

Crowborough Triathlon 2018

RACE DAY INFORMATION



Crowborough Sprint Triathlon / Duathlon – 29th April 2018

Race information_(final)

EVENT STAGE BY Hedgehogtri Events

VENUE

Crowborough freedom Leisure Centre, Eridge Road, Crowborough, E Sussex, TN6 2TN.

RACE DAY EVENT TIMETABLE (some end times approximate)

06.30 Registration opens
06.30 Transition opens
07.15 Triathlon registration closes
07.15 Race Briefing overlooking the finish area
07.30 Race start (Supersprint)
07.45 Duathlon mass start
07.50 Standard Tri start.
08.15 Race start (SPRINT) - approx.
10.00 Expected finish -approx.
10.15ish Prizes -approx.

ARRIVAL

Car Parking is either:

Enter the Goldsmiths Recreation Campus and park in the main car park.

PLEASE DO NOT PARK ON THE ACCESS ROAD

All triathlon competitors must be on site by start of the event and attend a race briefing

REGISTRATION ON THE DAY

ENTRIES ON DAY- PLEASE TEXT PAUL ON 07920 141631 FIRST- AVAILABILITY AT 6.30am ONLY (cash only).

- Opens at 06.30 and will close at 07.15 prior to the briefing and start.
- Please ensure you register before closure as volunteers will be required to move to marshalling points for the race start.
- Each competitor will receive in their race pack which contains . . .
 - Two race numbers (**back for the cycle, front for the run**) -remember no folding of the number is allowed.- Race belts can be used – number must be shown correctly at all times.
 - Race labels for your helmet, cycle, spectator supporter and any small bag.
- PLEASE COMPLETE YOUR DETAILS ON THE BACK OF THE MAIN RACE NUMBER.

You will be 'Body marked' with your race number on your upper RIGHT ARM and RIGHT CALF, Cycles to be placed into transition under instruction from members of the Hedgehogtri Team.

YOU USED YOUR BTF Licence to enter? Then Show your BTF race licence OR pay £5.00 for Day Membership- NO EXCEPTIONS.

The Triathlon England 'day licence', included in your entry fee, will be emailed out to you on 24-48hrs prior to the race. So for the race, all taking part, are members of Triathlon England. You do not have to be a member of a triathlon club.

CYCLE TRANSITION

- Please ensure race number labels are attached to cycle and helmet.
- Approach the non-racing entrance WEARING your CYCLE HELMET ready for the check.
- Cycle check may also be carried out of bar end stoppers, no illegal equipment.
- We check with you that YOU are happy with the safety of the cycle.
- Rack your cycle on your numbered position
- Cycles are alternately along the rack, where possible so check which way your number is facing. Even Nos face Left, Odd Nos face Right.

NO mobile phones, No MP3 players, All kit to be kept in your own designated area.

WE WOULD ADVISE YOU DRESS FOR THE WEATHER, NOT JUST BECAUSE IT IS A TRIATHLON.

PLEASE NOTE: no boxes/bags allowed in transition. An area is set aside for any boxes to be stacked before race start.

- Lockers are provided in the pool changing room for valuables.

RACE BRIEFING

07.15 On the bank in front of the leisure centre overlooking the finish

All to attend, Supersprint competitors to be ready to start immediately afterwards.

THE COURSE –[HERE](#)

SWIMMING SECTION

Please approach poolside from the changing area, on then to poolside,

Line up in numbered order ready for your start.

Please do not disturb the Swim Starter(s) they will be busy.

SUPERSPRINT START (200m) – 07.30

You will enter the water after the person in front of you has started.

The swim will be a 'Snake' type (using all six lanes) starting in the shallow on the far side away from the exit.

Competitors will be started approx.. 20-30 seconds apart and will swim keeping to the left.

- Swim up and down the lane, at the shallow end drop down under the lane rope into lane 2 and again swim up & down.

- Keep to the LEFT, of the lane= 200m swim.
- No tumbleturns,
- Give way at the end of the length to faster swimmers behind you.
- If your feet are touched, stop at the end of the length and allow them through.
- Only breaststroke or front crawl, no backstroke
- No Running on poolside,
- Exit the pool, WALK along poolside, exit through far door and into the cycle transition area.

STANDARD TRIATHLON START (600m) 07.50hrs

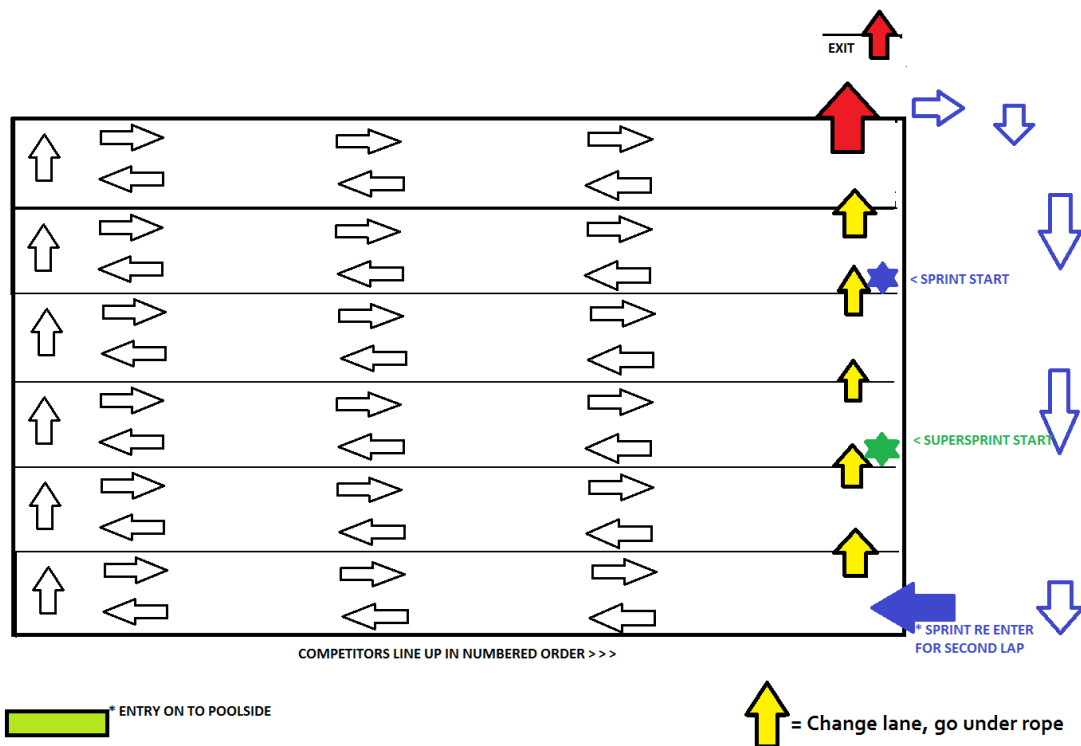
Double snake swim (300m x 2) using all six lanes x 2.

SPRINT START(400m)- 08.15 (approx.)

Wait/Q in race number order

Follow as above (using TWO lanes, then all SIX lanes- 400m) on completion of first lap exit the pool walk round to the far corner, get back in and continue. Second time exit pool then out through the poolside exit doors to the side and into Transition area.

TOUGH CROW SPRINT TRIATHLON -Pool Layout



PLEASE NOTE: New rules for 2018, for dangerously overtaking in swim lane, there is a 'Stop & Go' Penalty.

DUATHLON

Briefing at 07.45hrs start straight after on the running track.

TRANSITION

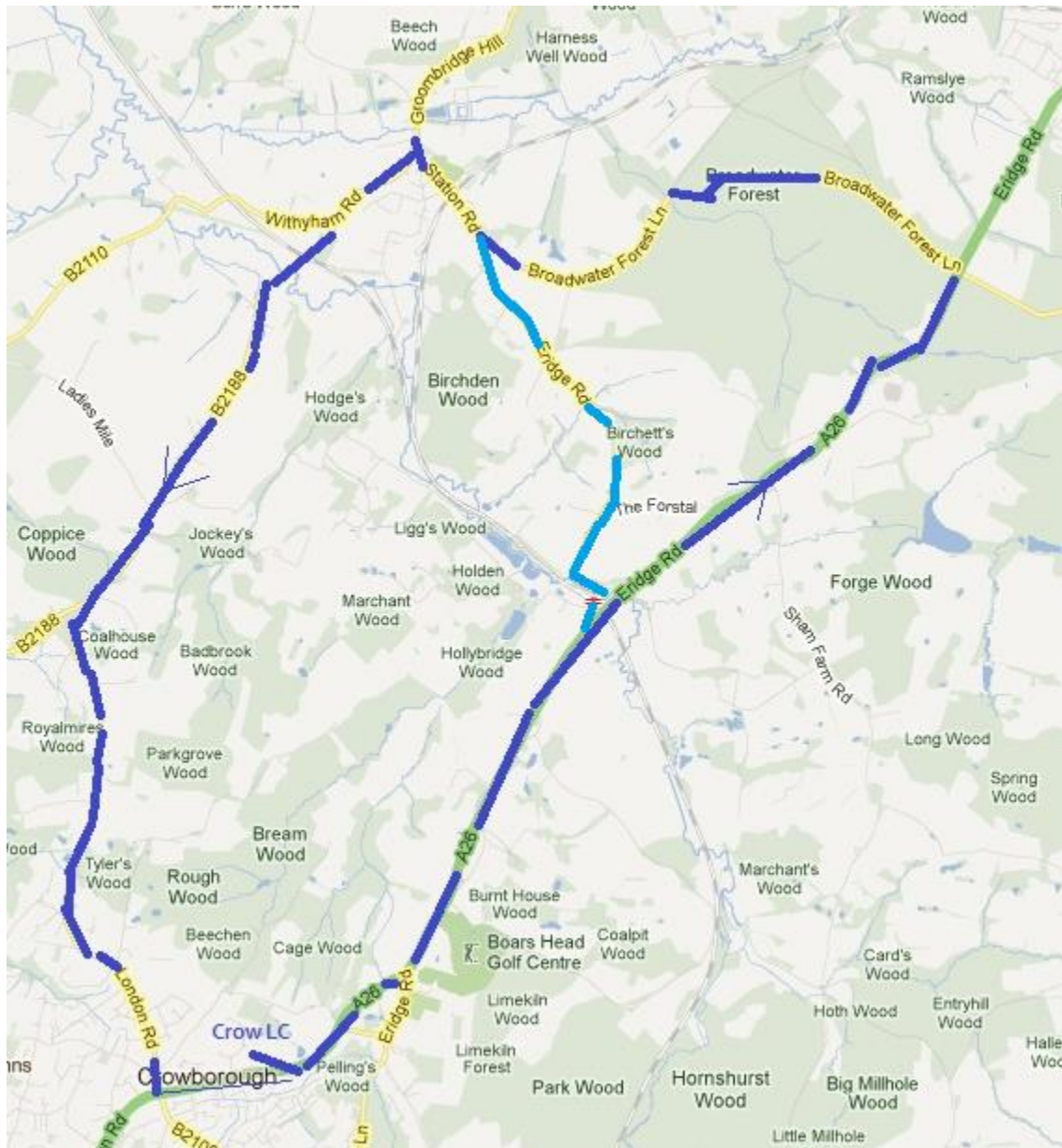
Locate your cycle, before touching your bike put on and secure your cycle helmet.

Take your cycle and walk/run to the cycle exit (Do not ride).

Stop and mount in a marked area.

Check the way is clear and start your cycle section.

CYCLE SECTION (Standard= 40km 2 laps, Sprint & Duathlon= 20km -1 lap, Supersprint=15km - 1 short lap- via Eridge Road)



- 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 10metres from the cyclist in front, unless overtaking. If overtaken YOU must drop back 10metres.
- Marshals around the course turning points,
- Follow the TRIATHLON signage 24"x18" bright fluorescent yellow with black writing/ arrow.
- Please obey the marshals if told to stop.

COURSE - 1 lap Supersprint (short lap) , Sprint 1 large lap, Duathlon 1 large lap

- Cycle Eridge Road STOP –foot down rule applies)- Turn Left
- 1st Exit at roundabout
- Down step hill
- Supersprint –LEFT TURN- follow course until re-joins main course 3km latter.
- Left turn in the forest.
- Before Groombridge- Supersprint re-joins.
- Into Groombridge, over hump bridge.
- Take care as newspaper shop will be open, people about
- Left turn at mini roundabout
- Bear left/ turn left towards Crowborough
- Care on winding roads
- Left turn, follow signs
- Left Turn at Crowborough Cross –**ALL COMPETITORS DISMOUNT AND USE PATH REMOUNTING AROUND THE CORNER.**
- Downhill and left into leisure centre road
- 30m to Dismount line

Dismount in the box area as instructed. There will be marshals 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.

Remember: **You are responsible for your own safety on the highway and follow THE HIGHWAY CODE.**

TRANSITION FROM CYCLE TO RUN

Place your cycle in the correct numbered position before unfastening and taking off your cycle helmet.

When ready run through the 'Run out' exit on to the run.

RUN SECTION (7.2km= Standard- 5 laps, 4.3km-Sprint -3 laps, 1.4km- Novice- 1 lap, Duathlon 1st Run=3 laps, 2nd Run =1 Lap)



- Each run lap is 1.4km
- 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.
- Please stay on the pathway where possible.
- IT IS THE RESPONSIBILITY OF EACH COMPETITOR TO ENSURE THE CORRECT DISTANCE IS COVERED.

TIMING

Times are taken manually at: Start, End of Swim(or end of 1st Run), Start of Run, Finish. So both cycle transitions will be in the Cycle time.

FINISH

- The finish is at the front of the leisure centre.
- Collect your event medal, drink, fruit.

Just a few basic race rules:

- Use of MP3 players/ Go Pro or like video and mobile telephones anywhere around the course is prohibited.
- Cycle helmet must be worn and fastened when cycle is in use.
- No riding or running together, triathlon is an individual event.
- Race numbers must be visible at all times, on your back for the cycle, on your front for the run. If we can't see the number we can't give you a time.
- Only competitors allowed in the cycle transition area.
- Cycling- keep 10metres away from the cyclist in front unless overtaking. If overtaken you must drop back 10metres.
- Littering is not allowed, there are bins marked on exit from transition for any Gel packs, bottles etc. If you throw down litter you will be penalised as per event rules.
- Please go to: <https://www.britishtriathlon.org/competitionrules> website for all the race rules.

RESULTS

- There will be interim results available after the last competitor has crossed the line, these will be to determine the prize winners.
- The full interim results will be posted on the web on the same evening. Any issues are to be raised with the race organiser ASAP.
- On the following Wednesday the results will be declared final.

PRIZES

OVERALL	M/F	1st
Youth	M/F	1st
Sprint > 40yrs	M/F	1st
Sprint < 41yrs	M/F	1st
Standard >40yrs	M/F	1st

Standard <41yrs	M/F	1st
Duathlon	M/F	1st
Supersprint	M/F	1st
Relay(sprint)	Team	1st
Relay(Standard)	Team	1st

TOILETS/ CHANGING

These will be in the leisure centre building. Building opens at 06.30hrs.

FIRST AID

Supplied by WANT/East Sussex Medical and will be positioned on the field.

British Triathlon Technical Official –Anthony Shaw

Any issues regarding the event please see the official.

CATERING

The leisure centre cafe will be open for 'Costa' coffee and deals on food from 07.00hrs.

PUBLIC ADDRESS

Commentary through the event will start at 8.30am, please listen out for announcements that may affect the race, we will try and give your name check around the course.

Questions? then please email us info@hedgehogtri.uk



If you have a family member or training partner that can help marshal at the event we would love to hear from you. Volunteer briefing is to be next to registration (in the café) at 7am, collect goodie bag, hi-vis vest and instructions. In return we can offer a free entry into a future event and help towards expenses. Email volunteer@hedgehogtri.uk

PLEASE CHECK BACK NEARER TO RACE TIME TO SEE IF FURTHER UPDATES HAVE BEEN MADE.