

# FOWEY RIVER TRIATHLON

ORGANISED BY FOWEY RIVER TRIATHLON

SUNDAY 12<sup>TH</sup> SEPTEMBER 2010

## RULES.

1. The course shall be: -  
Start at Fowey Town Quay, competitors to swim to Polruan, passing the silver mooring buoy up river side. Leave the water by way of the slipway at the right-hand side of the beach.  
  
Competitor's bicycles will be available from an area adjacent to the slipway. (0.6 km)  
  
Competitors will then cycle from Polruan via Triggabrowne, Pont, Whitecross and Highway to join the B3359 north east of Lanreath, left on to the B3359 to Middle Taphouse, left on to the A390 to Lostwithiel. Competitors will leave their bicycles at the Fire Station Yard next to the Community Centre. (29 km)  
  
Competitors will then run via Rosehill, Castle Milltown, Lantyan, Torfrey and Lanherriot, left on to the B3629 into Fowey and finish at the Town Quay, (12 km)
2. Maximum number of competitors will be 100.
3. Competitors will start in-groups of four at one-minute intervals. The first Competitors will start at 09.00am
4. Starting numbers will be drawn and competitors will be notified of their numbers and start time by the 01<sup>st</sup> September. Identification numbers must be displayed at all times on bicycles and running vests.
5. Team entries shall comprise of four competitors. The aggregate of the best three to count.
6. Team entries must be made by submitting four individual entries. Each entry must bear the names of the team members and team name in the space provided. Team entries should be submitted together where possible.
7. The Highway Code must be observed at all time whilst on the road sections.
8. The organising Club reserves the right to disqualify any competitor who it believes has acted in a dangerous manner during the event.
9. The organising Club accepts no responsibility whatsoever for any competitor.
10. Cycling helmets must be worn whilst on the cycling section.
11. Provisional results will be available after the event.
12. The decision of the organising Club shall remain final.

The organising Club will transport bicycles from Town Quay, Fowey to Polruan. Competitors who want to take advantage of this service must make their bicycles available by 07.30am on the Town Quay. Fowey, Bicycles will be left at Lostwithiel Under supervision, until 2.30pm.