













Mid Sussex Triathlon Club Duathlon Standard Distance 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 25 miles (40 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
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 SPRINT COURSE TURN LEFT HERE	 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












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	<p>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 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>
<p>TURNERS HILL – NORTH STREET/TURNERS HILL ROAD (B2028) towards DUKES HEAD ROUNDABOUT</p> <p>SPRINT COURSE TURN LEFT AT CROSSROADS AT TOP OF HILL AT CENTRE OF TURNERS HILL Clearly signposted</p>	<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> <p> Steep downhill incline. Left hand sweeping bend. At bottom of hill, road bends to right.</p> <p> (WALLAGE LANE) just after bottom of hill.</p> <p> Vehicular and pedestrian traffic through CRAWLEY DOWN</p>
<p>DUKES HEAD ROUNDABOUT - Turn first left onto COPTHORNE COMMON ROAD (A264) heading towards CRAWLEY</p>	<p>  Be careful at this junction and on this section of road Fast travelling vehicular traffic. Good flat road surface. This is a potentially fast section.</p> <p>Wide road. Keep left and where possible, stay inside gutter lane.</p> <p>Be aware of traffic from left at Texaco garage and</p>










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	pedestrians seeking to cross road at COPTHORNE GOLF COURSE
COPTHORNE HOTEL ROUNDABOUT (A264) take second left onto COPTHORNE ROAD (A2220) towards THREE BRIDGES/CRAWLEY	  DO NOT turn into hotel &/or industrial estate (1 st turning left)  Poor and uneven road surface up to bridge over M23.  (OLD HOLLOW) shortly after turning from roundabout and then a number of house/drive junctions after M23 bridge as approach the roundabout.
COPTHORNE ROAD (A2220) junction with BALCOMBE ROAD (B2036) - turn left onto BALCOMBE ROAD (B2036) towards WORTH/MAIDENBOWER	  Good visibility of traffic from left and ahead  Multiple junctions left and right along BALCOMBE ROAD (B2036). Uphill incline towards mini-roundabout   CRAWLEY LANE junction with TURNERS HILL ROAD. Straight ahead - BE AWARE of traffic coming from CRAWLEY LANE. This roundabout is quickly followed by another.   WORTH ROAD. Straight ahead - downhill incline towards another roundabout   MAIDENBOWER DRIVE. Straight ahead – vehicles from right have STOP requirement at roundabout but be careful.   LUCERN DRIVE/M23 slip road. Road divides into 2 lanes – take right hand lane into roundabout to go straight ahead over M23. Uphill incline towards another roundabout at M23 junction 10a.


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<p>Stay on BALCOMBE ROAD (B2036) across M23 junction 10a roundabout towards WHITELEY HILL/COWDRAY ARMS PUBLIC HOUSE & BALCOMBE</p> <p style="color: green;">SPRINT COURSE TURN LEFT AT T JUNCTION AT COWDRAY ARMS TO REJOIN STANDARD ROUTE</p>	<p> Uphill section with traffic from left, coming from M23 slip road. BE CAREFUL.</p> <p> Uphill incline – this may well be a slow part of the course. Visibility may be affected by overhanging trees. Forest both sides of road</p> <p> (PADDOCKHURST ROAD, B2110) at COWDRAY ARMS followed by short uphill incline</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>
<p>Turn left opposite BOLNEY SCHOOL into HAYWARDS HEATH ROAD</p>	<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>
<p>At T-junction with BRAMBLE HILL & STOCKCROFT ROAD carry straight on - HAYWARDS HEATH ROAD</p>	<p> Be aware of traffic from left at junction</p> <p>Downhill section to mini roundabout</p>
<p>Continue on HAYWARDS HEATH ROAD – straight across mini-roundabout at junction with Mill</p>	<p>  Good visibility of traffic from ahead. Poor visibility of traffic from left (MILL LANE).</p>

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LANE (left)	<p>Uphill gradient leading out of village. Initially level and then fast downhill section once out of village. The road sweeps right and then left.</p> <p> Be aware of uneven and potholed road surface along this whole section up to BORDEHILL</p> <p>Numerous small left hand junctions. Note STONEHALL</p> <p>  Over UPPER RYELANDS BRIDGE and into short, sharp uphill section. Visibility potentially affected by density of overhead trees. Very poor road surface.</p> <p> Be careful of bend under bridge and particularly on coming traffic</p> <p> Left hand junctions (NALDRED FARM & COTTAGES and then COPYHOLD LANE)</p>
Turn left into COPYHOLD LANE	<p>  STEEP uphill section at junction – low gear!</p> <p> Be careful of other road users on what is a narrow, undulating and meandering road. Poor road surface</p> <p> Uphill gradient as road approaches junction with HIGH BEECH LANE/ COLLEGE ROAD.</p>

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Turn left into HIGH BEECH LANE/ COLLEGE ROAD	 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 Uphill gradient towards HANSON AGGREGATES at the old RAILWAY STATION
Left turn into RESERVOIR ACCESS ROAD	Keep left. Speed bumps Uneven road surface Uphill gradient approaching transition