

Ardingly WB Triathlon & Events 2019

RACE DAY INFORMATION



Ardingly Standard/ Sprint/ Supersprint Triathlon, Aquabike (all open water swims) and Duathlon.

Date: Sunday 2nd June 2019

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

How to get there:

PLEASE FIRST PROCEED TO THE COLLEGE NOT THE RESERVOIR

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: Anthony Shaw

REGISTRATION – In the college Lower Library Saturday 2pm-4pm & from 5.30am on race day., ALL COMPETITORS MUST REGISTER FIRST AT THE COLLEGE, DO NOT GO TO THE RESERVOIR UNTIL AFTER THE FIRST BRIEFING.

ARRIVAL

- All triathlon competitors must be on site ready for their first briefing at the **COLLEGE**
- NO ACCESS THROUGH THE MAIN COLLEGE ENTRANCE.
- FOLLOW PARKING SIGNS AND MARSHAL INSTRUCTIONS

PARKING

- Please do not use the Front entrance of the College
- Please follow the signs to the parking areas.
- Parking is at the rear of the college via the reservoir road.
- Walk through the college along the road to the registration/transition area.
- YOU WILL NEED TO ATTACH ALL RACE NUMBER LABELS TO YOUR EQUIPMENT AND BE NUMBER MARKED ON YOUR HAND/ARM/LEG.



| Event | Register from @ College ONLY | Main race briefing (college) | T1 swim briefing (reservoir) | Start time | |
|--|------------------------------------|------------------------------------|------------------------------------|--------------------|--|
| White Bird Tri (Standard) & Aquabike | 05.30 | 06.20 @Transition2 | 07.15 | 07.30 (2 waves) | |
| Small White Bird Tri (Sprint) | 05.30 | 07.00 @Transition2 | 07.40 | 08.10 (2 waves) | |
| Supersprint | 05.30 | 07.00 @Transition2 | 07.40 | 08.15 | |
| Duathlon | 06.00 | 08.40 @College transition | n/a | 08.40-08.45 | |

REGISTRATION ON SATURDAY

Now we have a sufficient number of competitors we will be opening up registration on Saturday 2pm to 4pm, just to collect your race pack, you do not need the cycle. You will still need to report to Transition 2 (College) BEFORE going to the reservoir on race day.

REGISTRATION ON RACE DAY

Opens at 05.30am 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 leg if completing in a swim, numbered on the back of both hands

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.

All racking is numbered. If Aquabike or Triathlon competitor LEAVE YOUR RUNNING SHOES at the correct numbered racking position.

RACE BRIEFINGS -

See timetable above. Times may vary due to numbers attending please listen for announcements.

This will be held down next to the transition area (T2) at the college and swim briefing at reservoir(T1) for all triathlon competitors, finish area for duathlon.

All to attend to be updated on race course information and special instructions for your safety.

ALL FOOTWEAR FOR THE RUN SECTION(triathlons) MUST BE LEFT AT T2(college) in correct numbered rack position.



Triathlon TRANSITION 1 - Reservoir

This is positioned outside the reservoir and racking will be provided, this is not numbered. Rack your cycle get ready to swim.

Wetsuits are COMPULSARY up to and including water temperature of 23degreesC

[\(BTF approval letter\)](#)



SWIMMING SECTION

STANDARD (Standard Tri/Aquabike 1500m 07:30hrs, Sprint 750m 08.10hrs, Supersprint 200m 08.15hrs)

Racking is limited so one race at a time can rack. All will attend a briefing.

All competitors will be counted into the water and bib numbers taken.

STANDARD TRI, AQUABIKE

All competitors are required to complete 2 laps of this triangular course. Then swim toward the marked exit point.

SPRINT TRIATHLON

All competitors will swim 1 lap of the triangular course.

SUPERSPRINT START (200m)

- The swim will start and finish from the same place but will be an OUT&BACK swim around a marker buoy.
- Exit the pool and into the cycle transition area T1.



SWIM RULES

- WETSUIT COMPULSARY ([BTF approval letter](#))
- Breaststroke or front crawl only
- Must wear provided swim cap
- Must not impede other competitors
- If require assistance stop swim on back, and wave arms to attract attention of support craft personnel

TRANSITION 1 (lakeside)

- Locate your cycle
- **Ensure ALL your belongings are placed in your numbered sack, including wetsuits.**
- Get ready to cycle
- Proceed on foot to the bike mount position

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

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

- You follow the private road from the reservoir to meet the highway.
- 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 entrance**- 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 (T2) FROM CYCLE TO RUN (College)

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.
- TO FINISH - After the bike section, rack bike, exit transition and run (80m) through 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 or Sprint event
- Change overs: areas are marked for changeover, outside transition 1 (lakeside) & outside cycle transition 2 (College).- see signs.
- Cyclist must not be wearing cycle helmet and must rack 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.

SWIM KIT RETRIVAL

- Please only take minimum kit to the reservoir
- All kit must be placed in numbered swim bag including WETSUITS
- All kit will be collected and transferred to the College T2 site.- so please don't bring the kitchen sink!

RESULTS

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

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

STANDARD TRIATHLON

Under 40yrs -1st Male & Female

40-49yrs -1st Male & Female

50yrs+ - 1st Male & Female

SPRINT TRIATHLON

Under 40yrs -1st Male & Female

Over 40yrs -1st Male & Female

SUPERSPRINT TRIATHLON - 1st Male/Female

DUATHLON - 1st Male/Female

YOUTH - 1st Male & Female

AQUABIKE – 1st 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.
- * 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:

- Ardingly Activity Centre (T1)
- Next to transition(T2) college – Also showers and changing available
- Other side of main building

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 and £20 towards expenses. Perhaps you have a friend or family member that could assist.

[Please complete the form](#) or Please email phil@hedgehogtri.uk

