

# sussextriathlon

**Thanks for entering the June 16th 2019 Sussex Triathlon & Aquathlons** based from Ashburnham Place. We are very excited about this NEW addition to the Sussex Triathlon series, as athletes ourselves we think the venue offers everything you would want from a race. It is stunning within the grounds (fingers crossed for good weather!) and the course will be challenging so you will be proud of your finisher's medal! Plus spectators will feel a big part of the race due to the layout within the grounds.

We are especially excited to return to our first kids multi-sport event.

We must say a huge thanks to Ashburnham Christian Trust for allowing us to base the Sussex Triathlon within their grounds. Please do remember at all times we are their guests, we were welcomed back over the past eight years and we hope to host sports events here over the future years. **Please note Ashburnham Place DO NOT allow DOGS into the grounds.**

**Please read the following race info thoroughly** and make yourself aware of the race route and BTF rules. The Race Briefings which take place before all distances and are to highlight some key safety points, so please take the time over the last week or so to be familiar with the course you will be racing.

[The BTF RULES FOUND HERE](#)

**Race HQ – Ashburnham Place, Battle, East Sussex TN33 9NF**

Registration opens from 6:45am Sunday 16th June. Everything is collected at registration.

**BTF affiliated Athletes are required to show proof of their BTF licence at registration, without you will be required to buy a day licence for £5. Sorry no exceptions due to insurance and BTF permit rules. PLEASE see 4<sup>th</sup> page for proof of membership rules for 2019.**

The Race HQ is based from the large South Lawn in Ashburnham Place, including Car Parking, Registration, Toilets, Transition, Food Van and Finish Area.

## Race Start Times – Sunday 16<sup>th</sup> June

**8:15am Sprint Race**– Race Briefing will take place 5-10 mins before race start on South Lawn by the lake. Athletes will be able to warm up in the lake from 7:30am once the water safety team are on the water. Registration and Transition open at 6:45am. Transition closes at race briefing.

**Kids & Adults Aquathlons** – We plan to do the race briefing for the first Aquathlon between 10:45am -11 am (once the sprint triathlon competitors have finished). You can register from 6:45am when the sprint tri registration opens. Only one category will be in the lake swimming at one time, once all the kids are out of the water, the next category will have a quick briefing and then start. The order of race starts are below; Aquathlons categories do not have exact start times due to numbers and abilities. So please ensure you / your child have the correct clothing and nutrition to keep warm if you are waiting for your race start.

- Novice Try an Aquathlon (8+yrs) – 25m swim / 600m run.
  - TriStar 1 (9-10yrs) – 150m swim / 1500m run
  - TriStar 2 (11-12yrs) – 250m swim / 2000m run
  - TriStar 3 (13-14yrs) – 400m swim / 3000m run
  - Youth (15-16yrs) – 400m swim / 3000m run
- **Some categories above may be combined dependent on entry numbers. You will be notified at race registration.**

**Please note distances will be as accurate as possible considering open water and various run courses, they may vary to accommodate the grounds.**

Water cover will be on the lake around 7:30am so athletes can warm up. All athletes should be arrived at Ashburnham by 8am. The triathlon will have one race briefing and we aim to have a mass start - around 80-100 athletes. Spectators/Competitors arriving later than 8:15am will be via the rear track of Ashburnham Place as the main driveway is closed from 8:15am during the triathlon for bikes only. When leaving the rear track take caution as this goes onto the bike route, it will be marshalled. See Map further in race info.

## **Transition for Triathlon - Please Read**

Open from 6:45am. Marshals will need to see number stickers on the bike, helmet fastened and your race number to enter transition. You **MUST** show your race number each time you return to transition. Competitors only allowed into the transition area. Race number will be required to collect your bike after the race. Please make sure you are familiar with BTF triathlon rules before race day, any information can be found at [BTF RULES](#)

**Please keep a clean and safe transition, remove all unwanted items and large boxes etc. The car park is situated overlooking the race village and there is also an optional Bag Drop Area (please no valuables to be left there).**

**Our Transition Marshals will be there to assist you with this. Please use the bag label in your registration pack to label your bag. Your race number will be required to drop and collect your bag.**

### **Bikes and Helmets**

Your bike and helmet must be road worthy and safe to be able to compete. Both brakes must work, bar ends and tri bars must be plugged, these will be checked when racking in transition. Helmets must comply with BTF guidelines. Again for full information on bike and helmet guidance please refer to BTF rules above.

### **Refreshments**

Food will be available at the Race HQ. And from 10:30am Ashburnham's tea room will open. <https://www.ashburnham.org.uk/orangery-tea-room>

### **Toilets**

Portaloos will be at Race HQ.

### **Litter**

Please no litter dropped at all during the event by athletes or spectators, inside or outside the Ashburnham grounds. We would like to be invited back each year to put on this event!

## **Ashburnham Place DO NOT allow dogs into the grounds, please let your spectators know!**

**Medical** - Wealden Medical will be present at the event..

**Massage** - Massage will be available from DW Sports Therapy at Race HQ. External fee applies.

### **Finish, Chip Timing & Return**

Chip is collected at registration. **CHIP TO BE WORN ON YOUR LEFT ANKLE** (Safety! opposite side to your bike chainset). You will receive splits for swim, bike, run and separate splits for both transitions. As you cross the finish line you will enter the finish zone. Athletes only in this area. As you leave the finish zone marshals will ask you to remove your ankle chip strap and place into the bucket. If you retire from the race please find a marshal to return your chip. Missing chips will have to be charged at £25, please don't forget!

### **Rules**

For the full list of competition rules [BTF RULES 2019](#)

These following rules do carry a 2 min penalty if broken, the rules are there to make it safe and fair, don't break them!

Please note this is a non-drafting race —see 10m rule. BTF Referee will be present. You must wear a helmet during the cycle section, this helmet must be on your head and fastened before you take hold of your bike and must remain so until after you have racked your bike. You must mount and dismount at the designated line on the road. No riding in transition. On the bike route normal Highway Regulations must be obeyed at all times. Marshals will not slow the traffic for you they are there to give you directions only. The use of headphones including MP3 players or mobiles whilst racing is dangerous and is prohibited. (DQ offence.) It is the responsibility of the athlete to know the route and complete the specified course.

Signs may be tampered with etc. - the Race Organiser takes no responsibility for such occurrences.

NB: All of our marshals are volunteers, please be friendly, they are getting up very early to help you!!

### **Awards & Trophies**

Top 3 Male / Female in the sprint tri, and winning athlete in each AG (m/f). Please note trophy presentation may be held before the final athlete finishes, as the kids aquathlons immediately follow the triathlon event.

# aquathlons Kids

- Aquathlons will start from 11am, and will start in category order, starting with Novice through to Youth.
- You may register at race HQ anytime from 6:45am when the sprint tri registration opens
- Please be ready, as some categories may be combined depending on overall entries
- Parents are not permitted to race with their child, we will have some experienced marshals in the water, transition and run course.
- Wetsuit rules are in line with BTF water temp (optional between 14-22 degrees). See Table below
- Trophies will be awarded for the top 3 Boy / Girls in each Category.
- Swim course and transition will be explained for each category in each race briefing at the swim start.

a.) The use of wetsuits is forbidden or mandatory if the following combinations of distance and water temperature are attained:

Swim length	Forbidden Above	Mandatory Below*
Up to 1500m	22°C	14°C
1501-3000m	23°C	15°C
3001-4000m	24°C	16°C

\*when mandatory, the wetsuit must cover at least the torso

*This line is intentionally omitted;*

Modifications:

- a.) At temperatures below 11°C it is recommended that open water swimming does not take place. The above temperatures are based on water temperatures alone and assume that the wind chill factor is negligible. If wind chill is significant, swim distances may be reduced at higher temperatures.

## Wetsuit Guidelines – Temperatures

- The race sits under BTF permit guidelines. These rules are the same for any open water event under a BTF permit.
- Final water temp is taken 1 hr before race start.
- Please come prepared for both wetsuit, and non-wetsuit swim.
- Between 14° C -22° C wetsuits are optional.
- Please see BTF table below

## BTF Membership Proof

It is required for BTF affiliated athletes to provide proof at registration for insurance. Please see the BTF rules below for ways to provide this in 2019.

No proof will have to buy a day license for £5.

- **Plastic Membership Card**
- **Digital Membership cards shown on smart phone (or screenshot of these)**
- **Print outs of digital membership card**
- **Membership confirmation email from BTF, accompanied by Photo ID.**

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## Results

**UK Sports Timing are supplying our chip timing service.**

**AT the finish line you will be able to print a ticket with all your race splits and positions.**

**The results will be uploaded to [www.uksportstiming.co.uk](http://www.uksportstiming.co.uk), the link will also be on the results page of [www.sussextriathlon.co.uk](http://www.sussextriathlon.co.uk)**

**The results are usually uploaded live from the venue, if there is adequate internet signal!**

## **Sussex Triathlon Registration Pack**

Registration for all opens at 6:45am on Sunday 16th June. The Registration Gazebo will be on the South Lawn by transition etc. When you register you will receive your race pack which will include.

- Swim Hat
- 2 x Race Numbers (if using a race belt, you can use one)
- Bike Sticker (please put on your bike before entering transition)
- Helmet Sticker (on front of your helmet before entering transition)
- Bag Label (onto your bag when you drop it at Bag Drop)

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## Entrances to Ashburnham Place – Please READ BELOW

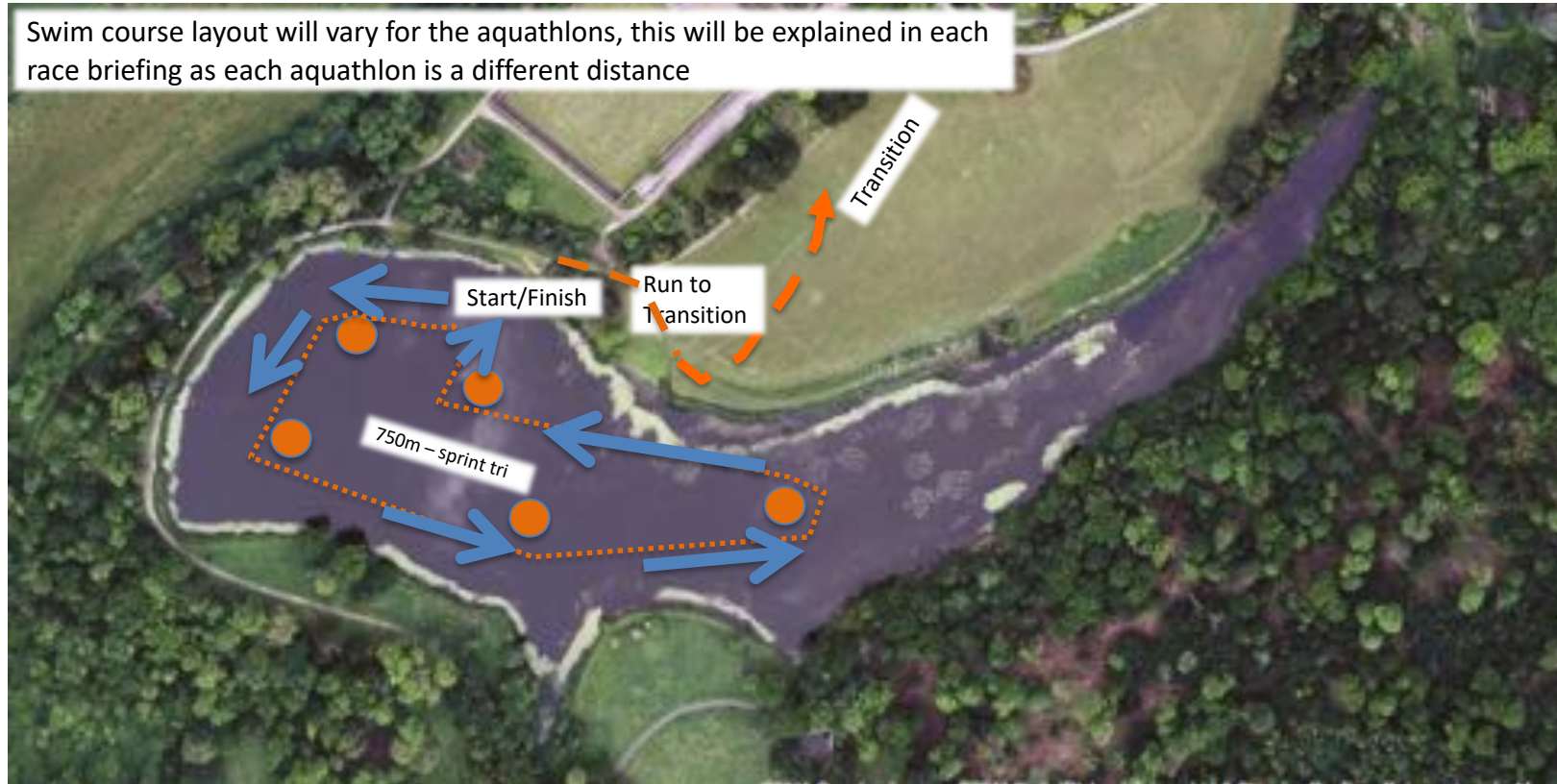


Track Entrance to Ashburnham. Any spectators or aquathlon athletes arrivals **AFTER 8:15am**. CAUTION as this is on the sprint tri bike route. Signage and marshals will be in place on race day.

Main Entrance to Ashburnham Place off North Trade Road (A271). Arrive via this entrance 6:30am-8am Only.

## Sprint Triathlon Swim Course 2019 – Aquathlon swims explained on the day due to various distances.

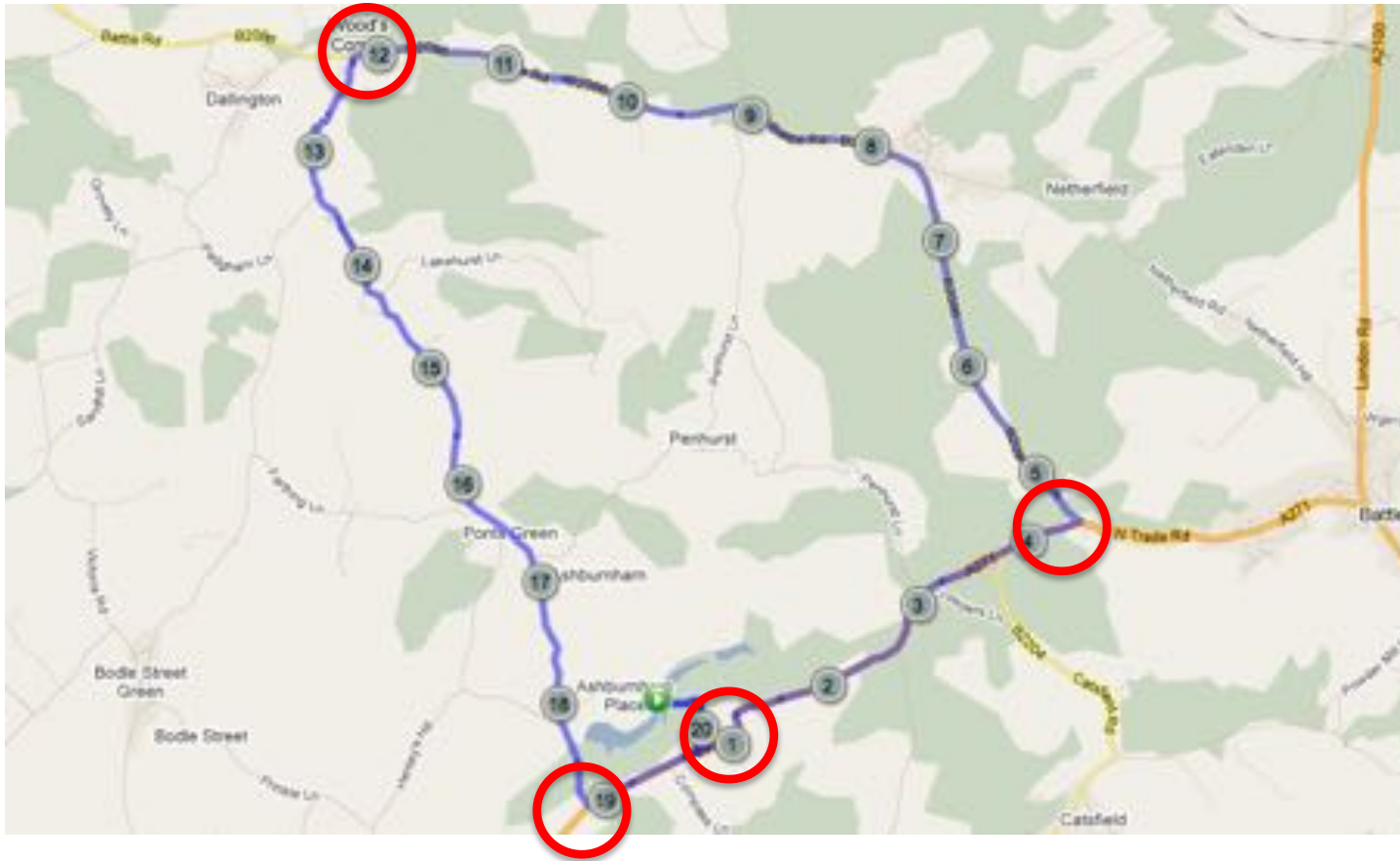
Swim course layout will vary for the aquathlons, this will be explained in each race briefing as each aquathlon is a different distance



The swim course will be anti-clockwise. The route layout will differ slightly for the aquathlons. The Race Briefings will take place at the Swim start area overlooking the lake. Sprint triathlon athletes exit and run across the south lawns to transition for their bikes, aquathlons will exit and be directed straight onto their relevant run course.



## Triathlon Sprint (1 lap) Bike Course



Bike course is made up of only a few left hand Turns (red circles on map). 1<sup>st</sup> Left out of main entrance onto A271 (North Trade Road). 2<sup>nd</sup> left (4.5km) onto B2096 Battle Road. 3<sup>rd</sup> left (12km) at Woods Corner just after the Swan Inn Pub. 4<sup>th</sup> Left (19km) out of the lanes back onto the North Trade Road. 5<sup>th</sup> left back into Ashburnham Place via Main Gate when you have completed your required bike laps. Marshals and signage will be at every left hand turn.

**Sprint athletes 1 lap.** Coming down the main driveway after your ride, SLOW DOWN as there are two speed bumps, please don't race on the driveway to save a few seconds! This will be closed to traffic but there is always a chance we cant stop a car that escapes onto the main driveway! Athletes are responsible for their own fluid and nutrition on the bike section, there will be water, coke, nutrition etc. on the run course.

Abide by all Highway Codes! **Key safety point when descending down past the rear track entrance (by the 18k number) to Ashburnham, please be cautious as cars could be using this as entry and exit. It will be well marshaled!**

## Run Course - Sussex Triathlon 2019



The red line indicates the 1 mile sprint triathlon run course, which will be completed 3 times. Each Aquathlon event is a different run distance and will be explained at each race briefing before each race start for the kids.

It is a mostly flat run, overlooking the swim lake.

The running around Ashburnham Grounds is solid trail running on tracks, grass or pavement. Good surface and fine for normal running shoes. Please do be aware of a few short sections that are uneven underfoot. It will all be well signed, barriers and marshaled.