

# TRIBOURNE

## EASTBOURNE TRIATHLON

SUNDAY 8<sup>th</sup> JUNE 2025



AWARDS  
2019 & 2023

EVENT OF THE YEAR

# AQUATHLON ATHLETE GUIDE



TRIBOURNE  
MULTISPORT EVENTS

Choice  
VEHICLE RENTALS

HIGH

EASTBOURNE  
COLLEGE



MACMILLAN  
CANCER SUPPORT

Choice  
VEHICLE RENTALS

SWINS  
PERFORMANCE SWIMMING

EASTBOURNE  
COLLEGE



An aerial photograph of Brighton, UK, showing the city, beach, and Brighton Pier. The city is built on a hillside overlooking the sea. The beach is wide and sandy. Brighton Pier is a long structure extending into the sea, with a large building at the end featuring a golden dome. The water is a vibrant turquoise color. The sky is blue with scattered white clouds.

# IMPORTANT

**There will be no race briefing on the day. It is compulsory to read this briefing document before the race.**

Please note, during the week leading up to the event we will be on site setting up and we will not be able to respond to emails. For any last-minute queries, please visit the help desk at registration.

# Event Schedule

To avoid delays on race morning, we ask **where possible, you should register and collect your race pack on Saturday afternoon between 1:00pm to 6:00pm.** This will allow you to proceed directly to transition for racking on Sunday morning.

## Saturday 7<sup>th</sup> June

13:00 Registration Open

15:00 Scootathlon Events (ages 3-8)

18:00 Registration Closed

## Spectators

The Eastbourne Triathlon is a great event for spectators, and we would like to encourage you to bring your friends and family to watch you race. The location next to the beach is great for the whole family. This year the event will feature a full event village on Sunday with a bar, food, ice-cream and various other vendors and stalls.

## Sunday 8<sup>th</sup> June

05:30 Registration Open

05:30 Transition Open

06:15 100k Transition Closed

**06:30 100k Start**

07:15 TriStar Transition Closed

**07:30 TriStar Waves Start**

07:45 Standard-Distance Transition Closed

**07:55 Standard-Distance & Duathlon Waves Start**

09:20 Sprint-Distance Transition Closed

**09:35 Sprint-Distance Waves Start**

09:30 Super-Sprint Transition Closed

**09:45 Super-Sprint-Distance Start**

12:30 Age-Group Awards Ceremony



The event takes place at the **Western Lawns**,  
**Eastbourne, BN21 4EH.**

**PARKING**

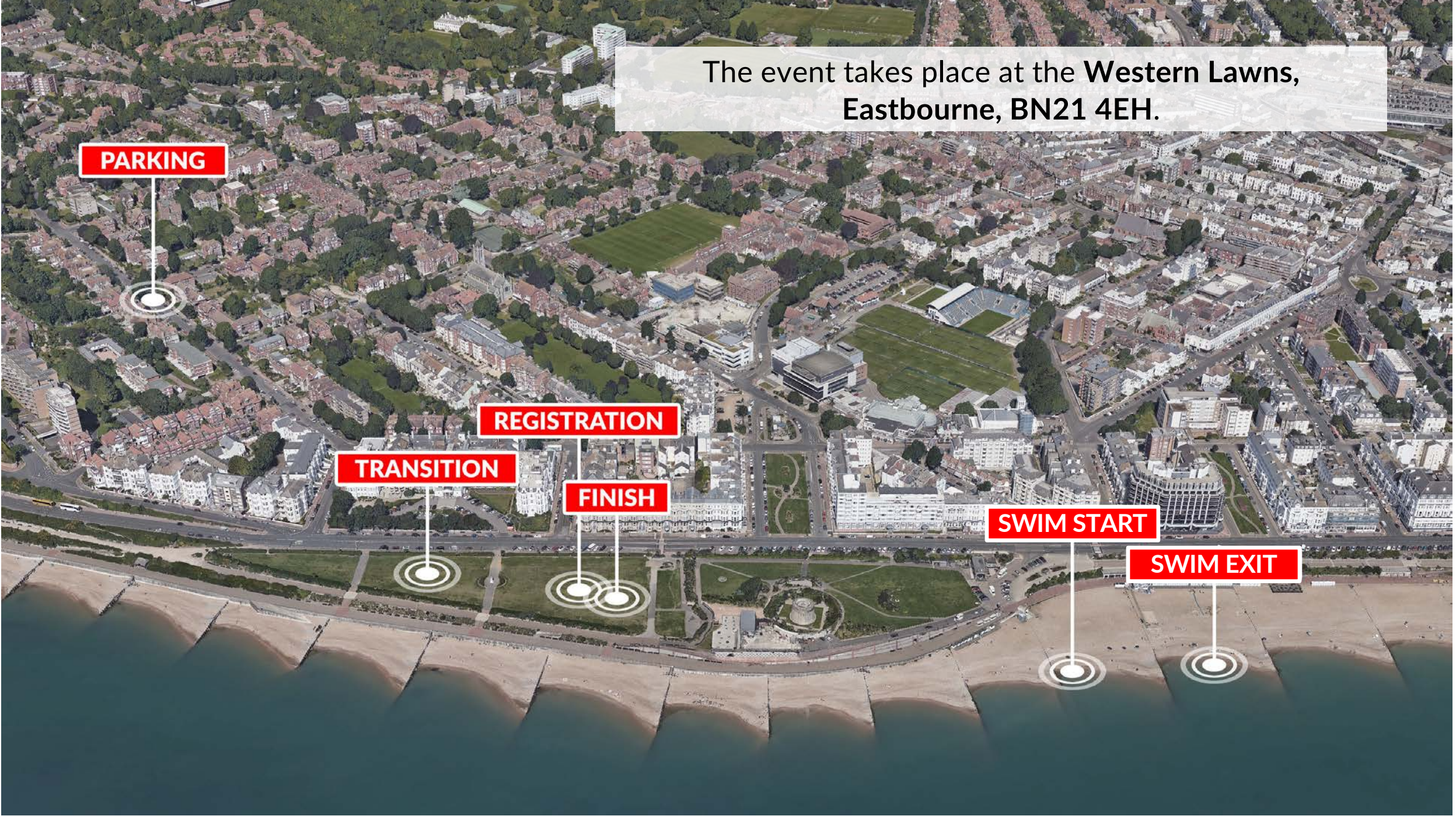
**REGISTRATION**

**TRANSITION**

**FINISH**

**SWIM START**

**SWIM EXIT**







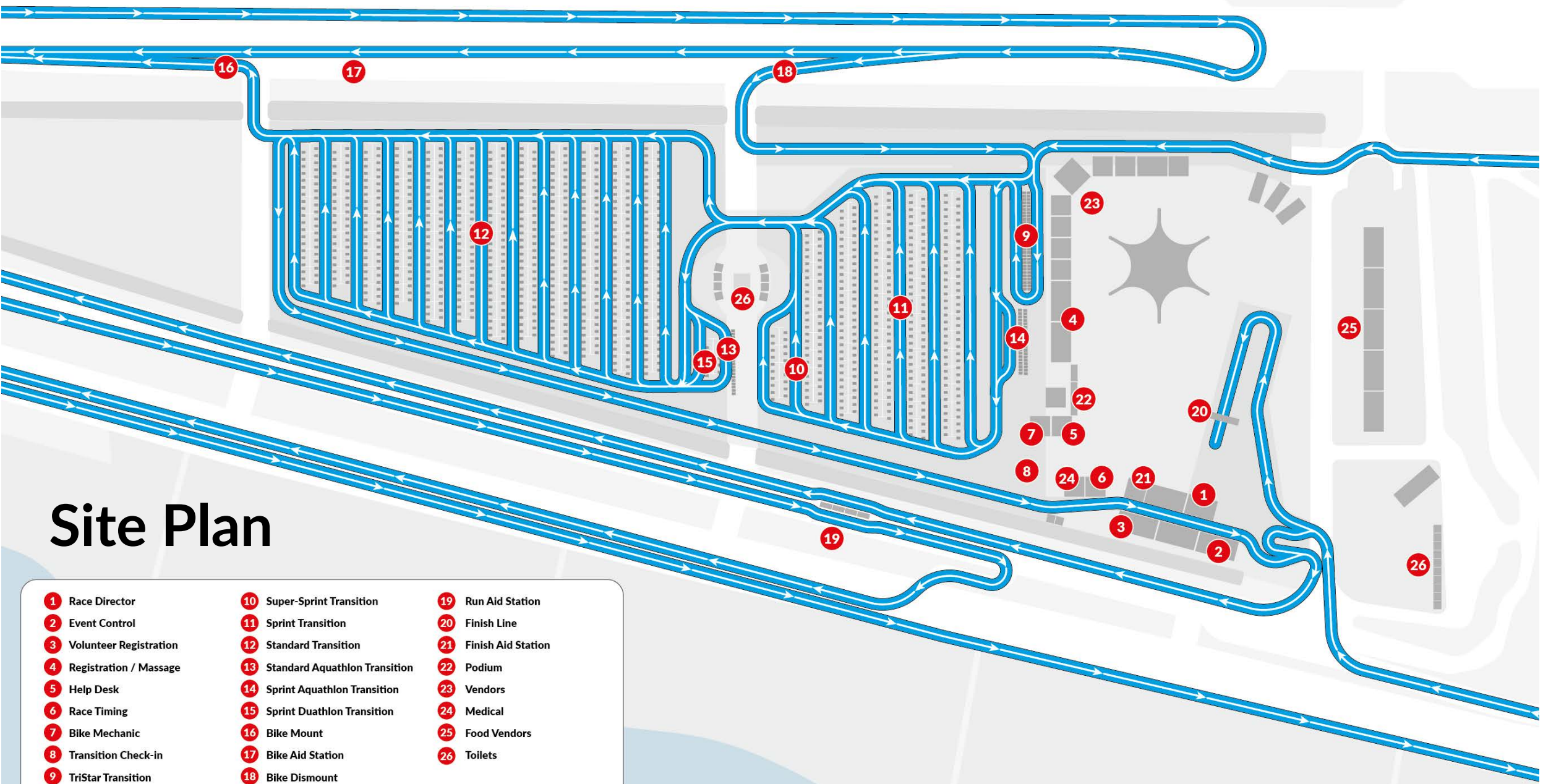
## Parking

There is no specific parking for the event, but there is plenty of on-street parking on the roads in the area. The map shows the nearby roads where on-street parking is free of charge. You may need to walk around 1km so plan to arrive early to give yourself time to find a parking space and walk from your car to the race venue at the Western Lawns. **Paid parking is available on the main seafront road (King Edward's Parade) however this road forms part of the closed bike route and you will be closed from 6:00am until 11:45am. Please only park here if you intend to leave after this time.**



# Site Plan

- |                          |                                  |                       |
|--------------------------|----------------------------------|-----------------------|
| 1 Race Director          | 10 Super-Sprint Transition       | 19 Run Aid Station    |
| 2 Event Control          | 11 Sprint Transition             | 20 Finish Line        |
| 3 Volunteer Registration | 12 Standard Transition           | 21 Finish Aid Station |
| 4 Registration / Massage | 13 Standard Aquathlon Transition | 22 Podium             |
| 5 Help Desk              | 14 Sprint Aquathlon Transition   | 23 Vendors            |
| 6 Race Timing            | 15 Sprint Duathlon Transition    | 24 Medical            |
| 7 Bike Mechanic          | 16 Bike Mount                    | 25 Food Vendors       |
| 8 Transition Check-in    | 17 Bike Aid Station              | 26 Toilets            |
| 9 TriStar Transition     | 18 Bike Dismount                 |                       |





# Registration

To avoid delays on race morning, we ask **where possible, you should register and collect your race pack on Saturday afternoon between 1:00pm to 6:00pm**. This will allow you to proceed directly to transition for racking on Sunday morning.

- Registration is situated on the **Western Lawns**
- **Saturday from 1:00pm to 6:00pm**
- **Sunday from 5:30am** for those unable to register on Saturday
- You will be asked for **your last name**

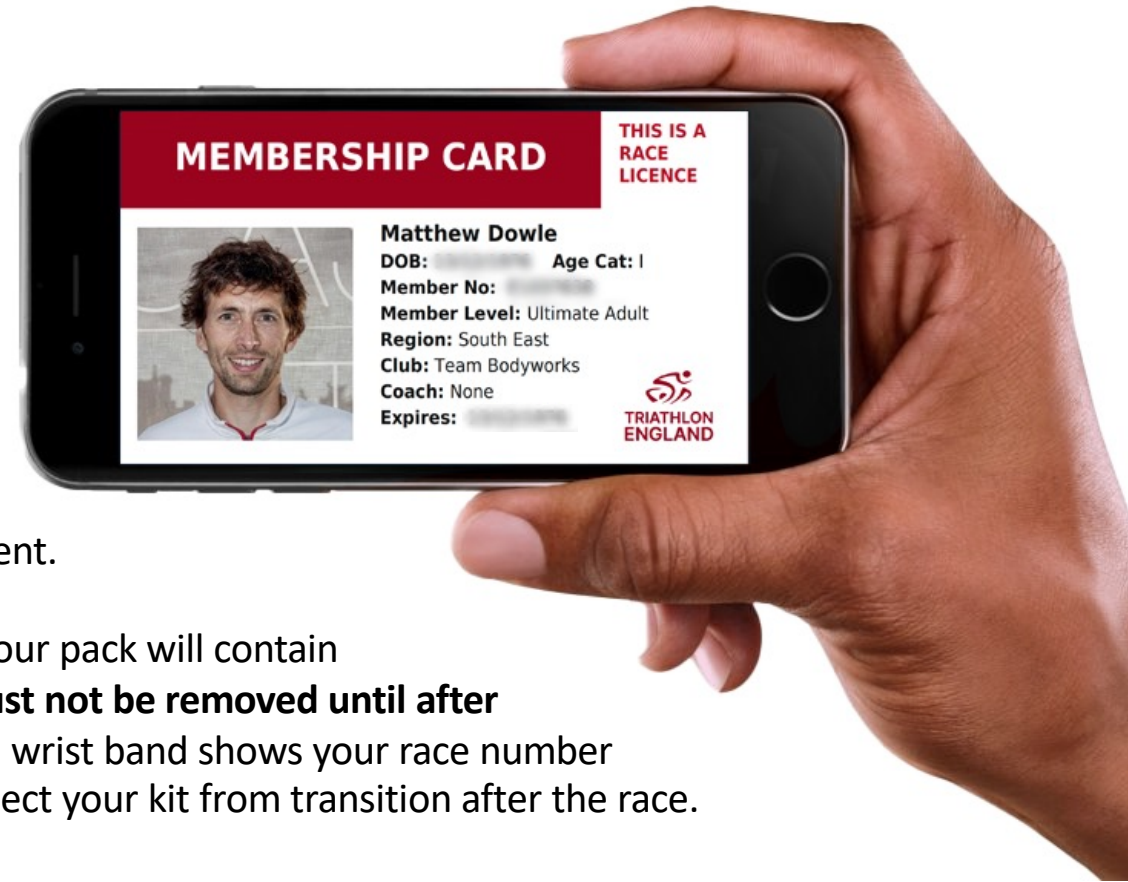
## BTF Members

Where possible we will check the validity of BTF Race Licences in advance, however, please be prepared to show your digital Race Licence. **We suggest taking a screenshot of the licence on your phone or printing a paper copy so you can access it quickly at registration.**

## BTF Non-Members

If you are **not** a BTF member you will have purchased a Race Pass when you signed up for the event. There is no need to bring this to the event.

**Once we have checked your details you will be handed your race pack.** Your pack will contain a numbered wrist band. **This must be worn throughout the event and must not be removed until after you have collected your bike from transition at the end of the event.** The wrist band shows your race number and will be used to identify you in case of a medical emergency and to collect your kit from transition after the race.







### Numbered Wrist Band

Must be worn throughout the event and must not be removed until after you have collected your bike from transition.



### Race Number

Must be on your **back during the bike** and on the **front during the run**. Fix the number to an elastic number belt (available to buy from the TriBourne Shop on Saturday) and don't forget to spin your race belt around as you leave the bike to run transition, so your number is on the front.



### Swim Cap

You must wear the swim cap provided. The colour of the swim cap will identify your starting wave.

### Sticker Sheet

Includes helmet sticker which must be stuck to the front of your helmet and a long bike number which you must stick around your seat post.



### Timing Chip

You must wear your timing chip around your **left ankle**. Make sure it is attached securely. No timing chip, or incorrect use of the chip will mean you will not appear in the results. There will be a £40 charge if you fail to return your timing chip at the end of the race. **If you register on Saturday, don't forget your timing chip on Sunday morning.**



# Bike Check-in

Bike check-in will take place on Sunday morning only. If you register on Saturday, you can proceed directly to bike check-in on Sunday morning.

**Before arriving at the transition check-in gate, please ensure:**

- You are wearing your numbered **wrist band**.
- Your **helmet is on your head and fastened**.
- Your **bike sticker** is on your bike seat post.
- Your bike is **safe and road worthy** and complies with **BTF rules**.




Your handlebars must not have open ends so please ensure they are plugged with bar ends. Fixed wheel bikes (bikes that use the pedals as a brake) are not permitted and e-bikes are also not permitted.

**You must not use headphones, mobile phones or any other such devices in transition which could be considered a distraction.**

**RULES**  
**4.10|5.2|6.4**

## Illegal Equipment

Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.





**CAUTION:** During racking in transition, earlier races may already be in progress. Please do not enter the north edge of the transition area where the bike out and run out routes for earlier races will be live.



# Transition Closing

Please leave transition and make your way to the beach before the times shown here.

The route across the beach will be carpeted and most of the run from the swim exit to transition is on grass, so **you should not wear shoes to the start**. Shoes discarded at the swim start will be returned to the baggage area in transition. Anything unclaimed will be disposed of.

- ! **BAGGAGE:** Each competitor will have a box in transition measuring 60cm x 40cm x 15cm. There will be an additional designated baggage area within transition, however space is limited. All your belongings should be placed in your own transition box. Please try not to bring more kit than will fit into the box provided.

## Transition Closing Times

06:15 100k Transition Closed

07:15 TriStar Transition Closed

07:45 Standard-Distance Transition Closed

07:45 Sprint & Standard Duathlon Transition Closed

07:45 1,500m Swim Transition Closed

09:20 Sprint-Distance Transition Closed

09:30 Super-Sprint-Distance Transition Closed

You will not be able to access your transition zone after the race until the last cyclist in your event has finished the bike. If you plan to buy a food and drink straight after you finish, you might want to consider leaving your wallet/phone with a supporter.



# Wetsuits

We will monitor the water temperature throughout race week. **On race day it is expected to be between 13°C and 14°C** but can vary between 11°C and 16°C. **Wetsuits are mandatory below 15.9°C and so are likely to be mandatory at this event.** It is recommended that wetsuits are worn even if the water temperature is above 15.9°C as the wetsuit will not only keep you warm but will also provide buoyancy and help you swim faster. You should use a triathlon specific wetsuit which is designed for swimming.

TriBourne are delighted to be working with Tri Wetsuit Hire, offering performance Triathlon wetsuits to hire at affordable prices with options to hire for 2 weeks, 4 weeks or the whole season. **Scan the QR code to book.**



- **The swim hats provided are compulsory.**
- **Gloves are not permitted.**
- **Socks are not permitted** unless the water temperature is below 16°C.

Where socks are permitted the bottom of the wetsuit must cover the top of the sock.



# The Swim

If you wish to get in the water to warm up before the start, please do so away from the swim course on the beaches to the west of the swim course. Please note there is **no swim safety cover at the warm-up area** so you will **swim here at your own discretion**.

**Please arrive on the start beach in time for your swim briefing at the times shown.** Following the briefing, each wave will be called to the start. Your swim cap colour will identify your start wave.

Swim Briefing Times	
06:20	100k Swim Briefing on the Beach
07:20	TriStar Swim Briefing on the Beach
07:45	Standard-Distance Briefing on the Beach
09:25	Sprint-Distance Briefing on the Beach
09:35	Super-Sprint Briefing on the Beach

**IMPORTANT:** When your wave is called to the start you **must** pass through the swim start arch. This gives us a count of all athletes starting each wave. **Please do not bypass the arch and do not go through the arch before your wave is called forward.**

A marshal will be available to take any prescription glasses, inhalers, etc. which will then be placed on a table near the swim exit.

Once you have passed though the swim arch you will line up along the shore. The start will be a mass start from the beach. Your time will start when the start siren sounds.



# Swim Start Waves

	WAVE 1	06:30	100k Triathlon		WAVE 7	08:00	Standard Distance Female
	WAVE 2	07:30	TriStart (age 8)		WAVE 8	08:05	Standard Distance Open 40 - 54
	WAVE 3	07:35	TriStar 1 (age 9-10)		WAVE 9	08:10	Standard Distance Open 55+, Relay, Aquabike, Aquathlon and 1,500m swim
	WAVE 4	07:40	TriStar 2 (age 11-12)		WAVE 10	09:35	Sprint Distance Open Under 50, Relay, Open Aquathlon
	WAVE 5	07:40	TriStar 3 (age 13-14)		WAVE 11	09:40	Sprint Distance Female, Open 50+, TriClubs, Female Aquathlon
	WAVE 6	07:55	Standard Distance Open Under 40		WAVE 12	09:45	Super-Sprint Distance

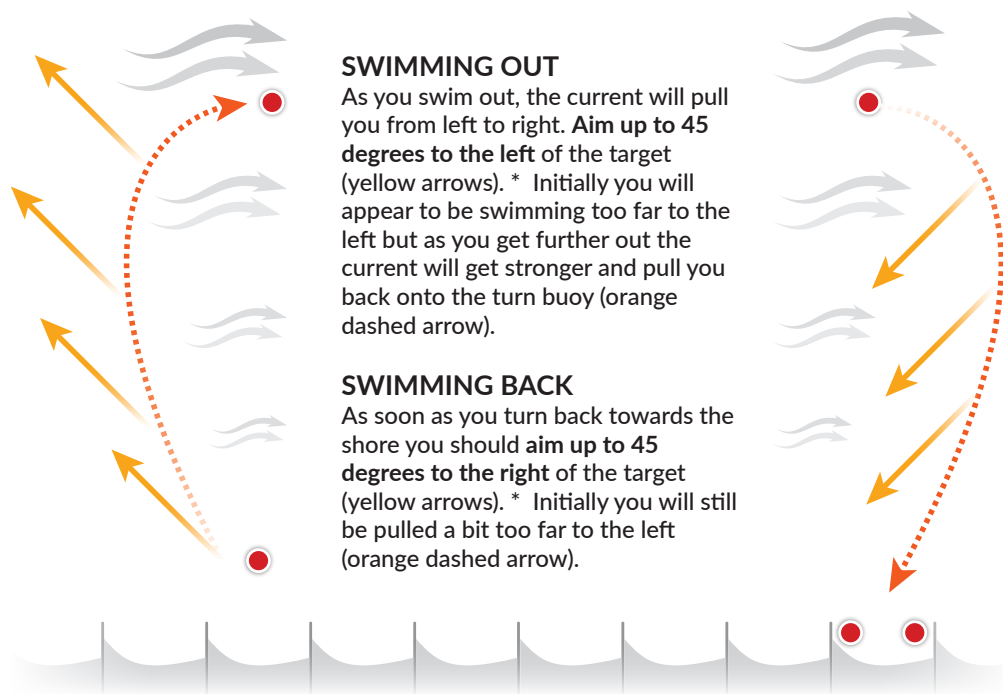


**!** **IMPORTANT:** The current is expected to switch direction from incoming to outgoing between 8:15am and 9:15am. TriStar and Standard-Distance competitors will swim with the current of an incoming tide. Sprint and Super-Sprint competitors are expected to be swimming on an outgoing tide.

## OUTGOING TIDE

From 1-2 hours before high tide until 1-2 hours before low tide

### SWIMMING ACROSS THE CURRENT

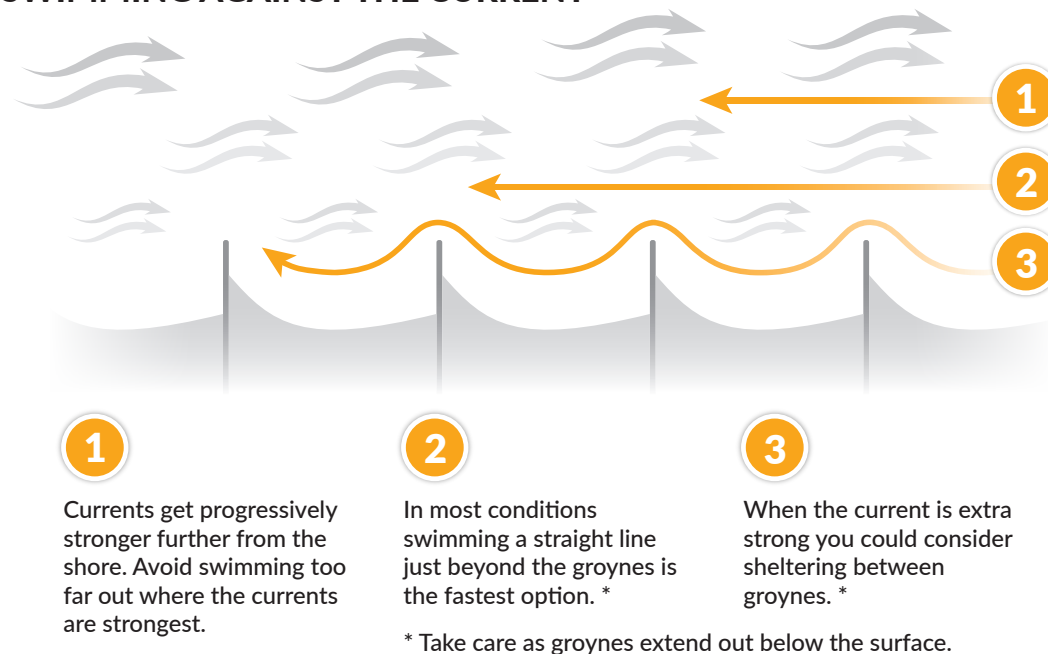


\* The angle depends on the strength of the current and how strong you are as a swimmer:  
Stronger swimmer and/or weaker current = smaller angle (15 - 30 degrees)  
Weaker swimmer and/or stronger current = larger angle (30 - 45 degrees)

## OUTGOING TIDE

From 1-2 hours before high tide until 1-2 hours before low tide

### SWIMMING AGAINST THE CURRENT



**SWIM SAFETY:** If you get into difficulty, lie on your back and raise your arm. Don't use backstroke as this can be confused with a swimmer indicating they are in difficulty.

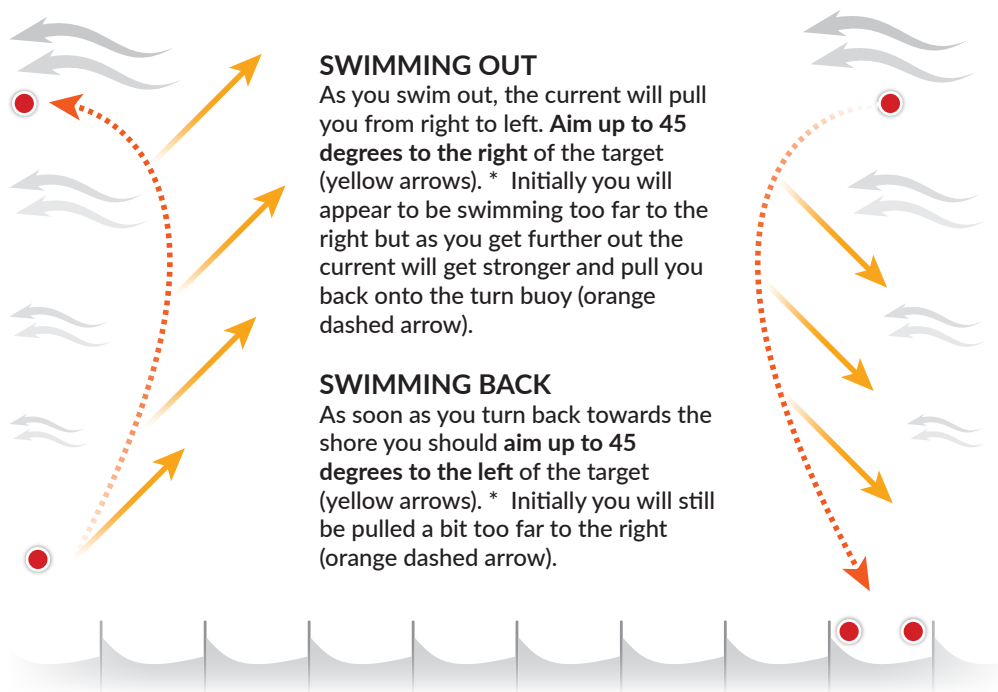


**!** **IMPORTANT:** The current is expected to switch direction from incoming to outgoing between 8:15am and 9:15am. TriStar and Standard-Distance competitors will swim with the current of an incoming tide. Sprint and Super-Sprint competitors are expected to be swimming on an outgoing tide.

## INCOMING TIDE

From 1-2 hours before low tide until 1-2 hours before high tide

### SWIMMING ACROSS THE CURRENT



#### SWIMMING OUT

As you swim out, the current will pull you from right to left. Aim up to 45 degrees to the right of the target (yellow arrows). \* Initially you will appear to be swimming too far to the right but as you get further out the current will get stronger and pull you back onto the turn buoy (orange dashed arrow).

#### SWIMMING BACK

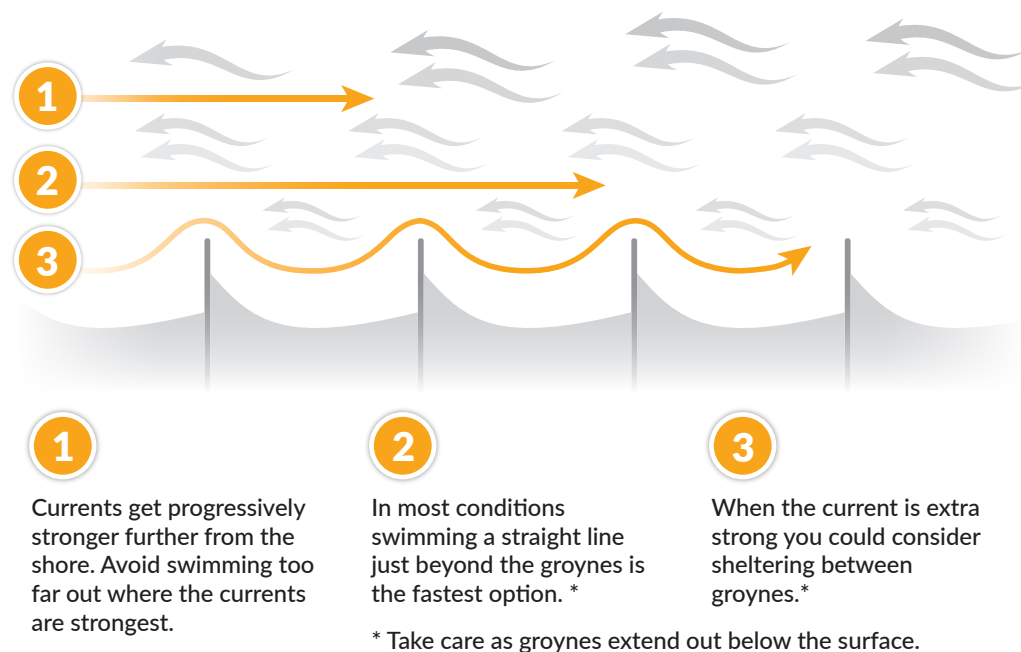
As soon as you turn back towards the shore you should aim up to 45 degrees to the left of the target (yellow arrows). \* Initially you will still be pulled a bit too far to the right (orange dashed arrow).

\* The angle depends on the strength of the current and how strong you are as a swimmer:  
Stronger swimmer and/or weaker current = smaller angle (15 - 30 degrees)  
Weaker swimmer and/or stronger current = larger angle (30 - 45 degrees)

## INCOMING TIDE

From 1-2 hours before low tide until 1-2 hours before high tide

### SWIMMING AGAINST THE CURRENT



**SWIM SAFETY:** If you get into difficulty, lie on your back and raise your arm. Don't use backstroke as this can be confused with a swimmer indicating they are in difficulty.

# Sprint Swim Course

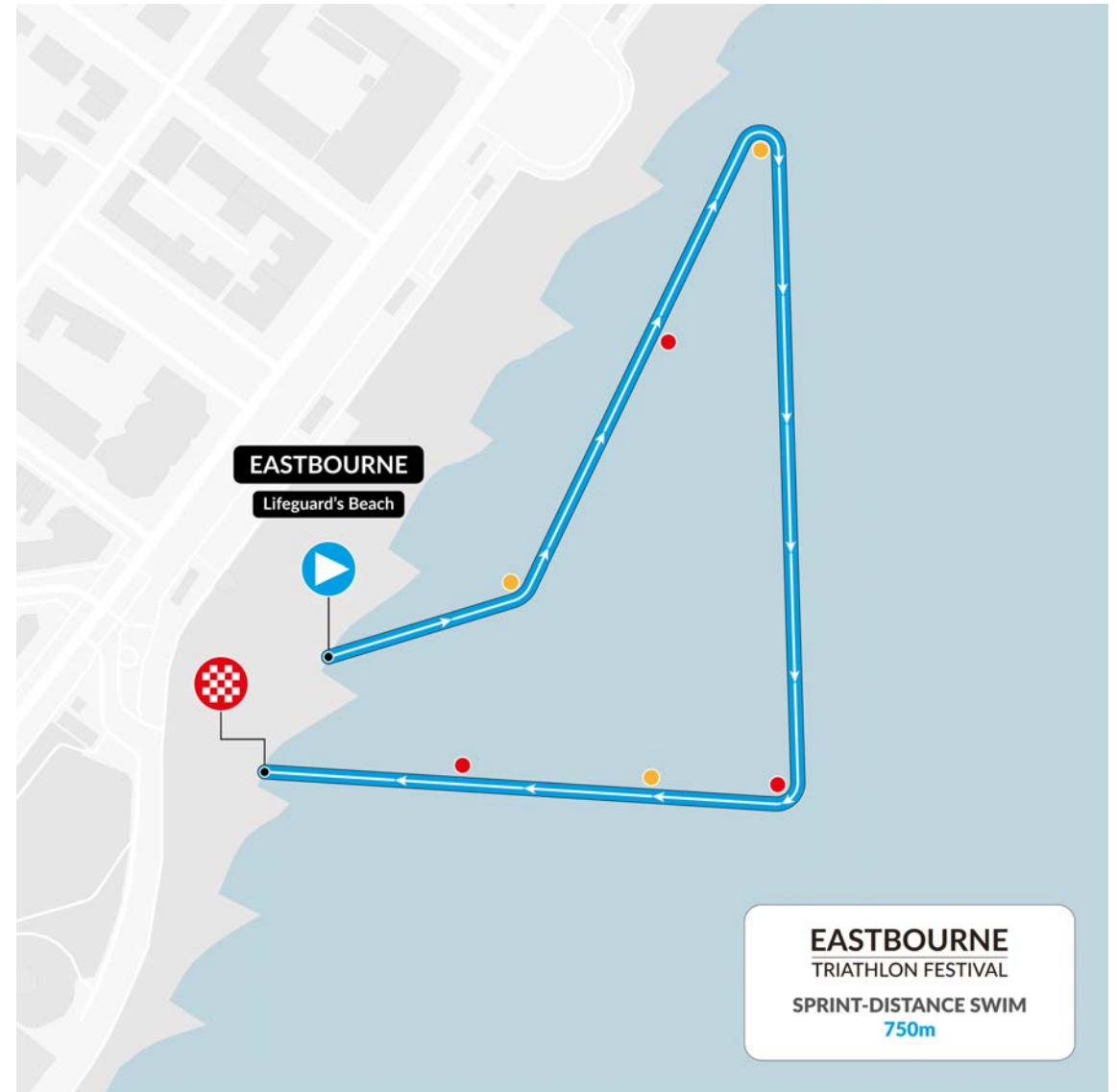
The first 300m to the bandstand will be against the outgoing tidal current. The remaining 450m of the route will be with the current.

- Swim left to the first yellow swim buoy (approximately 50m from the beach).
- Make a left turn keeping the buoy on your left.
- Swim parallel to the beach past the red buoy and on to the yellow buoy at the bandstand.
- Make a right turn keeping the buoy on your right and swim back diagonally to the red swim buoy furthest from the beach.
- Make a right turn keeping the buoy on your right and swim back in towards the swim exit.

As you make the final right turn around the red buoy (heading back towards the swim exit), the current will pull you to your left. To compensate, you should aim to the right of the swim exit (sighting towards the start beach).



**SWIM SAFETY:** If you get into difficulty, lie on your back and raise your arm. Please do not use backstroke as this can be confused with a swimmer indicating they are in difficulty.





# Standard Swim Course

You will start on the tail end of the incoming tide, receiving a push towards the pier. Having turned at the pier you will either swim back against a slight current, or if the timing aligns perfectly, the current might even reverse at just the right time to provide an extra boost back to the finish.

- Swim out past the red and yellow TriStar buoys to the furthest red buoy. The current will be pulling you to your left so aim right.
- Turn left keeping the buoy on your left and swim towards the end of the pier where you will turn left at the red buoy.
- Swim towards the beach parallel to the pier and turn left around the next red buoy.
- Swim back along the beach past the yellow buoy at the bandstand and past the next red buoy.
- At the final yellow buoy, make a right turn keeping the buoy on your right and swim back in towards the swim exit.



**SWIM SAFETY:** If you get into difficulty, lie on your back and raise your arm. Please do not use backstroke as this can be confused with a swimmer indicating they are in difficulty.



# Transition 1 – Swim to Run

Once you have exited the water you will need to make your way on foot to the transition area which is 300m away on the Western Lawns. The beach will be carpeted and most of the run to transition is on grass. You may pull your wetsuit down to your waist as you make your way to transition, however you may not remove your wetsuit completely until you reach your spot in transition.

You will run into transition to your box containing your running kit. Put on your shoes and any other running kit and run out of transition via the 'Run Out' gate at the far end of transition.

## **IMPORTANT:**

- Ensure all items are placed completely in your transition box. Any items left outside your box in transition will result in a time penalty.





## Correct

Everything correctly placed entirely within your transition box. Only running shoes are allowed to be placed neatly beside your box.

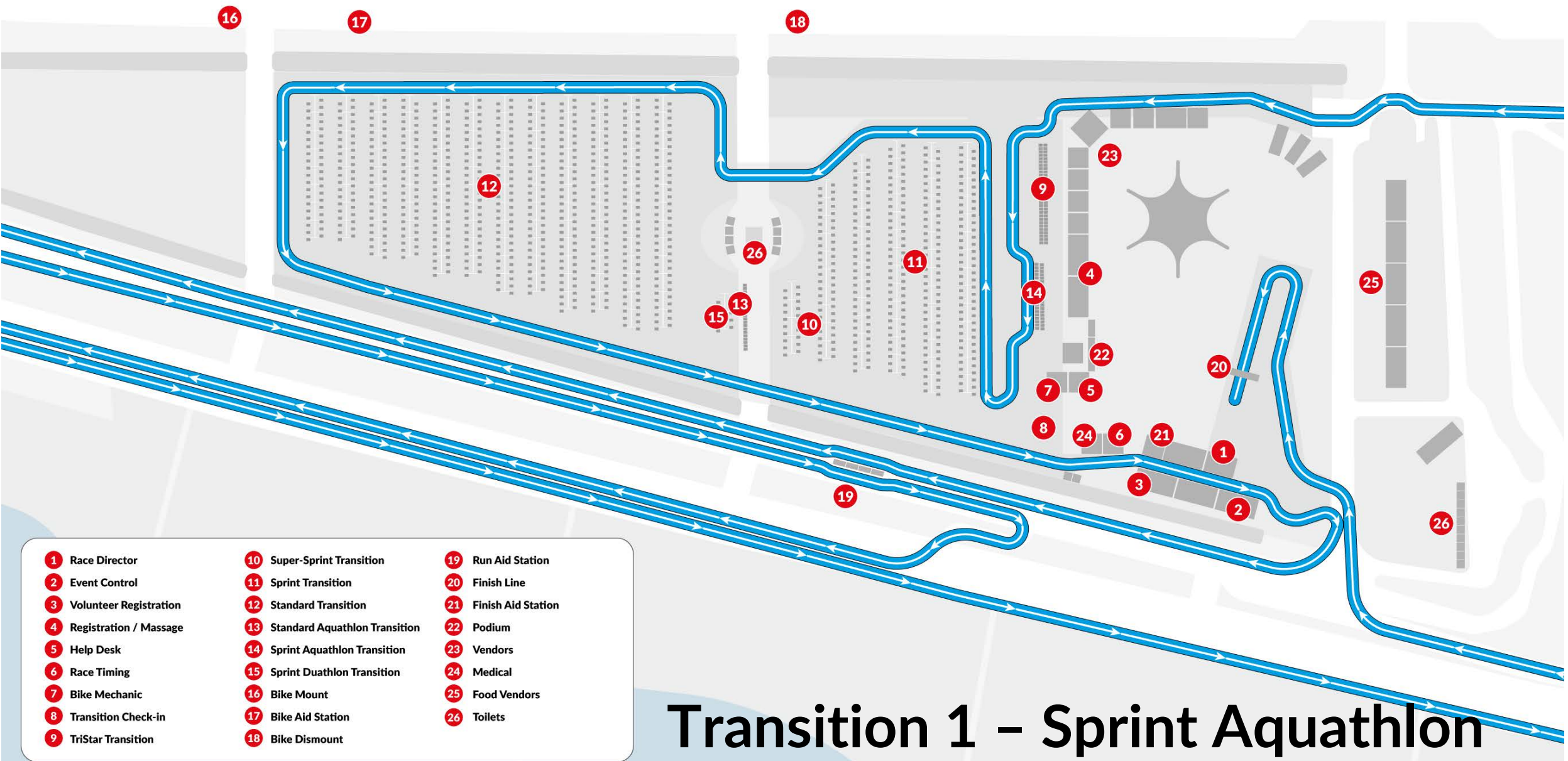


## Time Penalty

If your kit is not all placed completely within your transition box, you will be given a time penalty.

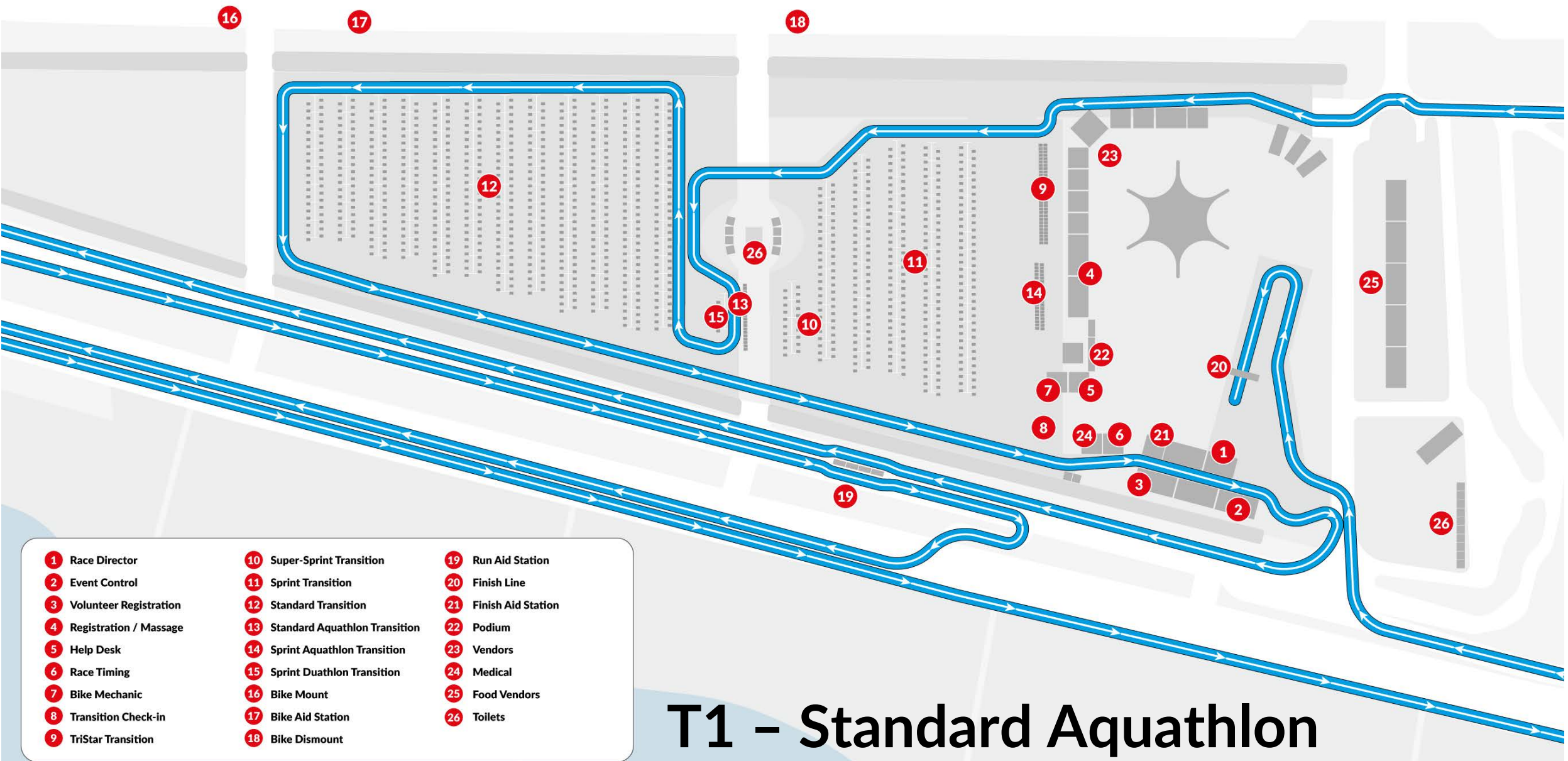






# Transition 1 – Sprint Aquathlon





# T1 - Standard Aquathlon

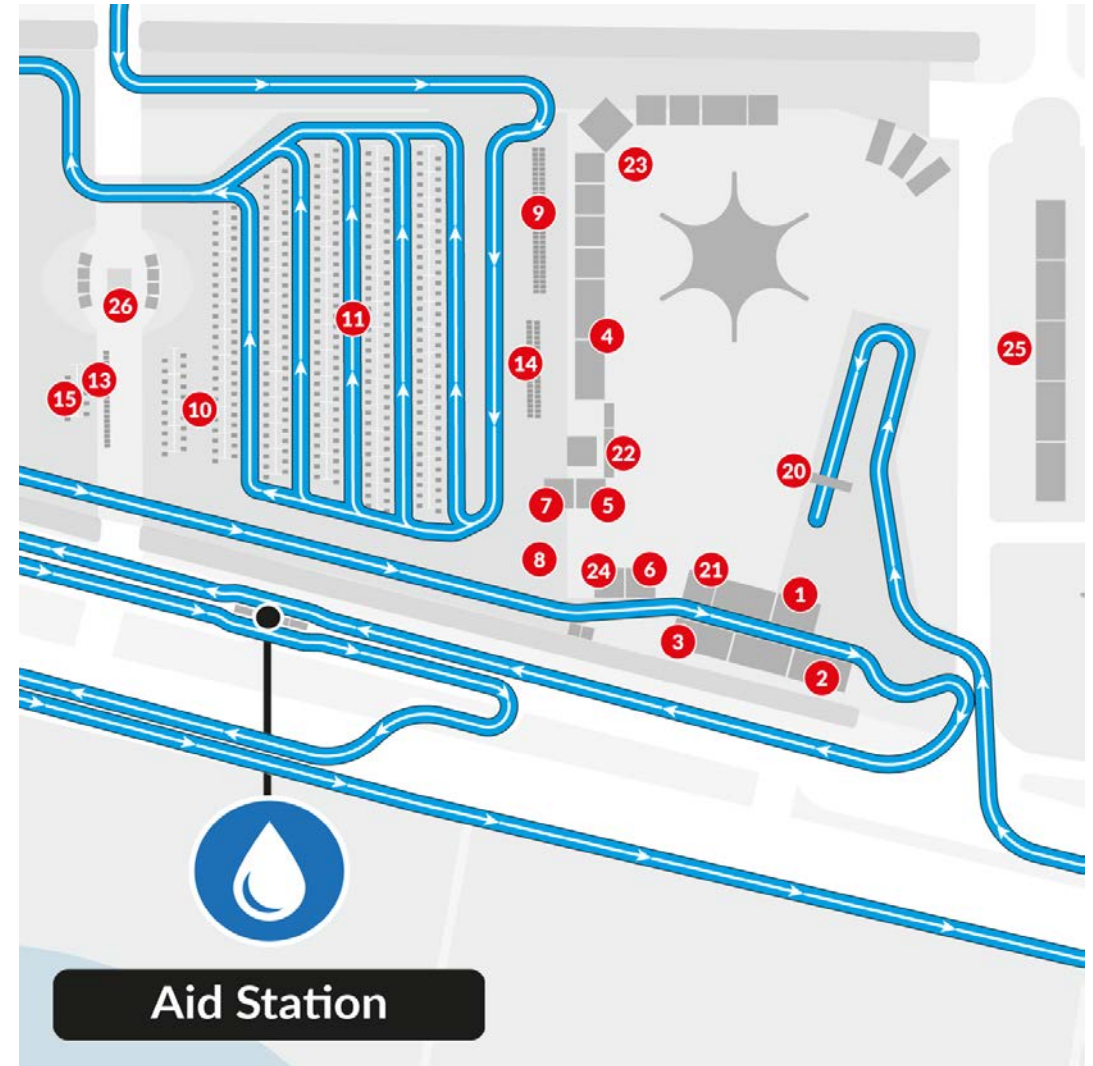
# The Run

The run course consists of anti-clockwise out-and-back sections along a gravel path and along the lower prom. **Always pass to the right of oncoming runners.** Keep right and overtake to the left (taking care to avoid oncoming runners). As you run out you will have the public to your right and oncoming runners to your left. On the return you will keep to the right (again with oncoming runners to your left).

For Sprint, Standard and 100k competitors, the first 1km is a gradual uphill (barely noticeable) along a gravel path. The gravel is mostly firm and compact, but a few sections are a little looser and there are few slightly uneven sections.

## Run Aid Station

On the run route there will be an aid station as you leave transition to start the run. You will pass the aid station again in the opposite direction at 2.3km. Standard and 100k competitors will then access this aid station again at the start and 2.3km of each lap. The aid station will be stocked with water, HIGH5 Energy Drink and HIGH5 gels.





HIGH 5

SAVOUR  
EVERY MILE

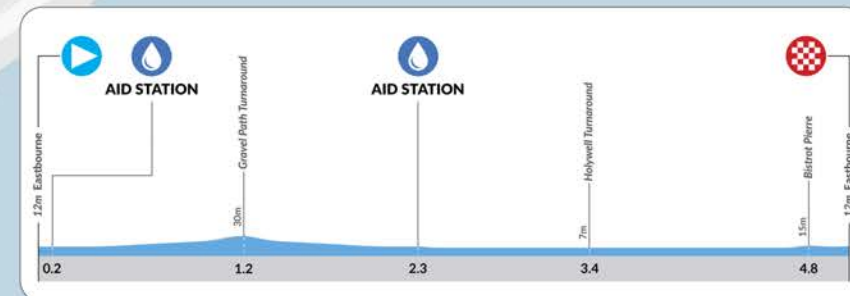
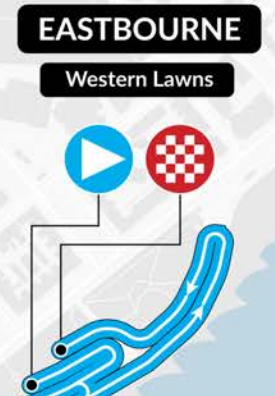
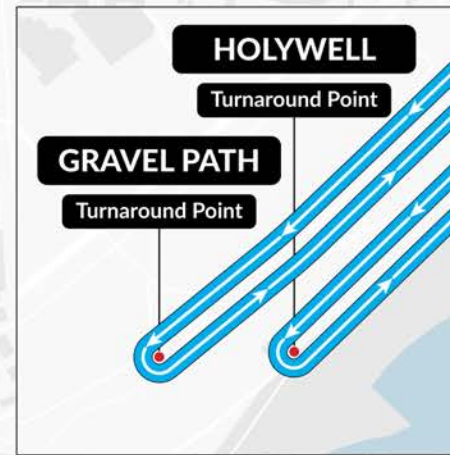


# Sprint-Distance Run

The sprint-distance course is a single lap consisting of two out-and-back sections. The first 2.3km is an out-and-back loop on the upper prom and gravel path. You will make a U-turn at the far end of the gravel path and return the way you came.

Just after you pass the aid station you will make a sharp right turn down a short slope onto the lower prom. You will then complete an out-and-back loop on the lower prom to Holywell. Note, **you will turn at the second of two U-turns on the lower prom**. Super-Sprint and 100k competitors will be turning 200m earlier. Do not turn at this first turn point.

As you run onto the lawns ensure you keep right at the finish/lap course split, heading onto the blue carpet to the finish. Standard-distance competitors will be keeping left here to start their second lap.



**EASTBOURNE**  
TRIATHLON FESTIVAL  
SPRINT-DISTANCE RUN  
5km

**! KEEP RIGHT:** This is an out-and-back course in an anti-clockwise direction. Please pass to the right of oncoming runners.



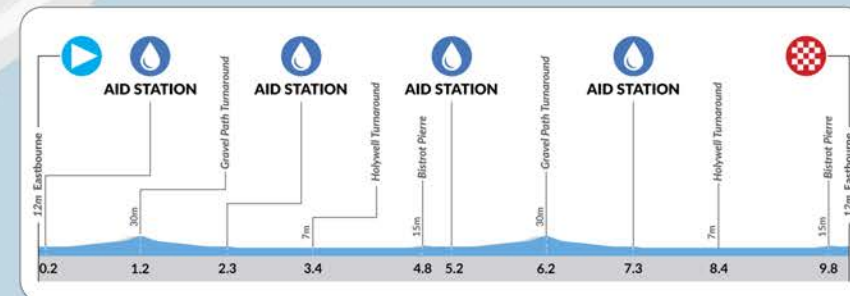
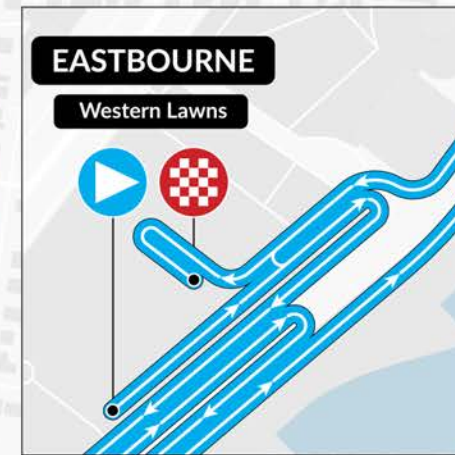
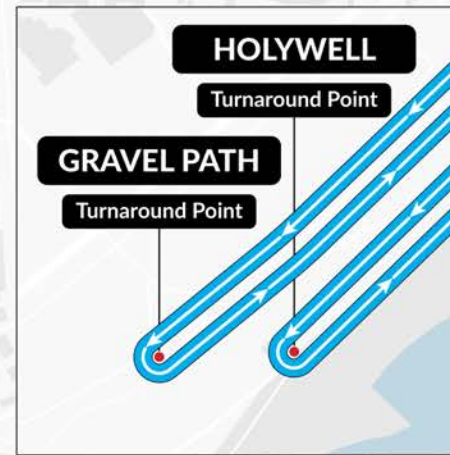
# Standard-Distance Run

The standard-distance course is two laps, each consisting of two out-and-back sections. The first 2.3km is an out-and-back loop on the upper prom and gravel path.

Having completed the out-and-back section on the gravel path, you will pass the aid station and make a sharp right turn down a short slope onto the lower prom. You will then complete an out-and-back loop on the lower prom to Holywell. Note, **you will turn at the second of two U-turns on the lower prom**. Super-Sprint and 100k competitors will be turning 200m earlier. Do not turn at this first turn point.

As you run onto the lawns you will reach the finish/lap course split. At the end of your first lap keep left to begin your second lap. At the end of your second lap keep right, heading onto the blue carpet to the finish.

**!** **KEEP RIGHT:** This is an out-and-back course in an anti-clockwise direction. Please pass to the right of oncoming runners.

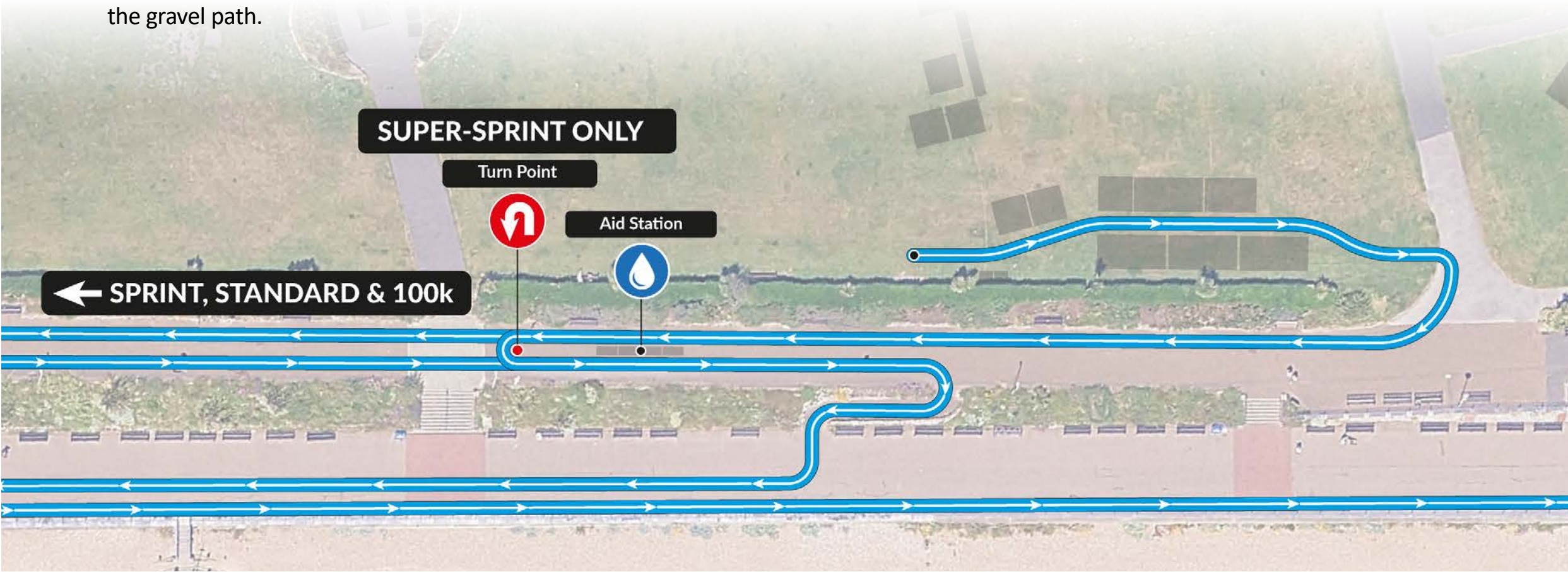


**EASTBOURNE**  
TRIATHLON FESTIVAL  
STANDARD-DISTANCE RUN  
**10km**

# Course Split – Super-Sprint Turn

When you begin the run, you will run from the Western Lawns and turn right onto the upper prom. After about 100m you will pass the aid station for the first time. Immediately after the aid station you will see the Super-Sprint turn point.

- **Super-sprint competitors ONLY turn here.** You will turn and return past the other side of the aid station and then turn right down the slope to the lower prom.
- **ALL OTHER competitors** continue past this turn point and continue onto the gravel path for a further 1km to the turn point at the far end of the gravel path.

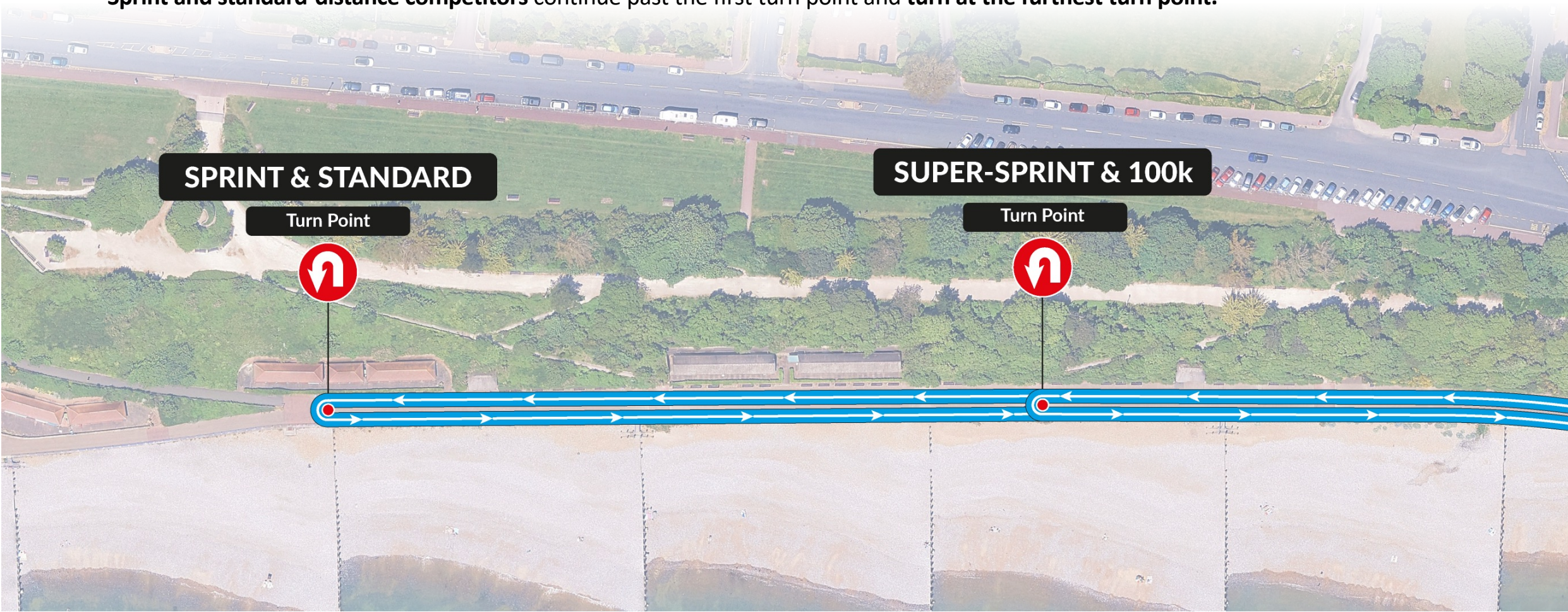




# Course Split – Holywell Turn

At the far (west) end of the lower prom, there are two turn points. It is your responsibility to turn at the correct point.

- **Super-sprint and 100k competitors turn at the first turn point.** You will see sprint and standard-distance competitors continuing a further 200m to the far end of the prom.
- **Sprint and standard-distance competitors** continue past the first turn point and **turn at the furthest turn point.**





# The Finish

Once you have crossed the finish line, you will be presented with your medal, and a volunteer will take your timing chip. There will be water and HIGH5 Energy Drink available.

Once the last cyclist in your race has finished the bike leg, you will be allowed to return to transition to retrieve your bike and other kit and belongings. **We want to create an amazing atmosphere for our last finishers so please stay around the finish area after your race.**

Post-race massage is available from Sportswise on a donation basis.

We will once again have a bar and food vendors on site serving alcohol, pizza, fish & chips, ice-cream and more. **Please stay after the race and enjoy a social lunch on the Western Lawns.**





# Awards Schedule

As you cross the finish line, your name and finishing time will be displayed on the finish gantry. **Please note that any data shown on the finish gantry is provisional and will be subject to change.**

Awards will be presented according to the schedule shown to the right. Where possible, you should check your finishing position via the live results on our website. If you believe you have finished in the top 3 in your age group for sprint and standard triathlons, please return to the podium at 12:30pm for our age-group awards ceremony.

If you are unable to wait for your awards presentation, you will be given the opportunity to cover the cost of £8 to cover the cost of postage and packaging so we can post your award to you later.

## Penalties

Any penalties and DQ's will be posted on the notice board located near the finish line. **Any live results published during the event are provisional only.**

## Sunday 16<sup>th</sup> June

08:15      TriStar Awards  
Top 3 in each age group

09:00      1,500m Swim Awards  
Top 3 overall

09:30      Sprint Duathlon Awards  
Top 3 overall

11:30      Youth Super-Sprint Triathlon - Top 3 overall  
to  
12:30      Super-Sprint Triathlon - Top 3 overall  
Sprint Triathlon - Top 3 overall  
Standard Triathlon - Top 3 overall  
100k Triathlon - Top 3 overall  
Standard Duathlon - Top 3 overall  
Sprint Aquathlon - Top 3 overall  
Standard Aquathlon - Top 3 overall

12:30      **Sprint Triathlon Age Group Awards**  
**Top 3 in each age group**

12:45      **Standard Triathlon Age Group Awards**  
**Top 3 in each age group**

# Key Rules

The race is governed by BTF rules and regulations and BTF Technical Officials will be in attendance on race day so please ensure you read and are familiar with them. You can find them on the British Triathlon website.

## Some key rules to note are:

- Your race numbers must be correctly fixed to your bike, helmet and race belt.
- Your handlebars must not have open ends so please obtain bar-end stoppers.
- Appropriate racing attire must be worn for the duration of the race.
- No cycling is allowed in the transition area at any time.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is back on the rack after the cycle.
- Athletes must not use any devices which could cause a distraction such as headphones, mobile phones, cameras, etc. Mobile phones can be brought into transition but may not be used whilst the transition area is live.
- Nudity is not permitted, including within the transition area. If you want to change, please bring a changing robe.
- A bike helmet is compulsory and must be worn during bike check-in.
- Fixed wheel bikes and e-bikes are not permitted in the race.
- Littering during the event is both against the law and unacceptable. **Anyone seen littering during the event will be disqualified.**
- No outside assistance is allowed.
- Cycles and equipment must be placed in the same position at the start and finish of the cycle leg.



BRITISH  
TRIATHLON

## KNOW THE RULES

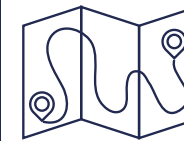
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

### RULE 2.1 Littering



All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

### RULE 2.1 Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

### RULES 4.10[5.2]6.4 Illegal Equipment

Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



### RULE 5.5 Drafting

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.



In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 12 metres – if overtaking a competitor, you have 25 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

### RULE 2.1 Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



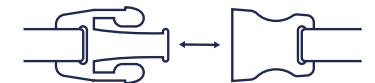
### RULE 2.9 Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



### RULE 5.2 Helmets

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



### RULE 7.1 Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



Available to download from [www.britishtriathlon.org](http://www.britishtriathlon.org)



# Medical Considerations

Our event medical team, Event Ambulance Services will be on standby for any first aid or medical treatment. Their main treatment facility will be located near the finish line and medical teams will be stationed or mobile at various places on the course.

## Medical Advice

You should discuss any medical problems with your GP before competing in the triathlon. This advice is in addition to anything he or she says. If you have a medical condition, put a cross on the front of your race number. If you have told us in advance about a medical condition, you may be given a different coloured swim cap to help identify you to the swim safety team.

## Cardiac Assessment and Screening

Sometimes an individual may have a cardiac abnormality without any symptoms. Screening with an electrocardiogram (ECG) is aimed at identifying people with conditions such as heart muscles disorders or electrical faults of the heart. Cardiac Risk in the Young (CRY) believe all young people aged 14-35 should have the opportunity to be screened. Scan the QR code to find out about a free screening in your area.



## On the Day

Do not compete if you feel unwell or have recently been unwell. This advice applies even if you are raising money for charity. If you feel feverish, have had diarrhoea or been vomiting or had any chest pains DO NOT RACE! Many medical emergencies occur because people who have been unwell but do not want to miss the event.

## Hydration

Drinking a sensible fluid intake is necessary for a triathlon. Your thirst is the best and safest guide to how much to drink during the event. You should start the race adequately hydrated and then drink small amounts as your thirst dictates. Avoid drinking too much fluid before, during or after the race, as it is possible to get ill from drinking too much fluid (this applies to water or sports drinks).

# Choice

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A swimmer in a pool, viewed from above, with their head and arms visible above water. The swimmer is wearing a black cap and goggles.

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Most users  
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A group of people swimming in the ocean. In the background, there is a large pier structure and a city skyline under a blue sky.

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SUNDAY 31<sup>st</sup> AUGUST 2025

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- SPRINT TRIATHLON
- STANDARD TRIATHLON
- AQUATHLONS
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