

Southwater Sprint Relay Triathlon

Sunday 4th September 2011

This information confirms your entry. Please advise any changes by telephone, 01403 785601 / 0778 4484166 (Kirsten) / 01403 734906 (Julie) or email: relay@a2tri.com. No changes can be made after 31st August 2010.

★ Please check our website, www.a2tri.com especially in the week before the race for any last minute information ★

Team Name:

Male Senior 19-39	Male Vet 40+	Female Senior 19-39	Female Vet 40+	Mixed Senior Min 1 female	Mixed Vet 40+, min 1 female	Junior 14-18
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Race No. 1..... No. 1

2 No. 2

3 No. 3

The race is in Southwater Country Park, just off the A24, south of Horsham. Follow the signs for the Country Park from the A24 at Southwater.

Car parking areas will be clearly signposted, either off Worthing Road, just past the Country Park, or near the far entrance to the Country Park. Please only park in designated areas, and follow the signs to Registration, walking with your bike and kit.

★ Competitors are reminded that there is no camping allowed overnight at the Country Park, but sites are available nearby. Please call (01403) 710923 / 732539 for details. ★

Registration is from Saturday 11.00-13.00 and on the race day 06.00 – 07.30

If you can register on Saturday it will make your life easier, and ours too, than if you have to do it on race morning.

Race briefing is at 07.40

*****Race starts at 08.00*****

★ N.B. ALL BIKES MUST BE RACKED BEFORE THE RACE START ★

This means ALL competitors' bikes, not just the first team member!

No bikes may be removed from transition until the last competitor has finished the bike course.

Registration: Nominate one team member to register your team and collect race T-shirts, timing chips and numbers; each team member receives two numbers and their own timing chip. Quote your team's race number and show all BTF licences in order to receive the £3 per BTF member refund before the race starts. Make sure bikes are roadworthy and helmets conform to BTF standards – *expect spot checks*.

Please keep to your allocated numbers as per above. When racing your numbers need to be **clearly visible from the back on the bike, and front on the run**. Number belts are allowed, as long as the numbers are visible as described.

When you have finished, please make sure you remove your timing chip and place it in the bins provided. If you do not return your chip you may be asked to pay for it later, at a cost of £4 each.

RACE FORMAT

Each team will consist of three competitors, who complete the whole course in turn. Team member 1 will take part in the mass start, complete the 400m swim, proceed to the 18.5k bike, followed by the 3.8k run (2 laps of the park). At the end of the run, team member 1 will tag team member 2 (in the designated handover pen), who likewise will complete the course, hand over to team member 3, who will complete the team's race by finishing. Individual split times will be available, as long as competitors wear their timing chips correctly on their ankle. The total team time will be calculated as team member 3 crosses the finish line.

Important: at the end of a competitor's first run lap, he/she must collect a tag. The tag will allow the competitor to enter into the handover pen at the end of his/her second run lap. **The tag is not handed on.** Please hand your tag back after completing your race.

NO TAG – NO HANDOVER – THIS WILL BE ENFORCED

SWIM COURSE

The swim is a simple course, out and back, *clockwise* around a single turn buoy. At the exit from the lake there is a concrete ramp which ends quite suddenly underwater. It will be covered in matting and there will be marshals to assist you in getting out, but please **take great care** as you approach.

BIKE ROUTE

There will be marshals and/or clear signs at all junctions. NO DRAFTING ALLOWED – Motorcycle and static draftbusters will be present. The Highway Code must be adhered to, otherwise instant disqualification – this is particularly important at the roundabout on the A24 at the start of the course, where time trial cyclists may well be present going in a different direction.

MOUNT BIKE ON THE ROAD, then go up to top of Cripplegate Lane. Turn **left** to roundabout. Take **3rd exit** (i.e. back on yourself) in towards Southwater until **left** turn into Church Lane and up Bonfire Hill. (Caution – sharp bends at top of rise.) Down hill to T junction; give way to traffic. Turn **right**. Continue until **left** hand turn onto Trout Lane, signposted to Coolham. At crossroads at Coolham, turn **sharp left** onto the A272. Continue straight through **1st** set of traffic lights opposite McDonalds); you must stop if lights are red. **2nd** traffic lights, filter **left** onto the A24, heading north. At roundabout, take **1st exit** to Southwater, and **1st right** into Cripplegate Lane. DISMOUNT ON ROAD outside **1st entrance** (driveway entrance) to Country Park. Undo helmet *after* racking bike.

RUN COURSE

Two laps clockwise of the Country Park; see map on website.

SWIM PRACTICE

If you would like to practice swimming in the lake, please note that only members of clubs which have registered with Southwater Country Park are allowed to swim there, at times agreed when their club registered. All swimmers must be part of a group with a spotter on the bank, and wear wetsuits and bright-coloured swim hats. However, the Warden has granted permission for anyone taking part in Sunday's race to practice on Saturday 3rd September from 5.00pm. We have arranged a two-hour session from 5.00pm to 7.00pm on that day where Amphibians members will act as spotters, and all competitors are welcome to come along any time within those two hours.