

Raw Energy Pursuits

The Steyning Triathlon - Sunday 2nd May 2010

'Standard' race starts at 06:00am 'Sprint' starts at 08:00am

Thank you for entering the Steyning Triathlon which is organised by Raw Energy Pursuits Ltd and sanctioned by the British Triathlon Federation. Our race sponsors this year are Glaceau Vitamin Water, BLOC Eyewear, Geared Bikes from Chichester and Fitstuff from Guildford, Cliff Bar and L Guess Jewellers, Littlehampton. The race is based at Steyning Leisure Centre, Horsham Road, Steyning, just off the A283 between Shoreham and Worthing. Please make sure you leave plenty of time to park, register and rack your bike before your allocated swim start. Parking is at the rear of the Leisure Centre in Steyning Grammar School. Follow the signs through the town and then you can walk from the car park to the front of the Leisure Centre through the school grounds - this will be clearly signposted. **ESTIMATED SWIM START TIMES WILL BE POSTED ON www.rawenergypursuits.co.uk the week before the event.** Swimmers will be seeded according to their estimated swim time, slowest first; unless someone has specifically asked for an early start. Swimmers will be 'dropped' into the pool when a place becomes available; as a general rule there will be no more than 4 swimmers at any one time in each lane. **PLEASE MAKE SURE YOU ARE ON POOLSIDE AT LEAST 10-15 MINUTES BEFORE YOUR ALLOCATED START TIME** as we will endeavour to get you off ASAP. There are three races, the 'Standard and Relay' & 'Sprint' Triathlon. **The Standard race will start at 06:00am this year followed by the Relay.** The Sprint race will follow at 8:00am. The roads around Steyning start to become busy after 10:00am, so our aim is to get you all finishing the cycle by 10:15am. **We will supply swim caps which have once again been provided by our colleagues at Human Race.** Prize giving and breakfast via Countryside Catering will be at The Cuthman Centre by the finish line. **We will be using a chip timing system courtesy of Race Timing Systems. Please make sure the chip is attached securely during the swim section.**

REGISTRATION: Please make sure you have your BTF Licence otherwise you will be required to purchase a day Licence. Non BTF members have already paid the levy and will be given a Day Licence.

0530am to 0830am. Register in the Cuthman Centre, adjacent to the Leisure Centre. Collect two race numbers, timing chip, bike & helmet numbers, goody bag including your Technical T Shirt **BEFORE** racking your bike. You will not be allowed in the transition area until your bike and helmet numbers are attached. **ONLY ATHLETES WILL BE PERMITTED IN THE TRANSITION AREA.** Swim briefing will be on poolside, there is no other briefing so please make sure you are familiar with the course and BTF rules. If you have any other queries please speak to the registration desk or to one of the Race Organisers.

SWIM: 800 meters (32 Lengths) for the Standard or 400 meters (16 lengths) for the Sprint. You will be given a swim cap prior to getting in the pool. You will then be instructed on the poolside which lane and direction to swim in. Lane counters will indicate when there are 2 lengths to go. Exit the pool and enter the transition area. (Caution when leaving the pool as the surface will be wet & slippery). We will be starting at the far end of the pool. **LANE ETIQUETTE:** The lane counters are there to make sure you swim the correct number of lengths, but it is your responsibility to count. If a swimmer behind you touches your toes please let them pass at the end of that length. Any unsporting impedence will be reported to the Race Referee. **IMPORTANT: The early starters in the standard race (those between 6am and 6:45am) must be on poolside on time and ready to go at your designated time.**

TRANSITION: See plans on website. The transition is at the front of the Leisure Centre in the main car park. This will entail athletes running a bit further from the pool but then spectators will be able to see the finish, transition and be near the trade stands and catering. Bikes will be racked on the racking provided. **DO NOT RACK ON THE FENCE. DO NOT REMOVE YOUR BIKE FROM THE RACKING UNTIL YOUR HELMET IS FASTENED.** Helmets must conform to ANSI/British Standards. Do not ride in the transition area; mount your bike in the mount/dismount zone as directed by the official.

STANDARD CYCLE: 36km. Please ride with caution at the front of the Leisure Centre and be prepared to STOP at the junction with the Horsham Road. There will be a marshal at this point trying to assist you but they cannot stop the traffic. It is YOUR responsibility to make sure the road is clear. Once you reach the A283, turn left (EXTREME CAUTION - FAST ROAD) and follow this road to Washington Village where you turn LEFT INTO THE VILLAGE, then left again and climb the hill to Chanctonbury Car Park where the road joins the A24 southbound. This is a fast section of road so please be careful. Follow the A24 to the first roundabout at Findon and circumnavigate it until you are riding NORTH on the A24. (EXTREME CAUTION CROSSING RIGHT ACROSS THE A24) Follow the A24 to Washington Roundabout and continue NORTH (2nd Exit) on the A24 until you reach the NORTH slip road to Ashington Village. **DO NOT ENTER** the village from the south slip road but continue north on the A24 (UNDER THE GREEN FOOTBRIDGE) to the north exit. At the end of the NORTH slip road, turn left and when you get to the roundabout circumnavigate it to return UNDER the A24 until you reach the next roundabout. Turn RIGHT and rejoin the A24 SOUTH. Continue to Washington Roundabout and turn left (First exit) and retrace your route back onto the A283. Follow the A283 to Bramber roundabout and circumnavigate it returning again on the A283. (6th exit) Turn left at Horsham Road and into the Leisure Centre. Please be aware there may be other cyclists and runners emerging from this exit point, **CYCLE WITH CAUTION.** Roundabouts on the bike are marshalled or well signed. There will be a motorcyclist and a recovery vehicle on the course. **YOU MUST OBEY THE HIGHWAY CODE.**

SPRINT CYCLE: 20km. Please ride with caution at the front of the Leisure Centre and be prepared to STOP at the junction with the Horsham Road. There will be a marshal at this point trying to assist you but they cannot stop the traffic. It is YOUR responsibility to make sure the road is clear. Once you reach the A283, turn left (EXTREME CAUTION - FAST ROAD) and follow this road to the Washington Roundabout on the A24. **EXTREME CAUTION, THIS IS A BUSY ROUNDABOUT.** Go all the way round and retrace your route back onto the A283 (4th exit). Follow the A283 to Bramber roundabout and circumnavigate it returning again on the A283. (6th exit) Turn left at Horsham Road and into the Leisure Centre. Please be aware there will be other cyclists and runners emerging from this exit point, **CYCLE WITH CAUTION.** Both roundabouts on the bike are marshalled. There will be a motorcyclist and a recovery vehicle on the course. **YOU MUST OBEY THE HIGHWAY CODE.**

TRANSITION: Once dismantled, rack your bike and ONLY THEN REMOVE YOUR HELMET. Please consider other athletes property in the transition area. Other athletes may be starting their race so please be aware.

STANDARD RUN: 8km. Run out of the transition and down Horsham Road, bear left at the bottom and follow the High Street through the town. Just keep running through the High Street, which eventually becomes Clays Hill and descend to Bramber roundabout. KEEP RIGHT and run up Maudlin Lane. This is fairly steep! RIGHT at the next junction and follow the road until you reach the top of Clays Hill again. Turn left and retrace your route back to Mouse Lane and just before you climb up to the Leisure Centre, continue STRAIGHT ON along Mouse Lane which is a narrow country lane. This is a gradual climb all the way to the turn round point at Wiston House. Retrace your route back to the start of Mouse Lane and this time turn LEFT and climb the short hill to the finish at the Leisure Centre. (PLEASE RUN ON THE FOOTPATHS AND BE AWARE OF OTHER PEDESTRIANS)

SPRINT RUN: 5km. Run out of the transition and down Horsham Road, bear left at the bottom and follow the High Street through the town. Just keep running through the High Street, which eventually becomes Clays Hill and descend to Bramber roundabout. KEEP RIGHT and run up Maudlin Lane. This is fairly steep! RIGHT at the next junction and follow the road until you reach the top of Clays Hill again. This time turn left and retrace your route back to the centre finishing by the Car Park.

Caterers

You can purchase breakfast from Countryside Catering after the race at the Cushman Centre. They also have a variety of good quality cakes and snacks for your consumption. PLEASE TAKE YOUR LITTER HOME WITH YOU!

Presentation & Prizes

This will take place by the finish area. Prizes will be awarded to the first three male and female, then category winners including Vets and Supervets. There may also be some spot prizes from one of our sponsors. Your age is at 31st December 2010, NOT age on race day. Prize giving for the Sprint will be as soon as possible after the last person from that race crosses the line and the same for the Long race.

Medical Advice

If you have any known medical conditions please inform us before the race and write your condition on the back of the number.

Toilets & Showers

A bank of Portaloos will be provided, together with toilets, changing facilities and showers within the Leisure Centre.

Results

Provisional results will be available in the afternoon via www.rawenergypursuits.co.uk and our race timers www.racetimingsystems.com RTS are usually the first to update www.tri247.com so they may be there by lunchtime too. Any queries you have about your time or splits should be directed straight to RTS who will help you out.

IMPORTANT PARKING NOTICE: Please Park as directed by the marshals in the school car park at the rear of the Leisure Centre. You can then walk your bikes from there into the registration area. Do not park at the front of the Leisure Centre as this will be required for members of the centre.

ACCOMMODATION:

The closest is **Springwells Hotel** www.springwells.co.uk 9 High Street Steyning, BN44 3GG, 01903 812446 (singles £42 doubles, £71 per room). This is 200m from the transition.

Nash Hotel, Horsham Rd, Steyning, BN44 3AA 01903 814988 (singles £30 doubles, £55 per room) this is about 2 miles away, but no pavement if you were thinking of walking into town.

Bunton Manor Farm, Steyning Rd, Wiston, BN44 3DD 01903 812736 is about 4 miles away (£54 per room).

Best Western Old Tollgate in Bramber Village, about 3 miles from the centre. (Nice village and easy walking) (01903) 879494, <http://www.bestwestern.co.uk/Hotels/Best-Western-Old-Tollgate-Restaurant-And-Hotel-83346/Hotel-Info/Default.aspx>

The Castle Inn, Bramber near Steyning is also about 3 miles walk to Steyning (£50 single £70 double or family room) Tel 01903 812102, <http://www.castleinnhotel.co.uk/>

Fircroft Bed & Breakfast, Fir Croft, STEYNING, West Sussex, BN44 3FH. Tel: 01903 816109. Very close to town centre. There are other B & B's in the vicinity, alternatively Shoreham-By-Sea is about 7 miles away or Brighton is about 10 miles away.

For tourist information go to <http://www.aboutbritain.com/towns/steyning.asp>

IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE COURSE.

Have a good race and try to enjoy it.

EARLY STARTERS IN THE LONG RACE: PLEASE DRESS SENSIBLY AND CONSIDER ARM WARMERS OR A JACKET.

Mick, Nigel & Steve.
Raw Energy Pursuits
www.rawenergypursuits.co.uk



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