

MID SUSSEX TRIATHLON CLUB DUATHLON

Risk Assessment, Waiver and Entry Form
Steve Alden (Cycle risk assessment is separate)

ARDINGLY April 17th 2016

The MID SUSSEX TRI CLUB DUATHLON is based at Ardingly Reservoir. The transition area and meeting point is in the main PUBLIC CAR PARK, and as a result we are not setting up any specific racking. Bikes will be racked in front of our own cars . The car park will be in use for the public throughout the race.

RACE FORMAT

The SHORT course will be 5k Run (one out and back run circuit), then a 14m bike, then a further single 2.5km out and back run circuit.

The STANDARD course will be an accurately measured 10km run (2 laps) then a 27m bike then a further 1 lap – 5km run.

All areas are open to the public at all times. The run is a beautiful scenic route around the lake, whilst the bike circuit follows our well known ‘sporting course’.

If anyone feels the whole course daunting for them it is perfectly acceptable to team up with others and do it as a relay.

The entry fee is the same for all competitors (including relay) as it is anticipated that 95% will go to the club charity.

The run is out and back along footpaths adjacent to Ardingly Reservoir.

The run is 2.5k long and will be repeated to achieve the selected race distance although the short course second run will turn at the half way stage.

The whole race route is on public footpaths and will be used by the general public

Please be aware that there will be people walking dogs and possibly people on bikes.

Route

FIRST RUN

Leave transition and run to the gate at the corner of the field.

Follow footpath alongside reservoir to the next gate. Go through gate and turn left keeping to the public footway across causeway.

At other end of causeway turn left through gate still keeping the reservoir on your left.

Follow path to the 2.5km turn point which will be marked by an orange cone. Turn around the cone and retrace steps back through the gate and turn right onto the Causeway.

Stay on the public footpath across the causeway until the next gate, go through this and follow the path with the reservoir on your right until you reach the gate near transition.

Short course will go straight to transition, while Standard Course will go around a marker cone and repeat the whole lap again.

BIKE RISK ASSESSMENT IS WRITTEN ON SEPARATE
FILE

SECOND RUN

Standard Course will do one whole lap exactly as
above.

Short course will have a turn cone at 1.25km and will
turn here (**MARSHALL to avoid confusion**)

Transition Area Risk Assessment

- * This is an area used for storing and collecting race equipment whilst competing in the event.
- * You will visit this area before and after the event and twice during the event.
- * This area is a car park and used by other pedestrians and motorists.
- * Event and caution signs will be in place to warn motorists and car park users of activity.
- * The surface is flat with good adhesion.
- * Marshalls will be in place to watch over competitors' equipment during the event.

TRANSITION INSTRUCTIONS

Enter the car park after the first run following the signs and collect your bike and equipment. Leave the transition area following the signs for mounting and continue to the bike route. Be aware of any motorists entering or leaving the area also.

After completing the bike course follow the signs for dismounting and for re-entering the transition area. Be aware of motorists entering and leaving the car park. Leave your bike where you picked it up and collect your run equipment.