

PARKING

Please take careful note of the following instructions. These parking arrangements have been made in consultation with Horsham District Council and Southwater Country Park. The future of this event depends on your co-operation!!

Entrance to Competitor Carpark:

Lennox Wood
Southwater Business Park
Worthing Road
Southwater
HORSHAM
RH13 9JJ

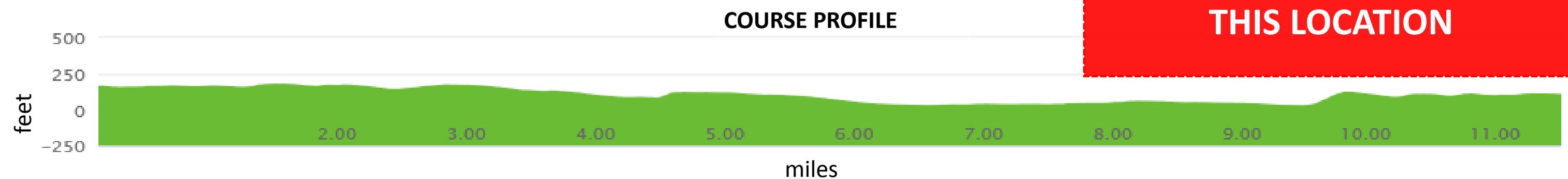
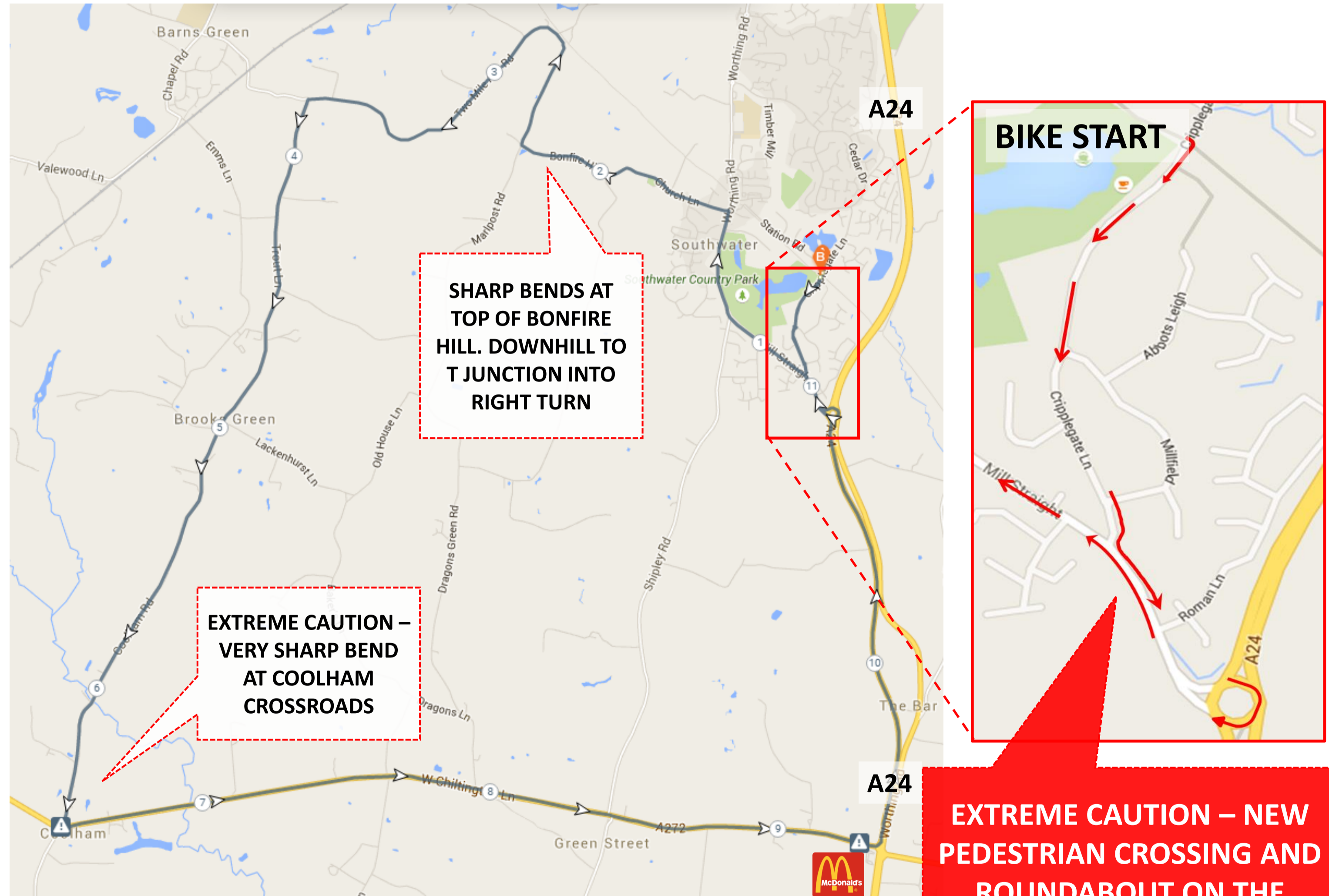
DO NOT USE THE SOUTHWATER COUNTRY PARK CAR PARKS. THESE ARE FOR THE USE OF THE REGULAR PARK USERS.

There will be numerous marshals to help you park on the day. Please only park as directed.



Cycle Route – 1 lap

- Mount bike on the road, ride to the top of Cripplegate Lane
- Turn left at junction, **STRAIGHT AHEAD** at first roundabout then on to the A24 roundabout
- Take 3rd exit on roundabout (go back on yourself) towards Southwater – see detail in **BIKE START** inset map
- Left turn into Church Lane and up Bonfire Hill. Down hill to T junction; give way to traffic. Turn right – **see caution notes on map**
- Next left hand turn into Trout Lane, signposted to Coolham.
- At Coolham crossroads, turn **sharp** left onto the A272 – **see caution notes on map**
- Straight across traffic lights opposite McDonalds restaurant; you must stop if lights are red. 2nd traffic lights, filter left onto the A24, heading north
- At roundabout, take 1st exit to Southwater, and 2nd right into Cripplegate Lane. **DISMOUNT ON ROAD**. Undo helmet **ONLY** after racking bike.



Run route – 2 laps

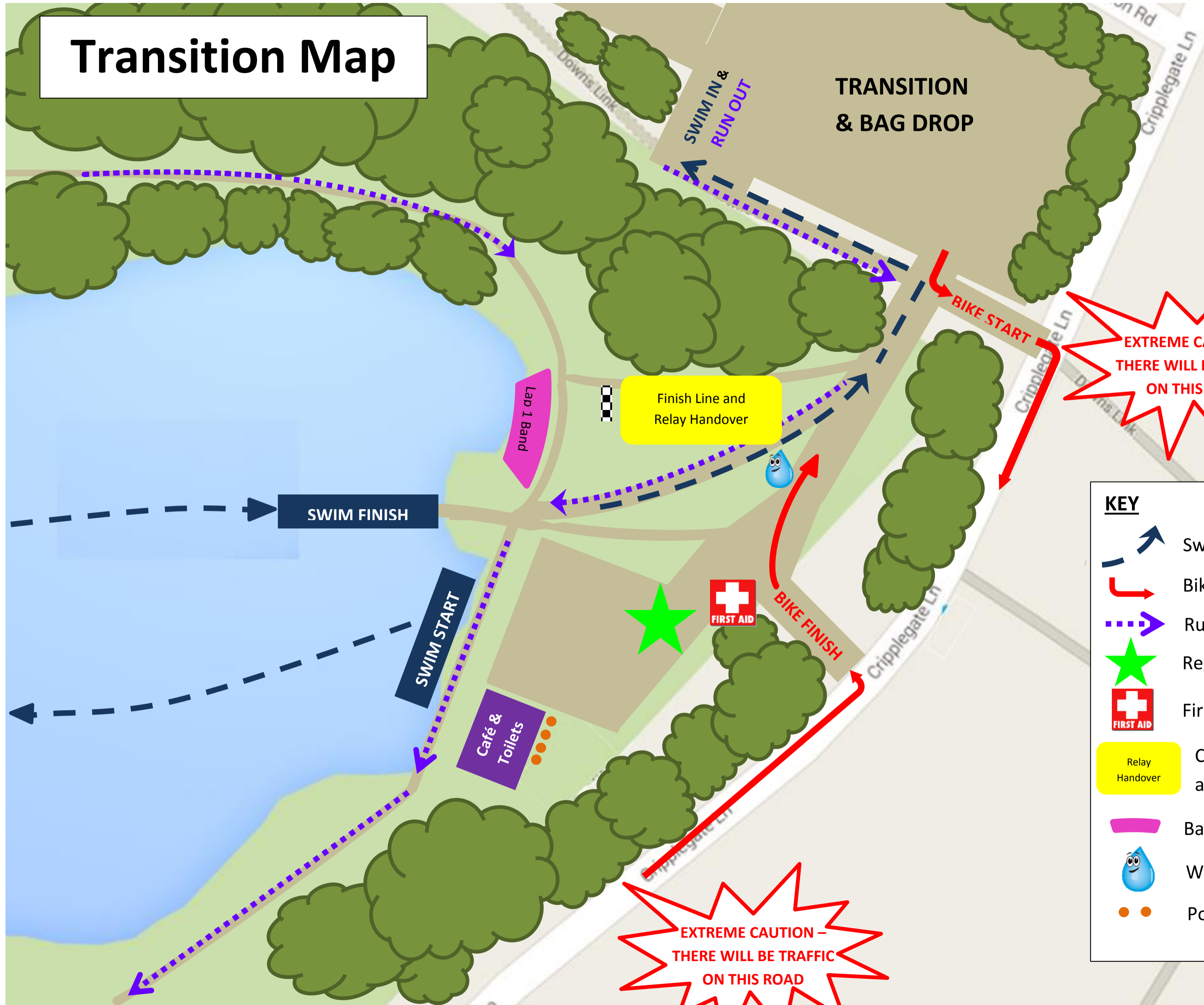
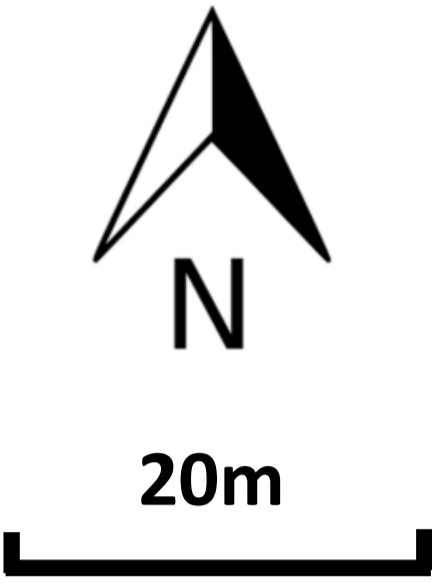


Two laps clockwise of the Country Park.

Important: at the end of a competitor's first run lap, he/she must collect a tag. The tag will allow the competitor to enter into the handover pen at the end of his/her second run lap. The tag is not handed on.

Please hand your tag back after completing your race.
No tag = no handover

Transition Map



KEY	
	Swim Route
	Bike Route
	Run Route
	Registration / Race Control
	First Aid
	Chip Collection, Relay Handover and start for competitors 2 & 3
	Band Collection at end of Lap 1
	Water Station
	Portaloos