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JUBILEE POOL AQUATHLONS

JUBILEE POOL, THE PROMENADE, PENZANCE
Registration commences one hour before event starts

Approx 200 metre solar-heated pool swim / 2 mile run

RACE DETAILS – PLEASE READ

On undertaking the risk assessment the following has come to light:-

- 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 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. (If the fair is in town then you will need to run straight across the road, through the fair rides and into Coronation Gardens. Turn left at the gates at the top of the steps and run along the road, bearing left towards the Promenade.)*
- 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 and then a set of steep steps and pebbles as well as cars trying to park in a very limited space. Beware, they don't always look in their mirrors and are not liable to stop for you. (You will also have to negotiate this on the return leg.) There will be a marshal at this point.*
- 5. On the footpath from point 4 above to the turnaround point there are no railings to stop you falling onto the pebble beach. Please take care, and do not fall off the edge – it's not a big drop but you'll most likely hurt yourself! There will be a marshal at the turnaround point taking numbers.*
- 6. 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.*

PTO

REGISTRATION

- *Please show a current British Triathlon race licence if you would like your £3 levy refunded.*
- *Numbers will be written on both hands – please call your number out at timing points.*

THE SWIM

- *Outdoor solar-heated pool.*
- *Everyone will start the swim at the steps just past the toddlers' pool.*
- *Swim the triangle clockwise and get 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 front of the changing cubicles.*
- *Please bring a plastic bag, just in case it rains, to put these items in.*

THE RUN

- *You will have to walk up a couple of flights of steps from the transition area to the gates exiting the Pool.*
- *Turn left at the gates, past the zebra crossing on your right and the café on your left and bear right onto footpath next to cars (not through finish area) and then up ramp 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, turn right and descend the steep steps and run across the pebbles and shingle, and take care here as there is a car park. A marshal will be here directing you.*
- *Carry on running along the path until you get to the turnaround point at the end of Newlyn Green/Tolcarne. There are two bollards in the middle of the path to run around. The marshal will make a note of you number so please shout it out loud to him.*
- *Now retrace you steps back.*
- *The finish is at the slipway at the start of the Promenade.*
- *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.*
- *If the fair is on for Golowan then there will be the added obstacles of the fair rides to contend with and fair goers. Please take care.*

COLLECTING YOUR KIT

- *A one-way system will be in place so please don't go down the steps you ran up into transition otherwise you may have a head-on with people still competing.*
- *Please walk along the top tier and down to the first level behind where the swim start is, then walk back into transition that way.*

Have a great event – enjoy yourself – that's what it's all about!!