

UCKFIELD SPRING TRIATHLON

Sunday 24th April 2016

UCKFIELD SPRINT TRIATHLON:

- Swim 400m / Bike 16.5km / Run 3.5km
- Open to persons aged 16 years and over (as of 31/12/16)
- Entry: £32.00*

UCKFIELD NOVICE TRIATHLON:

- Swim 200m / Bike 10.5km / Run 1.75km
- Open to persons aged 15 years and over (as of 31/12/16)
- Entry: £28.00*

*The entry fee includes the 'day licence' fee – (£3.00 refund on production of BTF licence at registration) & £1 booking fee. For terms and conditions [please click this LINK for more information](#).

Our online application system uses NoChex for your card transactions.

Maximum total number of entries = 100

Venue:

Uckfield Leisure Centre is found on the northern outskirts of Uckfield Town surrounded by the East Sussex countryside. [Click this LINK to open a map to assist with the location of this venue. Postcode: TN22 1UB](#)

Car Parking:

- The main car-park will be open from 06.30 on race day. If you leave before the end of the event, take care of cyclists and runners still on the course.....they take priority!

Public transport

- The nearest railway station is [Uckfield Train Station](#)
- Local bus routes stop outside the venue

Registration and race briefing:

- Registration is open from 06.45 to 07.45 and will be inside the leisure centre.
- Race briefing starts at 07.45 and will be by the front doors.

Bike racking:

- Please place your numbered sticker on your bike before entering transition.
- Helmets and bikes need to meet BTA standards. Visit www.britishtriathlon.org for the rules.
- Please keep your area tidy.

Swim:

NOVICE RACE SWIM

- ✓ Novice race swim is 200m – each competitor will swim two lengths in each of the four lanes
- ✓ After swimming down the first length from the pool's shallow end (next to the wall), swim back up the other side of the same lane (the lane rope side). This means you will be swimming anti-clockwise
- ✓ At the end of these two lengths, duck under the lane rope into the adjacent lane; swim one length down one side and one length up the other of this lane before ducking under the lane rope to the next lane
- ✓ Continue this until you reach the shallow end of the other side of the pool from where you started
- ✓ Exit via the fire exit, turn left and go to the transition area (T1).
- ✓ Swimmers with the slowest estimated swim times go first. There is a gap of about 30 seconds between each competitor
- ✓ If you catch up with the swimmer in front, please let them know by touching their feet to let them know you are there. The person in front should let you overtake once you get to the end of the length

SPRINT RACE SWIM

- ✓ The sprint race swim is 400m (16 lengths of 25m pool). This differs from the novice swim as 3 or 4 swimmers of similar estimated times will be sharing one lane of the pool with you, either swimming clockwise or anti-clockwise, depending on your swim marshal's instructions. You will swim your total 20 lengths in the same lane.
- ✓ The swim marshal will assist you in counting your lengths and let you know when you have 2 lengths left
- ✓ Please count your own lengths as a back up to the swim marshal's timing you

Transition 1 (T1):

- Mind the curbing around the outside of the pool building and steps into transition
- Once you have arrived in transition, put on your cycle helmet and fasten it BEFORE removing your bike (see BTF rules).
- Ensure your race number is on your back so we can record your time when you start the cycle section
- The mounting point will be marked with cones – this area will be marshalled
- Keep left when you go up to the entrance and TAKE CARE, as there may be runners coming past you from the right at the entrance of the leisure centre.
- CAUTION – there will be cars coming down as well

Bike Route:

[Click HERE to view bike route](#)

- ✓ 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** (10 miles) turn left for a second circuit through Maresfield whilst the **novice route** will turn right and head back to the leisure centre (6.5 miles).

Transition 2 (T2):

- Slow down before turning right from Downsview Crescent into the entrance of the leisure centre
- CAUTION: Keep LEFT, as you will meet on-coming bikes and runners crossing. Do not forget the speed bumps!
- Dismount between the cones before entering transition and be on the look-out as others may be just starting out on the bike and run routes
- **DO NOT REMOVE YOUR HELMET UNTIL YOU HAVE SAFELY RACKED YOUR BIKE**
- Please wear your race number on your front, so we can record your race time during the run section

Run Route:

[Click HERE to view run route](#)

- ✓ All turns are route marked throughout the course. NB - it is your responsibility to follow these, with help from the marshals
- ✓ The run route is anti-clockwise
- ✓ The exit of T2 is at the rear of the transition area
- ✓ Join the footpath to the right of the car park called Lime Tree Avenue

Novice:

- 1 lap, collect red band at the 'band and water' station
- Follow the run instruction, finally peeling off and go towards the finish line at the side of the car park

Sprint:

- 2 laps, collect a red band at each pass of the 'band and water' station.
- You should have 1 red band from the first run and 1 red band from the second run (therefore, a total of 2 bands collected) before peeling off and heading towards the finish line

GENERAL 'RUN COURSE' DETAILS

- 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 Downsvie 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.

Results and prizes:

Once we have collated the results, which is time consuming but we endeavour to get them ready ASAP (we have an extremely competent computer expert), the prizes will be presented to the following categories near the finish line area.

Please do wait for the prize giving as it supports your fellow competitors 😊

SPRINT COURSE:

- 1st, 2nd, 3rd for fastest open class males and females
- 1st fastest veteran – male and female (50+)

NOVICE COURSE:

- 1st, 2nd, 3rd for fastest open class males and females
- 1st fastest open class male and female (50+)

Miscellaneous:

The following information is believed to be correct at this time:

- The pool building does not open until 06:30.
- Showers and toilets are available within the pool changing areas after 06:45
- If you were the overall winner in previous years, you are no longer eligible for the shorter race, only the sprint
- The disabled toilet on poolside is for use only by spectators, staff, marshals and of course athletes with a disability.

GOOD LUCK 😊