



GOLYMPIX JUNIOR AQUATHLON (Swim/Run)

(Part of the Golowan Festival)

SUNDAY, 24 JUNE 2012 @ 11am

JUBILEE POOL, THE PROMENADE, PENZANCE

Registration commences at 10am

*Please be aware that Jubilee Pool is an unheated outdoor swimming pool
Children may wear wetsuits if desired*

Age as at 31/12/12	Swim Distance (approx)	Run Distance (approx)	Time in pool (approx)
8 years	50 metres	600 metres	11.00am
9 years	100 metres	1500 metres	11.10am
10 years	100 metres	1500 metres	11.15am
11 years	200 metres	2000 metres	11.25am
12 years	200 metres	2000 metres	11.30am
13 years	200 metres	2000 metres	11.35am
14 years	200 metres	2000 metres	11.40am
15 years	200 metres	2000 metres	11.45am
16 years	200 metres	2000 metres	11.50am

(30 seconds between each swimmer)

Medal to all finishers

RACE DETAILS – PLEASE READ

- 1. If it rains the poolside will be wet as will be the steps leading from the pool to the exit gate. Also, if you are wet you may drip water onto the poolside and steps. This will mean that there is a very good possibility that the area will be slippery because it is wet. Please take care – walk and do not run within the Jubilee Pool area.*
- 2. Once you have turned left out of the gates of the café onto the run you will then have to contend with members of the public. They will be there in various guises such as cyclists, dog walkers, skateboarders, tourists, etc – all oblivious to the fact that a race is going on. Please treat them kindly and do not run into them or trip over their extendable dog leads.*
- 3. On the Promenade you then have the added bonus of an obstacle course as you make your way along avoiding concrete steps, benches, planters, bins, railings jutting out and a shelter. Also you will need to avoid dog mess, broken glass and tripping over uneven paving for the entire length of the Promenade.*

4. *At the end of the Promenade, going towards Newlyn, there is a slight ramp which you will have to negotiate. There will be a marshal at the turnaround point at the top of the steps taking numbers.*

5. *If it is high tide, there may be a possibility that waves come over the railings onto the Promenade. If this does happen then please be advised that you may get wet. If possible run nearer to the wall on your right-hand side going out and on your left-hand side coming back. Also seaweed may be deposited on the Promenade which will make it very slippery.*

REGISTRATION

- *Numbers will be written on both hands – please call your number out at timing points.*

THE SWIM

- *Outdoor unheated swimming pool – wetsuits may be worn.*
- *11-16-year-olds start the swim at the walk in steps just past the toddlers' pool on the left-hand side, 8-10-year-olds start at the swim at the walk in steps on the right-hand side.*
- *Swim the triangle clockwise, around the buoys. 8-year-olds get out at the walk-in steps under the café, everyone else gets out at the steps below the entrance in the shallow end.*
- *If you get into difficulties during the swim just raise your hand and grab onto the rail around the edge. There will be qualified Lifeguards on poolside at all times.*

TRANSITION

- *At the end of the swim you will get out at the steps at the shallow end.*
- *You will have left any clothing and trainers in transition.*
- *Please bring a plastic bag, just in case it rains, to put these items in.*

THE RUN

- *You will have to walk up a flight of steps from the transition area and through the café to the gates exiting the café.*
- *Turn left at the café gates and bear left onto the main Promenade (not down the slipway otherwise you will end up swimming to Newlyn!)*
- *Run the full length of the Promenade until it narrows, keeping to your left when it does so.*
- *At the end of the narrow section is the turnaround point (top of the steps). There will be a marshal here taking down your number so please shout it out loud to him.*
- *Now retrace you steps back.*
- *The finish is at the ramp near the start of the Promenade – finish signs will be in place.*
- *Please take care when returning to the pool to collect your items from transition as other runners may be starting out on their run at this point.*