

# ***UCKFIELD SPRING TRIATHLON***

**Sunday 3<sup>rd</sup> September 2017**

## **UCKFIELD SUPERSPRINT/NOVICE TRIATHLON:**

- Swim 200m / Bike 10.5km / Run 1.75km
- Open to persons aged 15 years and over (as of 31/12/17)
- Entry: £31.00\*

## **UCKFIELD SPRINT TRIATHLON:**

- Swim 400m / Bike 16.5km / Run 3.5km
- Open to persons aged 16 years and over (as of 31/12/17)
- Entry: £35.00\*

The entry fee includes the 'day licence' fee – (£3.00 refund on production of BTF licence at registration). There is no booking fee, however an admin fee will be imposed for refunds in accordance with the event's T+Cs and Refund Policy - [click this LINK for more information.](#)

Online booking link - [www.entryapp.co.uk/2017/multisport-management/](http://www.entryapp.co.uk/2017/multisport-management/)

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 near the venue

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

- Registration is open from 06.45 to 07.45 and will be inside the leisure centre.
- Race numbers will be issued at registration
- Rack your bike in transition, with helmet and small amount of race equipment
- Race briefing starts at 07.45 and will be near the leisure centre front doors.
- Start times – the race will start at 8:00am from the poolside area with Sprint competitors going first, number order followed by the 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).
- ✓ 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).
- ✓ 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

## **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 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 – 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.
- ✓ **VERY IMPORTANT / PLEASE NOTE** - 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.

## **TRANSITION 2 (T2):**

- Slow down before turning right from Downsvie 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

## **SUPERSPRINT/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:**

- 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+)

### **NOVICE COURSE:**

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

### **Miscellaneous:**

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

- No music devices, headphones and Go Pro devices during the race.
- 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.
- 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 😊**