



South Coast Run

Race Day Information

Sunday 29th July 2018

Event Start Time 9:00am All races

£3 on site charity parking charge

Martello Fields, Seaford,

East Sussex, BN25 1JX



★
OFFICIAL
EVENT
CLOTHING

★
TECH TEES
£20

HOODIES
£30

CAPS
£10

★
**All available
to buy at
the event**

2018 Event Calendar

South Coast Triathlon	28th July 2018
South Coast Run	29th July 2018
Shropshire Triathlon	16th September 2018
North West Kids Duathlon	29th September 2018
North West Triathlon	30th September 2018
Warwickshire Triathlon	7th October 2018
Birmingham Half Marathon, 10k & 5K	TBA
Stratford Triathlon	28th April 2019
Cheshire Kids Duathlon	11th May 2019
Cheshire Triathlon	12th May 2019
Ultimate Kids Triathlon	1st June 2019
Ultimate, Ultimate 1/2 & Ultimate 1/4	2nd June 2019
Henley Kids Triathlon	27th July 2019
Henley Triathlon	28th July 2019
Birmingham Kids Triathlon & Duathlon	TBA
Birmingham Triathlon	TBA
York Triathlon	15th July 2018



For more information or for online entry visit uktriathlon.co.uk

Registration

- Registration will be open on Saturday from 2.00pm until 4.00pm & on Sunday from 7:30am.
- Registration is located inside the orange Mornflake marquee on Martello Fields, close to the Martello Tower Museum.
- Please know your race number ready for registration staff
- Arrive at least 60 minutes before the start time
- The Rotary Club of Seaford are managing, once again, competitor parking on race day. They ask for a donation charge of only £3.00 which all goes to local charities

Race Envelope

At registration you will receive your race envelope which will contain the following items:

- Race number x1
- Electronic timing chip and strap x1 (which must be handed in at the finish line)

Race Number

- Your race number must be clearly displayed on your front
- Pinning the number in the middle will allow the number to fold over making it impossible to see. We must be able to see your number at all times
- Please write your name, blood group (if known) and any allergies you may have on the back of your race number



Chip Timing:

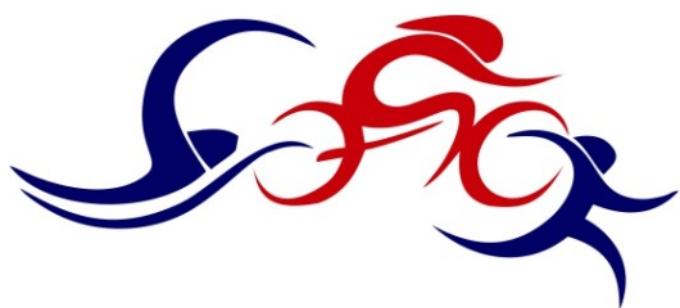
- This event will be electronically chip timed, you will collect your numbered chip at registration
- Please ensure you hand in your electronic timing chip at the finish line whether you complete the course or not or you will be required to pay £25.00 to replace it.



Check your electronic timing chip number corresponds with your race number. Your timing chip must be worn on the outside of your ANKLE with the soft side of the strap toward your skin.

If you require an extendable strap please ask at registration

Course Map



The Course

5k & fun run - 1 lap

10k - 2 laps

1/2 Marathon - 4 laps (of a slightly longer lap to make the distance correct)

- The run is a simple out and back course along the esplanade at Seaford which is flat and fast.
- The vast majority of the course is on good level tarmac. A very small part of the course near to the finish line is gravel (with a short climb to start your next lap, and decent to finish your lap) and then grass.
- Please take care on the run course as there will be pedestrians.
- When you have completed the required lap(s) filter into the finish alley on Martello Field and through to the finish line (signed and clearly visible).
- There is a drinks station on the run course approximately every mile and at the finish line serving High5 energy drink and water.
- **IMPORTANT! If you would like to upgrade/downgrade your race distance before the race it is essential you let registration know.**
- **If you downgrade during the race please let our timing team know at the finish line.**

Results

Your times will be available shortly after you have crossed the finish line and will be displayed on the TV screen which is located at the finish line.

Overall results and times will be online at www.uktriathlon.co.uk on Monday 30th July, if you have any queries with your results please email jenny@uktriathlon.co.uk

Prizes and Medals

There are prizes and medals for top 3 male & female in the ½ Marathon, 10K & 5K. There are first place prizes for 40-49 age group male & Female, 50-59 age group male & female and over 60 male and female in the ½ Marathon and 10K. Prize giving will take place soon after the end of the race.

2018 Medal for all Finishers

Distance	Prizes	Age Group Prizes
Half Marathon	Top 3 prizes for male & female	1st place age group prize - 40-49 age group male & female 50-59 age group male & female Over 60 age group male & female
10k	Top 3 prizes for male & female	1st place age group prize - 40-49 age group male & female 50-59 age group male & female Over 60 age group male & female
5k	Top 3 prizes for male & female	

1. Will I receive my race numbers and chip by post?

No, you will pick them up when you register at the event.

2. How do I get to the Venue?

For sat nav use BN25 1JX

Follow the A259 Brighton to Eastbourne road through Seaford and follow the signs for "Triathlon Parking" in the town centre. The triathlon is on the day before.

There is a rail service run by Go via between Brighton and Eastbourne, which stops at Seaford. Seaford will be busy so allow plenty of time for parking and to get to registration.

3. Where can I park?

There is allocated parking for the triathlon, which is right next to the race venue. The Seaford Rotary Club ask for a £3.00 donation for parking for the entire day. All the money donated for parking will go to charity.

Alternatively use any of the car parks in and around Seaford. Please do not attempt to park on the seafront, as it will be closed off ready for the race.

4. What time should I arrive on race day?

We suggest at least an hour before your start time.

5. Can I listen to music during the run?

Yes, but please be aware of the other competitors during the run and set your volume low so you can still hear any safety instructions from the course marshals.

6. What toilets are available one the day?

Competitor toilets will be situated by the start and public toilets are situated on the seafront.

7. Where can I look for accommodation for the run?

There is a selection of bed & breakfasts, guesthouses, hotels and camping and caravanning in and around Seaford. If accommodation is full in Seaford then both Brighton and Eastbourne are just a short drive away. For information on accommodation to fit your budget telephone Seaford Tourist Information on 01323 897426.

8. I know someone who would like to volunteer are they able to help out?

Absolutely! We love extra volunteers to help out during the day. Please call Keith on 07887 780553 or email keith@uktriathlon.co.uk.

Plastic Free Seaford

We are working hard with Plastic Free Seaford, a community group trying to motivate and educate all on how we can combat the disposable plastics epidemic blighting our shores and world. Our aim is to show case that sporting events DO NOT have to create huge amounts of waste. We are certainly making moves in the right direction and can confirm we have moved away from plastic cups to recyclable paper cups.

We kindly ask that you please do your bit to help reduce the plastic footprint at this and all future UK Triathlon Events by carrying a reusable drinking vessel, avoid single use plastic where possible and place any other rubbish in the appropriate bins provided.



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UK

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UKTriathlon.co.uk/pinkwave

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and join our team today

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Call 0300 123 5461



CANCER
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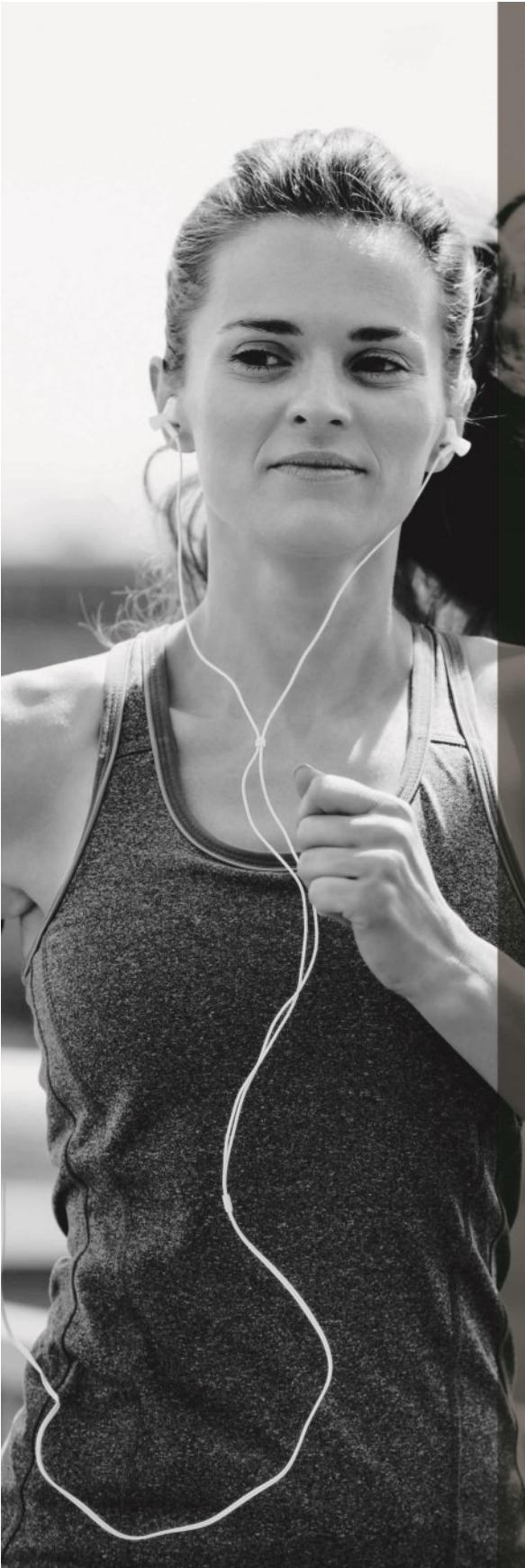
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