



The club Olympic distance event will take place on Sunday 24th July 2010.

The event will start and finish at Ardingly reservoir: Ardingly, Sussex, RH17 6SQ. Telephone: 01444 892 549. Full details of the facilities can be obtained at <http://www.ardinglyactivitycentre.co.uk/>

Please remember that while this event has been registered with the BTF, it will not be fully marshalled. It is important that ensure your safety throughout the session. Please remember that the club's general policy is one that is predicated on the notion that we are all responsible individuals who appreciate the risks associated with our sport and, therefore, participate at our risk.

The full course has been set as:

1. an open water swim over a 1.5 Km course in the Ardingly Reservoir. The course is 2 laps of an out and back route of 700 metres per lap (350 metres out - 350 metres back) with an additional 100 metre swim to the finish at the slipway.
2. a cycle route of just over 40 kms that will be held entirely on open public roads, where there will be unrestricted vehicular, pedestrian and other traffic. The course is a single lap of the club middle distance route. It is a relatively testing and technical course, and
3. a 10 Km run over a course that is mainly on off-road public footpaths and bridleways adjacent to the Ardingly Reservoir and which is along the same route as the middle distance run route.

All participants **MUST** attend the pre-session briefing that will be held at the transition area at 0700. The event will start at 0700.

Maps of the cycle and routes run can be viewed at:

<http://www.mapmyrun.com/run/united-kingdom/-ardingly/100127930970219128>

<http://www.mapmyrun.com/ride/united-kingdom/-ardingly/530127930804155695>

The risk assessments for the swim, cycle and run routes will be put on the club website in the week beginning 11th July. Please ensure that you read these documents prior to the event. IT IS YOUR RESPONSIBILITY TO READ THESE DOCUMENTS.

You must complete the attached entry form and waiver/indemnity and hand them in person to **Steve ALDEN** or **Mark JORDAN**, together with the entry fee.

No person will be allowed to participate without having completed the forms and having paid entry fee.

Changing and shower facilities are available at the Ardingly Activity Centre. There is a small café at the activity centre selling hot and cold drinks and various snacks and confectionary.

Please ensure that you park your cars in the public car park at the reservoir (charge £1). Do not attempt to drive beyond the car park entrance towards the reservoir or to park lower down the hill.



The transition area will be on the grass alongside the entrance to the car park. This will also be the finish of the course. Racking for bicycles will be set-up. There is no provision to leave any equipment/kit at the venue prior to the day. The schedule for the day is set out below.

All participants are responsible for their own hydration and nutrition throughout the session. Please make sure that you bring sufficient quantities of any supplements, gels etc that you may need. Bottled water will be available at:

- the transition area - which will serve the swim-cycle transition, the cycle-run transition and the southern turn around point for each lap of the run-
- the southern turn around point of the run

The rough schedule for the day is:

0630	0700	0730	0755	0815	0905	0940ish	0955	1100
arrival	Briefing							
		Swim start	Lead swimmers leave water	All swimmers leave water				
			1 st Cyclists leave transition		1 st cyclists enter transition		All cyclists through transition	
					1 st runners leave transition	1 st runners finish		All runners finish

Please remember that we are guests at the venue and that other people will be using it and its facilities.

Good luck to everyone.