

# *Uckfield Triathlon 2021*

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## RACE DAY INFORMATION



# Uckfield Triathlon / Duathlon Events

## 25th April 2021

### Race information

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#### EVENT STAGE BY Hedgehogtri Events

##### PRIOR TO RACE DAY

- Race Ticket will be emailed to you, download to your device, or print off.
- On the Race Ticket will be your Arrival Time, Registration Time and estimated Start time.
- Please complete the 'Health Declaration', please list any persons who travelled with you.

##### COVID-19 MEASURES

These measures are in line with current guidelines set by British Triathlon (and therefore gov.) and will be subject to change.

- Please no spectators.
- Please ensure no mixing with other family groups, stay within government guidelines.
- Keep a minimum of 2m from others, during set up, racing, and collecting equipment.
- No mass race briefing there will be an online video briefing a link will be emailed to you.
- Competitors will be called in groups of 10-20, to the Start assembly area prior to starting.
- Note there is no changing facilities available so come race-ready, toilets are available in the centre. To access you will need to give you details at reception for use in 'Track & Trace'.
- Run Course is changed to allow for Social Distancing over the route.
- We ask that as soon as your race is completed, collect your equipment and leave the venue.

##### VENUE

Uckfield Leisure Centre (freedom leisure), Downsview Crescent, Uckfield, TN22 1UB

[Click this LINK to open a map to assist with the location of this venue. Postcode: TN22 1UB](#)

##### RACE DAY EVENT TIMETABLE (some end times approximate)

06.30 Registration opens  
06.30 Transition opens  
07.15 Triathlon registration closes  
07.15 Race Briefing overlooking the transition area  
07.30 Race start (standard)  
08.00 approx. Duathlon start  
08.40 Race Start (Sprint/ Youth)  
09.10 approx. Race start (Superprint)  
10.30 approx. Expected finish  
10.45 approx. Prizes

##### ARRIVAL

Car Parking:

Follow the entrance roadway down toward the lower car park, when full use parking off the access road.

PLEASE DO NOT PARK ON THE ACCESS ROAD

## REGISTRATION ON THE DAY

- Please register at the time stated on the Race Ticket.
- Opens at 06.30 and will close at 07.30 prior to the start.
- Please ensure you register before closure as volunteers will be required to move to marshalling points for the race start.
- Race Packs will be at your numbered racking position, which contains . . .
  - Two race numbers (**back for the cycle, front for the run**) -remember no folding of the number is allowed- Race belts can be used – number must be shown correctly at all times.
  - Race labels for your helmet, cycle, spectator supporter and any small bag.
  - Coloured Wrist band (transition access and shows bib number for the swim-please wear)

YOU USED YOUR BTF Licence to enter? Then Show your BTF race licence OR pay £5.00 for Day Membership- NO EXCEPTIONS.

The Triathlon England 'day licence', included in your entry fee, will be emailed out to you on 24-48hrs prior to the race. So for the race, all taking part, are members of Triathlon England. You do not have to be a member of a triathlon club.

## CYCLE TRANSITION

- You will be given a ticket when registered- this will allow you access to transition.
- Approach the non-racing entrance WEARING your CYCLE HELMET ready for the check.
- Cycle check may also be carried out on bar end stoppers, no illegal equipment.
- We check with you that YOU are happy with the safety of the cycle.
- Find your race position and open Race Pack.
- Rack your cycle on your numbered position.
- Cycles are alternately along the rack, where possible so check which way your number is facing. Even Nos face left, Odd Nos face right.

NO mobile phones, No MP3 players, All kit to be kept in your own designated area.

WE WOULD ADVISE YOU DRESS FOR THE WEATHER, NOT JUST BECAUSE IT IS A TRIATHLON.

*PLEASE NOTE: a temporary change in rules allows a small bag allowed at your racking point. There is no large bag/box storage.*

RACE BRIEFINGS – (current guidelines ask for an ONLINE BRIEFING VIDEO ONLY)

A link to this will be emailed to you.

A short update will be given to each small group before starting.

All starts are individual (including Duathlon – during these current times)

## THE RACE -

### SWIMMING SECTION

You will be called in small groups to poolside – please listen out around transition area.

Please approach poolside from the changing area, on then to poolside,

Line up in numbered order ready for your start.

Please do not disturb the Swim Starter(s) they will be busy.

### STANDARD TRIATHLON START (600m) 07.30hrs

Swimming 4 to lane complete the 24 lengths, marshals will help YOU count and give you a '2 to go' shout. Swim caps will be supplied. Slower swimmers go first.

### SPRINT START(400m)- 08.40 (approx.)

Wait/Q in race number order

You will enter the water after the person in front of you has started.

The swim will be a 'Snake' type (using all four lanes) starting in the shallow on the far side away from the exit. Slower swimmers away first.

Competitors will be started approx.. 20-30 seconds apart and will swim keeping to the left.

- Swim up and down the lane, at the shallow end drop down under the lane rope into lane 2 and again swim up & down.
- Keep to the LEFT, of the lane.
- Touch end of the pool, exit pool
- Proceed to starting point, enter water- (no diving in) -swim starter will ensure a suitable gap.
- Swim course again.

### SUPERSPRINT START (200m) – 09.10hrs (approx.)

- Snake swim as above, one lap then exit.

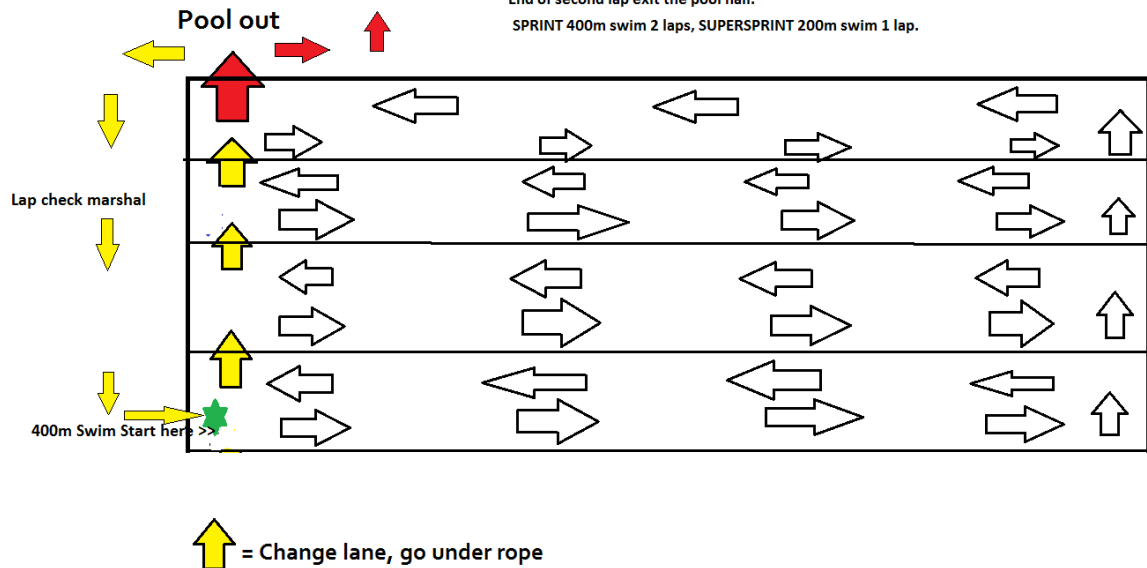
### SWIMMING CONDUCT & RULES

- No tumbleturns,
- NO DIVING (DQ able)
- Give way at the end of the length to faster swimmers behind you.
- If your feet are touched, stop at the end of the length, and allow them through.
- Please no dangerous overtaking in the lane- this is a time penalty offence
- Only breaststroke or front crawl, no backstroke
- No Running on poolside,
- Exit the pool, WALK along poolside, exit through far door and into the cycle transition area.

**'SNAKE' STYLE SWIM IN 4-LANE POOL**

Individual start, swim 200m, exit, walk back to start, get back in, swim 200m.  
End of second lap exit the pool hall.

SPRINT 400m swim 2 laps, SUPERSPRINT 200m swim 1 lap.



**DUATHLON**

Individual start from 8am

**TRANSITION**

Locate your cycle, before touching your bike put on and secure your cycle helmet.

Take your cycle and walk/run to the cycle exit (Do not ride).

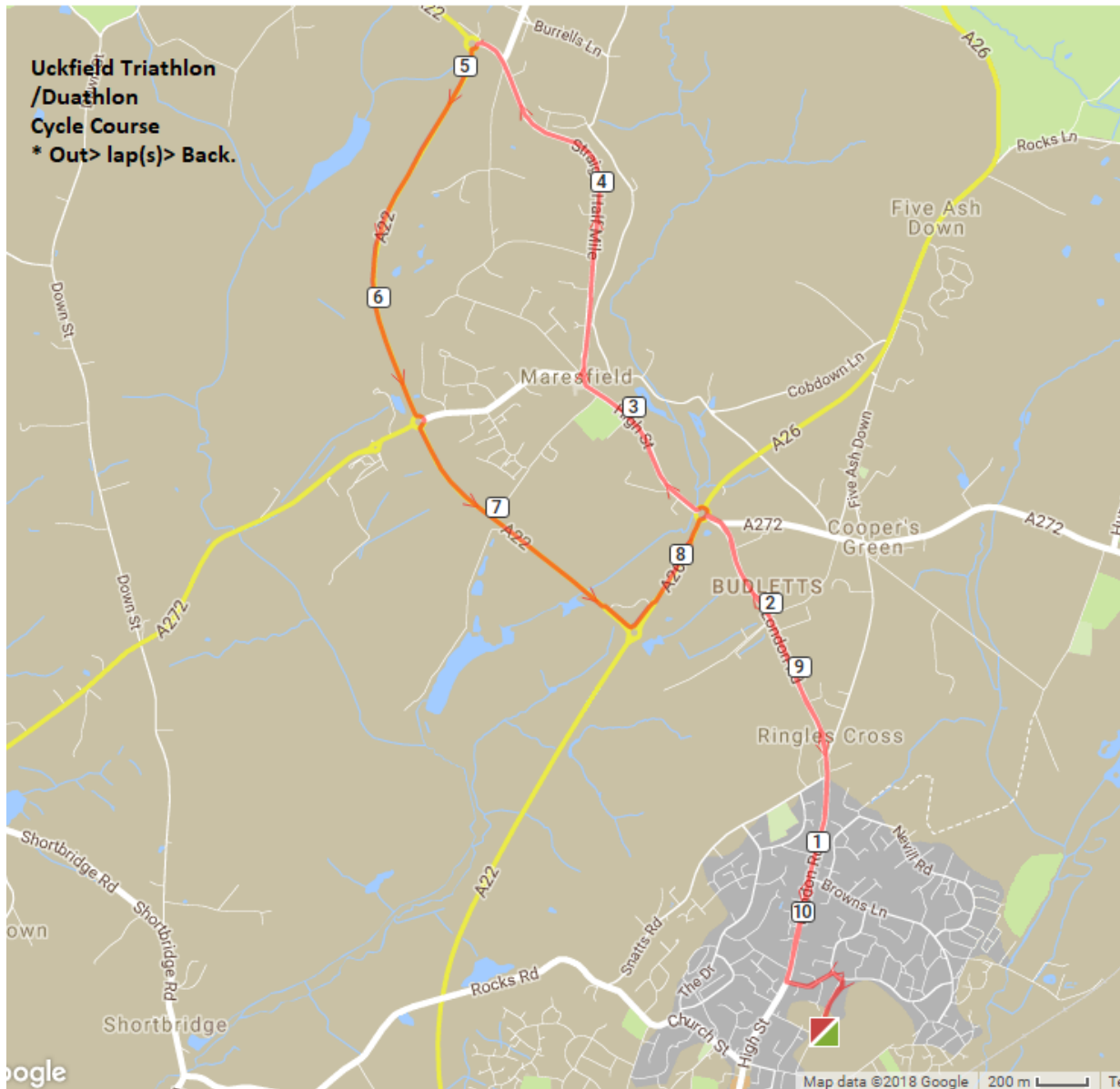
Stop and mount in a marked area.

Check the way is clear and start your cycle section.

**RELAY (Transition)- by Swim In**

Marked position (sign with 'R') – cyclist to stand in marked box ready for tagging. Cyclist must not be wearing cycle helmet or cycle shoes (trainers ok), this equipment must be with the cycle.

**CYCLE SECTION (Standard= 22km 3 laps, Sprint & Duathlon= 16.5km -2 laps, Supersprint=10.5km - 1 lap ) [Cycle Course Map](#)**



- When on the highway the rules of the 'highway Code' MUST be followed. Failure to do so will mean disqualification and risk the event in the future.
- There is 'NO Drafting' meaning you keep 10metres from the cyclist in front, unless overtaking. If overtaken, YOU must drop back 10metres.
- Marshals/ Raynet Communications around the course turning points,
- Follow the TRIATHLON signage 24"x18" bright fluorescent yellow with black writing/ arrow.
- Please obey the marshals if told to stop.

## COURSE – Out > Laps> Back

- Standard 3 laps
- Sprint/ Youth 2 Laps
- Supersprint /GoTri 1 Lap

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** turn left for a second circuit through Maresfield whilst the **supersprint/novice route** will turn right and head back to the leisure centre.
- Dismount before the dismount line as instructed.

There will be marshals on each turning point, if you have noticed a fellow competitor having problems i.e. a puncture, please let them know then we can come and help them out with a lift back.

**Remember: You are responsible for your own safety on the highway and follow THE HIGHWAY CODE.**

## TRANSITION FROM CYCLE TO RUN

Place your cycle in the correct numbered position before unfastening and taking off your cycle helmet.

When ready run through the 'Run out' exit on to the run.

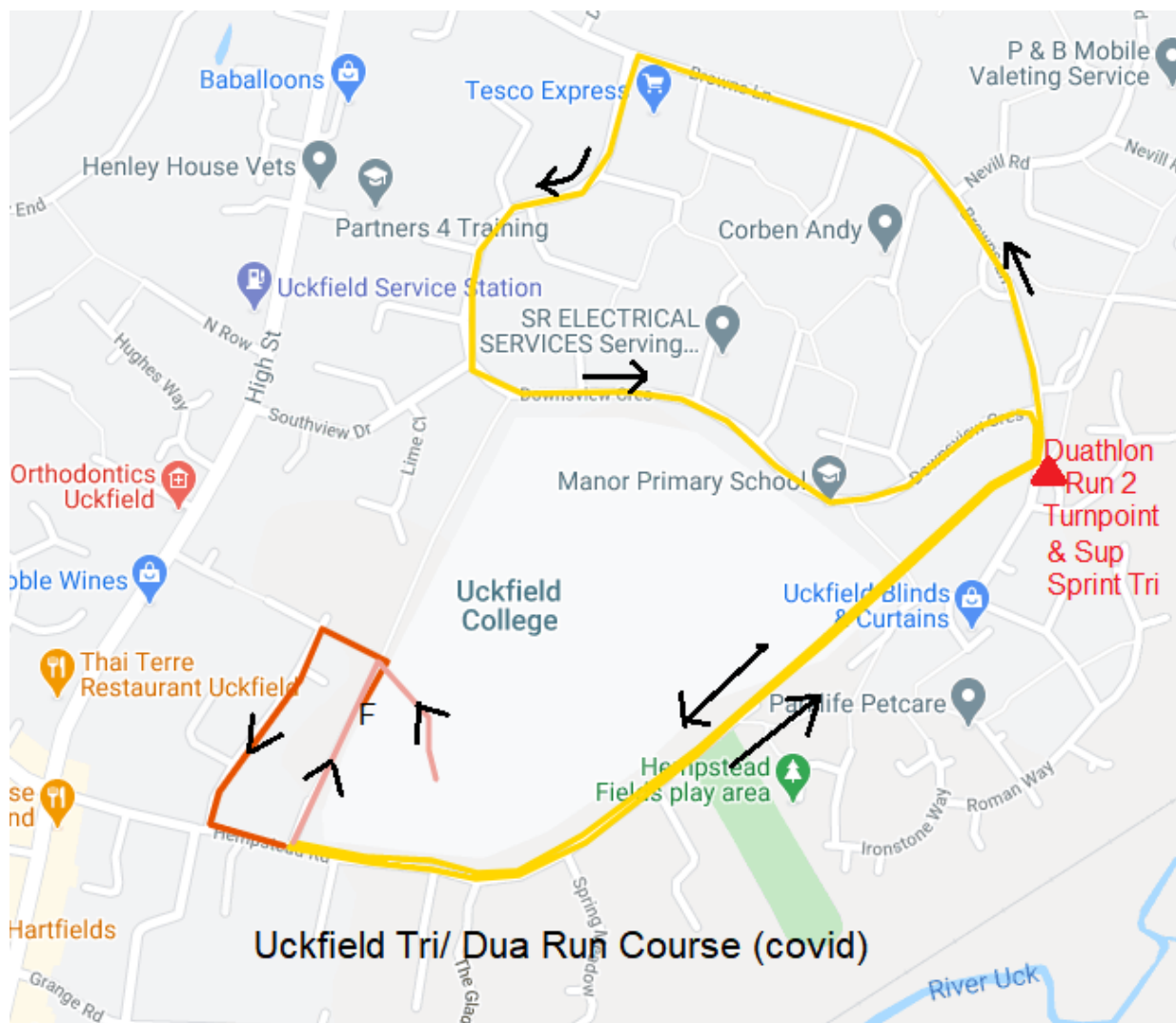
## RELAY -Transition Cycle to Run

Runner must be by the Relay sign marked 'R' (cycle to run) and standing in the marked box.

The cyclist must rack the cycle remove the cycle helmet, BEFORE tagging the runner.

**RUN SECTION** (Standard- 2 laps, Sprint -1 lap, Novice- 1 short lap, Duathlon 1<sup>st</sup> Run=1 lap, 2<sup>nd</sup> Run =1 short Lap)

[Click HERE to view run route](#)



- <https://www.plotaroute.com/route/1463261>
- Each run lap is 3km
- Water station- you must drop cups into bins provided, failure to do so is littering penalty. (covid)
- Run out of campus across Lime Tree Ave. and turn left Linden Chase, Turn Left
- Hempstead Road turns into Hempstead Lane;
- Then straight on into Brown's Lane
- Turn left into Downview Crescent
- Turn Right back into Hempstead Lane/Road – (Lap completed)



- **Sprint** 1 lap, **Standard** repeat one, Turn up Lime Tree Avenue, then peel of Right to the finish line at the side of the car park

#### Finish:

- Congratulations, you made it! Please collect your medal, collect equipment and leave asap. (covid)

#### TIMING

Times are taken manually at: Start, End of Swim(or end of 1<sup>st</sup> Run), Start of Run & Finish. So both cycle transitions will be in the Cycle time.

#### Just a few basic race rules:

- Use of MP3 players/ Go Pro or like video and mobile telephones anywhere around the course is prohibited.
- Cycle helmet must be worn and fastened when cycle is in use.
- No riding or running together, triathlon is an individual event.
- Race numbers must be visible at all times, on your back for the cycle, on your front for the run. If we can't see the number we can't give you a time.
- Only competitors allowed in the cycle transition area.
- Cycling- keep 10metres away from the cyclist in front unless overtaking. If overtaken you must drop back 10metres.
- On the Run keep minimum 2m from person in front, overtake wide. Do not run with or directly behind a fellow competitor. (covid)
- Littering is not allowed, there are bins marked on exit from transition for any Gel packs, bottles etc. If you throw down litter you will be penalised as per event rules.
- Please go to: <https://www.britishtriathlon.org/competitionrules> website for all the race rules.

#### RESULTS

- There will be interim results available after the last competitor has crossed the line, these will be to determine the prize winners.
- The full interim results will be posted on the web on the same evening. Any issues are to be raised with the race organiser ASAP.
- On the following Wednesday the results will be declared final.

## PRIZES

OVERALL	M/F	1st
Youth/Junior(15-19yrs)	M/F	1st
Sprint > 40yrs	M/F	1st
Sprint < 41yrs-49yrs>	M/F	1st
Sprint < 50yrs+	M/F	1st
Standard >40yrs	M/F	1st
Standard <41yrs-49yrs>	M/F	1st
Standard < 50yrs +	M/F	1st
Duathlon	M/F	1st
Supersprint	M/F	1st
Relay(sprint)	Team	1st
Relay(Standard)	Team	1 <sup>st</sup>

## TOILETS/ CHANGING

Toilets in the leisure centre please remember to keep Social Distance, **No changing/shower facilities.** (covid)

## COLLECTION OF EQUIPMENT

Please use the non-racing entrance & exit to collect equipment as soon as you can after you have finished. Leave the site as soon as possible. (covid)

## FIRST AID

Supplied by WANT/East Sussex Medical and will be positioned next to transition.

## British Triathlon Technical Official –TBA

Any issues regarding the event please see the official.

Questions? then please email us [stuart@hedgehogtri.uk](mailto:stuart@hedgehogtri.uk)

## volunteering

If you have a family member or training partner that can help marshal at the event we would love to hear from you. Volunteer briefing is to be next to registration (in the café) at 7am, collect your goodie

Updated 10/03/2021

bag, hi-vis vest and instructions. In return we can offer a free entry into a future event and help towards expenses. Email [phil@hedgehogtri.uk](mailto:phil@hedgehogtri.uk)

PLEASE CHECK BACK NEARER TO RACE TIME TO SEE IF FURTHER UPDATES HAVE BEEN MADE.

DRAFT