

Uckfield Triathlon 2019 (Autumn)

RACE DAY INFORMATION



Uckfield Triathlon / Duathlon Events– 1st September 2019 Race information_(final)

EVENT STAGE BY Hedgehogtri Events

VENUE

Uckfield Leisure Centre (freedom leisure), Downsvew Crescent, Uckfield, TN22 1UB

[Click this LINK to open a map to assist with the location of this venue. Postcode: TN22 1UB](#)

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 transition area- Registration CLOSES.

07.30 Race start (standard)

08.05 Duathlon mass start after briefing.

08.30 Race Start (Sprint/ Youth) –(amended 30/8)

09.00 Race start (Superprint) - approx.

10.30 Expected finish -approx.

10.55ish Prizes -approx.

ARRIVAL

Car Parking:

Follow the entrance roadway down toward the lower 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 ARE AVAILABLE AFTER 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.

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 leisure centre for Standard competitor

07.45 for all Sprint/s-Sprint Tri. competitors

08.00 for Duathlon competitors

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 (600m) 07.30hrs

Swimming 4 to lane complete the 24 lengths, marshals will help YOU count and give you a '2 to go' shout. Swim caps will be supplied.

SPRINT START(400m)- 08.30hrs (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) – 09.00hrs (approx.)

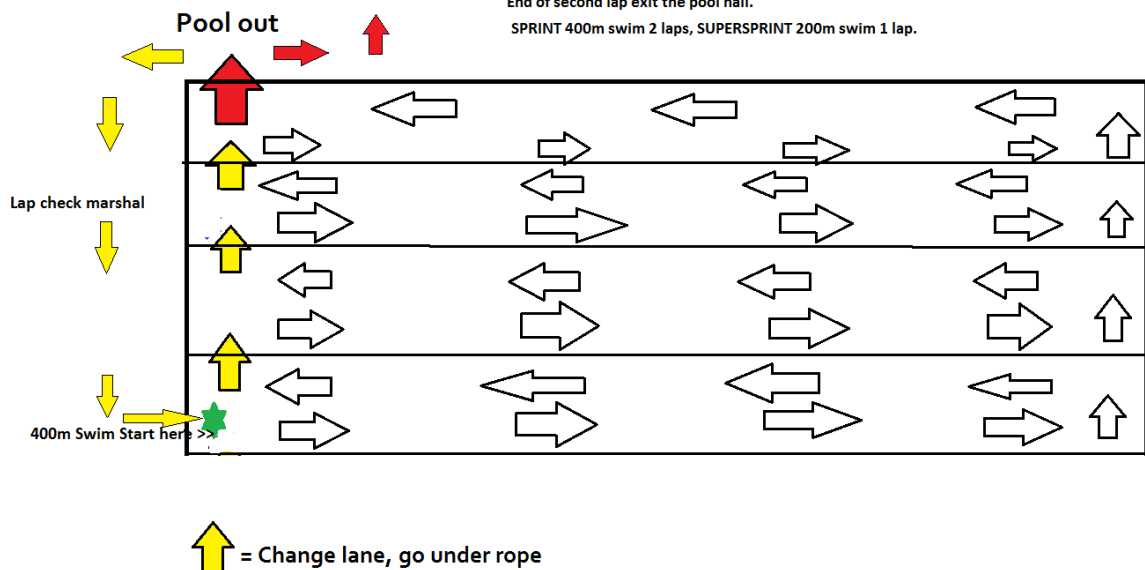
- Snake swim as above, one lap then exit.

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.



DUATHLON

Briefing at 08.00hrs 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).

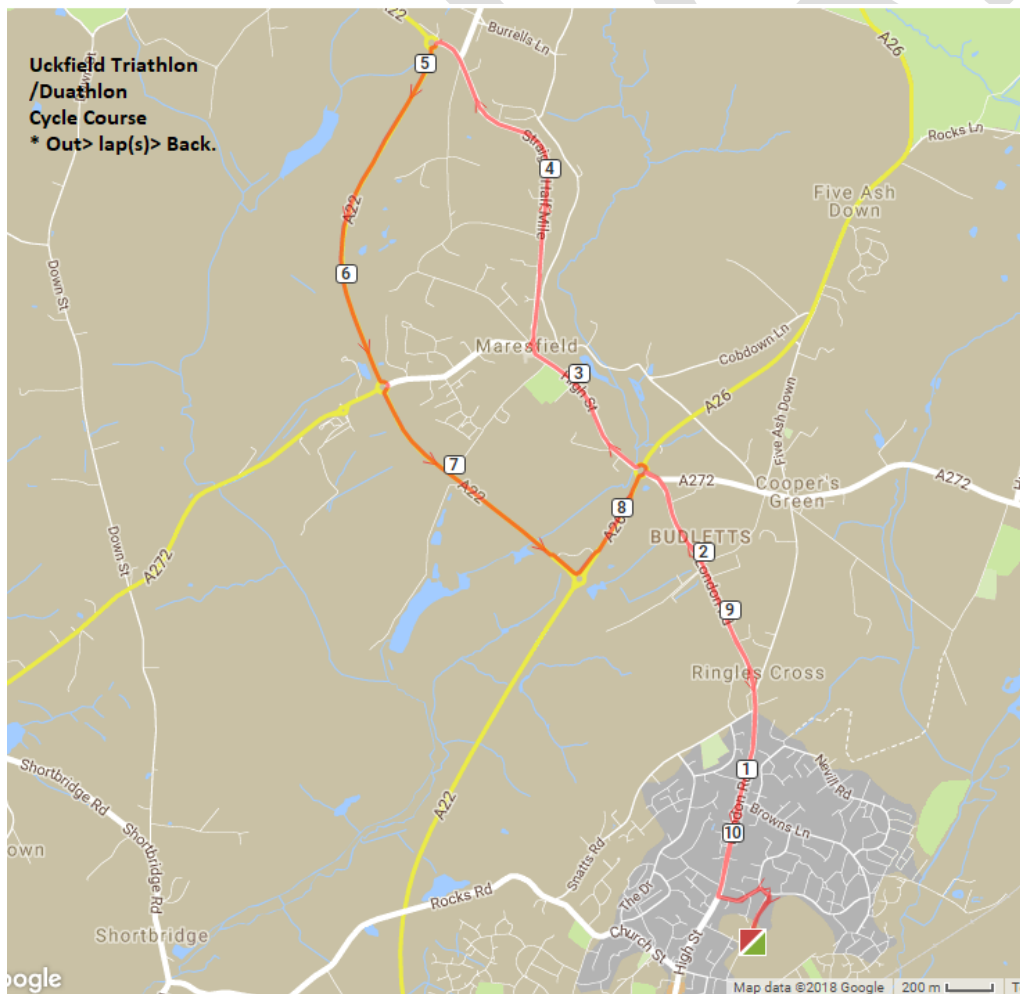
Stop and mount in a marked area.

Check the way is clear and start your cycle section.

RELAY (Transition)- by Swim In

Marked position (sign with 'R') – cyclist to stand in marked box ready for tagging. Cyclist must not be wearing cycle helmet or cycle shoes (trainers ok), this equipment must be with the cycle.

CYCLE SECTION (Standard= 22km 3 laps, Sprint & Duathlon= 16.5km -2 laps, Supersprint=10.5km - 1 lap) [Cycle Course Map](#)



- 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 – Out > Laps> Back

- Standard 3 laps
- Sprint/Duathlon 2 Laps
- Supersprint /GoTri 1 Lap

Exit from Uckfield leisure centre turning left onto Downsview Crescent and left again into Southview drive. At the junction turn right onto the high street towards Maresfield.

- Riders will once again head out towards Ringles Cross and continue towards the A26 before crossing the roundabout heading towards Maresfield Village.
- The traffic calming measures through the village will not affect riders as a cycle path allows cycles right-of-way. There is one mini-roundabout to navigate but traffic is sighted on the approach and riders have priority over the exit to the left.
- Once through the village riders turn left at the roundabout onto the A22. This section is very wide and should allow participants a fast time. There follows two further roundabouts, one straight across continuing along A22 the next to the left bringing you back along the A26.
- The final roundabout will see the **sprint route** turn left for a second circuit through Maresfield whilst the **supersprint/novice route** will turn right and head back to the leisure centre.

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

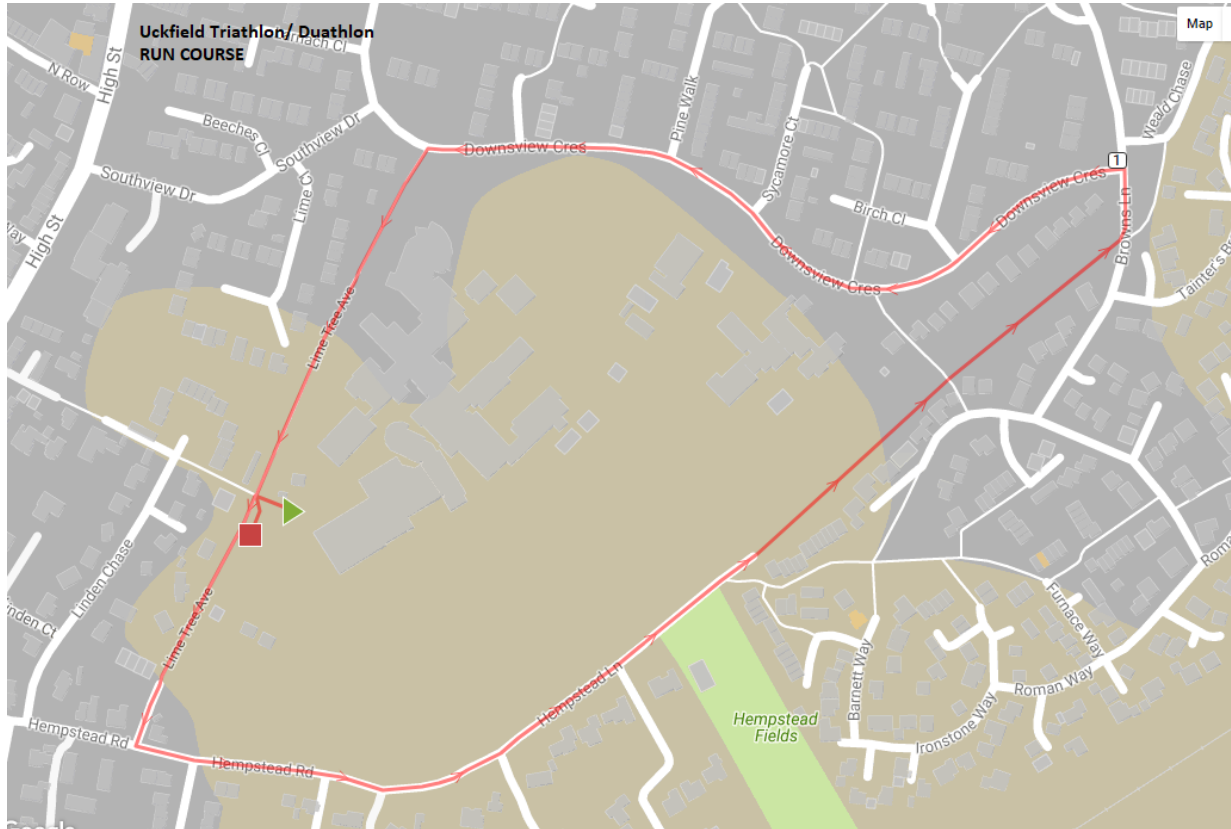
Place your cycle in the correct position before unfastening and taking off your cycle helmet. When ready run through the 'Run out' exit on to the run.

RELAY -Transition Cycle to Run

Runner must be by the Relay sign marked 'R' (cycle to run) and standing in the marked box. The cyclist must rack the cycle remove the cycle helmet, BEFORE tagging the runner.

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

[Click HERE to view run route](#)



- Each run lap is 1.75km
- The water and band station (this is where you collect your lap counting bands) will be located in this area
- 100m down the pathway, turn left onto Hempstead Road, taking care, as you have to cross the road onto the pavement
- Hempstead Road turns into Hempstead Lane; then follow the public footpath into Knight's Meadow
- Then turn left into Brown's Lane
- Keep going straight along these roads until you turn left into Downview Crescent
- You will then pass the College and the entrance of the leisure centre before turning left down Lime Tree Avenue (the footpath you started the run on)
- **Sprint** repeat twice, finally peeling off at the end of lap 2 to go towards the finish line at the side of the car park

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

Youth-Junior(15-19yrs)	M/F	1st
Sprint > 40yrs	M/F	1st
Sprint < 41yrs-49yrs>	M/F	1st
Sprint < 50yrs+	M/F	1st
Standard >40yrs	M/F	1st
Standard <41yrs-49yrs>	M/F	1st
Standard < 50yrs +	M/F	1st
Duathlon	M/F	1st

Supersprint	M/F	1st
Relay(sprint)	Team	1st
Relay(Standard)	Team	1 st

TOILETS/ CHANGING

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

FIRST AID

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

British Triathlon Technical Official –Gareth Hodgson

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.

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

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