

sussextriathlon

Thanks for entering the Sept 2019 Sussex Triathlon based from Ashburnham Place. It is great to be back for the 9th year, offering 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 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 seven years and we hope to host sports events here over the future years.

Please read the following race info thoroughly and make yourself aware of the race route and BTF rules at www.britishtriathlon.co.uk before Sept 1st 2019. The Race Briefings which take place before all distances start and are to highlight some key safety points. We won't have time to explain the race route, so please do take the time over the last week or so to be familiar with the course you will be racing.

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

Registration opens from 6:30am Sunday 1st Sept. **Everything is collected at registration.**

Athletes entered as BTF affiliated are required to show their BTF licence at registration, without a valid licence you will be required to buy a day licence for £5. Sorry no exceptions due to insurance.

As in previous years the Race HQ is based from the large South Lawn in Ashburnham Place, including Car Parking, Registration, Toilets, Transition, Food Stalls and Finish Area. Camping is allowed, just arrive on the Saturday and pitch (see map further down this info). For rooms at Ashburnham please call them direct on 01424 894201.

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ALL ATHLETES please arrive by 8am, estimated race starts are below.

Spectators arriving later than 8am and then athletes leaving AFTER the races will be via the rear track out of Ashburnham Place as the main driveway is closed from 8am during the races for bikes only. When leaving the rear track take caution as this goes onto the bike route, it will be marshalled.

Water safety cover will be on the lake by 7:30am so athletes can warm up. **All athletes should arrive at Ashburnham by 8am.** All 3 races will have a mass start for their distance (80-120 athletes). Once you have registered, racked your bike in transition then head down to the lake edge to cheer on the athletes in other distances and be ready when your race briefing is called.

Race Start Times – Sunday 1st September. They are guides as it will be dictated by the final swimmer in each distance.

8:10am Middle Distance 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.

Transition opens and registration opens at 6:30am. Transition closes 5-10 mins before race start for race briefing.

Next is Standard Distance – We will do a race briefing while middle distance athletes are swimming. Once Middle distance athletes are all out of the lake we will start the Standard athletes. Estimated to be around 8:45am-9am

Finally but not least – Sprint Distance. Race briefing will take place while standard athletes in the lake. We will start you as soon as lake is clear of standard competitors. Estimated to be around 9:30am.

All athletes have usually completed the swim and out on the bike before any athletes arrive back for the run. First finisher is usually a sprint athlete (around 10:45am), Standard athletes finish from 11:15am, and Middle from 1pm ish!

Transition -

Open from 6:30am. 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 keep a clean and safe transition, a new BTF rule stipulates that no boxes or bags or anything not required for your race is left in transition. Please 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.

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. Mountain bike use only allowed in the SPRINT distance triathlon, road bikes required for standard and Middle. Again for full information on bike and helmet guidance please refer to the Rules links.

Refreshments

Food will be available all day from caterers on the South Lawn.

Toilets

Portaloo's toilets 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, and try to keep the locals and venue happy!

Medical

First Aid will be present at the event. Motorbike marshals are riding the bike course. Please carry spare tyres and pump incase of punctures. If you have a mechanical issue, the motorbikes will notify Race HQ and a van will come to collect you.

Camping / Accommodation

Camping is allowed, just arrive on the Saturday and pitch up (see map further down this info). Previous years Ashburnham have charged £10 per tent / camper, and one of the race team has walked around Saturday evening to collect payment, or please pay at registration on race morning. For availability of rooms at Ashburnham Place please call them direct on 01424 894201.

Massage

Massage will be available at Race HQ pre and post race. Supplied by DW Therapy.

Finish, Chip Timing & Return

Chip is collected at registration. **CHIP TO BE WORN ON YOUR LEFT ANKLE** (Safety! opposite side to your bike chain-set). 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, where we will collect your chip.

Rules – Sussex Triathlon sits under BTF permit, and for safety and fairness the race abides by the rules of triathlon. A BTF Referee will be present, The rules in full can be viewed at the link below on Page 1.

These following rules do carry penalties 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..

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!!

Water Temperature / Wetsuits. BTF rules state that wetsuits are optional (but advised) between 15-22 degrees. Above 22 degrees wetsuits are NOT allowed. The water temp has to be taken 60 mins prior to race start. We will update in the week prior to the race, but be prepared for both options, especially if we have had warm weather. We can't control the decision, it is based on the temperature and enforced by the BTF referee.

Sussex Triathlon Registration Pack

Registration for all opens at 6:30am on Sunday 1st September. The Registration Gazebo will be on the South Lawn by transition etc.

When you register you will receive;

- Swim Hat
- 2 x Race Numbers (if using a race belt, you can use one)
- Bike Sticker (stick on 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)

•If you purchased a 2019 finishers t-shirt.

Team relays – you swap your timing chip at your bike racking position in transition. So swimmer exits and runs up to transition, puts ankle chip on the cyclist. Runner waits for cyclist in transition and again swaps the same timing chip to the runners ankle.

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Medals

At the Finish line you will receive you bespoke medal. The 2019 TL Sports series medal is below, each 2019 distance depicted on the ribbon.



Entrances to Ashburnham Place



Track Entrance to Ashburnham. Any spectator arrivals after 8am and any leaving during race day will be via rear track. CAUTION as this is on the bike route. Signage and marshals will be in place on race day.

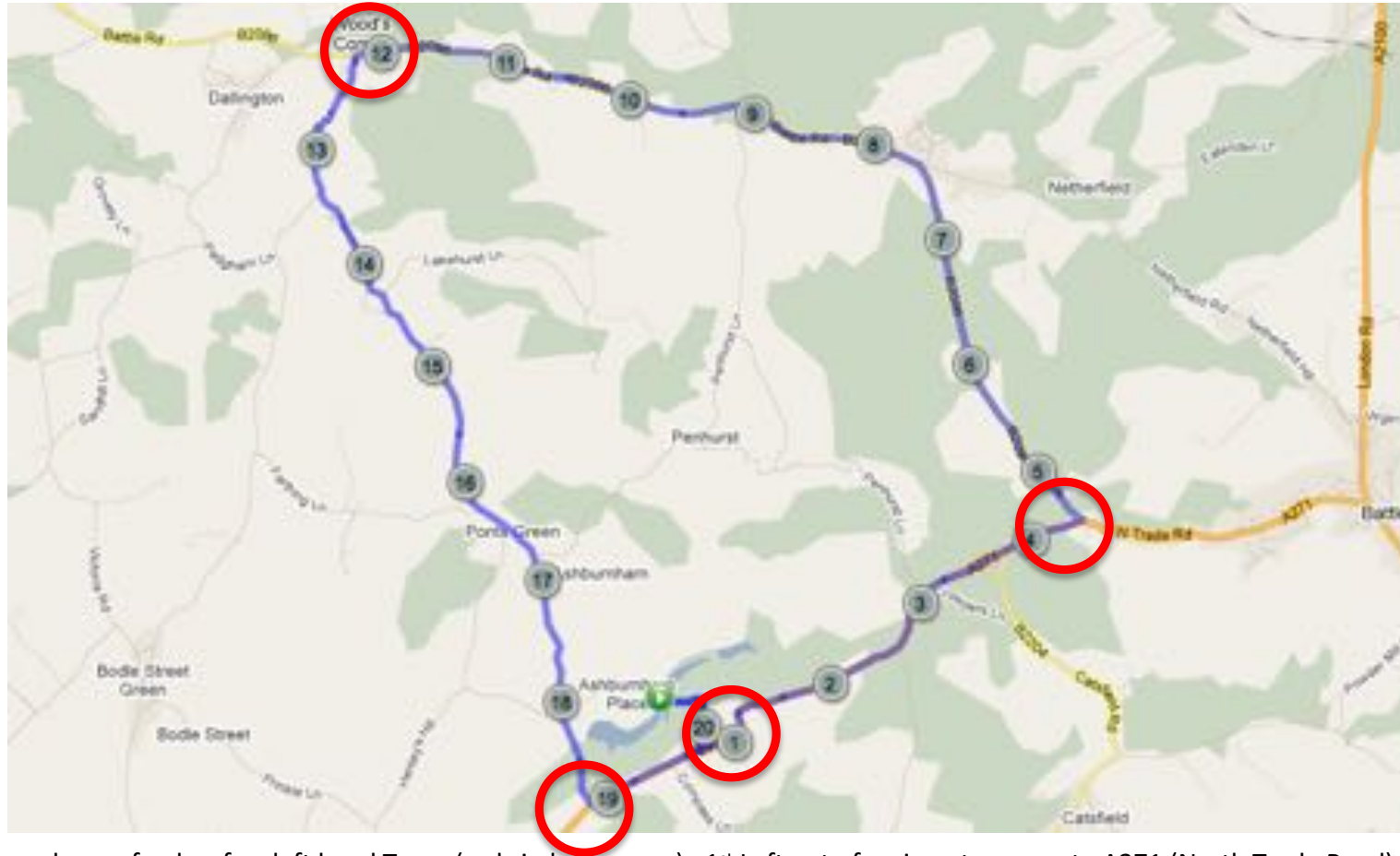
Main Entrance to Ashburnham Place off North Trade Road (A271). Arrive via this entrance 6:30am-8am Only.

Swim Course – Sussex Triathlon



The swim course will be anti-clockwise. The route layout will differ slightly for the standard, sprint and middle due to the distances. nervous or weaker swimmers would be advised to stay to the outside edge or towards the back as the athletes spread out. Swimmers may enter via the Exit Ramp OR walk round to the Swim Start Entrance (red arrows). The swim will start in the water. Wetsuits will not be compulsory (unless water is below 15 degrees) however we do recommend you wear a wetsuit in open water swimming. The Race Briefings will take place around the Swim EXIT area overlooking the lake. There will be a specific swim route map on lake side on race morning as well as being outlined in your race briefing.

Sprint (1 lap) Standard (2 laps) Middle Distance (4 Laps) Bike Course



Bike course is made up of only a few left hand Turns (red circles on map). 1st Left out of main entrance onto A271 (North Trade Road). 2nd left (4.5km) onto B2096 Battle Road. 3rd left (12km) at Woods Corner just after the Swan Inn Pub. 4th Left (19km) out of the lanes back onto the North Trade Road. 5th 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, Standard distance athletes do 2 laps and Middle Distance 4 laps. You will all stay out on the 20km course until you have completed your laps and then return into Ashburnham Place to start the RUN!. It is your responsibility to do the correct number of laps, not the marshals. 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!

A drinks Station will be at the Entrance to Ashburnham with OTE 500ml bottles, choice of plain water or OTE carb drink will be available (mainly to assist Middle distance athletes with fluid and nutrition on the longer 80km bike) . 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! PLEASE TAKE CARE and RIDE SAFELY DURING THE RACE!!**

Run Course - Sussex Triathlon

Sprint 1 Lap
Standard 2 Laps
Middle 4 Laps

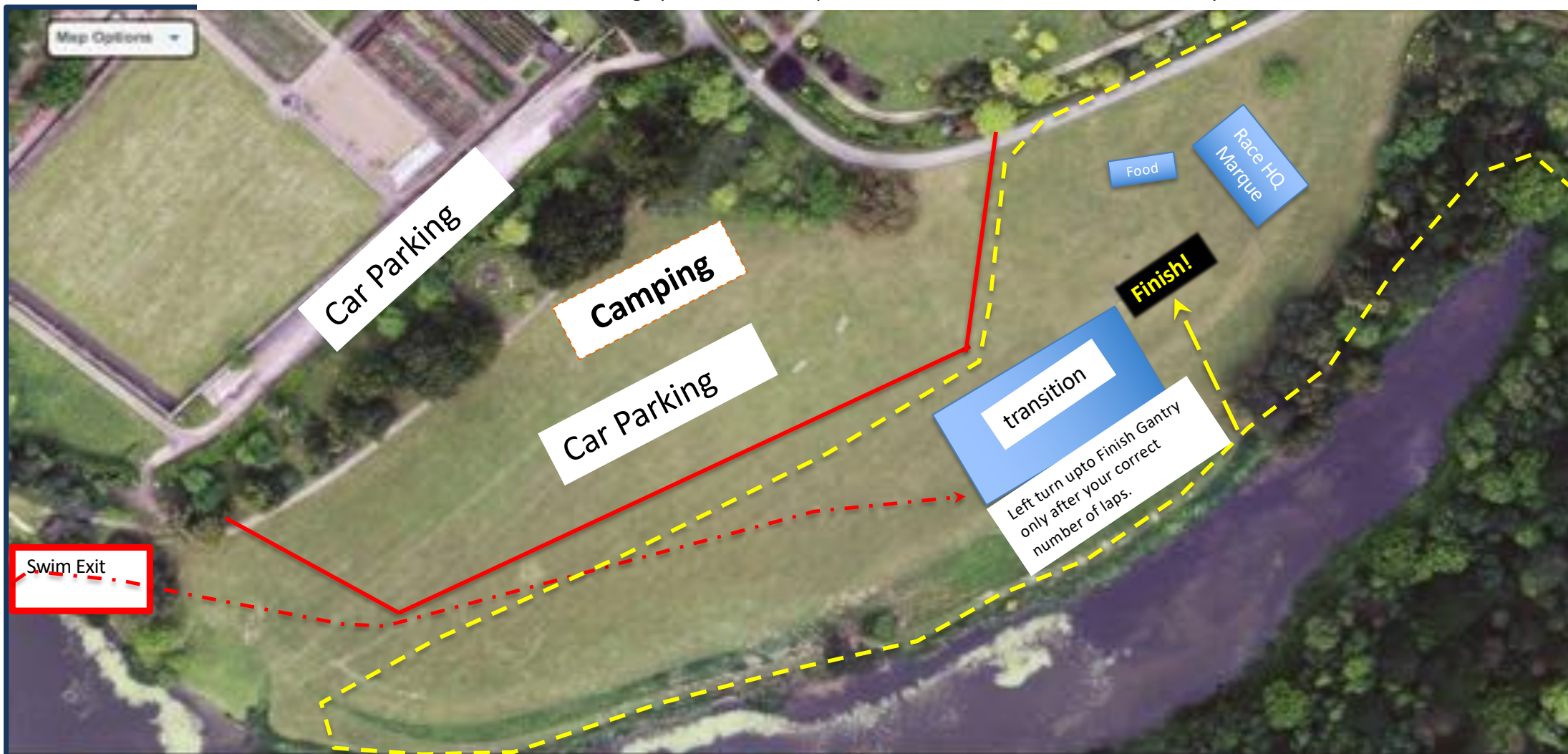


The run is 80% solid trail (gravel or grass tracks) running all within the Ashburnham Grounds. Good surface and fine for normal running shoes. Please do be aware of a few short sections that are uneven underfoot. Sprint distance will complete 1 lap, Standard distance 2 laps and Middle distance 4 laps. It will all be well signed, barriers and marshaled where needed. You just need to remember how many laps you have completed before turning to Finish under the gantry! If we have a lot of rain leading into the race we may need to alter the route. There is one hill of note – 260m long and pretty steep, this comes after 2.5km into each lap. On the map above you run out around the lower lake (swim lake) first before heading back, up the hill and completing the loop around the north lake.

Please take care after the steep hill when crossing the main driveway there could be athletes still returning from the bike! Nutrition will be on the South Lawns as you pass through each lap and if warm extra water at the bottom of the tough climb, which comes about 2.3km into each lap. But if warm and for the middle distance athletes carrying extra fluid or nutrition would be advised for your own performance.

Sussex Tri Race HQ Overview – South Lawn Ashburnham Place

Swim exit funnel to transition is roughly 300m. All run lap routes, mount/dismount etc. will be clearly marked on race weekend.



Layout of transition may alter slightly.

Camping = Arrive on Saturday anytime, pitch your tent / camper. A member of staff will collect £10 per tent / camper. Race portaloos available but no showering facilities.

Red dotted line = swim to transition route

Yellow dotted line = run route passing back through Race HQ lawns, only after your final lap you turn left up to to the FINISH