

This information will greatly enhance your enjoyment and the smooth running of the event. Thank you.



General but important

You and your bike

- Please make sure you have appropriate clothing for whatever the weather brings.
- Make sure your bike is in excellent mechanical order.
- Bring what you need to deal with punctures. The recovery vehicle is for collecting people who have a significant mechanical, not for those who puncture and don't have spare tubes (or for tired people!).
- There is a well-stocked feedstation at 33 miles, but bring your bottles already filled, and a snack or two for your pockets. Start self-sufficient and top up at the feedstation.
- Bring your phone.
- Wear a helmet. The insurance covering the event, and you, is contingent on this.

Rider behaviour

- This is not a race. Please consider each other's safety and enjoyment as you ride.
- Watch out for pot-holes and call/point them out to others as you ride.
- Please abide by traffic laws and the Highway Code.
- Do not drop any **LITTER** anywhere, at any time. We work really hard to keep local residents happy, especially in Ditchling, and litter would make that much harder.
- Do not take a **PEE** where anyone could see you or anywhere that could upset someone.
- **HORSES** - Please slow down to crawling pace around horses.

Specifics

The route (**updated on the morning of 21st March**) is now almost exactly 60 miles

- You can get the new GPS from [here](#).
- An old-school cue sheet is on the final page of this document – you might want this in your back pocket just in case a sign is taken away during the event and you're not using a GPS.

Call-out number

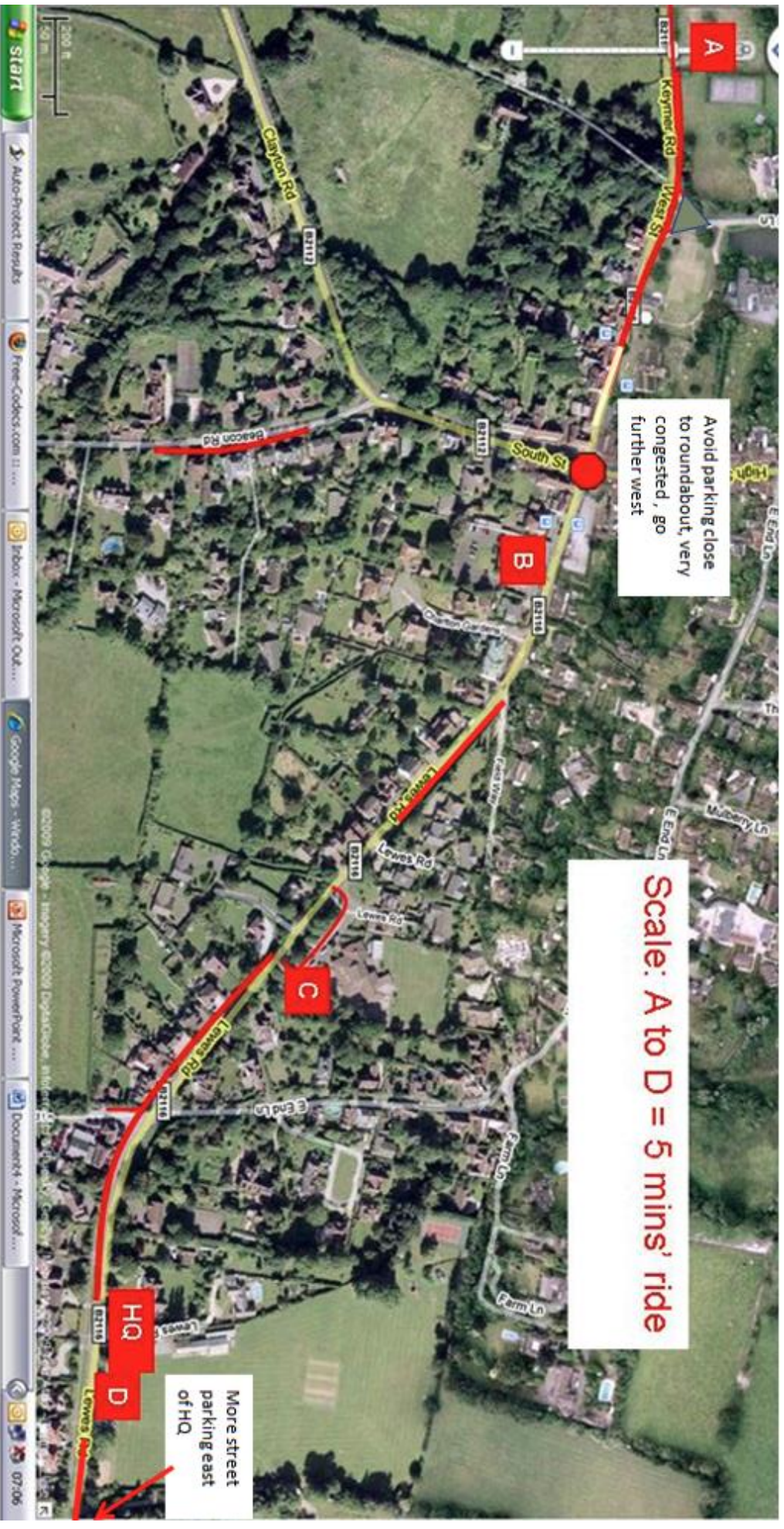
- If you have a mechanical problem and can't continue, please call **07906 627297**. We will come out to get you and return you to HQ. Please don't call this number before the day. This number is also on the back of your rider number, given to you at registration.
- If you crash, are hurt and need assistance, call the same number and the paramedic or pick-up vehicle will be sent to your location.
- If you are in an emergency situation, call 999 before you call the number above.

The Timing Chips

- SI-Cards (timing chips) will be given to you at HQ when you register. They **MUST** be handed in at the finish. If you retire during the event, please get to the HQ and hand in your chip there. This is an essential safety requirement of the event. Failure to do so will also incur a charge of £30 to replace the chip.

Parking

- Ditchling is small and parking is limited. Please study the map and key on next page to know your options. **Option A** will be simplest (beware 2m height barrier though).



A: Car park: 150 cars (2-metre height barrier)

B: Ditchling Village Hall car park 20-30 cars

C: St Margaret's School frontage and playground ~40 cars

D: HQ car park: 30 cars for early birds & staff. Will be closed at 07:15

● = mini roundabout — = on-street parking

Time taken to ride from A to HQ =
approx 5 mins

In order to keep the HQ and start area as free from traffic as possible, **the small HQ car park will be closed at 7.15am**. After that time, please don't bring a car to HQ. Thank you. Other parking places are available (see map, previous page).

Registration: HQ Building **BN6 8TY**

- Registration will open at 7.15 ish and close at 9.00.
- We don't have an official bag drop facility, but we can tuck a few bags away in a safe place if you're happy that it's at your own risk (albeit very very small risk)
- Tea and coffee (coffee from the delicious [White Cloud](#)) will be available from 7.15.
- When you enter the HQ building, there will be 4 tables, labelled A-F, G-L, M-R and S-Z. By your surname, go to the appropriate table and collect your rider number. Then go to the timing chip table to collect your timing chip
- Once you have secured your rider number to your bike, make your way to the start.

The Start: HQ Car Park

- There are no allocated start times. You start when you are ready. If you think you will get a gold time, consider starting later, and if you are aiming for bronze, try to start earlier. Standards are shown below.
- **This event uses a timing chip system, not a timing mat system. You must dab your timing chip onto a start marshal's timing consul to register your official start time. There will be 2 marshals to make sure this happens. You need to do the same at the finish.**
- This allows for a very relaxed start. Riders roll out of the start area at the rate that their timing chips can be dipped.

Standards

Good luck with the time you are hoping for. Pacing is everything.

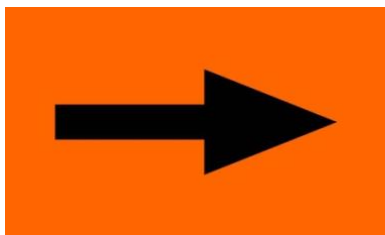
Please note, these are times to aim for, not actual medals awarded.

	Gold	Silver	Bronze
Men	Inside 4 hours	Inside 4h.30	Inside 5 hours
Women	Inside 4.30	Inside 5.05	Inside 5.40

Please note: Cut-off time at the finish is 2.45pm. Please try to start by 8:30am if you think you will need 6 hours. (6 hours would be an average speed of 11 mph.)

Signage

- The route will be signposted by black arrows on orange card (see sample). There will also be occasional orange ribbons in trees/hedges to confirm that you are on the correct route. Also, very occasionally sprayed orange road markings.



- There are a few places where we would like you to take extra care, due to the road narrowing, or a steep descent, for example. Those places will also have signs. Please take note of them.
- **Take great care approaching bends on the narrower roads.** Although those roads are generally very quiet, you will occasionally meet cars coming the other way. If you can't see 30 or 40 metres ahead of you, then slow down and keep tight left.
- Take care on descents. Most 'offs' in sportives happen when people overcook it on bends when descending. **If you don't know what's ahead of you, take it easy.**

The Feedstation RH19 4JU - **The feedstation cut-off is 11.45 but make sure you're there early enough to make it back to the finish by 2:45**

- This is at 33 miles, at East Grinstead Sports Centre at Saint Hill, RH19 4JU. Note: your time is NOT paused at the feedstation – the clock is still ticking!
- Refill your bottles and take some food, provided by [Infinity Foods, Brighton](#). Take only what you need – remember other riders yet to get to the station.
- IMPORTANT: there are toilets inside the leisure centre. **Please do not take a pee around the feedstation itself.**

Finishing back at HQ – **cut-off time, 2.45pm**

You finish exactly where you started. You will see the Puncheur feather banners as you approach.

You will need to turn left into the same car park that you started from. Please take care turning into the car park as cars may be moving around. Please obey the marshals' instructions.

The marshals will be holding timing consuls. Hold your timing chip against the consul for a "beep". You must then **take your chip to the Timing-meister** who will download your data. You will get a printout of your time.

There will be pasta and self-serve tea and coffee waiting for you at HQ. The bar will also be open, including non-alcoholic options.

If you want to eat elsewhere, there are a number of very nice places to eat in Ditchling. [The Bull](#) for a slap-up Sunday lunch, and the [Nutmeg Tree](#) for pastries and sandwiches, for example. Book the Bull in advance to guarantee a table.



Chestnut Tree House

This year, as in previous years, your entry fee enables an impactful donation to [Chestnut Tree House](#), which supports families with children who have life-limiting illness.



Our Partners

A massive thank you again to our event partners: [Infinity Foods Brighton](#), along with support from [Cocoa Loco](#) and [Doves Farm](#).

Also the gorgeous coffee from [White Cloud](#). All fantastic stuff!

A massive thank you also to [Prendas Ciclismo](#) and [Lezyne](#), who sponsor the marshals, and [Pearson Cycles](#), who provide the rider numbers.

We look forward to seeing you on the 24th!

The PUNCHEUR team



Old school cue sheet on next page if desired

Villages to head for are in red

Leave HQ turn left going east	0.0 miles
Turn left at A275	5.0 miles
Take right fork towards Barcombe	5.9
Turn right onto Ridgelands Lane	8.7
Turn right onto Cornwells Bank then almost immediately let into Font Hill for Newick	9.9
From Newick turn left onto A272 Western Road	10.9
Turn right on Newick Hill for Fletching	11.1
Turn right Mill Lane for Fletching	11.7
Arrive Fletching village turn left up High Street	13.1
Turn left on A22 Nutley High Street	17.1
Turn right Crowborough Road	16.8
Enter Ashdown Forest	17.2
Turn left onto B2026	18.7
Stay on B2026 through Ashdown Forest heading for Hartfield	
Turn left at Upper Hartfield – this point is top-right corner of route map on website	23.2
Turn left Coach Road which becomes Colemans Hatch Road heading for Wych Cross	25
Straight over A22 Wych Cross Traffic Lights	27.7
Turn right at T-junction Weir Wood Reservoir	30.9
Turn left Saint Hill Road	32.1
FEED STATION at East Grinstead Sports Club in Saint Hill Road RH19 4JU	33
Turn left B2110 for Turner's Hill	32.8
Straight over at Turner's Hill on B2110	35.5
Turn Left: Back Lane	36.7
Turn RIGHT Mill Lane towards Balcombe	39.5
Turn right for Balcombe	40.7
Balcombe: staggered junction straight ahead on Haywards Heath Road	41
Turn right mini r.bout B2036	41.1
Turn left Redbridge Lane	41.2
Go straight on towards Handcross	42.7
Turn left into Handcross High Street	44.2
Bear right onto Horsham Road	45
Turn left into Coos Lane	45.3
Pass through Warninglid	47.6
Bear left onto Spronketts Lane	49
Cross the A257 continuing south towards Wineham	50.1
Turn left onto Henfield Road heading for Albourne and Hurstpierpoint	53.1
At Albourne turn right	55.3

Turn left for Hurstpierpoint	55.4
Straight ahead at Hurstpierpoint	56.3
Straight on at traffic lights to go through Hassocks and through Keymer	57.4
Enter Ditchling – at mini roundabout go straight on	59.5
FINISH	60