

## El Supremo's Seaford Yalding Permanent 200

Dear Rider

Thank you for entering this Audax UK Permanent event, originally created by Dave 'El Supremo' Hudson.

### Category 2 Advisory route Permanent Events (Validation by GPS track or E-Brevet as proof of passage (PoP) only)

"You must use electronic proof of passage (GPS or E-Brevet- AB11) for this event." If you wish to use physical PoP and a Brevet card, please contact the organiser directly before entering to discuss.

For these events you will see two entry buttons - Choose either "Enter by GPS" or "Enter Online"

**Advise me 24 hours BEFORE you ride this event.**

The route sheet is taken directly from the original route sheet created by Dave but in a format that includes cumulative KMs and if cut/folded along guidelines fits into 100 x 140mm Self Seal bags.

Control	Description <b>Start/Finish control can be any same control on the route.</b>
Seaford (Start)	Various including Tesco and ATMs
Rottingdean	Tesco and ATMs
Ditching	Post Office, Tea Rooms, Coffee Shop
Hailsham	Various outlets but I usually use the Tesco ATM.
WoW	Lilleys Café  Mon to Sun 09:00 to 16:00. Closed XMAS to Feb 1st. Only accept cash.  If running late and unlikely to make WoW before it closes or during XMAS shutdown, please use the Petrol Station on downhill AFTER leaving Tenderden unless doing GPS / eBrevet validation.
Yalding	Orchard Stores or George PH have done receipts in the past. NOTE Orchard Stores appears to be closed now on a Sunday so restock on Food and Water earlier on the stage.
Mayfield	Mace Shop Mon to Sat 6am to 10pm, Sun 6am to 9pm. Does Hot Drinks.
Seaford (Finish)	Various including Tesco and ATMs

## Route

**Stage1 (14km):** Leaving Seaford we head West on the A259 towards Brighton through Newhaven, Peacehaven to our first control in Rottingdean.

**Stage 2 (18km):** From Rottingdean we now head North and start climbing to Woodingdean, before a long descent towards Falmer, passing the Amex Stadium. We soon join CR90 by the entrance to Sussex University, before travelling through Stanmer Park and Stanmer Village. Still travelling North, we leave the village on a road closed to traffic before joining Ditching Road. Following a twisty descent of Ditching Beacon, we are soon in Ditchling for our next control.

**Stage3 (34km):** Leaving Ditching we now head East along the foothills of the South Downs to Lewes. From Lewes we continue through Ringmer and Laughton before arriving in Hailsham for our next control.

**Stage 4 (39km):** After Hailsham we head Northerly, with the route becoming more hilly passing through Cowbeech, Dallington, Woods Corner, Brighting, Robersbridge, Bodium and Sandhurst. 8km after Sandhurst we arrive at Lillies Café at the World of Water for our next control.

**Stage 5 (31km):** Continuing from the World of Water we soon pass through Rolvenden, Beneden, Sissinghurst, Marden, Collier Street before arriving at Yalding for our next control.

**Stage 6 (30km):** Retracing back from Yalding we are soon passing through Horsemonden and Wadhurst before we turn on a very hilly section to Mayfield and our next control

**Stage 7 (22km):** Leaving Mayfield we head towards Horam and eventually arrive back in Hailsham to control.

**Stage 8 (19km):** The final stage sees us leaving Hailsham to cross the A27 near Wilmington. We then continue to Litlington before returning to Seaford and our final control.

## Notes

This Permanent Event is for experience cyclists who will be aware of the following:

- Have familiarised themselves with the route before the event, ensuring competence and fitness to complete the course, roadworthiness of their bike and possession of adequate cycle repair equipment, spares and skills.
- During the event, riding safely, according to the rules of the road and personal capabilities, and taking responsibility for personal feeding, warm clothing and rest periods, especially at night.
- Personally, deciding not to continue if feeling unwell or too tired.
- As with any journey on public roads being aware of and allowing for highway design and maintenance, other road users (especially horses), busy traffic conditions, the state of disrepair of the surface (potholes, trenches, ironwork etc.), debris, obstruction of all kinds, poor or non-existent lighting on night sections and oncoming headlights.
- As some roads could be high and exposed, with hills that could be steep and strenuous, carrying adequate food, drink, clothing and equipment for any conditions.
- Preparing the bike (and rider) and carrying spares and tools and knowing how to use them.
- In the event of bad weather, making a personal decision over starting or continuing.
- Being equipped to deal with bad conditions

- Making private arrangement if rescue facilities are wanted. (The CTC have a Rescue Scheme that could be considered if you are likely to be unable to summon your own assistance).
- Being adequately rested before travelling home after finishing an event.
- As with all Audax UK rides you are always on a private excursion on the public highway and responsible for your own conduct.

## GPS Validation

After the event go to the "Upcoming and Pending Events" section on your dashboard (the screen you see when you first login) and look for your ride. Expand the arrow to find the upload link for your track.

▼	Fri 25 Feb 2022	Gwynedd Traverse 200	200km (203km)	N/A	from Caernarfon (or anywhere on route)	Entered	<a href="#">View</a>			
^	Fri 25 Feb 2022	Gwynedd Traverse 200	200km (203km)	N/A	from Caernarfon (or anywhere on route)	Entered	<a href="#">View</a>			
Event No:	JHA27	Category:	PERMANENT	Points:	2	AAA:	0	Event Type:	Permanent	<a href="#">Upload Link for GPS track</a>

You can upload the following file types:

- gpx
- tcx
- fit (which will be converted to tcx before processing)
- zip (multiple gpx or tcx files)

The uploader link is specific to a particular entry - you can't use it for any other event, or for a second entry on the same event.

There is a file size limit of 1Mb.

Wahoo fit file are not accepted, because Wahoo have recently moved to a new fit2 format. Zipped fit files may also cause problems even if they seem to have uploaded correctly.