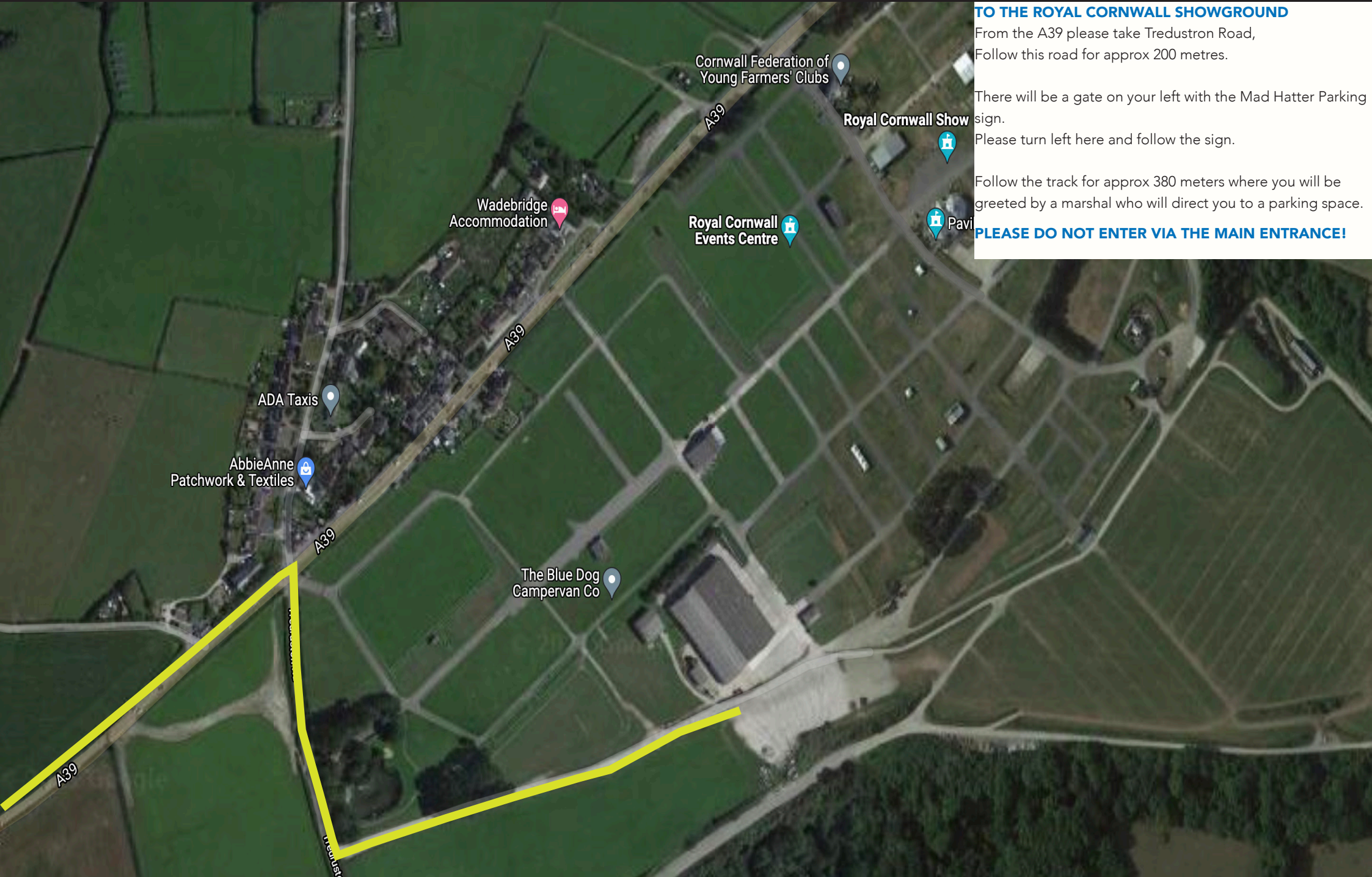
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Mad Hatter Sports Events

HOURGLASS EVENT SITE PLAN



GETTING TO THE EVENT



TO THE ROYAL CORNWALL SHOWGROUND

From the A39 please take Tredustron Road,
Follow this road for approx 200 metres.

There will be a gate on your left with the Mad Hatter Parking sign.

Please turn left here and follow the sign.

Follow the track for approx 380 meters where you will be greeted by a marshal who will direct you to a parking space.

PLEASE DO NOT ENTER VIA THE MAIN ENTRANCE!

EVENT RULES

Participants will run two mile loops around the Royal Cornwall showground with a diminishing time limit starting at 30 minutes and reducing by 1 minute each loop. The run course will be signed using yellow arrows and tape, marshals and other markers.

ENTERING

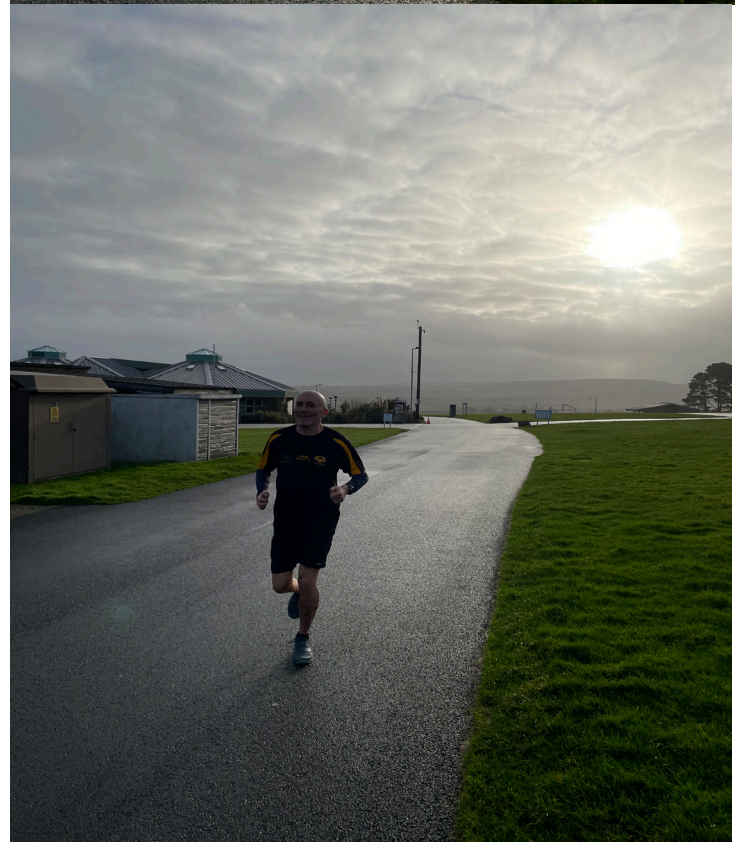
- Participants should understand that this is a tough and challenging event and that they are entering at their own risk and cannot hold the organisers responsible.
- If you cannot make the event for any circumstances please contact Mad Hatter Sports events. Transferring of entry via any route other than through us will not be accepted.

RACE

- Athletes **MUST** start/finish at the points show in the briefing
- Anyone found littering will be disqualified.
- There will be a water/food stations at the Start/Finish. This station will have Precision Hydration, water, jelly babies and savoury snacks.
- You **MUST** not start the next lap until you are told to do so.
- After each lap you may leave the course to have a drink, food or a wee but you need to be back on the start line for the next lap.
- Any type of footwear is permitted.
- If you pull out of the race at any point please report to the nearest marshalling point and you will be returned to HQ.
- If we get down to the last 3 male/female competitors and no one finishes the lap within the time the lap will become a competitive race with the first person over the line and so on

FINISH

- At the end of the lap, if you haven't finished within the time limit you will be removed from the race, given your medal and we will collect your timing chip.



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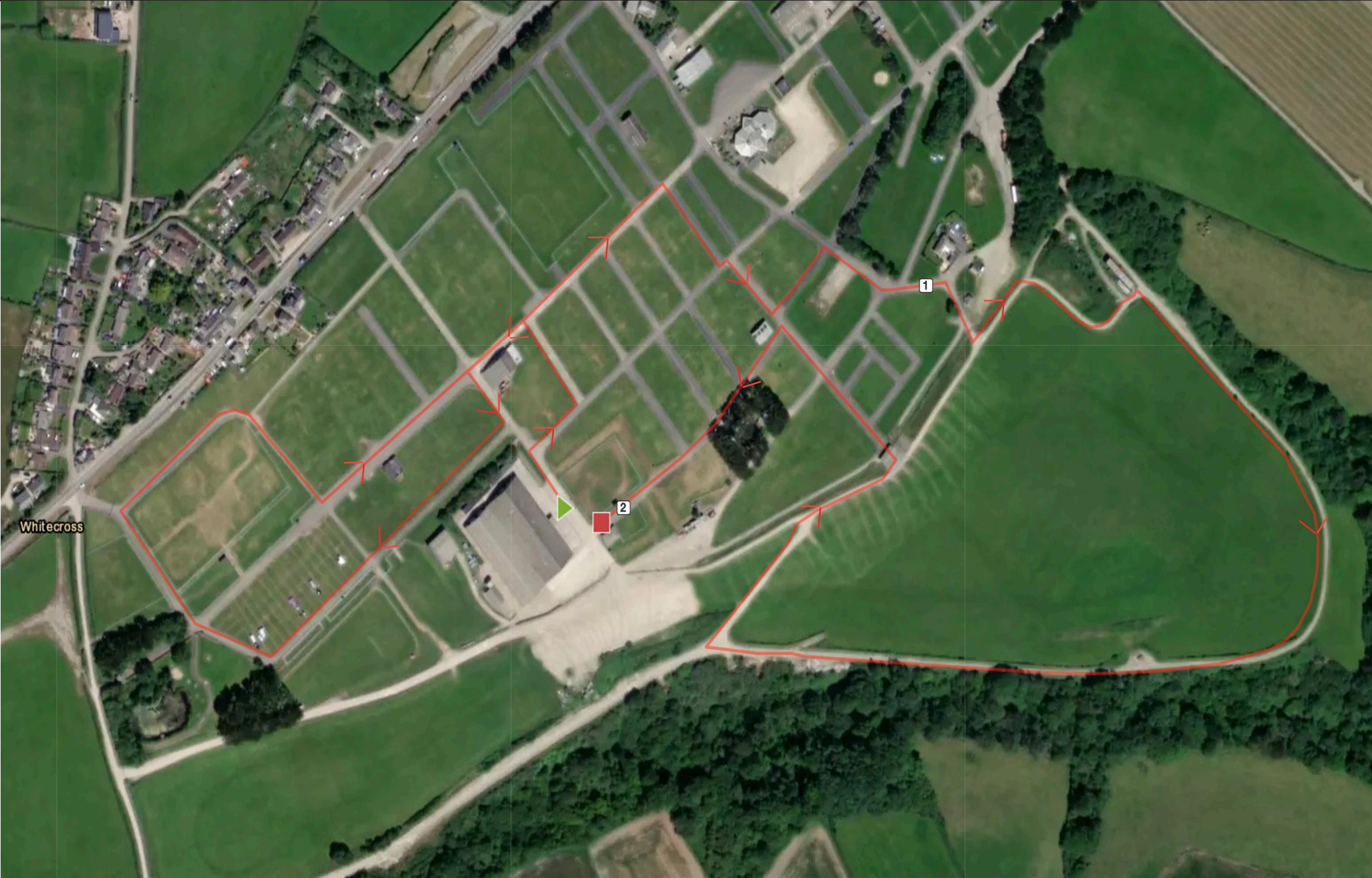
LAP SCHEDULE

LAP	TIME TO COMPLETE LAP	AVERAGE PACE REQUIRED Min/Mile	TOTAL DISTANCE COVERED
1	30	15	2
2	29	14.5	4
3	28	14	6
4	27	13.5	8
5	26	13	10
6	25	12.5	12
7	24	12	14
8	23	11.5	16
9	22	11	18
10	21	10.5	20
11	20	10	22
12	19	9.5	24
13	18	9	26
14	17	8.5	28
15	16	8	30
16	15	7.5	32
17	14	7	34
18	13	6.5	36
19	12	6	38
20	11	5.5	40
21	10	5	42
22	9	4.5	44
23	8	4	46

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Mad Hatter Sports Events

HOURGLASS COURSE MAP



Whitecross

1

2

Mad Hatter Sports Events



Thank you for taking part in Hourglass,
As a thank you here is a discount code
that you can use against entry to the
Swim/SUP/Run - HG10





"We Help Runners, Athletes And Active People
Overcome Injury, Perform Better And Achieve
Their Goals."

