

Updated 14/07/2017

Ashdown Forest Triathlon 2017

RACE DAY INFORMATION



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Ashdown Forest Triathlon.

Hedgehogtri & Multisport Management

Date: Sunday 16th July

Venue: Cumnor House School, London Road, Danehill, West Sussex, RH17 7HT

How to get there: From South off A27 north along A275

From North along A22 turn off right at Whych Cross A275

COURSE AND VENUE MAP

DISTANCES

The Ashdown 'Standard' Triathlon- swim 600m, cycle 44km, run 7.5km

The Cumnor House 'Sprint' Triathlon -swim 400m/ cycle 22km / run 5km,

The Danehill 'Supersprint' Triathlon : swim 200m/ cycle 22km /run 2.5km,

The Cumnor House Sprint RELAY Triathlon - (distances as above- 2 to 3 persons)

TE Race Technical Officer: Anthony Shaw

TIMINGS

06.30 registration/ transition open

07.15 race briefing by transition

07.30 standard (Ashdown Tri) start

08.10 Supersprint (Danehill Tri) start (approx.)

08.20 Sprint (Cumnor Tri & relay) start (approx.)

11.00 prizes

Note: Sorry but a cut off time of 11am latest for prizes even if competitors still on the course. We will cheer you in, promise.

ARRIVAL

- From North – pass both North and South entrance and enter via marked car park onto field
- NO ACCESS THROUGH THE MAIN COLLEGE ENTRANCE.

PARKING

- Please follow the signs to the parking area.
- Parking is on the lower pitch area.
- Walk up to the registration next to the finish area.
- YOU WILL NEED TO REGISTER BEFORE YOU ENTER TRANSITION.

REGISTRATION ON RACE DAY

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Opens at 0630hrs and will close at 0715hrs Please ensure you register before closure as volunteers will be required to move to marshalling points for the race start.

On Arrival:

- PRINT OF YOUR **RACE TICKET** or show it on your mobile/tablet to help speed registration.(LINK to tell you how)
- Complete a Competitor Responsibility Form, then

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.

- Please rack correctly in your numbered position.
- Note all bags and boxes must be moved to the marked area.
- All kit to be laid out alongside cycle wheel max 50cm in width & not protruding beyond the cycle wheel.
- Clothing for the cycle can be placed on the cycle, but nothing on the cycle racking.
- Marking of your position is not allowed.
- All litter must be placed in the bins, any dropped elsewhere and not corrected with be a DQ.

RACE BRIEFING All races – 7.15am – BY Cycle transition

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

SWIMMING SECTION

STANDARD AWAY FIRST

Swimming 4 to lane, volunteers HELPING you to count your lengths.

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) (Stuart/ Max/ Paul) 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.

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- Exit the pool and into the shoe transition area.
- Using your estimated swim times- we start with quickest to slowest (small number)

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.
- Using your estimated swim times – starting with slowest to quickest.

TRANSITION

- Outside pool you may leave your shoes, 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(44km/ 22km) [CYCLE COURSE MAP-LAP](#) , [YOUTUBE cycle lap](#)

- Standard 2 laps, All others 1 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.
- Please look out for each other, let the next marshal know if a fellow competitor has a problem.

Follow the A275 down to the marked LEFT turn, Continue into Fletching village.
Take Great care turning left at the church, as worshipers will be crossing the road.

Continue to meet A272- fast road -GIVE WAY – Left turn
Over mini roundabout, Left at A22
Left A22 Marefield, headed North.
Left at Newick by Indian restaurant.
Follow to end and junction with A275 – GIVE WAY – Left turn
Cumnor House School – Finish for Sprint/ Supersprint
1 more lap for STANDARD

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

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 (7.5km Standard 3 laps, 5km-Sprint -2 laps, 2.5km-Novice- 1 lap)

- 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.

TIMING

- This will be done manually; Start, End of Swim, Start of Run, Finish (Transition times in Cycle split)
- **Your race number MUST be on show correctly at all times – BACK for the cycle, FRONT for the run**

RESULTS

Interim results will be declared for the purpose of prize giving. Results will be declared final on Weds. 7pm

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

Standard Triathlon

1st Under 40yrs Male/ Female

1st Over 40yrs Male/ Female

Sprint Event

1st Under 40yrs Male/ Female

1st Over 40yrs Male/ Female

Supersprint Event

1st Male/Female

Relay 1st Team

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REMINDER ON SOME RACE RULES

Remember:

- * 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 large 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:

- Please keep noise to a minimum.
- No dogs allowed on site

TOILETS

- Swimming pool changing areas
- Poolside

FIRST AID

Supplied by E.Sussex Medical Services and will be positioned at the finish area

CATERING

No catering on offer

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 food and drink, and earn a free entry into a future event for yourself or partner. [Details](#)