



Virgin Active Brighton Triathlon



Pre-event Guide Notes

Welcome to the ninth running of our triathlon and the first as the **Virgin Active Brighton Triathlon** 2012, Sept 16th.

The event is organised by VirginActiveBrighton.co.uk – we are a multi-sports 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 a 'club within a club' at the Virgin Active Health Club – Brighton Health and Racquets Club, Falmer. The triathlon has been made possible by the commitment of the organising club members who are all active competitors, the host venue and the numerous sponsors who have contributed so generously to generate over £1,000 in prizes.

Here are some Pre-event Guide Notes to help you prepare for the event and familiarise yourself with the route. Please note that the full Competitor Info Pack will be available on **Monday Sept 10th**.



Virgin Active Brighton Triathlon



Venue and Catering

Virgin Active Brighton Health & Racquets Club, 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.

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

Event Timetable

Sept 2nd Competitor Info Pack Available VirginActiveBrighton.co.uk
Sept 6th Entries Close

Saturday Sept 15th

15:30-18:00 Event Registration in the cafe area at the venue.

Please note that all 'newbies' are advised to register on Saturday, when additional advice and staff will be available to answer extra questions and help with familiarisation.

Sunday Sept 16th Race Day

05:45-07:00 Event Registration at venue
Registration Closes at 07:01 prompt

06:00-07:05 Transition Area Open for Bike Racking and Kit Drop-off

07:10 Race Briefing in Cafe or outdoors weather permitting
– Compulsory Attendance

07:30 Race Start, slowest swimmers first

09:15-10:30 Race Finishers

11:00 Prize Giving Presentation



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Swim – 400m

The swim is 400m in an outdoor 20m pool or indoor 25m pool. Competitors will start the race in numerical order and will be allocated to a pool according to their race number. The race will start at 07:30 with slowest swimmers first and fastest last and will operate on a drop in basis (no diving). A marshal will call you from the poolside and give you a lane and swim cap for ease of identification.

Start times will be issued individually by the swim start marshal once the competitor is in the pool. Competitors will receive a 3-2-1-GO countdown and a lane marshal will assist by counting your lengths and informing you when you have 2 to go. However - remember it is your responsibility to count your own lengths. For safety reasons (shallow pool), tumble turns are strictly prohibited.

Bike Route – 27.7km

The route map is enclosed and on the day will be clearly marked and marshalled. Remember BTF rules state that competitors are responsible for their own navigation round the course - please make sure you are familiar with the route beforehand.

An approved cycle helmet must be worn and you must obey the Highway Code and the traffic lights procedure below. Your safety is your responsibility, so please exercise caution when negotiating junctions, roundabouts and particularly when warned by marshalls. Please be aware of other road users at all times.

Traffic Light Procedure – read carefully

6 sets of traffic lights will be encountered (four left turn, one right turn and one straight ahead). Failure to adhere to the procedure will result in a 3minute penalty for each offence. Marshalls will monitor each junction for behaviour and your safety and their decision with the Race Director will be final.

1 Village Way (left turn); 3 Lewes Prison (left turn) & 4 Coldean Lane (left turn)

– Cyclists must stop, dismount, walk through the lights and re-mount, whether green or red lights.

2 Kingston Roundabout (lights by-passed)

– 60 metres prior to the junction, cyclists must join the cycle lane and proceed past the lights, thus not encountering the lights, rejoining the highway 300m after the lights.

5 Stanmer Park A270 (straight on) & 6 Village Way (right turn)

- You must obey the Highway Code and stop at the traffic lights accordingly. Any time loss (from stationery to re-start) will be captured by a time-marshall and deducted from the competitors overall time.



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Bike Route / Safety Notes

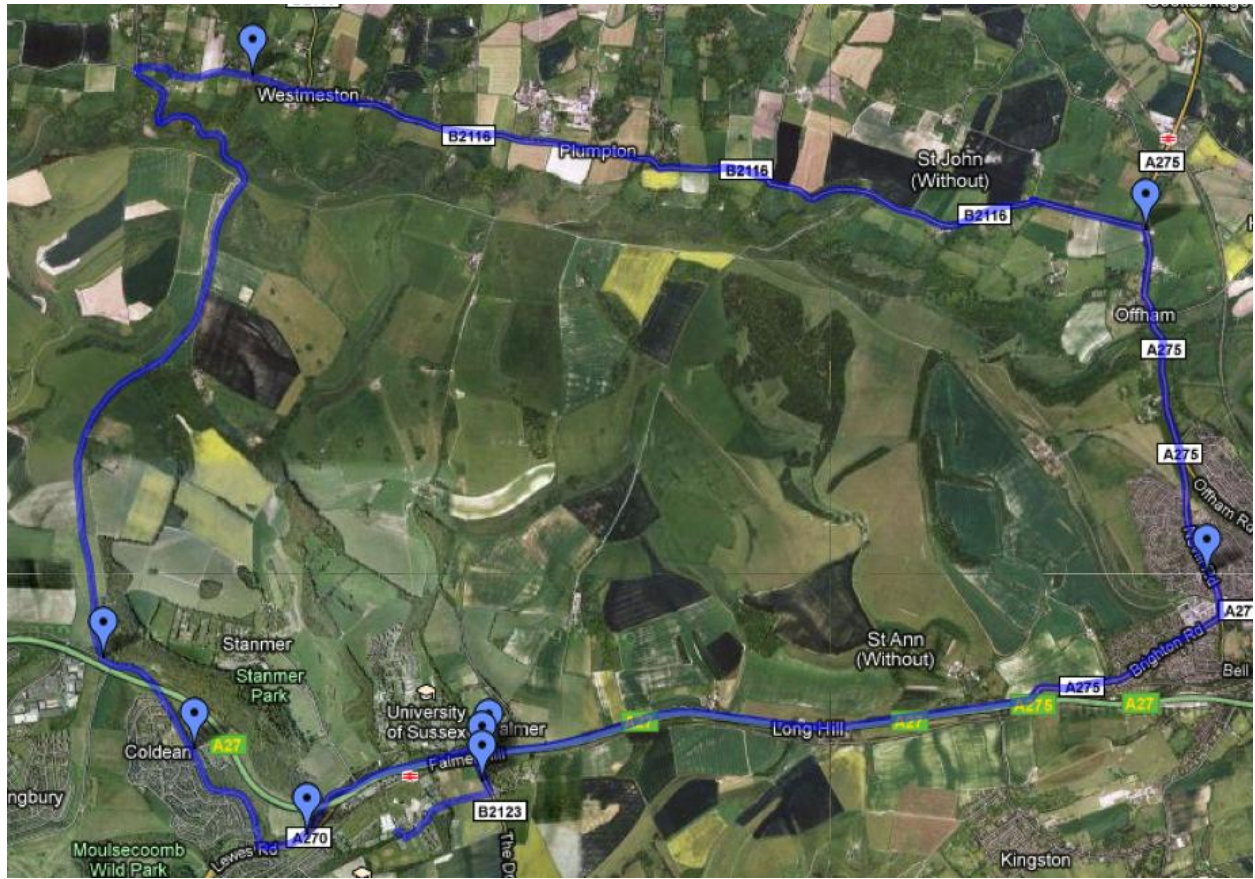
0.8km	Village Way traffic lights 1(left turn) - Stop, dismount, walk through the lights and re-mount, whether green or red lights
0.9-1.1km	Care at roundabouts uneven surface. At first roundabout keep left (first exit) and at second roundabout turn right (second exit to A27)
1.2km	Care during filter onto A27
5.1km	Kingston Roundabout – Very high speed approach! 60m metres prior to the junction, cyclists must join the cycle lane on the left. Do not proceed to the roundabout and traffic lights 2.
5.5km	Care when rejoining the highway from the cycle lane.
6.9km	Lewes Prison traffic lights 3 (left turn) - Stop, dismount, walk through the lights and re-mount, whether green or red lights
7.0km	Care – uneven surface for 300m
9.9km	Left turn from A275 onto B2116 - do not cut the corner, raised surface
16.3-17.5km	Fork left onto Underhill Lane – narrow road and some loose gravel patches
17.5-19km	Give Way and turn left. Ditchling Beacon 158m ascent – enjoy!
22.9km	Give Way and turn left at T-junction
23.2-23.8km	Care on steep descent (Coldean Lane)
24.6km	Coldean Lane traffic lights 4 (left turn) - Stop, dismount, walk through the lights and re-mount, whether green or red lights
25.1km	Straight on at Stanmer Park traffic lights 5 - obey the Highway Code and proceed when lights are green only. Time loss will be deducted.
25.4km	Stay in lane and follow the slip road (do not join the A27)
26.4km	Turn right (third exit) at roundabout
26.6km	Straight ahead at roundabout (second exit) and after 50m filter to the right hand lane
26.8km	Village Way traffic lights 6 (right turn) – obey the Highway Code and proceed when lights are green only. Time loss will be deducted.
27.2-27.6km	Care - Speed humps and steep descent
27.6km	Turn right into Virgin Active Health Club
27.7km	Care – dismount and proceed to Transition2



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Bike Route Map





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Run Route – 5.1km

The run route is an 'enjoyable' 5.1km 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).

When you exit transition, you will travel along a path between the tennis courts and the outdoor pool, proceeding around the back of the Health Club building. The surface behind the building is uneven.

When you come round towards the front of the building, you will be directed through a small gate to your left, which will lead you down towards Falmer railway station. The surface is asphalt for the next 1.2km.

After 200m turn right onto the wide path which runs parallel to the railway line and after about 200m cross the railway line via the new 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.

Once out of the underpass follow the signage and marshals' directions making a sharp left turn after 30m, towards the entrance to Stanmer Park. After a further 300m turn right, crossing the road and enter Stanmer Park through the main entrance. Marshalls will be present to warn of traffic when crossing the road.

Stanmer Park

In Stanmer Park turn right onto the grass and pass the water station. Make your way diagonally across the field towards the wood and up the hill. Here you will be directed into the woods. Follow the gravel path, turning right after 100m, then after 300m bear left. Follow the ascending gravel path to the exit of the wood and through a gate turn left - *Admire the view!*

Follow the path descending the field, bearing diagonally right to the bottom of the field. Beware of the uneven surface and rabbit holes on this section. Go through the gate and head back passed the water station.

Go out of Stanmer Park, crossing the road and re-trace your steps back to a **very deserved finish line.**