

# *Ardingly Triathlon & Events 2018*

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## RACE DAY INFORMATION



## Ardingly Standard/ Sprint/ Supersprint Triathlon (pool swim), Aquabike and Duathlon.

**Date:** Sunday 3<sup>rd</sup> June 2018

**Venue:** Ardingly College, College Road, Ardingly, Nr Haywards Heath, W. Sussex, RH17 6SQ .

**How to get there:**

From the North approach down on the A22 turning off right on to the B2028 towards Haywards Heath, Through Ardingly village turn right into College road. From the South, Head for Haywards Heath on B2028 turn right after Oathall school junction into College Road follow up to the college.

### COURSE AND VENUE MAP

**TE Race Technical Officer: Nina Foord**

**REGISTRATION** – OPEN ON SUNDAY ONLY, you can register on Sunday as normal, times are below.

**ARRIVAL**

- All triathlon competitors must be on site by start of the event (7.30am).
- NO ACCESS THROUGH THE MAIN COLLEGE ENTRANCE.

**PARKING**

- Please do not use the Front entrance of the College
- Please follow the signs to the parking area.
- Parking is at the rear of the college via the reservoir road.
- Walk through the college on marked route to the registration/transition area.
- YOU WILL NEED TO REGISTER BEFORE YOU ENTER TRANSITION.

Event	Register from	Main race briefing	Start time
Pool White Bird Tri (Standard)	06.30	07.15 outside pool	07.30
Pool Small Whit Bird Tri (Sprint)	06.30	07.45 outside pool	08.15 approx.
Pool Supersprint	06.30	07.45 Outside pool	08.00 approx.
Aquabike	06.30	07.15 Outside pool	After 07.30
Duathlon	06.30	08.15 (by finish)	08.25



### **REGISTRATION ON RACE DAY**

Opens at 06.30am and will close at 8.15am Please ensure you register before closure as volunteers will be required to move to marshalling points for the race start.

Each competitor will receive a Race Pack with:

- Two race numbers (back for the cycle, front for the run)
- Number labels for your cycle (seat post) and Cycle helmet
- Your Day Race Licence emailed to you.(show your current BTF licence or you will need to purchase a Day licence)
- You will be 'Body marked' with your race number on your upper LEFT ARM and LEFT

Cycles to be placed into transition AFTER registration and MUST have the race number label attached to your cycle before entry and also a number label to the front of the cycle helmet. There is separate racking for the Standard distance competitors- do not use this area.

### **RACE BRIEFINGS -**

See timetable above. Times may vary due to numbers attending please listen for announcements. This will be held down next to the pool for all triathlon competitors, finish area for duathlon. All to attend to be updated on race course information and special instructions for your safety.

### **TRANSITION 1 - Outside pool**

This is positioned outside the pool exit and ALL competitors will place shoes in this area ready for the run to the main cycle transition area.

All shoes to be placed in a safe manor not blocking the exit of blocking other competitors.

### **SWIMMING SECTION**

#### **STANDARD (800m)**

Please approach poolside from the front entrance, on then to poolside, round to the right. Line up in numbered order ready for your start. Please do not disturb the Swim Starter(s) Swimming 3-4 to a lane, count your own lengths marshals there to help, 32 lengths, swim clockwise or anti-clock as advised, swim in same lane.

#### **SPRINT and SUPERSPRINT EVENTS**

Please approach poolside from the front entrance, on then to poolside, round to the right.

Line up in numbered order ready for your start. Please do not disturb the Swim Starter(s) (Lisa/Steve) as they will be busy.

#### **SUPERSPRINT START (200m)**

- The swim will be a 'Snake' type starting in the shallow on the far side away from the exit.
- Competitors will be started approx. 20-30seconds apart and will swim keeping to the right.



- Swim up and down the lane, at the shallow end drop down under the lane rope into lane 2 and again swim up & down keeping to the right, and so on until all lanes have been used = 200m swim.
- Exit the pool and into the shoe transition area.

### **SPRINT START(400m)**

- Wait/Q in race number order.
- You will be placed in the water 30seconds apart for your SNAKE swim course.
- Get yourself ready, you will be given a 5second countdown to start.
- You will complete one full snake swim of the pool, exit then return to the starting point and swim a second complete snake swim.
- Please do not run on poolside.
- Out through the poolside exit doors to the side and into' transition area 1.

### **SWIM RULES**

- Breaststroke or front crawl only
- Give way at the end of the length to faster swimmer behind
- No dangerous overtaking (now a penalty offence)
- No DIVING IN (instant DQ)
- Keep to the side of the lane
- Marshals there to help YOU COUNT YOUR SWIM LENGTHS
- Advise footwear from end of swim to transition.

### **TRANSITION**

- From Transition 1 area, with your shoes on, run up the hill and along the marked course to the main cycle transition area.
- Locate your cycle, before touching your bike put on and secure your cycle helmet.
- When ready take your cycle and walk/run to the cycle exit (Do not ride).
- You will be directed to stop and mount in a marked area. Check the way is clear and start your cycle section.

**CYCLE SECTION:** (Standard/aquabike 2 laps 46km, Sprint/ Supersprint/ duathlon 1 lap -23km)

[CYCLE COURSE MAP-LAP](#) , [YOUTUBE cycle lap](#)

- When on the highway the rules of the 'highway Code' MUST be followed.
- Failure to do so will mean disqualification and risk the event in the future.
- There is 'NO Drafting' meaning you keep 10 metres from the cyclist in front, unless overtaking. If overtaken YOU must drop back 10metres.
- REMEMBER YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY.

Follow the reservoir access road, be aware of the marked speed humps. You will need College road junction and join the cycle course, passing the College entrance for the first time to start your first lap.



***\*Cycle up the road to Ardingly Village and TURN LEFT on to the B2028, through the village the road narrows-take care. Past Wakefield Place (National Trust) and Ardingly Showground on to Turners Hill. Just before there is a mini roundabout- straight over and up the hill.***

***At the Turners Hill junction TURN LEFT, on to Paddockhurst Road B2110 past Worth School.***

***At the next junction, The Cowdray PH, TURN LEFT into the London Road B2036. \****

Approaching Balcombe mini-roundabout, TURN LEFT into the Haywards Heath Road, then into Stonehall Lane and then Borde Hill Lane.

After passing under the railway bridge, 300m TURN LEFT into Copyhold Lane. THIS IS A TURN INTO A STEEP HILL- LOW GEAR REQUIRED BEFORE TURN.

At the next junction TURN LEFT into College Road and on to the college- Then(Standard distance) COMPLETE A SECOND LAP- after which . . .

You will be directed to a marked area to dismount and then run/walk with your cycle to your position in the cycle transition.

Raynet Radio Communications units will be on each turning point, if you have noticed a fellow competitor having problems i.e. a puncture, please let them know then we can come and help them out with a lift back.

### **TRANSITION FROM CYCLE TO RUN**

Place your cycle in the correct position before unfastening and taking off your cycle helmet. When ready run through the 'Run out' exit on to the run.

**RUN SECTION (Standard 7.5km – 3 laps, 5km-Sprint -2 laps, 2.5km-Novice- 1 lap, Duathlon 2 laps to start then 1 lap) [RUN COURSE](#)**

- This course for this year, using the sports field, roadway to the lower field and footpath.
- At the start of each lap you will collect a wrist band to assist your counting.
- A check will be made on the course and at the finish to ensure you have completed the correct number of laps.
- IT IS THE RESPONSIBILITY OF EACH COMPETITOR TO ENSURE THE CORRECT DISTANCE IS COVERED.

### **FINISH**

The finish awaits the competitor and the reward of an event medal, a drink and the roar of the crowd.

### **AQUABIKE**

- Briefing and starting with the Standard event.
- After the bike section, race bike, exit transition and run (20m) to the FINISH LINE.



### **DUATHLON (r/b/r)**

- Briefing before start next to finish.
- Collect a run band before mass start.

### **RELAY TRIATHLON**

- Briefed with Standard event
- Starting first, racking in block.
- Change overs: areas are marked for changeover, outside transition IN & outside cycle transition.- see signs.
- Cyclist must not be wearing cycle helmet and must race bike and remove helmet before tagging runner.

### **TIMING**

- Manual timing at this event this year, SO PLEASE ENSURE YOUR RACE NUMBER IS VISIBLE. BACK for the cycle, FRONT for the run.
- Time points: Start, End of swim , End of Cycle, Start of Run, Finish. (transitions inside the bike time)
- Your race number MUST be on show correctly at all times.

### **RESULTS**

Interim results will be declared for the purpose of prize giving. Results will be declared final on Weds. Midday.

Prizes in the following age groups will be given out at the end of the event.

#### **STANDARD TRIATHLON**

Under 40yrs -1<sup>st</sup> Male & Female

40-49yrs -1<sup>st</sup> Male & Female

50yrs+ - 1<sup>st</sup> Male & Female

#### **SPRINT TRIATHLON**

Under 40yrs -1<sup>st</sup> Male & Female

Over 40yrs -1<sup>st</sup> Male & Female

SUPERSPRINT TRIATHLON - 1st Male/Female

DUATHLON - 1st Male/Female

YOUTH - 1<sup>st</sup> Male & Female

AQUABIKE – 1<sup>st</sup> Male & Female

STANDARD TRIATHLON RELAY – Winner

SPRINT TRIATHLON RELAY - Winner

### **REMINDER ON SOME RACE RULES**

Remember:fs

- \* Must be wearing a fastened cycle helmet when you have cycle from the racking
- \* NO MOBILES OR MP3 PLAYERS allowed in transition OR around the course.



Updated 01/06/2018

- \* YOU are responsible for your own safety
- \* No boxes or bags in transition place them in marked area.
- \* Remember you have handlebar width and no further out than your wheel to place your equipment.
- \* Cycle course - No Drafting, keep 10m from the competitor in front unless overtaking. If overtaken drop back 10m.

FULL LIST AT BRITISH TRIATHLON [HERE](#)

#### **VENUE RULES:**

Ardingly college site rules: Smoking is not allowed on the campus, Dogs are not allowed on campus (please leave Fido at home).

#### **TOILETS 4 places:**

- Next to transition
- Swimming pool changing areas
- Other side of main building
- The pavilion, on other side of cricket pitch.

#### **FIRST AID**

Supplied by E.Sussex Medical Services and will be positioned in front of the main college building.

#### **CATERING**

No catering available

#### **PUBLIC ADDRESS**

Music and commentary through the event will start at 9am, please listen out for announcements that may affect the race, we will try and give your name check around the course.

**VOLUNTEERS** - We need more helpers around the course. We can offer a food goodie bag and earn a free entry into a future event for yourself or partner. [Details](#) Please email [phil@hedgehogtri.uk](mailto:phil@hedgehogtri.uk)

