




















Mid Sussex Triathlon Club Sprint Duathlon Event
Cycling Course Route & Risk Assessment

- The course starts and finishes at the entry to the public car park at the ARDINGLY RESERVOIR. It is one lap.
- The course is about 15 miles (24 kilometres) in length.
- The entire course is on public roads.
- There is no restriction on other traffic.
- Signs will be placed to warn motorists that an event is taking place.
- Direction signs for participants will also be placed at various points around the course.
- You are advised to carry your own favoured brand of energy/nutrition supplements and liquid/hydration.
- A car will be available to collect any participant during this stage of the event. The mobile telephone numbers of those staffing the car will be given at the event briefing.
- You are advised to carry:
 - A puncture repair kit and/or at least one spare inner tube/replacement tubs
 - A mobile telephone
- If, unfortunately, you have a crash, and/or fall ill on the course, contact an ambulance on 999. If it is at all possible, please also contact the co-ordinator.
- This is a difficult and technically challenging course.
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 - You must comply with the HIGHWAY CODE at all times
 - You are advised to ride the route before the event to familiarise with it.
 - Please always ride within your ability. It is a long way.
 - Keep to the left of the roads at all times and try to hold a straight line
 - (for the record) there is no drafting allowed.












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Route	Comment
<p>ARDINGLY RESERVOIR car park access road to junction with COLLEGE ROAD</p>	<p> Uneven and poor road surface Multiple speed humps</p> <p> Short but steep hill Keep left</p>
<p>Left turn from reservoir access road into COLLEGE ROAD towards ARDINGLY village MARSHAL HERE</p>	<p> DANGER – stop  – foot down to ensure no oncoming traffic from both sides</p>
<p>Left Turn from COLLEGE ROAD (Ardingly) into SELSFIELD ROAD/ARDINGLY ROAD (B2028) towards TURNERS HILL</p>	<p> Junction left from COLLEGE ROAD into SELSFIELD ROAD (MARSHALL HERE) and then, very quickly, with STREET LANE</p> <p> Narrow road - Cars parked on both sides and particularly left, near side. Be careful of oncoming vehicles within village and cars from minor road junctions and drives within village.</p> <p>Road widens just outside of village as it approaches SOUTH OF ENGLAND SHOWGROUND. Good road surface.</p> <p> 4 left hand junctions from/to showground but all with good visibility.</p> <p> 2 left hand junctions to/from WAKEHURST PLACE with good visibility.</p> <p> pot-holed and uneven road surface just after WAKEHURST PLACE close to left hand edge of road. Visibility may be affected by overhanging trees on both sides of road.</p> <p> Uphill incline. Note  right hand junction with SELSFIELD ROAD at crest of incline</p>



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	<p>and as road bends left.</p> <p> Downhill incline with left and then right hand bends towards mini-roundabout at WITHPITS and then short uphill incline towards crossroads at TURNERS HILL</p>
LEFT Turn TURNERS HILL into B2110 CHURCH LANE leading to B2036 at Cowdray Arms	<p>  Crossroad at crest of hill. Be aware of traffic from left ((CHURCH ROAD), oncoming vehicles seeking to turn right and traffic from right (EAST STREET).</p>
Stay on B2110 until Turn Left at T-JUNCTION with B2036 at Cowdray Arms	<p>Caution Right Junction with Turners Hill Road. Caution passing Worth School. Great Caution on approach to left turn at Cowdray Arms for likely fast moving traffic from Right. MARSHALL HERE</p> <p> Note the junction right (HIGH STREET, B2110).</p> <p> The road then slopes downhill on a potentially fast section.</p> <p> (STONEY LANE) & (BOUNDARY ROAD) as road sweeps right and then left into BALCOMBE.</p> <p> Horridly steep section leading up through bollards. Keep left.</p>
Turn left opposite BOLNEY SCHOOL into HAYWARDS HEATH ROAD	<p>Still slightly uphill and some speed bumps.</p> <p> Be careful cycling through the village. Cars parked on both sides and numerous driveways to and from houses.</p>

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At T-junction with BRAMBLE HILL & STOCKCROFT ROAD carry straight on - HAYWARDS HEATH ROAD	 Be aware of traffic from left at junction Downhill section to mini roundabout
Continue on HAYWARDS HEATH ROAD – straight across mini-roundabout at junction with Mill LANE (left)	  Good visibility of traffic from ahead. Poor visibility of traffic from left (MILL LANE). Uphill gradient leading out of village. Initially level and then fast downhill section once out of village. The road sweeps right and then left.  Be aware of uneven and potholed road surface along this whole section up to BORDEHILL Numerous small left hand junctions. Note STONEHALL   Over UPPER RYELANDS BRIDGE and into short, sharp uphill section. Visibility potentially affected by density of overhead trees. Very poor road surface.  Be careful of bend under bridge and particularly on coming traffic  Left hand junctions (NALDRED FARM & COTTAGES and then COPYHOLD LANE)
Turn left into COPYHOLD LANE	  STEEP uphill section at junction – low gear!  Be careful of other road users on what is a

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	<p>narrow, undulating and meandering road. Poor road surface</p> <p> Uphill gradient as road approaches junction with HIGH BEECH LANE/ COLLEGE ROAD.</p>
<p>Turn left into HIGH BEECH LANE/ COLLEGE ROAD</p>	<p> Take care – vehicles from righty. Gentle left hand sweeping bend on downhill gradient and then right hand turn as road changes to HIGH BEECH LANE</p> <p>Uphill gradient towards HANSON AGGREGATES at the old RAILWAY STATION</p>
<p>Left turn into RESERVOIR ACCESS ROAD</p>	<p>Keep left. Speed bumps Uneven road surface Uphill gradient approaching transition</p>