

Ringmer Triathlon 2018

RACE DAY INFORMATION



Ringmer Triathlon / Duathlon Events– 19th August 2018

Race information_(updated)

EVENT STAGE BY Hedgehogtri Events

VENUE

Ringmer Community College is on Lewes Road, on the outskirts of Ringmer village, surrounded by the East Sussex countryside and the South Downs National Park. The village is very close to the historic county town of Lewes. The College has a 25m indoor heated five-lane swimming pool. [Click this LINK to open a map to assist with the location of this venue.](#)
[Postcode BN8 5RB.](#)

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 (standard)
07.40 Duathlon mass start
07.45 Race Briefing for Sprint/Youth/Supersprint (this might be with Standard briefing at 07.15)
08:18 Race Start (Sprint/ Youth)
09:03 Race start (Superprint) - approx.
10.45 Expected finish -approx.
11.00ish Prizes -approx.
10.50 CUT OFF TIME FOR THE EVENT- any persons on the course could be asked to finish by the Race Director
(timings amended 10/08/2018)

ARRIVAL

- The main car park will be open from 06:15 on race day. Remember we keep the main car park closed until all runners have left transition 2, after this you will then be able to get your car out.
- Additional parking is found at the side of the venue, off Greater Paddock/Harrison's Lane.
- Please do not park outside local shops including the pine furniture shop, as they are open for trading.
- If you leave before the end of the event, please be aware of cyclists and runners still on the course – they take priority.

REGISTRATION ON THE DAY

ENTRIES ON DAY ARE AVAILABLE BEFORE 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.
- Please complete the **Competitor Responsibility Statement** before registering.
- 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 RACE NUMBERS.

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.

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 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 BRIEFINGS

07.15 In front of the swimming pool for Standard competitor

07.35 for Duathlon competitors

07.45 for all others.

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

THE COURSE -



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.

STANDARD TRIATHLON START (800m) 07.30hrs

Swimming 4 to lane complete the 32 lengths, marshals will help YOU count and give you a '2 to go' shout. Swim caps will be supplied.

SPRINT START(400m)- 0 (approx.)

Wait/Q in race number order

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

The swim will be a 'Snake' type (using all four 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.
- Touch end of the pool, exit pool
- Proceed to starting point, enter water (swim starter will ensure a suitable gap).
- Swim course again.

SUPERSPRINT START (200m) – 08.30hrs (approx.)

- Snake swim as above, one lap then exit.

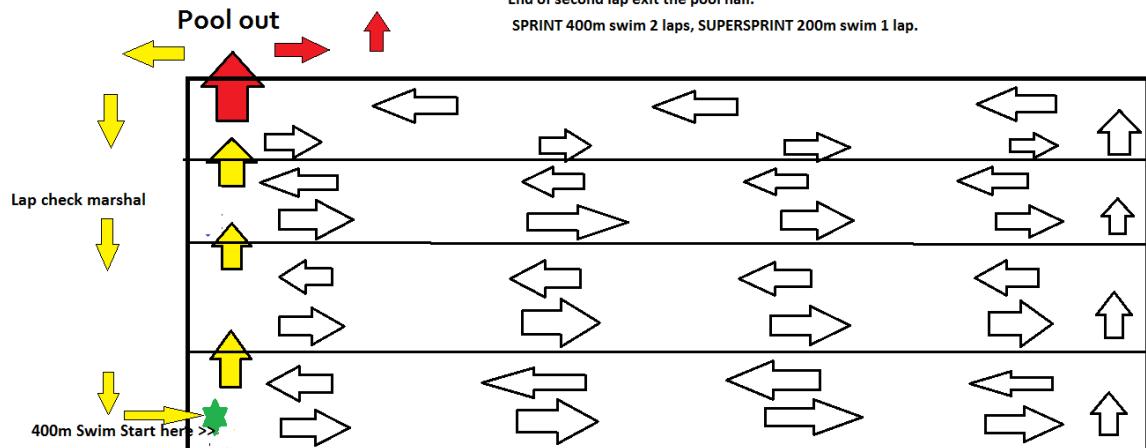
SWIMMING CONDUCT & RULES


- No tumbleturns,
- NO DIVING (DQ able)
- 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.
- PLEASE NOTE: New rules for 2018, for dangerously overtaking in swim lane, there is a 'Stop & Go' Penalty.
- 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.

'SNAKE' STYLE SWIM IN 4-LANE POOL

Individual start, swim 200m, exit, walk back to start, get back in, swim 200m.
End of second lap exit the pool hall.

SPRINT 400m swim 2 laps, SUPERSPRINT 200m swim 1 lap.



 = Change lane, go under rope

DUATHLON

Briefing at 07.45hrs start straight after by the finish area.

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).

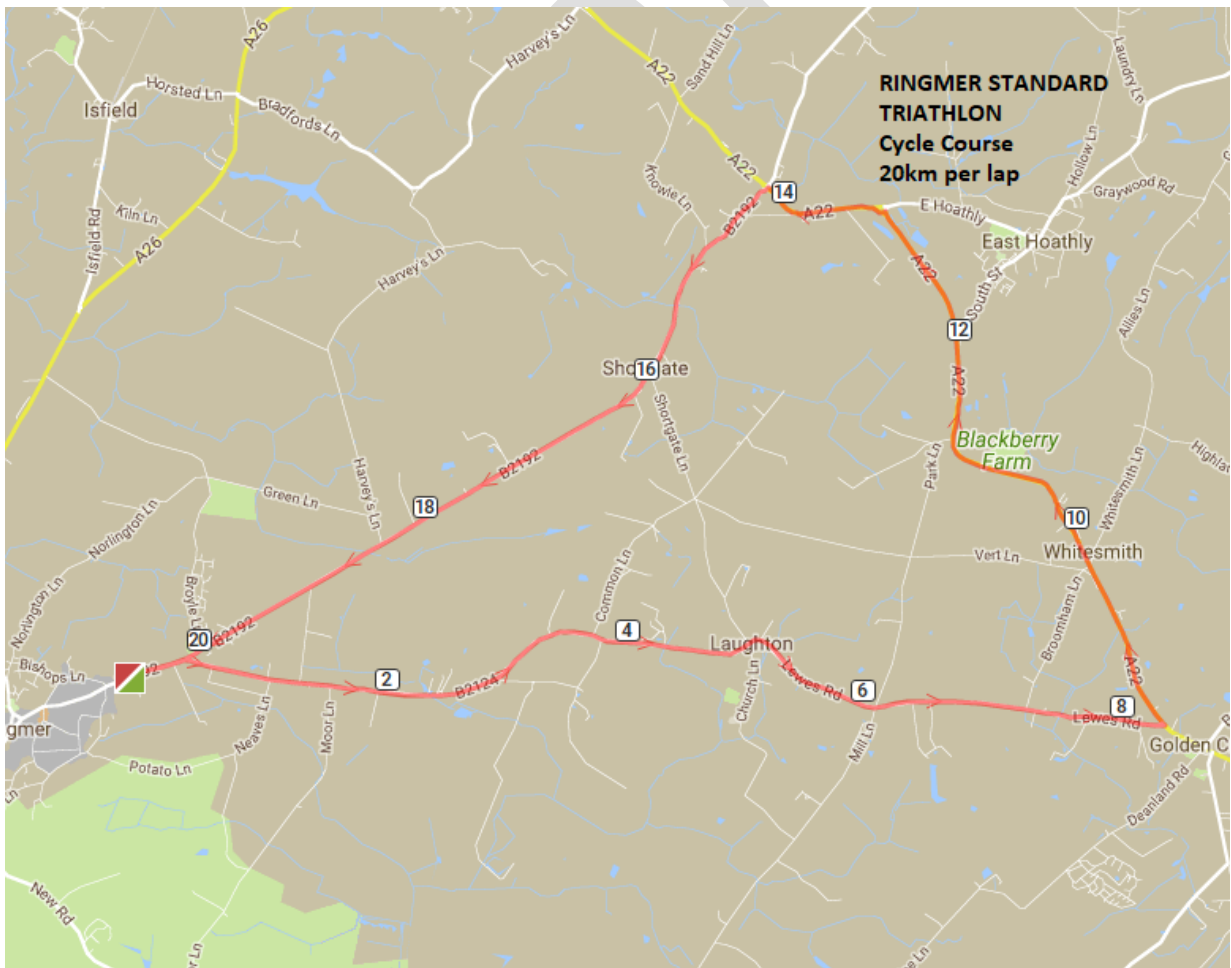
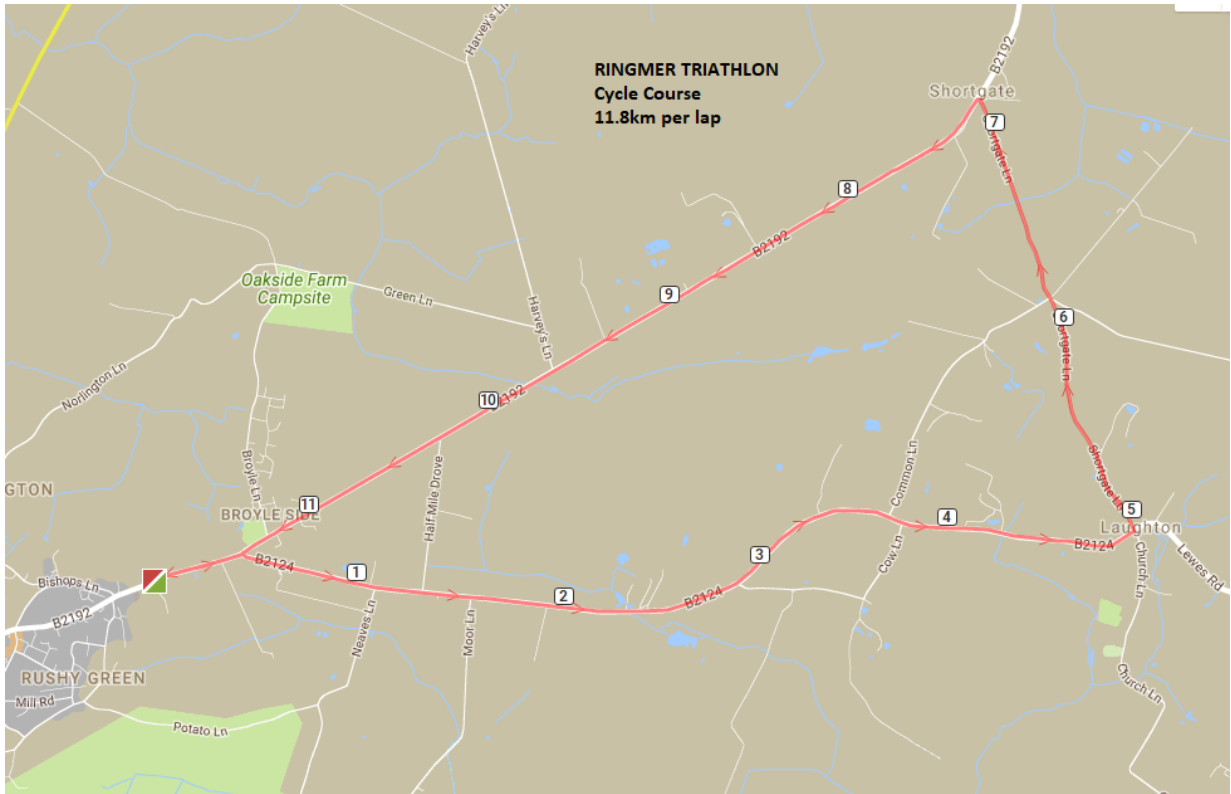
Stop and mount in a marked area.

Check the way is clear and start your cycle section.



CYCLE SECTION (Standard= 40km x 2laps (big loop), Sprint & Duathlon= 23km -2 laps (short loop), Supersprint= 15km -1 lap(short loop)) [Click HERE to view the bike course – Supersprint & Sprint](#)
[Click HERE to view the STANDARD bike route](#)

Standard



- 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.

COOURSE – Out > Laps> Back

- Standard 2 laps (big loop)
- Sprint/Duathlon 2 Laps (short loop)
- Supersprint /GoTri 1 Lap (short loop)
- All the route is sign posted, the description and types used will be mention at the race briefing. Any other know races taking place will also be mentioned.
- Please observe all stop signs.
- Follow the highway code at all times
- Come out from transition turn right on to Lewes Road.
- There is a compulsory stop and foot down before you turn right and join Lewes Road. This is for your safety and of that of other road users. A Marshall will be there to make sure that this rule is followed.
- Only join the highway once it is clear and safe to do so.
- Head towards the mini-roundabout (this is the only roundabout on the course); you will pass the Green Man pub just before this roundabout
- At the mini-roundabout, turn right onto Laughton Road if it is safe to do so. The roundabout will be marshalled to help slow traffic and cyclists approaching it. **NB- the marshal does not however have the power to stop traffic and will not remember how many laps you have done due to the large number of bikes passing through. Please be prepared to stop if on-coming vehicles are also turning right as per the RTA**
- The bike course is now anti-clockwise in direction. Stay on this wide, fast road until entering Laughton village
- Turn left into Shortgate Lane. This turn will be sign posted but it is a sharp turn (just before the Roebuck Inn). Shortgate lane is a narrow, undulating country lane, so please be careful if you need to overtake
- At the end of the lane is a STOP' sign. **This is a compulsory stop. The marshals have to record your number if you fail to stop and failure to comply with this will result in a time penalty. A second failure (Sprint race only) results in a DQ**
- Please double check the traffic from your right before you set off, turning left onto Broyle Road. This is another wide, fast, undulating road that takes you back to the mini-roundabout from earlier.

- Please do not 'draft' (slip-stream) closely behind others as it is against the BTF rules and penalties will be given
- On the re-approach to the mini-roundabout, slow down and prepare to stop. This is because it is harder to see the other roads approaching the roundabout from this angle and can confuse car drivers

Super Sprint / Novice = 1 lap. If your exit is clear, proceed straight over the roundabout back onto Lewes Road and follow your way back towards where you started the bike course

Sprint = 2 laps. When you have finished the first lap, turn left at the mini-roundabout and repeat the route described above a second time. At the end of the second lap, slow down as before and then go straight across the mini-roundabout onto Lewes Road and head back to transition. It is your responsibility to count your laps and to listen to directions and rules given during the briefing

Standard Race

The standard race uses the same start and ending, but instead of turning left at Laughton you continue towards Golden Cross and then left on the A22. You will travel north east until you reach north East Hoathley roundabout, take the first exit. Next is the Halland roundabout, turn left here towards Shortgate. After a few miles you re-join the supersprint and sprint route. When you reach Ringmer you come to the first mini roundabout near the Greenman Pub, turn left towards Laughton for the 2nd lap. After completing your 2nd lap go straight on from this roundabout towards the college.

Standard = 2 Laps of longer course

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

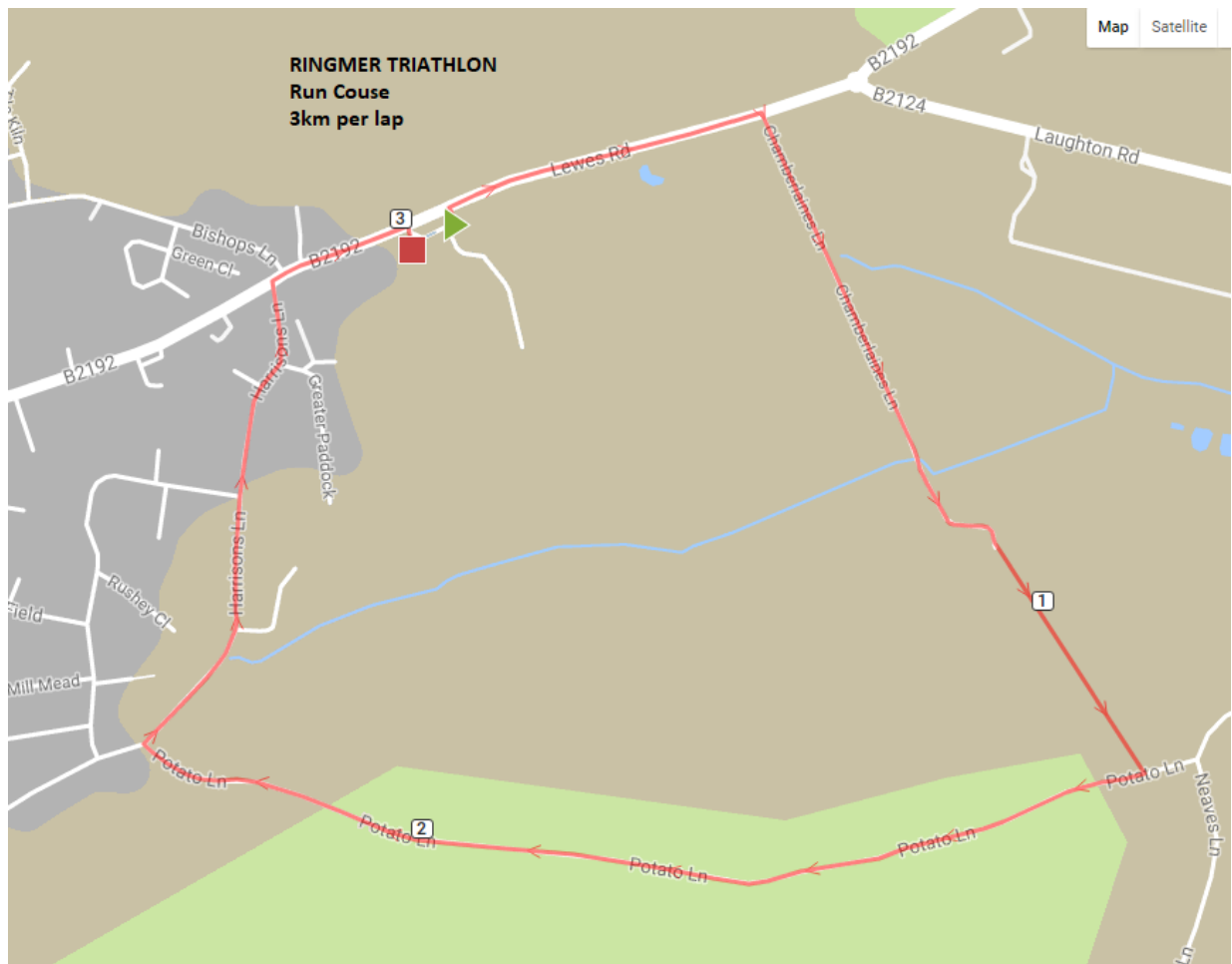
TRANSITION FROM CYCLE TO RUN

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



RUN SECTION (Standard- 3 laps, Sprint/Duathlon -2 laps, Novice- 1 lap, Duathlon 1st Run=2 laps, 2nd Run =1 Lap)

[Click here to view the run course](#)



● **Supersprint / Novice**

- The run route is 1 lap and clockwise
- The exit of T2 is the 'bike out' gate next to the bike mount point
- Turn right on the footpath next to Lewes Rd then turn first right down Chamberlaines Lane (200m down this lane is the **water station** and where you collect your wrist band)
- Follow the lane round. This will take you to a public footpath across a field
- When you reach the hedge on the other side of the field, go over a turnstile on to Potato Lane.
- After about 1.5km, turn right into Harrison's Lane. 1km down the road you will turn right on to Greater Paddock road

- Follow the arrows back to Lewes road. Turn right following the footpath to the entrance of the school. The finish line is next to the bike sheds.
- Novice when finished should have 1 red band

Sprint/ Duathlon

- As per Novice race above but commence a second lap (still clockwise) by continuing past the school entrance taking care of cyclist coming in and out of transition.
- Turn right down Chamberlains Lane where you collected your wrist band from the marshal and complete a second lap.
- Make sure you collect a second band to show you have completed two laps. Please hand these into the marshal after you have finished.

Standard

- As per sprint race above but commence a 3rd lap (still clockwise) by continuing past the school entrance taking care of cyclist coming in and out of transition.

General run course details

- The water and band station (this is where you collect your lap counting bands) will be located at Chamberlains Lane.
- You will be running on public footpaths, a quiet road and fields
- Take care and listen to the marshals

FINISH

Congratulations, you made it! Stretch, cool down and relax.

TIMING

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

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 new 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 and winners trophies posted out.

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 swimming pool building. Building opens at 06.30hrs.

FIRST AID

Supplied by East Sussex Medical and will be positioned next to transition.

British Triathlon Technical Official –tbc

Any issues regarding the event please see the official.

Questions? then please email us info@hedgehogtri.uk

volunteering

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 6.15am, collect your goodie bag, hi-vis vest and instructions. In return we can offer a free entry into a future event and help towards expenses. Email stuart@hedgehogtri.uk

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

Updated