

# ***RINGMER TRIATHLON***

**Sunday 20<sup>th</sup> August 2017**

## **RINGMER SUPERSPRINT/NOVICE TRIATHLON:**

- Swim 200m / Bike 12.5km / Run 3km
- Open to persons aged 15 years and over (as of 31/12/17)
- Entry: £34.00\*

## **RINGMER COMMUNITY SPRINT TRIATHLON:**

- Swim 400m / Bike 23.5km / Run 6km
- Open to persons aged 16 years and over (as of 31/12/17)
- Entry: £38.00\*

## **RINGMER STANDARD TRIATHLON:**

- Swim 800m / Bike 40km / Run 9km
- Open to persons aged 15 years and over (as of 31/12/17)
- Entry: £45.00\*

\*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 = 200

## **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.](#)

## **CAR PARKING**

- 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.

## **PUBLIC TRANSPORT**

- [The nearest railway station is Lewes](#), which has good main links to Brighton, Eastbourne and London
- Local bus routes stop outside the venue, check time tables via an internet search engine.

## **REGISTRATION, RACE BRIEFING AND START TIMES**

- Registration is open from 06:30 to 07:15 and will be located near the transition area
- Race numbers will be issued at registration
- Rack your bike in transition, with helmet and small amount of race equipment.
- Race briefing starts at 07:15 at the same location
- Start times – the race will start at 7:30am from the poolside area with Standard competitors going first, number order followed by Sprint and then Supersprint.

## **BIKE RACKING**

- Please place your numbered sticker on your bike before entering transition.
- An area will be provided for bags on transition, no bags with your bike.
- Helmets and bikes need to meet BTF rules, link available on last page.
- Please keep your area tidy.

## **SWIM**

### **Supersprint / Novice Race Swim**

- ✓ Novice race swim is 200m (8 lengths) – snake swim of a 25 meter pool. Each competitor will swim two lengths in each of the four lanes.
- ✓ Queue on poolside, number order - swimmers with the slowest estimated swim times go first.
- ✓ Listen for the swim marshal briefing. Wait for the marshal instructions before entering the pool and starting.
- ✓ There is a gap of about 30-50 seconds between each competitor.
- ✓ After swimming down the first length from the pool, swim back up the other side of the same lane (the lane rope side). This means you will be swimming anticlockwise.
- ✓ 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 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). See caution note below
- ✓ 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) – x2 snake swims of a 25 meter pool. Each competitor will swim two lengths in each of the four lanes - 8 lengths, and then repeat to complete a total of 16 lengths.
- ✓ Queue on poolside, number order - swimmers with the slowest estimated swim times go first.
- ✓ Listen for the swim marshal briefing. Wait for the marshal instructions before entering the pool and starting.
- ✓ There is a gap of about 30-50 seconds between each competitor.

- ✓ After swimming down the first length from the pool, swim back up the other side of the same lane (the lane rope side). This means you will be swimming anticlockwise.
- ✓ 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 end of the other side of the pool from where you started.
- ✓ Exit the pool and return the start point to complete another 8 lengths - the poolside official will make sure you get priority entering the pool – but do not run.
- ✓ Once you have completed a total of 16 lengths you reach the 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). See caution note below
- ✓ 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

## Standard Race Swim

- ✓ The sprint race swim is 800m (32 lengths of 25m pool). This differs from the novice/sprint 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 32 lengths in the same lane.
- ✓ Queue on poolside, number order - swimmers with the slowest estimated swim times go first.
- ✓ Listen for the swim marshal briefing. Wait for the marshal instructions before entering the pool and starting.
- ✓ There is a gap of about 30-50 seconds between each competitor.
- ✓ 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
- ✓ Once finished, exit at the shallow end
- ✓ Exit via the fire exit, turn left and go to the transition area (T1). See caution note below

### Other points to note:

**CAUTION:** the poolside will be slippery when wet and there is a small curb as you exit the pool building. There is approximately a 100m distance between the exit of the pool and the transition area on concrete paths, so please take extra care as you will have wet, exposed feet

- Diving is not allowed at any time; this would lead to disqualification (Ddq)
- The pool may be warmer than you expect as it is heated to allow local primary school children to be comfortable during swimming lessons

## TRANSITION 1 (T1)

- Mind the curbing and steps around the outside of the pool building into transition
- Once you have arrived in transition, put on your cycle helmet and fasten it BEFORE removing your bike (see BTF rules link on last page).
- 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 and a sign– this area will be marshalled
- Keep left when you go up to the entrance and TAKE CARE, as there may be both cyclists and runners coming towards you and passing in front of you from the left
- CAUTION – watch for cars as you pull out onto the main road

## BIKE ROUTE:

[Click HERE to view the bike course – Supersprint & Sprint](#)

[Click HERE to view the bike route - Standard](#)

## **Super Sprint & Sprint Race**

- ✓ You are about to join the highway so the Road Traffic Act (RTA) will apply to you. Failure to follow the RTA may result in a disqualification (DQ)
- ✓ 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 2<sup>nd</sup> lap. After completing your 2<sup>nd</sup> lap go straight on from this roundabout towards the college.

**Standard = 2 Laps of longer course**

## TRANSITION 2 (T2):

- Slow down before going into the dismount area and beware of runners going past.
- Dismount at the front entrance before entering transition and be aware that 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 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 Harrisons 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**

- ✓ 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 Chamberlaines 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 Chamberlaines 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.

## **RESULTS AND PRICES**

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.

## **All races**

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

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

## **MISCELLANEOUS**

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

- The pool building does not open until 07:00.
- Showers and toilets are available within the pool changing areas after 07:00
- The disabled toilet on poolside is for use only by spectators, staff, marshals and of course athletes with a disability
- No music devices, headphones and Go Pro devices during the race.
- Once both swim races have finished, the poolside showers will be available
- Further information on British Triathlon rules and eligibility is available via:  
<https://www.britishtriathlon.org/events/championships-and-qualifiers/british-championships/rules-eligibility>

**GOOD LUCK 😊**

