



# Falmer Brighton Triathlon

July 14<sup>th</sup> 2019

## Competitor Info Pack

### Welcome to our 17<sup>th</sup> year!

We'd like to welcome all returning competitors who support our event year on year, but especially a warm welcome to all 'newbies' tackling their first ever triathlon. We trust you all enjoy a safe, splendid race and challenging event.

This event has only been made possible by the support and efforts of many people and organisations, thank you to you all, especially the following:

- BrightonMultisports.com – the organising club and event committee
- Volunteer marshals
- Sponsors and supporters – who have generated approx £1,000 in prizes

**The TriStore** (Eastbourne)  
**Stride UK** (Hove)  
**Studio57** (Brighton)

**Run Shop** (Brighton)  
**The Physio Rooms** (Brighton)  
**Velusso** - cycling holidays

**Eden Kafevend** – water supply      **Wightman & Parrish** – hygiene supplies  
**Virgin Active Brighton** – host venue and members

Over the years we are pleased to have raised over £10,000 for charity, mainly local charities. For 2019 we are delighted to be raising money for **Cyclists Fighting Cancer** and **Noman** the charity against the Human Papillomavirus (HPV) which causes 5% of cancers worldwide.

The event is organised by [BrightonMultisports.com](http://BrightonMultisports.com) – we are a multisports club whose aim is to train together, compete together and help, encourage and support each other so that we can all achieve what we wish to achieve. We are an active club boasting a great reputation for encouraging and supporting new athletes into the sport right through to international competitors and Ironman competitors.

Our triathlon is an opportunity to put something back into the sport that we love, by putting on an event that encourages newbies whilst still offering a suitable challenge to the experienced competitor.

Finally we wish you an enjoyable triathlon and please respect the volunteer marshals and officials who are there for your safety, the majority of whom are keen (and successful) athletes who have given their valuable time to ensure you can have a safe and great days sport.

Have a fun swim – bike – run!

Alister Linton-Crook  
Race Director



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On behalf of everyone at [BrightonMultisports.com](http://BrightonMultisports.com)

## Event Timetable

Saturday July 13 <sup>th</sup>			
<b>16:00 – 17:30</b>	<p><b>Event Registration</b> in the cafe area at the venue. All 'newbies' are advised to register on Saturday, when you will have more time for your questions and help with familiarisation.</p> <p style="color: red;">Please note timing chips must be collected on race day.</p>		
Sunday July 14 <sup>th</sup> Race Day			
<b>05:45 - 07:00</b>	<p><b>Event Registration</b> in the café area at the venue. Collect timing chip. <b>Registration Closes at 07:01 prompt</b></p>		
<b>05:50 - 07:05</b>	<p><b>Transition Area Open</b> for Bike Racking and Kit Drop-off.</p> <div style="border: 1px solid black; background-color: yellow; padding: 5px; margin: 5px 0;"> <p><b>Please note</b> that you must be registered and body-marked with your Race Nos before entering Transition. Please wear your helmet and have your Race Nos affixed to your bike and helmet.</p> </div> <p style="color: red;"><b>Competitors &amp; officials only in Transition (No spectators)</b></p>		
<b>07:10</b>	<p><b>Race Briefing</b> @ Finish Area (or in Cafe if poor weather!)</p> <p style="color: red;"><b>Compulsory Attendance</b></p>		
<b>07:20</b>	<p><b>Race Start</b> in numerical order (1,2,3,4 etc), based on swim times - slowest first, fastest last. (inc relay teams)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">           ODD numbers = Indoor pool (25m)         </td> <td style="padding: 2px;">           EVEN numbers = Outdoor pool (20m)         </td> </tr> </table>	ODD numbers = Indoor pool (25m)	EVEN numbers = Outdoor pool (20m)
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<b>Approx. 08:10</b>	<p><b>Last wave</b> of competitors start</p>		
<b>09:30 - 10:45</b>	<p><b>Competitors Finish</b></p>		
<b>11:00 - 11:30</b>	<p><b>Prize Giving Presentation</b></p>		



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## **Venue, Parking and Catering**

Virgin Active Brighton, Village Way, Falmer, Brighton, BN1 9SG. 01273 667800  
We are delighted to use the excellent Virgin Active Health Club venue and kindly ask that you respect the area and club members who allow us to use their club for the day. Please keep it clean and tidy.

**Free Parking** is available adjacent to the main club car park. Please continue straight on at the bottom of the hill (Village Way) **DO NOT TURN RIGHT INTO THE CLUB.**

**Please do not park in the club car park** as this needs to remain available for Virgin Active Club members only.

**Catering** and refreshments will be available throughout the day and competitors will receive a complimentary food and drinks voucher that can be redeemed during the day.

### ***Be our guests!***

***Competitors and supporters are also welcome to enjoy the Virgin Active Brighton Club leisure facilities during the day including the changing rooms, showers, steam room and Jacuzzi.***

## **Safety and First Aid**

There will be numerous Virgin Active Club staff on site who are registered First Aiders. In the event of a personal injury during the race, please make yourself known to the nearest marshal who shall assist you in getting the appropriate medical attention.

**Important** – please write any medical details & emergency contact number on the back of your race number and put a small indelible red cross on the front to indicate any known medical issues. If you feel unwell on race day- do not race! (a red marker pen will be available at registration)



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## Registration

Opening Times:

**Saturday 13th 16:00 - 17:30**

**Sunday 14th 05.45 - 07:00**

We strongly recommend you to register on the Saturday to save a mad rush on Sunday morning (especially newbies).

On Sunday, please do not arrive before 05:45 as the facilities will not be open.

### **Registration Procedure:**

- Event registration in the cafe area Cafe
- Collect race numbers and goodie bag Cafe
- Body marking & timing chips – on Sunday only Cafe
- Access transition – on Sunday only Car Park

Event registration will take place in the cafe area of the club and desks will be divided up alphabetically by surname.

### **BTF Membership and I.D.**

All competitors must provide some form of photo I.D. at registration.

Competitors who have paid £4 for a BTF race day license will be issued this by email in advance of the event. Competitors **do not** have to print off the BTF race day license and bring along on the day.

Competitors who have registered as BTF members **must show** their license at registration or will be charged £4 for a race day license.

### **Race Numbers**

You will be given two race numbers. When racing, these must be visible from

- Behind during the bike section (i.e. on your back!)
- The front for the run section (i.e. on your front!)

You will also be issued with 3 stickers corresponding to your Race Number, to be affixed to your bike & front of helmet **prior** to entering Transition, and a sticker to attach to your bag in transition.

### **Body Marking**

You will be body marked on your left arm and right leg.

Please present your Race Number.

### **Timing Chips**

Timing chips will only be available to collect on Sunday once you have been body marked. Please pick up your timing chip from the desk located in the cafe area.

### **Information Board**

Full race information, including route maps, last minute bulletins, will be displayed on a board in the cafe area. At least two of our team will be on hand on Saturday and Sunday to answer any questions you may have.



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Please ensure you arrive in time to register and rack your bike before the race briefing at 07:10. Transition will be closed at 07:05.

## Race Briefing 07:10

At the Finish Area or in the café if poor weather

Essential race information and last minute safety notes will be issued.

**PLEASE NOTE Attendance is compulsory.**

## Results

Competitors will be able to printout their times minutes after finishing the course. The final overall results will be uploaded and available on

[BrightonMultisports.com](http://BrightonMultisports.com) soon after the event finishes.

## **Transition and Racking**

Transition is hosted on the car park (former tennis court) adjacent to the finish gantry and spectator / patio area. It is accessed from the club car park.

***Transition can only be entered by officials and Competitors who have Registered and been Body Marked.***

### **To enter transition competitors must**

- ***Be wearing a cycle helmet***
- ***Cycles must be displaying a race number***
- ***Competitors must be body marked (i.e. have signed-in)***
  - ***Ensure your Cycle is roadworthy***

***All Cycles will be visually inspected prior to entering transition***

Transition marshals will carry out a visual inspection of your bike and helmet before allowing you to enter transition. Handlebar-ends must be terminated with a suitable bar-end plug or similar. Helmets must have a secure fastener strap.

Competitors are expected to ensure that their cycles are in a roadworthy condition. If you have issues with gears etc, please try to resolve these before race day, as you will have other things to think about on the day!

Racking is unallocated, so please rack courteously and do not clutter access ways. Rack according to marshal instruction and do not move fellow competitor's equipment.

Please note that new BTF regulations mean that large bags and boxes can no longer be left next to your bike in transition. There will be a 'Bag Drop' area in transition where bags / boxes can be stored.



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## Prize Giving

All finishers will receive a medal as they cross the line as a reward and memento of your achievement. Trophies and awards will be presented after the last finisher after times have been verified approx 11:00-11:30.

Overall Category				Age Categories (1 <sup>st</sup> )	
Male -	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Male Vet -	40+
Female -	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Female Vet -	40+
Relay -	1 <sup>st</sup>			Male Supervet -	50+
				Female Supervet -	50+
<b>Spot Prizes</b>			Many random Spot prizes Awarded		

BrightonMultisports.com is very grateful for the generous support of our sponsors who have contributed approx £1,000 in prizes.



THE WATER & COFFEE COMPANY





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## Race Information

### Event Rules

The event is governed by BTF Rules, a copy is available on [britishtraithlon.org](http://britishtraithlon.org)

#### General Rules

- No use of mobile phones, personal stereos, MP3's, iPods or equivalent at any time from 07:00 till race end
- No wetsuits or calf guards during the swim, no nudity in transition, no drafting on the bike and no naked torsos on the bike/run
- Drafting on the bike is not allowed. The drafting zone is 7m, so keep 7m behind the cyclist in front unless you are overtaking. Be warned 'draft busters' will be patrolling.

#### Transition Rules

- Cycle helmets must be fastened on your head prior to removing your bike from the racking (T1) and can only be removed when your bike is re-racked (T2)
- Relay Teams – the swimmer must tag the cyclist within the holding pen before the cyclist can remove the bike from the racking. The cyclist can wear a helmet prior to being tagged. The cyclist must re-rack the bike before the runner can be tagged within the transition area (T2).

## Race Start - 07:20

The race will start at 07:20 with the slowest swimmers setting off first and fastest swimmers last. Relay teams will be integrated based on entry swim time.

Competitors will start the race in numerical order (1-2-3-4-5 etc) and will be allocated to a pool according to their race number. Odd numbers will swim in the indoor pool, even numbers in the outdoor pool. Please note that use of both pools will depend on the number of competitors, so please listen for announcements and observe signage.

## Swim – 400m

<b>Indoor pool</b> 25m	<b>Outdoor pool</b> 20m
<b>ODD numbers</b> = 16 lengths	<b>EVEN numbers</b> = 20 lengths



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Please access the pools via the internal changing rooms and follow marshal instructions when directed to a pool and do not try to negotiate to swim in a different pool. Each pool will have a holding area where competitors are asked to wait in numerical order until called forward by a marshal / Start Official and asked to drop into the pool (**no diving**). Employ good lane discipline, lanes will go alternate clockwise / anti-clockwise from the right hand lane. Take care and be respectful of others when over-taking.

- Competitors will be allocated to a lane and given a coloured swim cap for ease of identification.
- Start times will be issued individually by the swim Start Official once the competitor is in the pool.
- Competitors will receive a 3-2-1-GO countdown.
- For safety reasons (shallow pool), tumble turns are strictly prohibited.
- A lane marshal will assist by counting your lengths and informing you when you have 2 to go. **However please note – it is your responsibility to count your own lengths.**
- Please return the swim cap to the marshal after your swim.
- Please move around the pool areas with care as they will become slippery
- The final wave of competitors is expected to start at approximately 08:10

### **Bike Route & Safety Notes** – please read carefully

<https://www.mapmyride.com/gb/rottingdean-eng/bmc-tri-bike-route-126812481>

We recommend the use of a flashing rear and front light to make you more visible.		
<b>Traffic Light Rules Procedure</b>		
Please take extra care at traffic lights on the route. Most race incidents / falls / conflict with other highway users occur within 50m of traffic lights. Be familiar with each location, instructions, be prepared and be aware of other highway users.		
There are 6 sets of traffic lights that will be encountered (four left turn, one right turn and one straight ahead).		
Competitors delayed at red lights will have 23secs deducted from their overall time for each occurrence. (This is the average time delay caused by red lights in 2016)		
Failure to adhere to the procedure will result in a <b>3 minute penalty</b> for each offence. Marshals will monitor each junction for competitor behaviour and their decision with the Race Director will be final.		
Distance	Instruction and Safety Notes	
1	0.8km	<b>Traffic Lights 1: Village Way Left turn. Competitors must stop whether the lights are green or red. Dismount, walk through the lights</b> (either on highway or pavement) and remount when safe to do so(!)
2	0.9km	Care at roundabouts. At first roundabout keep left (first exit) and at second roundabout turn right (second exit to Lewes A27)
3	1.2km	Care during filter onto A27





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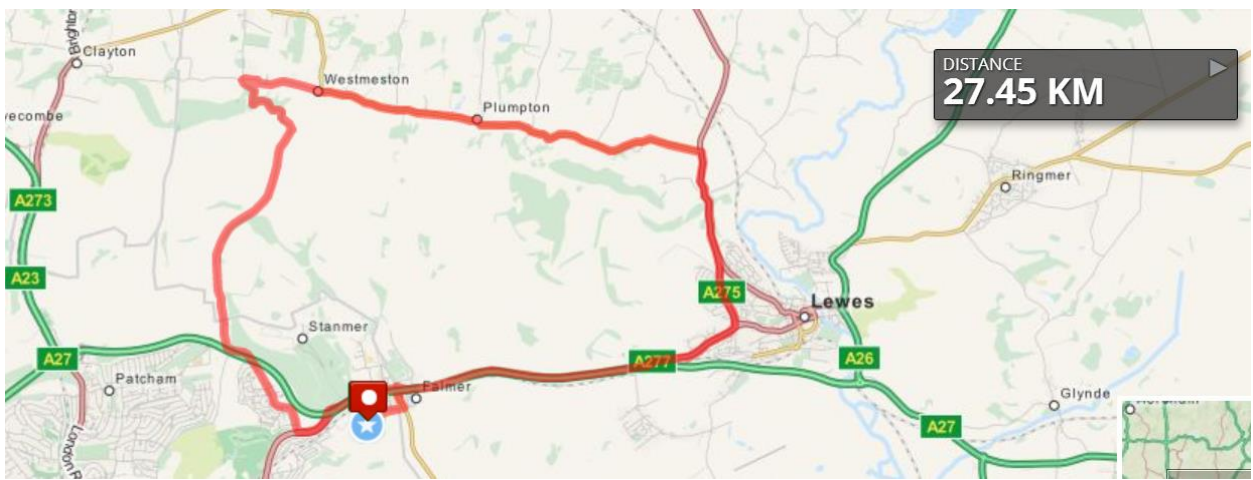
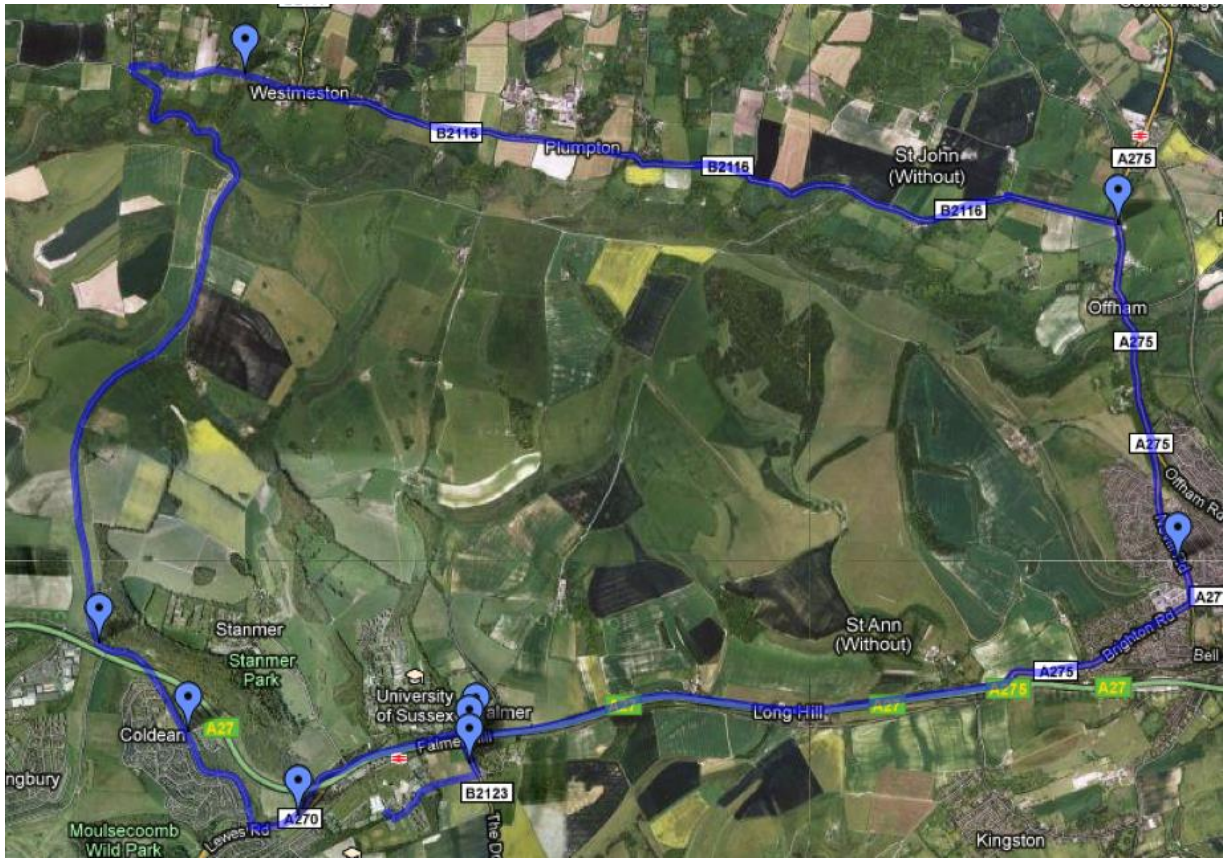
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4	5.1km	<b>Traffic Lights 2:</b> Kingston Roundabout <b>Lights by-passed, turn left.</b> 300m prior to the junction, competitors are signed (plus cones) to join the cycle lane and proceed past the lights, thus avoiding them. Rejoin the highway after the roundabout when safe to do so(!)
5	5.5km	Care rejoining the highway after the roundabout from the cycle lane.
6	6.9km	<b>Traffic Lights 3:</b> Lewes Prison <b>Left turn onto A275.</b> <b>Competitors must stop whether the lights are green or red.</b> <b>Dismount, walk through the lights</b> (either on highway or pavement) and remount when safe to do so(!)
7	9.9km	Left turn onto B2116 - do not cut the corner, raised surface
8	16.3km	Fork left onto Underhill Lane – narrow road and some loose gravel patches. <b>PLEASE NOTE:</b> Marshalls at this turn will report any competitor not seen to be slowing and riding with care.
9	17.5km	Give Way and turn left. Ditchling Beacon 158m ascent – <b>enjoy!</b>
10	22.9km	Give Way and turn left at T-junction
11	23.2km	Care on steep descent of Coldean Lane
12	24.6km	<b>Traffic Lights 4:</b> Coldean Lane <b>Lights by-passed, turn left.</b> Slow right down, check the way is clear, cross the cycle path and join the bus lane on Lewes Road A270
13	25.1km	<b>Traffic Lights 5:</b> A270 Stanmer Park <b>Straight on.</b> <b>Competitors must obey the Highway Code and stop at the traffic lights when red. Competitors that stop at the lights will have 23secs deducted from their overall time.</b>
14	25.4km	Stay in lane and follow the slip road (do not join the A27)
15	26.4km	Turn right (third exit) at roundabout
16	26.6km	Straight ahead at roundabout (second exit) and after 50m filter to the right hand lane for the traffic lights.
17	26.8km	<b>Traffic Lights 6:</b> Village Way / AMEX Stadium <b>Right turn.</b> <b>Competitors must obey the Highway Code and stop at the traffic lights when red. Competitors that stop at the lights will have 23secs deducted from their overall time.</b>
	27.2km	Care - Speed humps and steep descent of Village Way
	27.6km	Turn right into Virgin Active Club
	27.7km	Care – dismount and proceed to Transition2



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## **Run Route – 5.2km**

**PLEASE NOTE - The run route is different to recent years**

<https://www.mapmyrun.com/routes/view/2569395814>

The route is an 'enjoyable' 5.2km of mixed surfaces comprising approximately 50% asphalt and 50% gravel / x-country.

The terrain is varied and you will be treated to a close up view of the new Amex Stadium and a slightly more distant view of Stanmer House (when you reach this point you may be a bit breathless!?).

Please familiarise yourself with the route. There will be plenty of signs and lots of encouraging marshals, however it is your responsibility to ensure you follow the correct course.

### **Exit Transition T2**

Follow the route along a path between the tennis courts and the outdoor pool, proceeding around the back of the VA Club building. The surface behind the building is uneven.

When towards the front of the building, you will be signed to **turn left** through a small gate towards Falmer railway station onto asphalt for the next 1.2km.

After 200m, turn right onto the wide path which runs parallel to the railway line and after a further 200m cross the railway line via the new ramp 'footbridge'.

**Use the ramps to ascend and descend the bridge, not the steps.**

At the bottom of the ramp **turn right**, proceed along the footpath towards the station building for 20m and then **turn sharp left**.

Run down the ramp **not** the steps, to the underpass towards the University Campus and Stanmer Park.

### **New Section!**

After the underpass follow the signs **straight ahead and cross the pedestrian 'zebra' crossing** (over the University Campus road) with care!

**Turn left immediately onto the paved footway for 200m.**

**Fork right into Stanmer Park**, passing the water station.

**Ascend the hill towards the woodland** alongside the University sports pitch.

Join the gravel path, follow the path into the woodland and **turn right** after 150m, then after 300m bear left. Follow the ascending gravel path to the exit of the wood and through a gate, **turn sharp left**

*- You're at the top of the hill and halfway, enjoy the view of Stanmer House!*



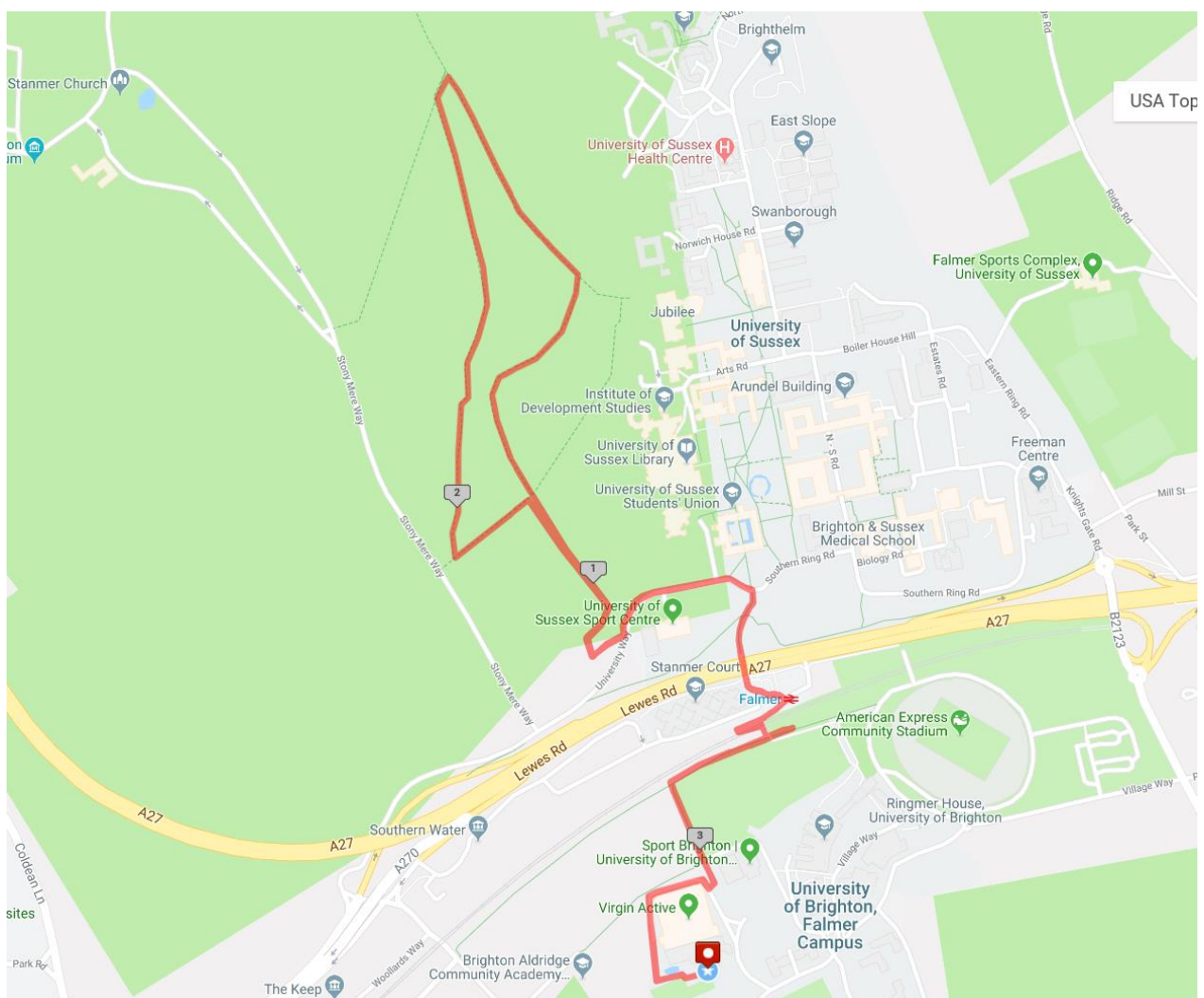
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Follow the path descending the field, diagonally to the bottom of the field. Beware of the uneven surface and rabbit holes on this path. Go through the gate and turn left onto the gravel path (do not go straight ahead as previous years!) After 150m turn right and retrace the 'out route' back to the finish!

Pass the water station and exit Stanmer Park. Join the paved footway for 200m, before **turning right / crossing the pedestrian 'zebra' crossing**. Enjoy the return route back to a well-deserved finish.

**PLEASE NOTE - The run route is different to recent years**



**PLEASE NOTE - The run route is different to recent years**

***Race safe and enjoy your Tri***  
***BrightonMultisports.com***