MID SUSSEX TRIATHLON CLUB

DUATHLON

**SOUTHWATER MARCH 17TH 2013**

**th May 2012**

08

**Fall**

The MID SUSSEX TRI CLUB DUATHLON is based at Southwater Country Park. 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.

Risk Assessment, Waiver and Entry Form

Steve Alden

RACE FORMAT

The SHORT course will be 5k Run (2 laps of run circuit), then a 12.90m bike, then a further single 2.5km lap of the run circuit.

The STANDARD course will be an accurately measured 10km run (4 laps) then a 24.7m bike then a further 2 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 one of the best local time trial routes.

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 90% will go to the club charity.

The run is a lap of Southwater lake and out and back along an adjoining footpath. It is 2.5k long and will be repeated to achieve the selected race distance.

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.

**Run Route**

Leave transition and follow the path towards the shower block after 50m turn right towards the lake and then turn left along the path adjacent to the jetty.

* Follow the path keep right at the first junction.
* As you come to the top of a small climb take the right turn.
* Keep on the same path until you come to an arrow indicating a left turn.
* Carry on to the end of the path and turn left.
* Follow the path to the end, do not cross the bridge, carry on and turn sharp right at the marshal and follow the path back towards the lake.
* Continue along this path keeping the lake to your right.
* At the end of the lake follow the path around to the left, back towards transition.
* Take the left turn in front of the transition to join the footpath and follow this to the end.
* At the end of the path turn sharp left before keeping on the path to the left of the car park. Follow the path towards the bollard and turn sharp right.
* After the right turn you will see a marshal and the turn around point.
* Turn at the marshal .
* Return towards the bollard and turn left.
* Continue along the path and take the first right turn and rejoin the path back towards transition.

On arrival at transition you have completed 2.5k. It is you responsibility to complete the correct number of laps according to your selected race distance.

**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.

**Cycle Route Risk Assessment**

Route map can be viewed/downloaded here <http://connect.garmin.com/course/2755998>

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| **ROUTE** | **COMMENT** |
| Mount on road opposite Car Park entrance to Southwater Country Park *MARSHAL* | Road is one-way from Left, but 2-way from right  *Cross only when instructed by marshal* |
| RIGHT TURN into Cripplegate Lane 0.02m *MARSHAL* | DANGER – STOP – foot down to ensure no oncoming traffic from both sides |
| MINI ROUNDABOUT – continue straight on Cripplegate Lane (Millfield) 0.27m | Gentle uphill into roundabout CAUTION for local traffic |
| 2nd MINI ROUNDABOUT – continue straight on Cripplegate Lane (Millfield) 0.41m | Good visibility into roundabout CAUTION for local traffic |
| LEFT TURN from Cripplegate Lane into Mill Straight 0.45m | T-junction. EXTRA CAUTION to observe for cars coming from Right |
| TURN LEFT at Southwater Roundabout from Mill Straight onto A24 0.60m | CAUTION – You are now joining FAST vehicular traffic with a good road surface.  WIDE ROAD Keep Left and where possible stay inside white line, although caution for possible debris on this area |
| GARAGE ROUNDABOUT – 2nd Exit – continue on A24 2.75m | Large Roundabout, excellent visibility, but anticipate vehicular traffic from Right |
| Slip Road to Broadbridge Heath Roundabout continue on A24  3rd Exit 4.78m | **Under no circumstances must any cyclist continue onto the underpass. All cyclists must take the slip road or will be DISQUALIFIED.** |
| ROBIN HOOD Roundabout – continue on A24 - 2nd Exit 5.78m | Roundabout at the top has excellent visibility, but is very large with 5 exits –CAUTION  Excellent visibility, fast roundabout, but CAUTION potentially fast vehicular traffic from right |
| GREAT DAUX Roundabout – TURN POINT continue right around roundabout to come back down A24 - 3rd Exit 6.45m | CAUTION – watch for fast vehicular traffic from right crossing this roundabout. Also extra caution in wet conditions, road surface here is known to get greasy and slippery |
| Robin Hood Roundabout. Take 2nd Exit to continue on A24 | CAUTION – excellent visibility but some risk of traffic from right |
| Take Slip Road to Broadbridge Heath Roundabout, then 2nd Exit to continue back down Slip Road to rejoin A24 | WARNING all cyclists must take the slip road. Anyone using the underpass will be disqualified. CAUTION at roundabout. This is a very busy 5 way roundabout although visibility is excellent. When rejoining A24 be aware of extremely fast traffic already on carriageway |
| New junction under development, not currently functioning | Opening date not known – update when open |
| Garage Roundabout. Take 2nd Exit to continue on A24 | CAUTION fast moving vehicular traffic from right, but excellent visibility |
| Southwater Roundabout.  **SHORT COURSE** - Take 2nd Exit to Turn Right onto Mill Straight  **LONG COURSE -** TURN AROUND ROUNDABOUT (3rd EXIT) – AND PROCEED TO DO EXACTLY SAME AS FIRST LAP UNTIL THIS ROUNDABOUT AGAIN WHERE TURN RIGHT (2nd Exit) as per short course | EXTREME CAUTION to make right turn on dual carriageway roundabout. Excellent visibility but anticipate very fast vehicular traffic |
| Turn Right from Mill Straight onto Cripplegate Lane | EXTREME CAUTION for Right Turn. Visibility excellent, but turn is only 200m after roundabout, so be aware of traffic from behind |
| Mini roundabout on Cripplegate Lane, continue taking 1st Exit | Be aware of local traffic |
| Mini roundabout on Cripplegate Lane, continue taking 1st Exit | Be aware of local traffic |
| Turn Left from Cripplegate Lane onto Station Road | Be aware of vehicular traffic emerging from Southwater Country Park |
| Dismount before entrance to Car Park to Southwater Country Park |  |

**PLEASE READ WHAT FOLLOWS VERY CAREFULLY BEFORE SIGNING IT AND RETURNING IT WITH YOUR ENTRY FORM. THIS DOCUMENT HAS LEGAL CONSEQUENCES. BY SIGNING IT, YOU WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING FUTURE LEGAL ACTIONS AGAINST: (1) THE MID-SUSSEX TRIATHLON CLUB, (2) SOUTHWATER COUNTRY PARK AND (3) SOUTH EAST WATER. YOU MAY WISH TO TAKE INDEPENDENT LEGAL ADVICE BEFORE SIGNING IT.**

1. I understand that each of the disciplines of duathlon – running and bicycling, – as well as the transitions and transition areas between disciplines, are inherently dangerous and physically and mentally demanding. I am aware that this session will involve: (i) a run course of either 5km (short) or 10km (long) (ii) a cycle route of 24.80m (12.90m for short course) that will be held entirely on open public roads, where there will be unrestricted vehicular, pedestrian and other traffic, and (iii) a 5 Km (2.5km short course) run over a course that is mainly on off-road public footpaths and bridleways adjacent to the Southwater Lake. I understand that I will be participating in the event at my own risk. I accept and assume all of the risks associated with my participating in the session.

I have been advised to familiarise myself with the cycle and run routes. I have read and understand the risk assessments completed for each of these routes and for transition.

2. I understand and agree that it is my responsibility to determine whether I am sufficiently fit and healthy enough to participate in the session.

I am physically and mentally fit enough and sufficiently trained to participate in it. I have not been advised against participating by a qualified/registered medical practitioner.

3. I understand and agree that it is my responsibility to take out and maintain suitable insurance cover against any injury I might sustain, or any damage that might be caused to my or others property, because of my participation in the session.

I have been advised to join one of the three home nations triathlon associations - Triathlon England/Triathlon Scotland/Welsh Triathlon.

I will behave responsibly throughout the event. I will accord with the relevant British Triathlon Federation guidelines, club policies and the Highway Code at all times.

4. I, acting in my own right and on behalf of any person or legal entity that might claim or sue on my behalf, waive and release from any claim, demand, loss or liability of any kind the following:

* The Mid Sussex Triathlon club
* Southwater Country Park

 I have read and understand all of the points made above. I agree to and accept them without qualification

Signed ....................................................................

Date ....................................................................

Print name please...........................................................

Emergency Contact information

Full Name of person to be contacted

Address

Relationship

Telephone Number

Mobile Number

The entry fee will be £10.

Please make cheques payable to MSTC.

MID-SUSSEX TRIATHLON CLUB DUATHLON

ENTRY FORM

SURNAME…………………………………..FORENAME………………………………………..

ADDRESS……………………………………………………………………………………………….

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……………………………………………………POSTCODE……………………………………….

AGE……………………………………………..Date of Birth……………………………………..

Telephone number………………………………………………………………………………….

Mobile Number……………………………………………………………………………………

BTF Membership Number…………………………………………………………………….

Please provide any details about any **medical condition/disability** that you have, together with information about medication and whether it will be carried during the event or where it will be otherwise accessible: