

# MID SUSSEX TRIATHLON CLUB DUATHLON

## Risk Assessment

Matthew Critchley (Cycle risk assessment is separate)

# MID SUSSEX TRIATHLON CLUB

## DUATHLON

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.

The format for the race is a run followed by a bike leg before being finished with another run leg. Course descriptions are set out below.

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

The run is a 1.25k long out and back course and will be repeated the required number of times to achieve the selected race distance for both the first and the second run legs (stated below). The turn-around point for the run is described below but is before the junction between the Ardingly Reservoir Path and Balcombe Lane (see below).

# MID SUSSEX TRIATHLON CLUB DUATHLON

The whole race route is on public footpaths and will be



used by the general public.

# MID SUSSEX TRIATHLON CLUB DUATHLON



# MID SUSSEX TRIATHLON CLUB

## DUATHLON

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

The course this year has been compacted to a) minimise the requirement of marshals and b) to keep competitors close together to the extent possible in order to aid spirit between competitors as well also to minimise the impact on other foot path users.

Race marshals will keep a count of lap times on both the first and second run legs. However, competitors should note that it is their responsibility to keep a count of the laps that they have completed in order to keep a spirit of fair competition.

### RACE FORMAT

The SHORT course will be a 5k Run (two out and back run circuits), 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 (4 laps) then a 40km 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 our well known 'sporting course'.

# MID SUSSEX TRIATHLON CLUB

## DUATHLON

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 all proceeds will go to the club charity.  
Route.

### FIRST RUN

Leave transition and run to the gate at the corner of the field. The run leg course map is found here:  
<https://ridewithgps.com/routes/29849604>.

Follow footpath alongside reservoir to following the path to the 1.25km turn point which will be marked by 2 yellow signs. The first says 'TURN AHEAD' and the second says 'TURN HERE'. Both will be on the Ardingly Reservoir Walk path before reaching Balcombe Lane. Turn at this point and retrace steps back through the gate into the Ardingly Activity Centre where there will be markers to denote the start finish area/run turnpoint and transition in and out points.

Marshals will aid you in keeping count for laps, however it is your responsibility as a competitor to

# MID SUSSEX TRIATHLON CLUB

## DUATHLON

know the route and keep count of the laps that you have undertaken. Stated below:

Distance	Run Leg 1	Run Leg 2
Short	2 x 2.5 km laps (totaling 5.0km)	1 x 2.5 km laps (totaling 2.5km)
Standard	4 x 2.5 km laps (totaling 10.0km)	2 x 2.5 km laps (totaling 5.0km)

THE BIKE RISK ASSESSMENT IS WRITTEN ON SEPARATE



FILE ( cycle\_routes\_risk\_as  
essment\_2018.pdf )

Bike legs are shown as below:

Short: <https://ridewithgps.com/routes/29848463>

Standard: <https://ridewithgps.com/routes/29848438>

### SECOND RUN

Standard Course will do one whole lap exactly as described in the table above.

Transition arrangements are described below:

# MID SUSSEX TRIATHLON CLUB

## DUATHLON

### 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 may be in place to watch over competitors' equipment during the event however it remains the competitor's individual responsibility to ensure for the safety of her/his equipment.

### TRANSITION INSTRUCTIONS

The mount/dismount line is immediately prior to the bollards on the entrance side into the car park.

After completing the first run following the signs shown in the map below 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. It is your responsibility to adhere to the requirements of the mount/dismount line. There may be marshals to monitor but this is primarily self policed.



# MID SUSSEX TRIATHLON CLUB

## DUATHLON

After completing the bike course, again follow the signs for dismounting and for re-entering the transition area. It is the competitor's individual responsibility to ensure that she/he has followed the signs and the directions given in the course map in this document.

Be aware of motorists entering and leaving the car park. Leave your bike where you picked it up and collect your run equipment.

# MID SUSSEX TRIATHLON CLUB DUATHLON

