

# PENZANCE TRIATHLON

## RACE ROUTES

There will be marshals at every point possible to ensure that you have a safe race and point you in the right direction.

### SWIM EXIT TO TRANSITION AREA (See map on MBH website below)

1. On completing 16 lengths of the pool **WALK** up the side of the pool to the rear doors where your time will be taken for your swim/bike transition. Please call out your number.
2. It will be advisable to put trainers or some sort of outdoor footwear on as there is a stony path to negotiate. (Will try and get carpet to cover it but cannot promise!)
3. Turn left and run alongside Leisure Centre building towards access road.
4. Cross access road.
5. Run across grass/gravel path to transition area.
6. Locate your bike.

### BIKE ROUTE (See map on MBH website – cycle route anti-clockwise)

**CAUTION – may be mud, surface water and large puddles on road.**

**BEWARE OF POTHoles AND UNEVEN ROAD SURFACE**

**Helmets MUST be fastened before uncracking your bike!!**

1. Mount your bike when told to do so.
2. Cycle towards Council Office's car park exit.
3. Turn left out of car park – point 1,6 on map.
4. Turn left at Heamoor roundabout (1<sup>st</sup> exit) onto A30.
5. Turn right at Mount Misery roundabout (3<sup>rd</sup> exit) onto A3071 – point 2 on map.
6. Keep going straight until you come to B3306 turning for Lands End Aerodrome.
7. Turn left onto B3306 – point 3 on map.
8. **CAUTION - Road to Kelynack is a very steep and fast downhill – extreme caution is required as there are a few nasty bends and turns in it.**
9. Just past Aerodrome turn left towards Crows-an-Wra – point 4 on map.
10. **CAUTION – Road narrows at top of hill.**
11. Turn left at Crows-an-Wra onto A30 – point 5 on map.
12. Keep going straight until you come back to Mount Misery roundabout – go straight across (2<sup>nd</sup> exit) – point 2 on map.
13. At Heamoor roundabout turn right (4<sup>th</sup> exit).
14. Turn right, back into Council Office's car park through the "In" entrance – point 1,6 on map.
15. Cycle down to transition where you will be told to dismount your bike.
16. **Rack your bike in your allocated position and then undo your helmet** (2 minute time penalty if you do it the other way round!!)

### RUN ROUTE (See map on MBH website – run route anti-clockwise)

1. Exit bike transition area the opposite end to the bike in/out. Your bike/run time will be taken at this point. Please call out your number.
2. Turn left and run along the path behind the old St Clare swimming pool.
3. **CAUTION - Cross road at traffic lights and turn left.**
4. Go through underpass.
5. **CAUTION - Cross Madron Road via bollards at Sona Merg Close junction**
6. Keep going straight up Madron Road.
7. Turn left into Boscathnoe Lane – keep to the left even when footpath ends and run on road.
8. Turn left into Lesingey Lane – water station on left.
9. **EXTREME CAUTION - At end of Lesingey Lane cross A3071 road onto pavement and turn left.**
10. **CAUTION - Just before you get to Mount Misery roundabout and just after the roundabout sign cross road and turn left onto a by-way (could be muddy and slippery if wet).**
11. Continue along by-way until you come to Castle Horneck youth hostel then turn right.
12. Turn left onto A30 and run along footpath, keeping left on the footpath when you get to the roundabout.
13. Cross two exits of Heamoor roundabout.
14. Turn right and go through underpass.
15. Run along pavement until you get to Leisure Centre entrance.
16. **CAUTION – Cross road just after traffic lights.**
17. **KEEP LEFT** along Leisure Centre access road.
18. **FINISH** in coach park area.