


















Mid Sussex Triathlon Club 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 2 laps for SHORT course and 4 laps for LONG course
- Each lap is about 6.4 miles 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
ARDINGLY RESERVOIR car park access road to junction with COLLEGE ROAD	 Uneven and poor road surface Multiple speed humps  Short but steep hill Keep left
Right turn from reservoir access road into COLLEGE ROAD towards HAYWARDS HEATH <b>MARSHAL HERE</b>	 DANGER – stop  – foot down to ensure no oncoming traffic from both sides
COLLEGE ROAD leads into HIGH BEECH LANE	Initially down hill then s bend into short steep hill.  Steep downhill slope adjacent to golf club. Visibility potentially affected by density of overhead trees. S bend at bottom of hill   Right hand junctions from: golf course, Roundwood Lane and Brook Lane.  BY SUNTE (opposite Brook Lane)
Left turn at slip road just before roundabout from HIGH BEECH LANE into SUNTE AVENUE	  Slip road has give way markings to traffic from right. Approach to roundabout has good line of sight ahead (PORTSMOUTH LANE) but limited line of sight from right (GANDER HILL)  Parked cars both side of road
Turn left from SUNTE AVENUE into HICKMANS LANE	  T-junction. Poor visibility right. Be careful of cars from right coming from bend. Numerous left hand junctions – ROOKWAY, FINCHES PARK ROAD, FINCHES LANE & THE WELKIN  Hickman's Lane narrows as it nears T-junction with (Lindfield) High Street – slow down.

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<p>Turn left from HICKMAN LANE into (Linfield) HIGH STREET</p> <p>HIGH STREET leads into ARDINGLY ROAD and then (as it nears Ardingly) LINDFIELD ROAD</p>	<p> Vehicles parked both sides of road</p> <p> Uphill to right hand bend.</p> <p> Left hand bend and short but steep downhill with sweeping right and then more gentle left hand bend. Road surface may be slippery because of washed debris</p> <p> Uphill incline begins just after right hand junction with PARK LANE and continues to ARDINGLY VILLAGE</p> <p>Long slow section leading to Ardingly village</p>
<p>LINDFIELD ROAD (Ardingly) TURN LEFT INTO COLLEGE ROAD</p>	<p> Junction left with COLLEGE ROAD (MARSHALL HERE)</p>
<p>FAST DESCENT BACK TO RESERVOIR TURNING</p>	<p>Some minor junctions</p> <p>Main hazard is Ardingly College – take care to watch for traffic that may be turning in or out of the college</p>
<p>RIGHT turn into RESERVOIR ACCESS ROAD</p>	<p>Keep left. Speed bumps Uneven road surface Uphill gradient approaching transition</p>