



South Coast half Marathon, 10k & 5k FUN Run  
7th July 2013



## South Coast Run

### Martello Fields, Seaford, East Sussex, BN25 1JX

### 9am START FOR ALL RACES

Please take some time to read all the event information, it will make it far more enjoyable for you and reduce the need to ask questions on the day. Good luck and have a great day!

*Vic Bickerton*  
Event Director

#### Important Points to Remember

- ✓ **IMPORTANT!** Ensure you know your race number and start time when you go to registration
- ✓ **IMPORTANT!** Competitors must wear a race number front and back
- ✓ **IMPORTANT!** If you have pre-ordered an official race T-shirt please collect from the UK Triathlon store located immediately after registration
- ✓ **IMPORTANT!** Allow plenty of time to get to the venue, park and get to the start line for your compulsory race safety brief. Make sure you take these competitor notes with you for reference!
- ✓ **IMPORTANT!** Please use the esplanade footpath unless otherwise indicated and take care when crossing roads.
- ✓ **IMPORTANT!** Please treat the venue and local people around the course with respect as they do support the event.
- ✓ **IMPORTANT!** For your own and other competitors safety, mobile phones, MP3 or any type of personal music system that restricts your hearing is not permitted whilst competing in the event
- ✓ **IMPORTANT!** Know how many laps you have to complete ...

Distance	Number of Laps
5k & fun run	1 lap
10k	2 laps
½ Marathon	4 laps (of a slightly longer lap to make the distance correct)

## Race Day Information

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

### PARKING

- There is allocated parking for the triathlon that is sign posted right next to the race venue. The Seaford Rotary Club are asking for a £3.00 donation for parking for the entire day. All the money 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.

### DO YOU NEED ANYTHING BEFORE THE EVENT?

- If you require anything before the event perhaps a trisuit or new running shoes, elastic laces for a faster transition, race belt or High5 nutrition products to give you more energy then please visit the UK Triathlon Store either online at [www.uktriathlonstore.co.uk](http://www.uktriathlonstore.co.uk) or at the shop in South Cheshire.

## Race Day Information ... continued

### REFRESHMENTS

- There is quality on site catering at the event serving hot & cold food & drinks.
- There are restaurants, pubs and bars in and around Seaford that offer good food if you want to load up on carbohydrates the day before the triathlon.

### FACILITIES

- Competitor toilets will be situated within the cycle transition area and public toilets are situated on the seafront.

### HOTEL, B&B & CAMPING

- 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 a short drive away.
- For information on accommodation to fit your budget either telephone Seaford Tourist Information on 01323 897426.

### 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](http://www.uktriathlon.co.uk) on Monday 8<sup>th</sup> July

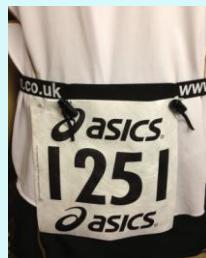
## Event Registration (Located in the marquee on Martello Fields, close to the Martello Tower Museum)

- **Arrive at least 60 minutes before your start time.**
- **Please do not attempt to change your start time.**
- It is recommended that all competitors arrive as early as possible to familiarise themselves with the layout of the event.
- **You should first go to registration to collect your race numbers and pins**
- Registration opening times:  
**Saturday – 12:00pm-3:00pm**  
**Sunday – 7:30am-8:40am**

**Please have your race number ready for the registration staff**

### RACE NUMBERS

- Your race numbers must be worn, one on your front and should not be mutilated or re-sized in any way.
- Elastic number belts are permitted
- It is good practice to write your name, blood group and any allergies you may have on the back of your race number in the unfortunate case of an accident.
- **PLEASE MAKE SURE YOU SHOW YOUR RACE NUMBER AT ALL TIMING POINTS!**



## The Course

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 and then grass. Please take care on the run course as there may be pedestrians.

When you have completed the required lap(s) filter into the finish alley on Martello Fields and through to the finish line (signed and clearly visible). There is a feed station on the run course at approximately every 1.5 miles and at the finish line serving High5 sports drink and water.

## **Additional Information**

### **MASSAGE**

- Pre and post race massage will be available on race day.
- The massage team can help with niggling aches and strains and get you ready for the event, as well as aid recovery and reduce stiff muscles after the race!

### **VOLUNTEERS WANTED**

- Do you have family or friends supporting you at the South Coast run? We always need additional volunteers for the race, on all areas from competitor registration through to finish line refreshments.
- No experience is necessary and every volunteer receives a pair of designer Sundog sports sunglasses worth £50.00, food and drink for the duration and lots of thanks as we rely so much on volunteers to make the event possible.
- Please email Keith at [Keith@uktriathlon.co.uk](mailto:Keith@uktriathlon.co.uk) or call him on 07887 780553, we'll be delighted to hear from you.

### **PRIZES & 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 each event has finished at the finish line, this will be announced over the P.A. system. Results will be on our website and will be available to view only, soon after each race has finished on the results screen next to the finish line.

### **Important note to all competitors as your safety is paramount to us:**

The South Coast Run is registered, sanctioned and governed by PRO TRI UK, a non bias association dedicated to delivering professional health and safety, risk assessment, rules and refereeing guidance to the UK Triathlon Race Series.

### **ACKNOWLEDGEMENTS**

Many thanks to all that have made this event possible, especially all volunteer marshals and helpers, Seaford Town Council, Sundog, Asics, TYR, High5 and Mornflake, PRO TRI and anyone else that has helped in anyway.