

Southwater Team Triathlon Sunday 13th September 2026

RACE INFORMATION

REGISTRATION

Sunday 13th 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 queues at registration.
- Make sure bikes are roadworthy and helmets conform to BT standards.

PARKING

- Head to the top of Cripplegate Lane in Southwater where our parking team will direct you to the next available car parking location. The postcode is **RH13 9JD**. WE WILL CONFIRM ALL PARKING LOCATIONS THE WEEK BEFORE THE EVENT.

NUMBERS

- Ensure that the first competitor has the **GREEN** number that starts with a number 1, the second the **YELLOW** number that starts with a 2 and third, a **BLUE** number starting with 3. You will also be given a sticky label for your bike & helmet, 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 one 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 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.
- PLEASE make sure you keep the number that has been allocated to you. If, for any reason you need to change the swim order, PLEASE make sure keep the same number and swap the swim cap – swim cap colours correspond to your race order you should be in.

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

- 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.
- **Timing Point 1:** Mass swim start
- **Timing Point 2:** Swim start Leg 2 & 3 from pontoon entrance
- **Timing Point 3:** Finish of Leg 1, 2 & 3
- **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. **This is very important for swim safety**
- 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 & Race Briefing at **07:40**
- 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) As a general rule, the water temperature is usually between 18-20 degrees in September**
- **START PROCEDURE**
- **Wave 1 will start as normal at 08:00hrs as a mass start.**
- Once the last few swimmers are finishing their swim in Wave 1, we'll start Wave 2 in a time trial format. Wave 2 and 3 swimmers can still swim warm up in the warm up area of the lake and then we'll call swimmers across from the Holding Pen in small groups onto the pontoon. Once the majority of the Wave 2 swimmers have finished, we'll start Wave 3 in time trial format. The new format means cyclists in Wave 2 & 3 are out on the road much earlier when it's quieter on the A272 and A24. Our aim is to get everyone out of the water by 09:00hrs.
- This will have an impact on the new roundabout turn at the start as it'll be busier earlier on, but it'll be no different from each year when Wave 1 finishes the cycle and Wave 2 are starting. You'll just need to go steady on that first section until you reach the open roads through Southwater.
- **SWIM COURSE (400m)**
- Please ensure that you are wearing the correct swim hat for your wave:
 - Mass start use **GREEN** swim hat
 - Wave 2 **YELLOW** swim hat
 - Wave 3 **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! **Horsham Lifesaving Club will manage safety on the lake.**

BIKE COURSE (18km)

- 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 pedestrian crossing and a new resurfaced roundabout at the start of the bike course on Mill Road in Southwater. TAKE EXTRA CARE turning on this mini roundabout as it's relatively tight. We will enforce a NO OVERTAKING ZONE from the top of Cripplegate Lane to the roundabout. This is only for 100m meters and particularly important for the first wave, but essential to make sure everyone has a safe passage. For Wave 2 and 3 it won't be so much of an issue, it's just 1st Wave that has the bigger impact. Please ride sensibly it will be well marshalled.
- 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: Competitor's must collect a silicone band at the end of their first lap. On completion of their second lap they will be allowed into the finish area No band = no time **DON'T FORGET IT'S YOUR RESPONSIBILITY TO COLLECT A BAND**

PRIZE GIVING

- There will be a prize giving ceremony for various categories of teams around 10:45hrs at Race HQ.

FACILITIES AND REFRESHMENTS

- Catering will be provided by the Southwater Café and the Coffee Cycle.
- Toilets and limited showering facilities are available at the event

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