



HORSHAM AMPHIBIANS TRIATHLON

Southwater Relay Triathlon Sunday 8th September 2024

RACE INFORMATION

REGISTRATION

Sunday 8th September 6 - 7.30am (**Sunday registration only**)

- Please nominate **one** team member to register your team and collect race information and numbers. You **MUST** make a note of your team number (this will be emailed to you a few days before the race) to avoid chaos at registration!!!
- Be prepared to quote your team race number and show your teams British Triathlon licenses in order to receive your £4 per BT member refund where appropriate.
- Make sure bikes are roadworthy and helmets conform to BT standards.

PARKING

- **To be confirmed.** Competitor parking is accessed via Worthing Road in Southwater and is located in Southwater Business Park, postcode **RH13 9JJ** and other local car parks or roads. From the carpark it is a short walk through the Country Park to transition. **Please note this is the only competitor parking.** After the race you will be guided back to the car park via a footpath to avoid the competitors still running around the Country Park. **WE WILL CONFIRM ALL PARKING LOCATIONS THE WEEK BEFORE THE EVENT.**

NUMBERS

- Ensure that the first competitor has the yellow number that starts with a number 1, the second the green number 2 and third white number 3. You will also be given a sticky label for your bike, please make sure that it is clearly stuck on as you will not be able to remove your bike at the end unless bike number and the number on your hand match up.
- Each competitor will be issued with 1 race number. You must display this number on your back for the bike section and on your front for the run section. For this reason, it is highly recommended that you get a race belt which saves you time and allows you to move your number position and / or clothing more easily and avoids putting safety pin holes in your clothing. We will have a few at registration for £5 each, so if you'd like to reserve one please let us know in advance at rawenergypursuits@gmail.com

BAG DROP

- Once you have set up your kit in transition on race day all remaining items must be placed in a single bag that will go in the bag drop within transition. This is in order to keep transition as safe and clear as possible

NO TIMING CHIPS

- There will be no timing chips again for 2023. Due to the unique nature of the event, it will be timed with an Android timing system courtesy of Results Base. Each athlete will receive a time for their swim, bike and run combined. There is a dead zone between the Leg 1 competitor finishing and handing over to the Leg 2 competitor and Leg 2 competitor to Leg 3 etc. Once competitors finish their swim, bike and 2 lap run, they head into (Timing Point 2) where they'll be timed. They then make their way (slowly) to the next person in their team who'll be waiting in the holding pen by the edge of the lake. Leg 2's time will only start when they cross (Timing Point 3) on the pontoon. THERE IS NO RUSH BETWEEN HANDOVERS!
- **Timing Point 1:** Mass swim start
- **Timing Point 2:** Finish of Leg 1, 2 & 3.
- **Timing Point 3:** Handover (Swim start Leg 2 & 3 from pontoon entrance)
- **Collection of lap band (Important see run notes below)**

BIKE RACKING

- All competitors will have their number written on their hand on the way into transition
- Only competitors will be allowed to remove bikes from transition
- **All bikes must be racked before the race starts.** 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. When you remove your bike, you will be directed along a footpath back to the car park to avoid the main part of the Country Park where people may still be racing

RACE RULES

- **Please find the full list of British Triathlon Race Rules via this link:**
<https://www.britishtriathlon.org/competitionrules>

RACE DAY

- Registration Opens at **06:00**
- Registration Closes at **07:30**
- Transition Closes at **07:40**
- Race Briefing **07:45**
- Race Start **08:00**
- Each team will consist of three competitors, who complete the whole course in turn
- **Wetsuits for this race are compulsory unless the lake temperature exceeds 24 degrees (Horsham District Council Safety Requirement)**
- Team member 1 will take part in the mass start. They will complete the 400m swim, 18.5k bike, finishing with 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. The total team time will be calculated as team member 3 crosses the finish line.

SWIM COURSE (400m)

- Please ensure that you are wearing the correct swim hat for your wave:
 - Number starting with a 1 (**RED**) 1st competitor – use **RED** swim hat
 - Number starting with a 2 (**WHITE**) 2nd competitor – use **WHITE** swim hat
 - Number starting with a 3 (**BLUE**) 3rd competitor – use **BLUE** swim hat
- The swim course is out and back with a clockwise turn around a buoy. If you get into trouble on the swim course lie on your back and raise your arm and a lifesaver will come to your assistance. At the exit from the lake you will be assisted up a concrete jetty by race marshals.
- If you exit anywhere other than SWIM OUT you must inform race control or a swim marshal in the park!

BIKE COURSE (18.5km)

- There will be marshals and/or clear signs at all junctions. **NO DRAFTING ALLOWED**
- Motorcycle 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 and at the traffic lights at Buck Barn near McDonalds
- There is a new (ish) pedestrian crossing and a new roundabout at the start of the bike course on Mill Road in Southwater before you get to the roundabout on the A24. **TAKE EXTRA CARE.** You will go straight over the new roundabout, then when at the A24 roundabout go all the way round (giving way to traffic!!) and come back on yourself towards Southwater, as per the usual route. You will then pass back over the new roundabout and pedestrian crossing again on your way into Southwater. The location of the new roundabout is marked on page 2 of the Parking and Route Maps Info.
- Left turn into Church Lane and up Bonfire Hill. There is a new road layout half way along Church Lane where you turn left near the Cricket Field and then immediately right before heading downhill to T junction; give way to traffic. Turn right – see caution notes on map. Follow road towards Barns Green & left-hand turn into Trout Lane, signposted to Coolham. At Coolham crossroads, turn sharp left onto the A272 – see caution notes on map. Straight across traffic lights opposite McDonald's restaurant; you must stop if lights are red, although the lights should be bagged giving you right of way. 2nd traffic lights, filter left onto the A24, heading north. At roundabout, take 1st exit to Southwater, and 2nd right into Cripplegate Lane. **DISMOUNT ON ROAD.** Undo helmet **ONLY** after racking bike.

RUN COURSE (3.8km)

- Two laps clockwise of the Country Park.
- **NOTE:** at the end of a competitor's first run lap, they must collect a silicone band. The tag will allow the competitor to enter into the handover pen at the end of their second run lap. The tag must be handed to the timers at the point and **NOT** handed over to their teammate. Please hand your tag back after completing your race. No band = no handover = no time = you'll need to complete a 3rd lap. **DON'T FORGET IT'S YOUR RESPONSIBILITY TO COLLECT A BAND**

FINAL FINISHERS – At around 10:30-40am all remaining third leg competitors who have not yet started their race will be set off from the holding pen, regardless of the position of their number two teammate. THIS WILL NOT IMPACT FINAL TEAM TIMES as these will be calculated and added up in the usual way. Horsham Amphibians introduced this change a few years ago as we want everyone to have a good race experience and avoid imposing cut-off times. Hopefully this will also enhance the race experience for our slower competitors as they will avoid a long wait in the holding pen!

HANDOVER AREA – This will be on the grassy central area between the lake and bike racking area. The Holding Pen for Leg 2 and 3 Swimmers will be on the water's edge by the pontoon and concrete 'Swim In' area. All competitors when finishing their run will run over the finish line, in the case of competitors 1 and 2 they will cross the finish line and then SLOWLY walk down the 'hand over channel' and 'virtually' hand over to the next competitor. There will be a demonstration on race day – this location is marshalled.

PRIZE GIVING

- There will be a prize giving ceremony for various categories of teams around 12.30pm near the race finish

FACILITIES AND REFRESHMENTS

- Catering will be provided by the Southwater Café
- Toilets and limited showering facilities are available at the event
- The Bike Side will be present from 6am for any last-minute bike tweaks! info@thebikeside.co.uk

SWIM PRACTICE

Note: only members of clubs that are registered with Southwater Country Park have permission to swim in the lake at designated times. **There is no swim practice on Saturday afternoon this year.**

If you have any additional questions, please email info@rawenergypursuits.co.uk

Please leave your ego at home. Humility & sportsmanship are the name of the game for this event!

