

# TRIBOURNE

## EASTBOURNE TRIATHLON

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



AWARDS  
2019 & 2023

EVENT OF THE YEAR

# DUATHLON ATHLETE GUIDE



TRIBOURNE  
MULTISPORT EVENTS

Choice  
VEHICLE RENTALS

HIGH

EASTBOURNE  
COLLEGE



MACMILLAN  
CANCER SUPPORT

Choice  
VEHICLE RENTALS

SWINS  
PERFORMANCE SWIMMING

EASTBOURNE  
COLLEGE





# 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**

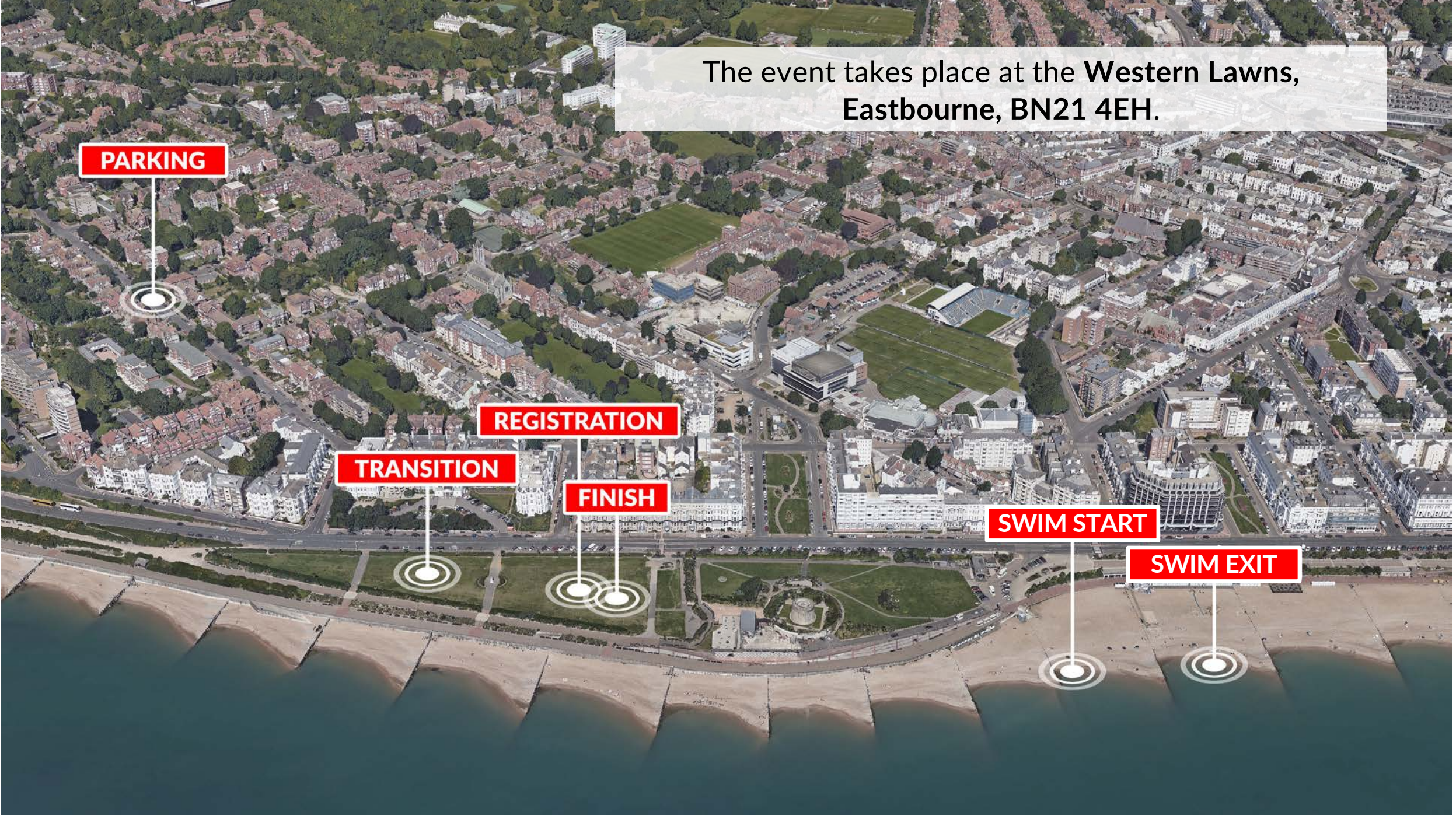
**REGISTRATION**

**TRANSITION**

**FINISH**

**SWIM START**

**SWIM EXIT**







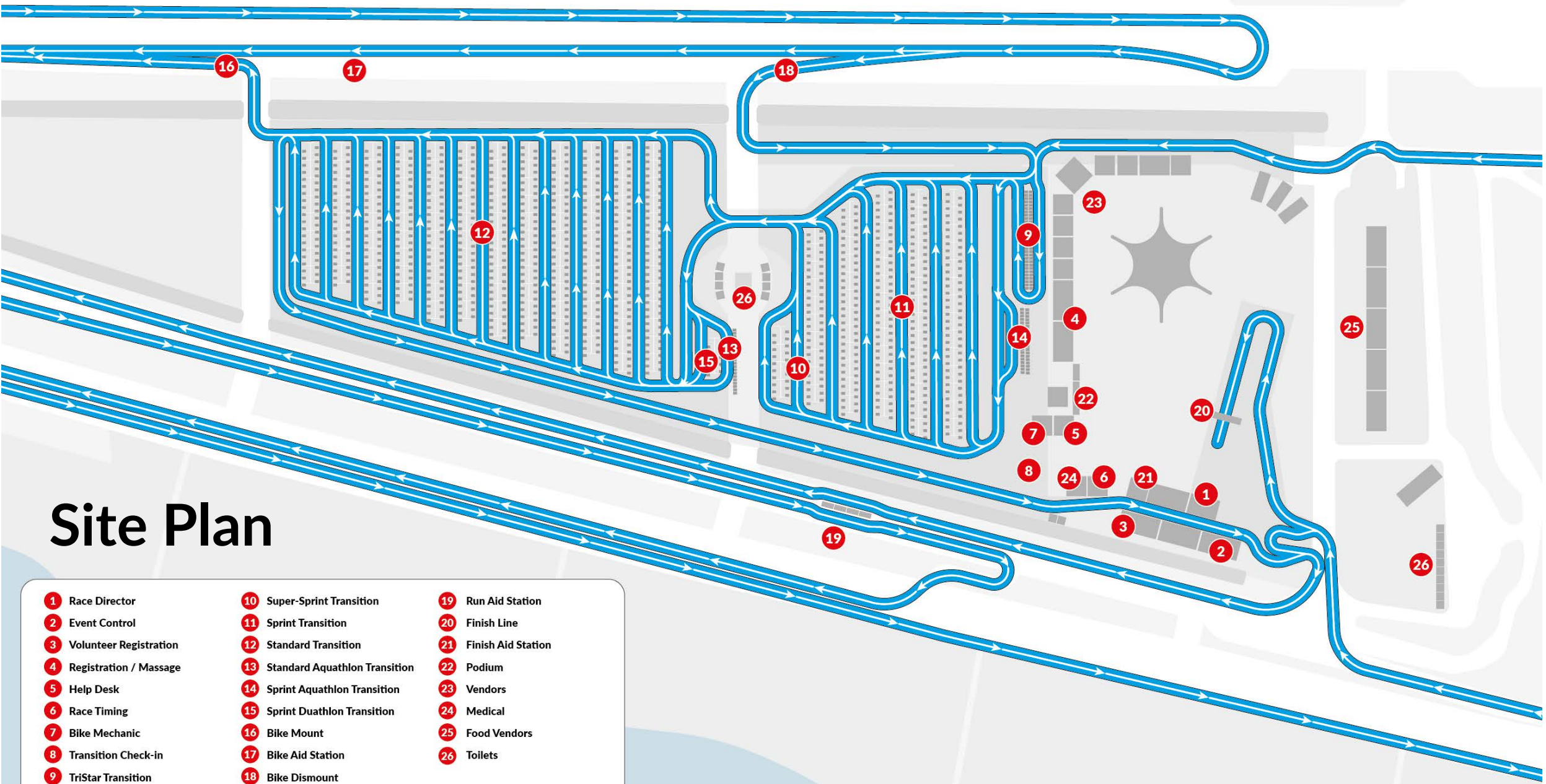
## Parking

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**

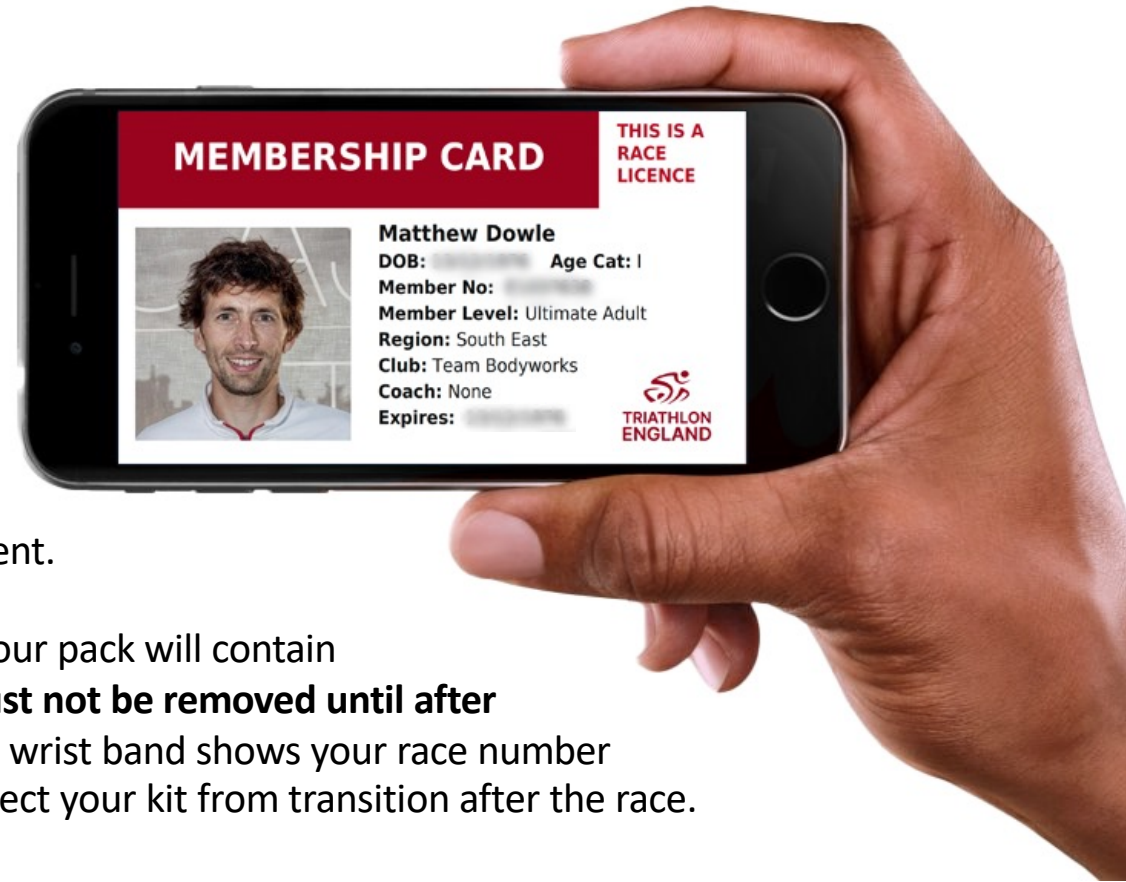
## BTF Members

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.



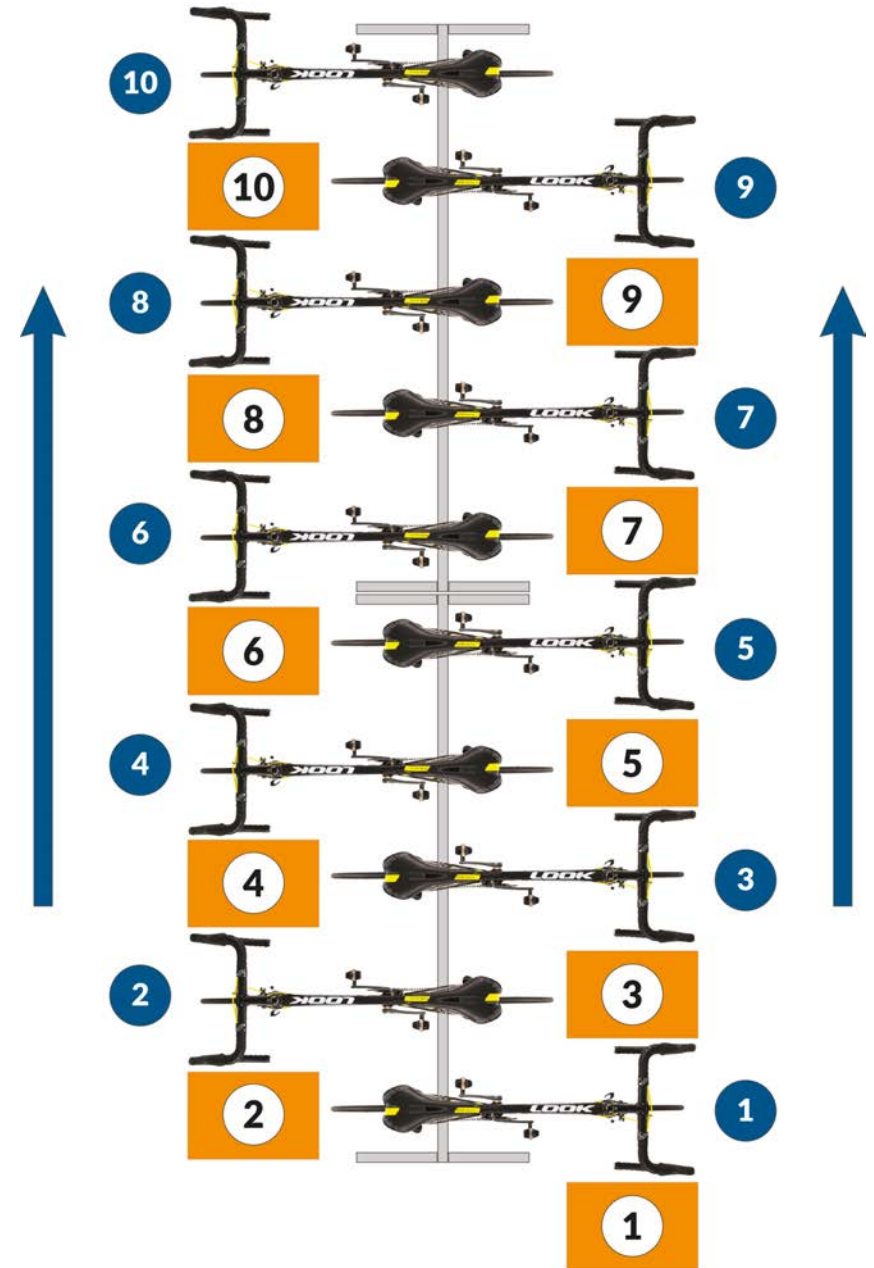
# Bike Racking

Your transition zone will be assigned based on your start wave. Racking is numbered with **odd numbers on the right and even numbers on the left**. For fairness, age-groups will be grouped together in transition, however, please note those signing up in the final few weeks before the race may not be racked with others from their age-group.

Each numbered space in transition will have one kit box. As you follow the flow through transition **your box will be the one immediately before your bike** (on the southern side of your bike).

You must reverse your bike into position such that it is hanging by its saddle, **odd numbers facing east and even numbers facing west**.

Place all your race kit in the box. We will be operating a clean transition area which means nothing should be left outside your designated box except for your running shoes (which can be placed neatly beside your box) and anything attached to your bike (nutrition, etc.).





# 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.



# Duathlon Run 1

The Duathlon will start on the lower prom at the AA Phone Box. This is where the run from the swim exit to transition crosses the lower prom.

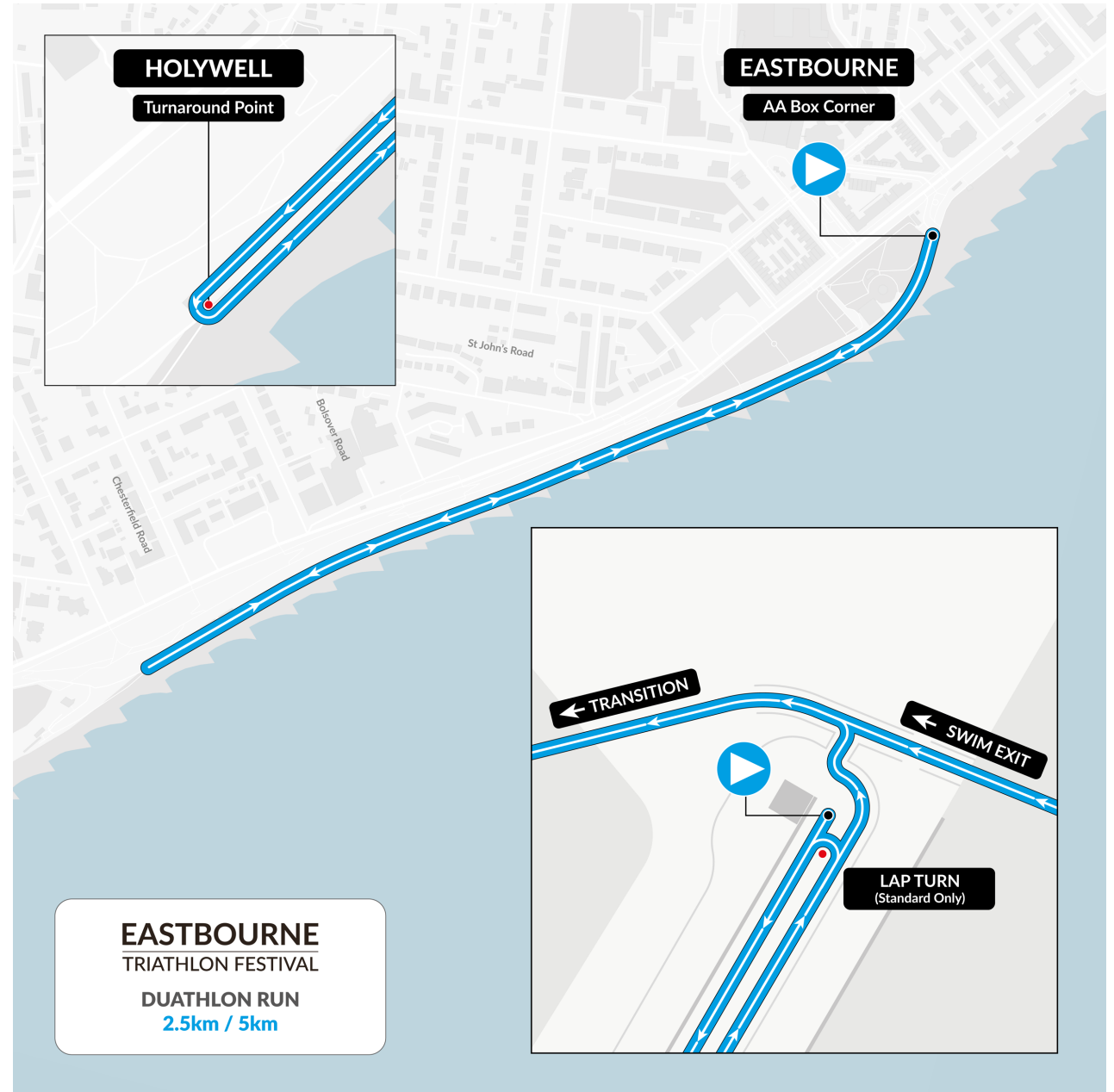
**The Standard-Distance will start at 7:55am and the Sprint-Distance will start at 8:05am.**

The course is a 2.5km out-and-back loop on the lower prom. Sprint duathletes will complete a single lap and Standard duathletes will complete two laps.

Having competed your run, pass through the gap in the barriers joining into the route taken by swimmers from the swim exit to transition.

From here you will follow the same route as the triathletes into transition.

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





# Duathlon Transition 1 – Run to Bike

Once you have finished your initial run, you will join the route taken by triathletes from the swim exit to transition. Make your way to the transition area which is 300m away on the Western Lawns. Most of the run to transition is on grass.

You will run into transition to where your bike is racked. You must put your helmet on and ensure it is done up before taking your bike. Only after your helmet is securely in place should you then take your bike and push it out of the transition area to the mount point on the road.

## **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.
- Do not touch your bike until your helmet is on your head and the strap is fastened.
- Do not mount your bike until you have crossed the mount line. Mounting before the mount line could result in a time penalty.



# Transition 1 – Swim to Bike

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 where your bike is racked. You must put your helmet on and ensure it is done up before taking your bike. Only after your helmet is securely in place should you then take your bike and push it out of the transition area to the mount point on the road.

## **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.
- Do not touch your bike until your helmet is on your head and the strap is fastened.
- Do not mount your bike until you have crossed the mount line. Mounting before the mount line could 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

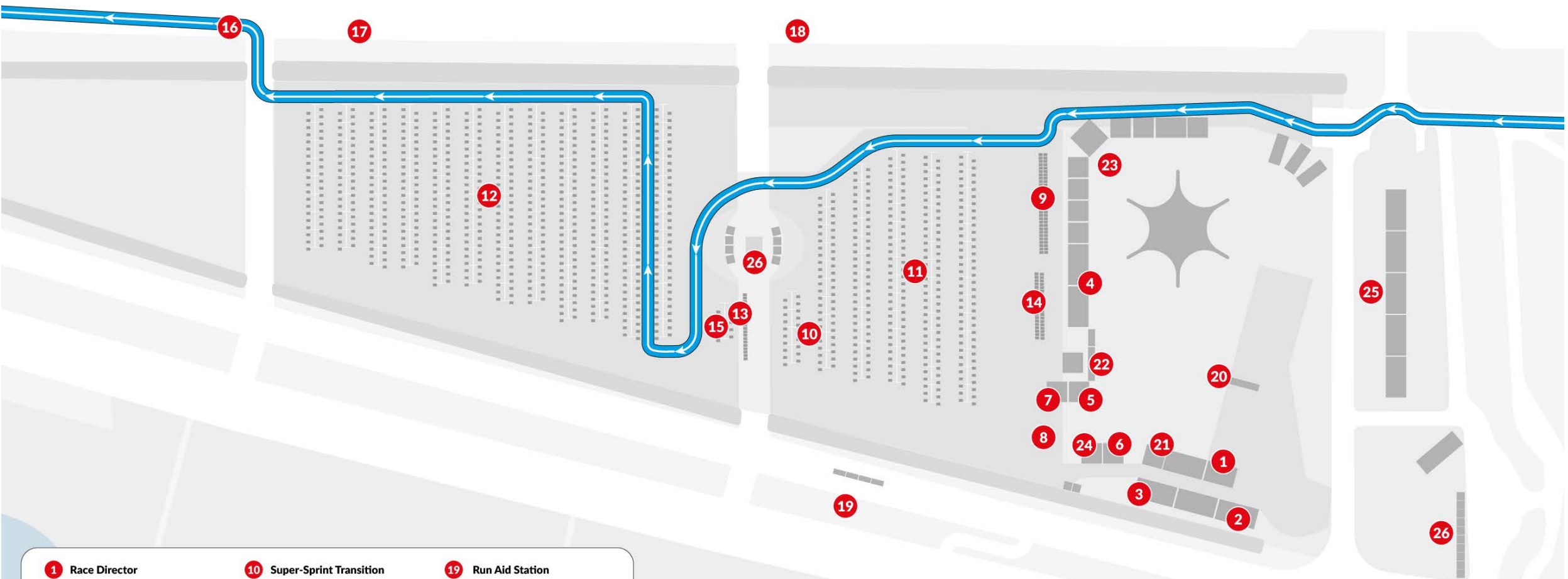
If your kit is not all placed completely within your transition box, you will be given a time penalty.







# Transition 1 – Sprint Duathlon



- |                          |                                  |                       |
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# T1 - Standard Duathlon



# The Bike Course

The entire cycle route will be closed to traffic. Please note that whilst the roads are closed to through traffic, we need to maintain escorted access for residents. Whenever a local resident needs to pass through the closed road sections, they will be escorted by a motorcycle official. **Please be aware that you may encounter vehicles within the closed road sections of the course.**

Along the seafront section of the course (the first 1.5km and last 1.5km of the lap), **please remain extremely vigilant for pedestrians crossing the course.** This is especially important as you descend at speed towards the end of the bike lap.

- ! This is an 'out and back' bike route. This means that competitors will be heading in both directions along the entire route. To avoid any head on collisions, it is critical that you **do not cross the centre line at any point** during the bike route. This is especially important on the Z-bends descent from Beachy Head down towards Birling Gap, and on the 'zig-zigs' as you descend back down towards the finish.

**THE PENALTY FOR CROSSING THE CENTRE LINE WILL BE DISQUALIFICATION**

**NO BLOCKING:** Unless overtaking, please keep to the left to allow other competitors to overtake you without them needing to cross the centre line.

# Sprint Bike

The bike course heads steadily uphill along King Edward's Parade towards Beachy Head. Follow the road around to the right and begin the climb of Upper Duke's Drive which zig zags upwards for around 1.5km

- At 3km the course spits. **Turn left** towards Beachy Head. When you return to this point at 13km, be aware of slower **super-sprint competitors merging from your right**.

Continue out-and-back over Beachy Head to the Horseshoe Plantation and then out to the turnaround at Warren Hill before returning down to the finish in Eastbourne.

- THE PENALTY FOR CROSSING THE CENTRE LINE WILL BE DISQUALIFICATION.**
- Do not cross the centre line at any point.  
**NO BLOCKING:** Unless overtaking, please keep to the left.

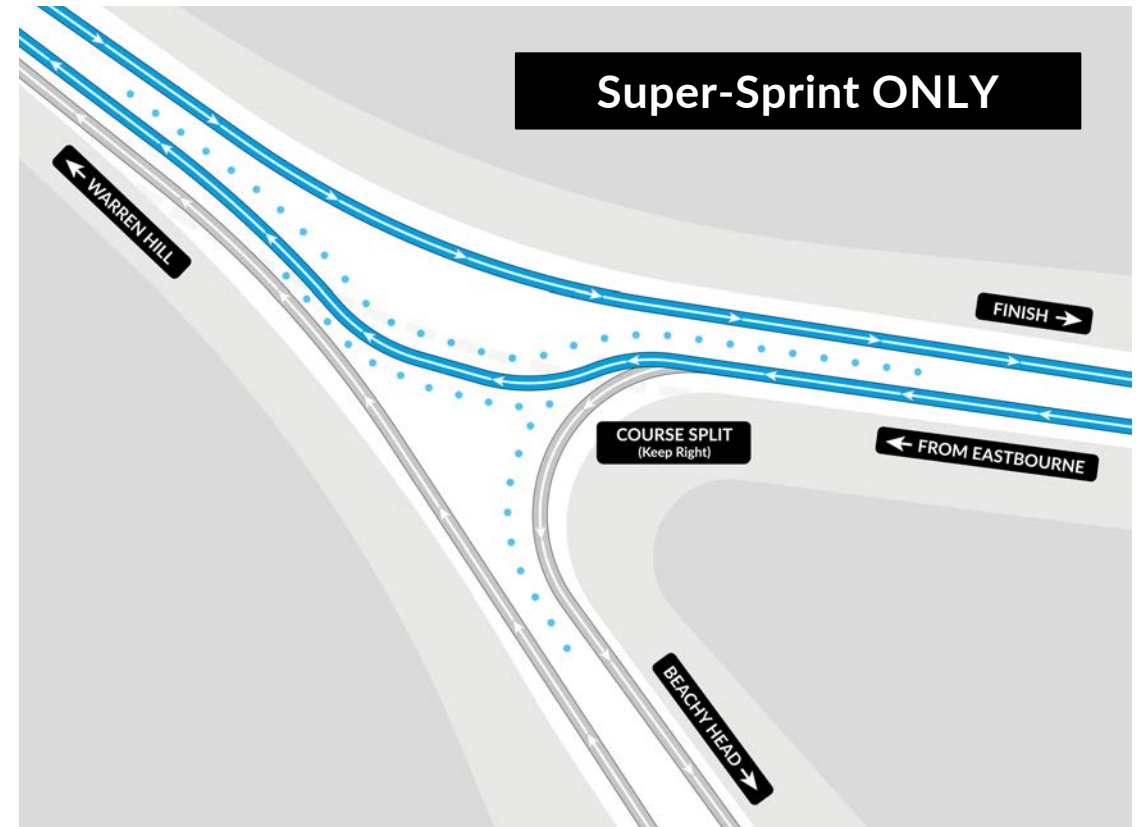
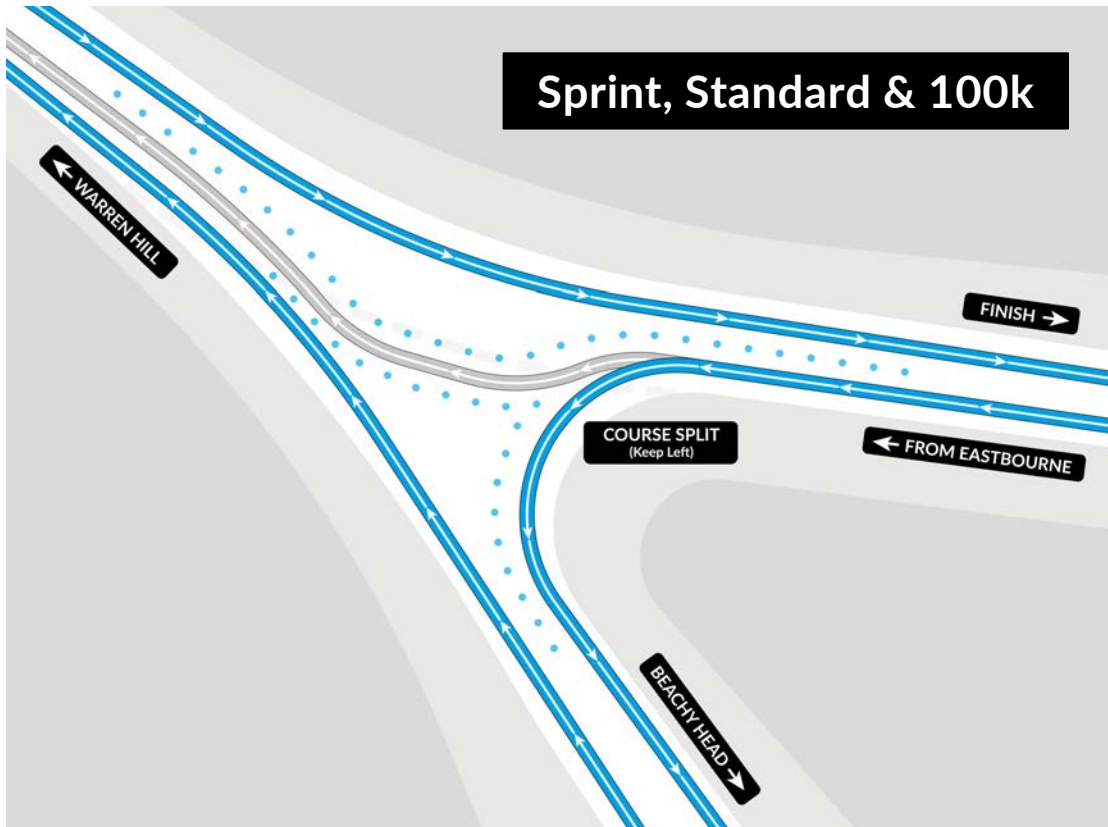






# IMPORTANT - Bike Course Split

At 3km on the bike, the course splits. **All competitors except for super-sprint turn left** at this point, heading towards Beachy Head. However, **between 9:50am and 10:20am**, super-sprint competitors will continue straight ahead up Warren Hill. During this time, super-sprint competitors travelling slowly uphill will merge with Sprint and Standard competitors travelling at speed from Beachy Head towards Warren Hill. **Sprint and standard competitors be aware of slower super-sprint competitors merging from your right.**



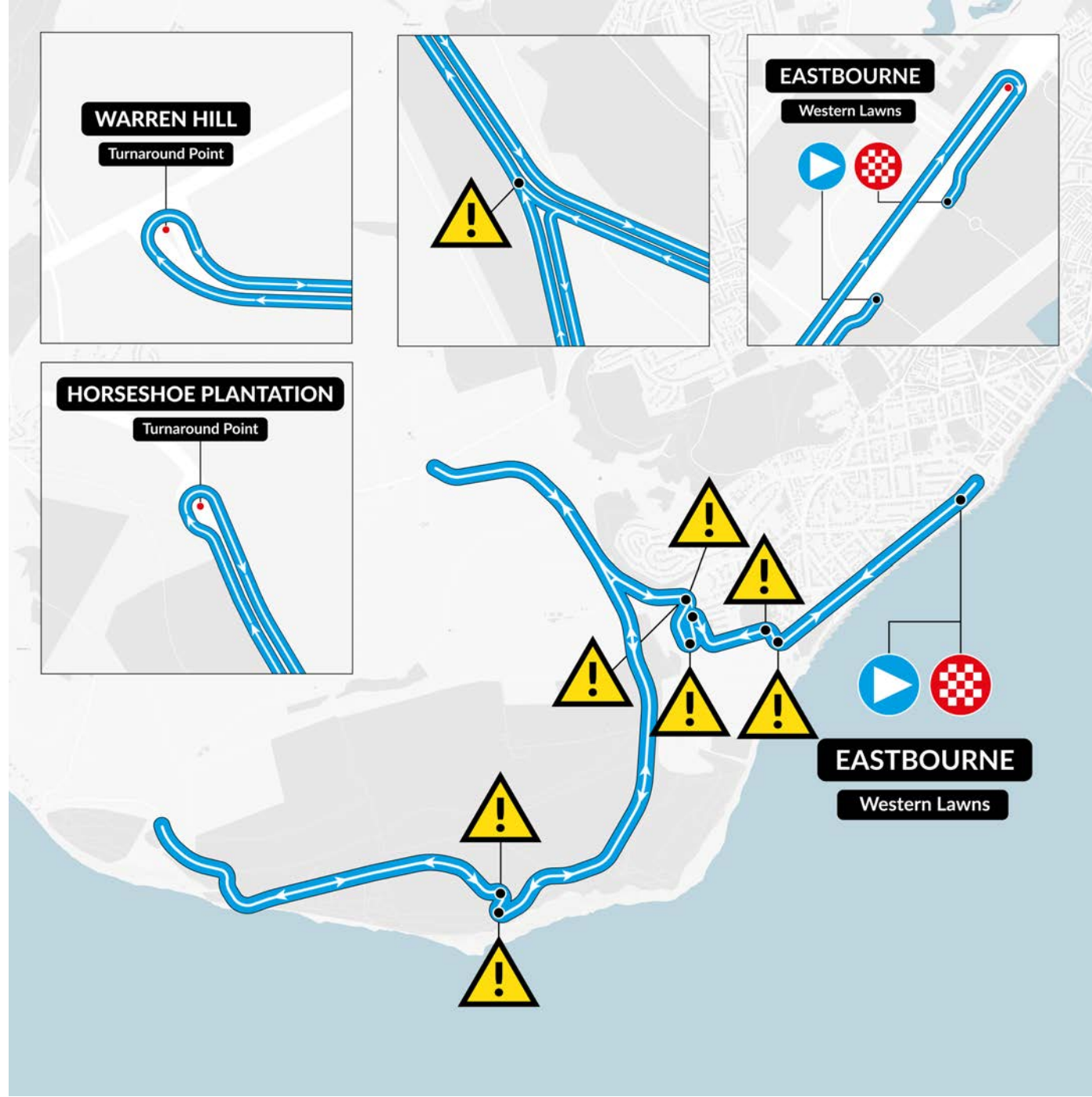


# Bike Course

Take care as you descend the Z-Bends from Beachy Head towards the Horseshoe Plantation, and on the descent down Upper Duke's Drive (the 'zig-zags') back into Eastbourne.

These sections are fast and winding with some tight turns. Remember you could have cyclists coming up the hill towards you so **do not cross the centre line**. Take extra care on the final few bends of Duke's Drive as cars could be parked on your left on the outside of the bend.

Along the seafront section of the course (the first 1.5km and last 1.5km of the lap), **please remain extremely vigilant for pedestrians crossing the course**. This is especially important as you descend at speed towards the end of the bike lap.



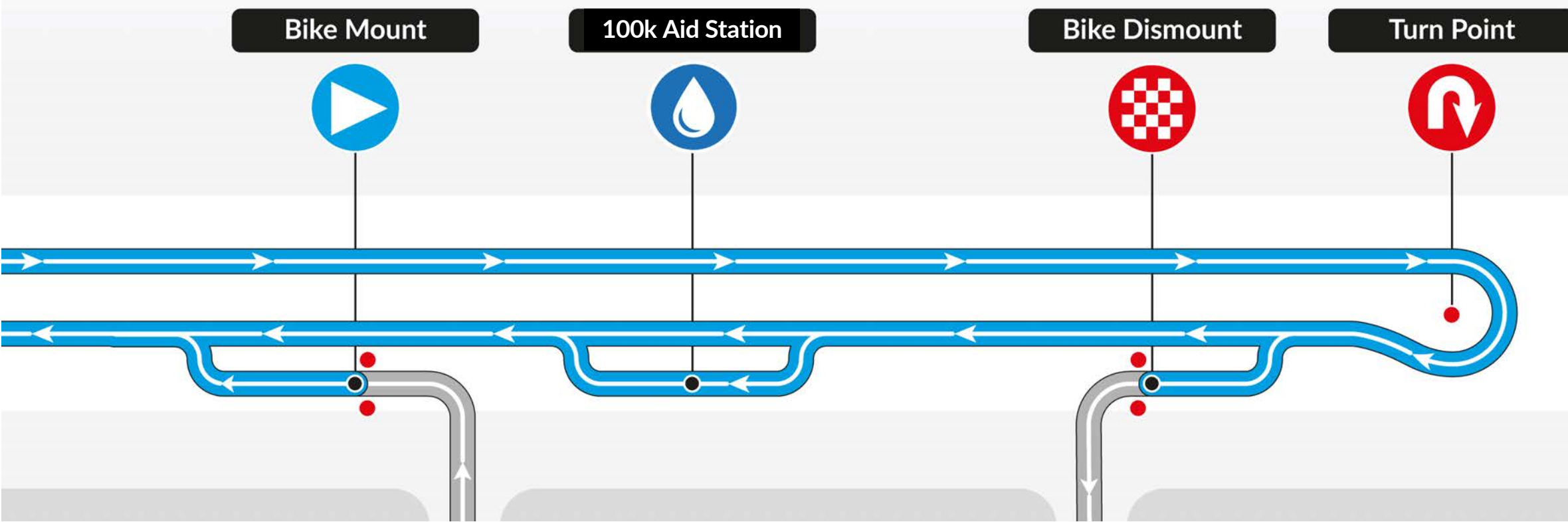


# Dismount and 100k Bike Aid Station

As you approach the end of the bike route you will pass the dismount line heading east. You will make a U-turn just before the zebra crossing and then return west approximately 75m to the dismount line. When dismounting be aware that other competitors may be continuing to start another lap.

Just beyond the dismount line, standard-distance and 100k competitors will pass the 100k aid station. **This is for 100k competitors only.** Standard-distance competitors are expected to be self-sufficient and are not expected to use this aid station.

! Please note, road closures and traffic management will end at 11:45am. Any athletes still on the course after this point will be allowed to continue but **must following the highway code**, including stopping to give way at junctions.



# Drafting

Drafting (taking shelter behind or beside another competitor) during the cycling leg of the race is not allowed. The cycle draft zone will be 12 metres long measured from the leading edge of the front wheel. You may not enter the draft zone of another competitor except for the purpose of overtaking. When overtaking you must be seen to be progressing through that zone. A maximum of 25 seconds is allowed to pass through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 25 seconds, the overtaking cyclist must drop back. When a competitor is passed by other competitors, it is his/her responsibility to drop back to move out of the draft zone of the overtaking competitor. Failure to do so may result in an official caution or time penalty. A competitor is passed when another competitor's front wheel is ahead of his/her front wheel. Motorcycle and static BTF referees will patrol the course to enforce the no drafting rule. Competitors must keep to the left-hand side of the course and not create a blocking incident. Blocking is where a competitor who is behind cannot pass due to the leading competitor being poorly placed on the course.

**Always cycle on the left-hand side and beware of competitors overtaking you on the right.**

### WHAT IS DRAFTING?

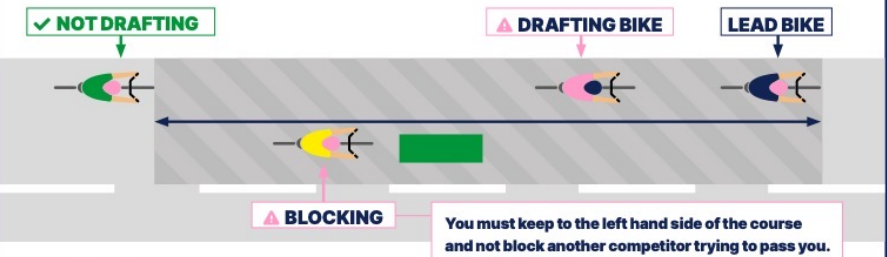
#### IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

### THE DRAFTING ZONE



### DRAFTING & NOT DRAFTING



### MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.



If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.



### OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.



# Race Stop Procedure

In the event of a significant incident on the bike course, the following procedures will be implemented:

**YELLOW FLAG** means **CAUTION**. Please slow down.

**AMBER hazard lights** on motorcycles means **NO OVERTAKING**. Do not pass the motorbike, this will likely be part of a rolling roadblock procedure.

**RED FLAG** means **STOP**. Stop and wait for further instructions. You may be asked to return to transition or a designated evacuation point depending on the incident.

**GREEN FLAG** means **GO**. Racing can recommence; this will likely be preceded by a 1-minute verbal warning that racing is about to recommence.

Intentional failure to observe these warnings will result in immediate disqualification.

## ! NO LITTERING

- We are very fortunate to have a beautiful location for triathlon. Part of the course is within the South Downs National Park. **Dropping litter at any point of the course will result in disqualification.**

# Transition 2 – Bike to Run

Having dismounted your bike **before the dismount line**, you will run/walk with your bike into transition. Go to your position in the transition area and rack your bike. Only after your bike is racked can you remove your helmet. **Do not unclip your helmet until your bike is racked, doing so will result in a penalty.** Remove your helmet and put on your run shoes. Make sure your helmet and any other kit is placed completely in your box. Turn your number belt so that your race number is on your front and then run out of transition onto the run course via the 'Run Out' exit.

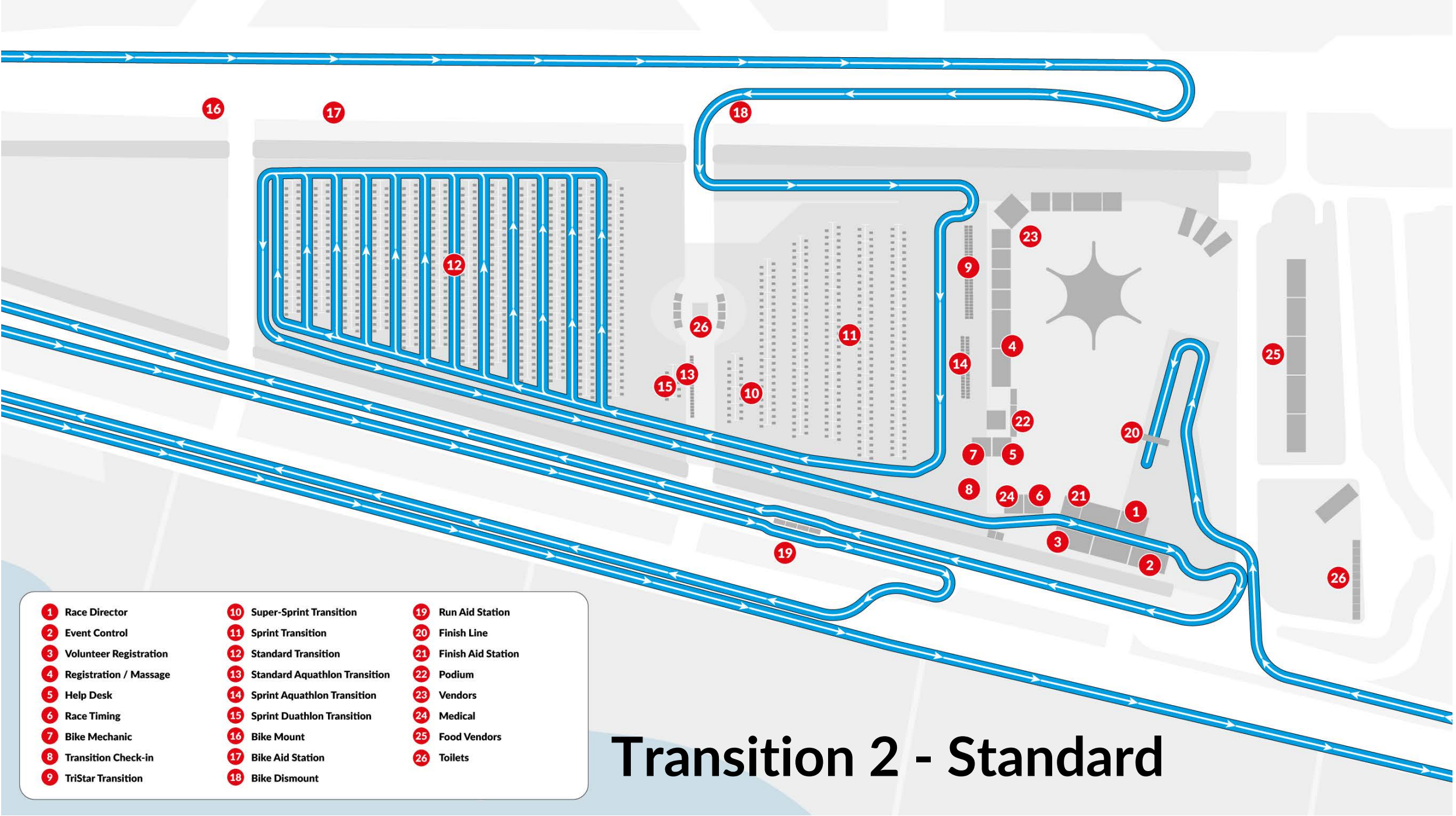
## IMPORTANT:

- Dismount your bike before the dismount line. Dismounting after the line could result in a time penalty.
- Ensure your helmet and all other items are placed completely in your transition box. Any items left outside your box in transition will result in a time penalty.
- Do not unclip or remove your helmet until you have racked your bike.
- Turn your number belt so your number is on the front.

# Relay Teams Transition 2

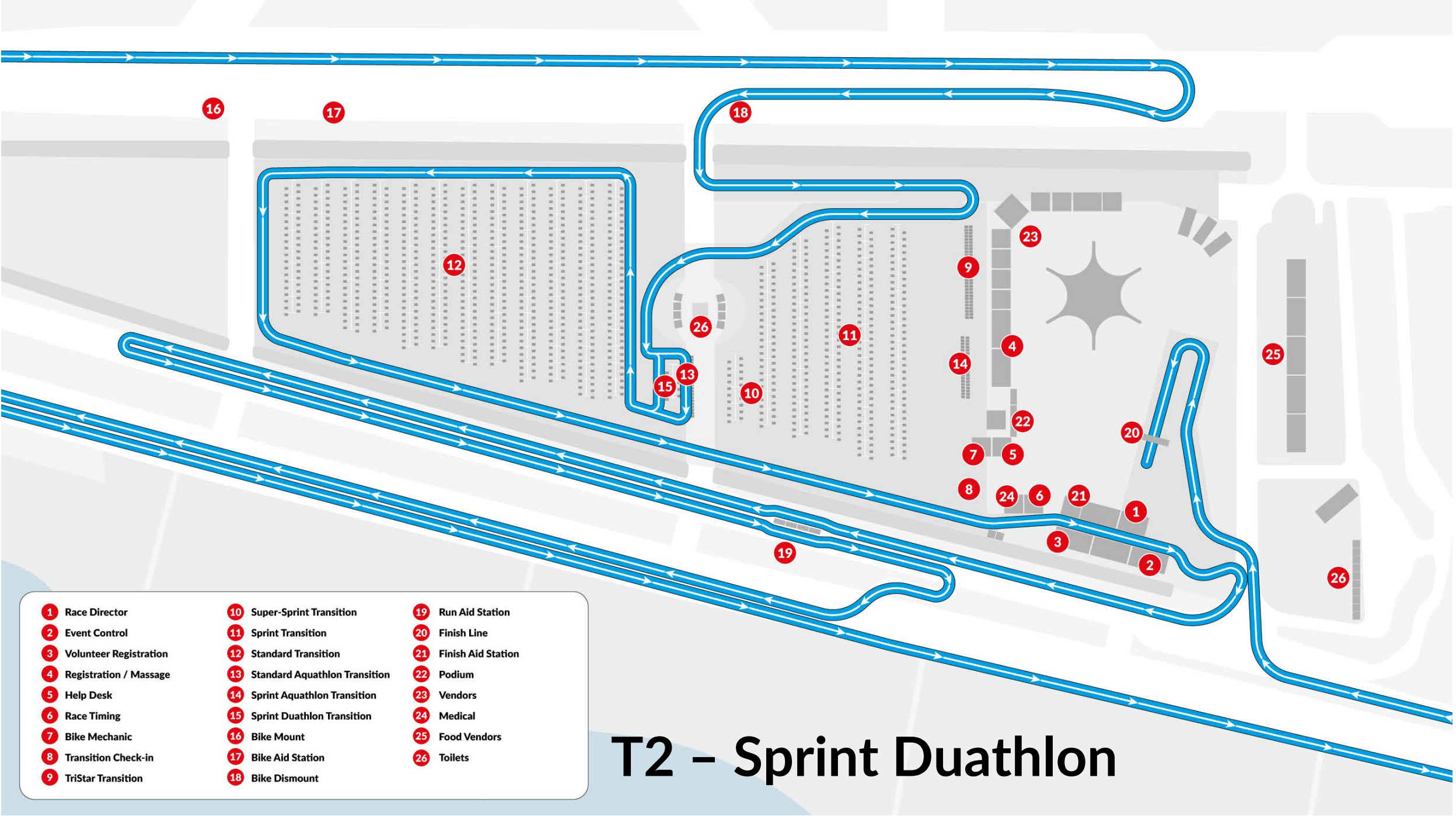
Relay exchange will take place at your designated racking position in the transition area. Your timing chip is your 'baton' and must be exchanged between competitors. **The cyclist must rack their bike and then remove their helmet before transferring the timing chip to the runner.** The runner who should be wearing their race number on their front.





- |                          |                                  |                       |
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## Transition 2 - Standard



- |                          |                                  |                       |
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## T2 - Sprint Duathlon



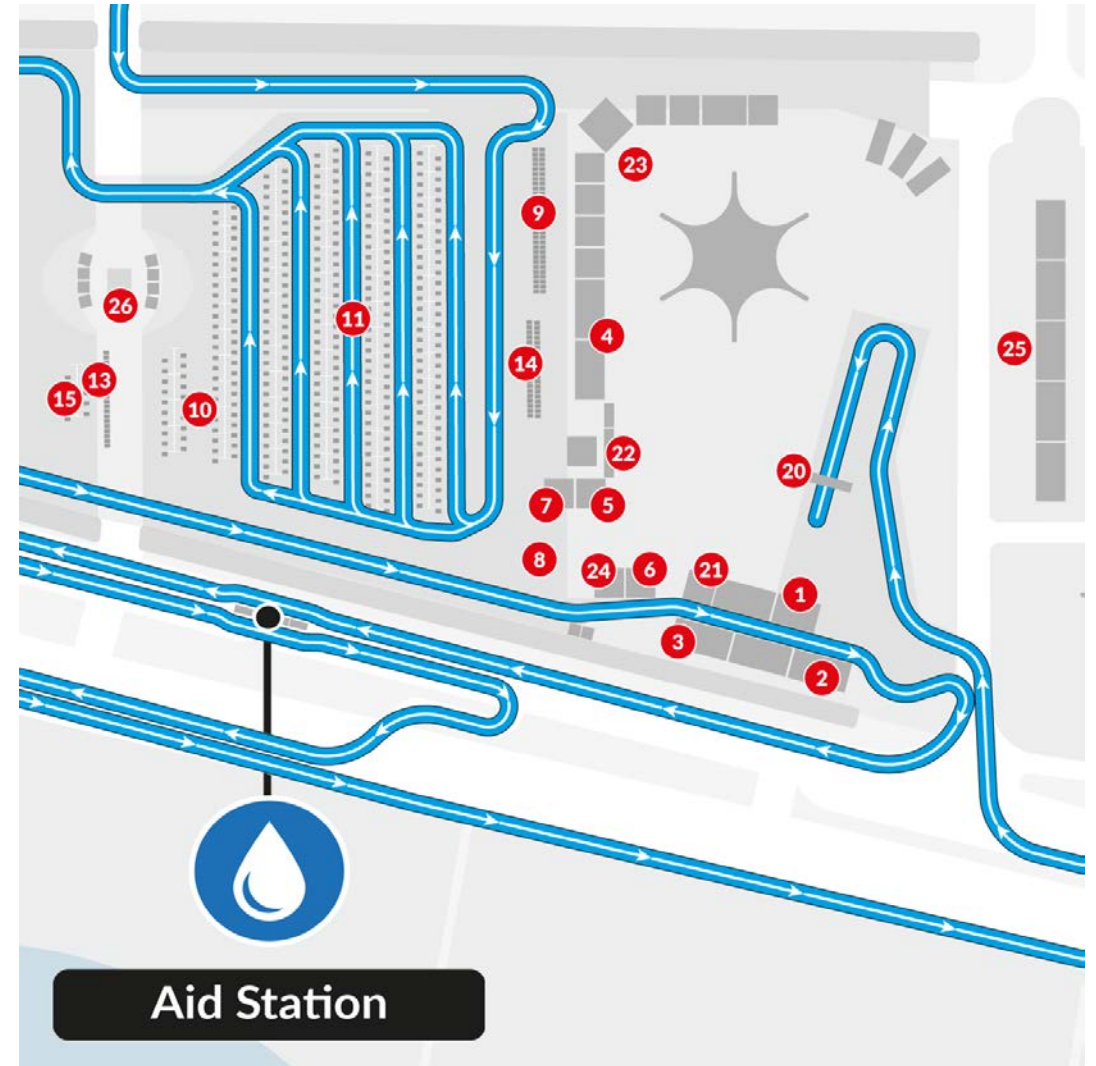
# The Run

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



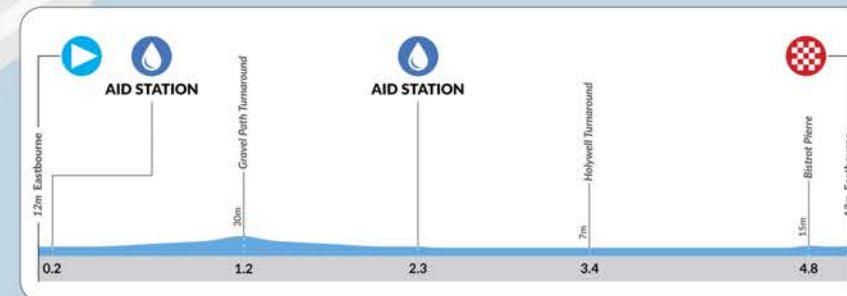
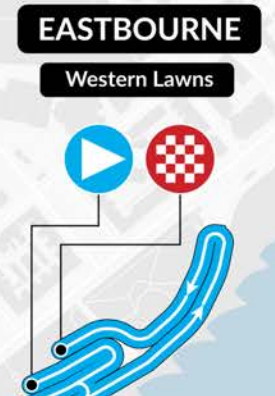
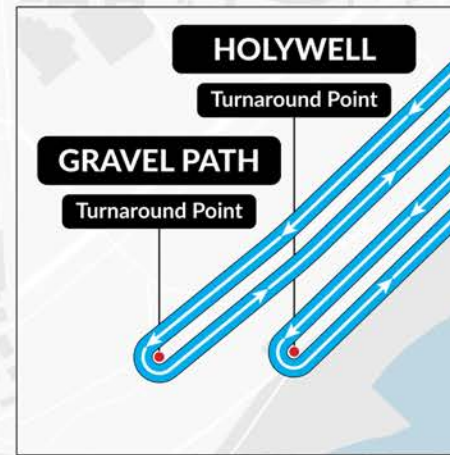


# Sprint-Distance Run

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.

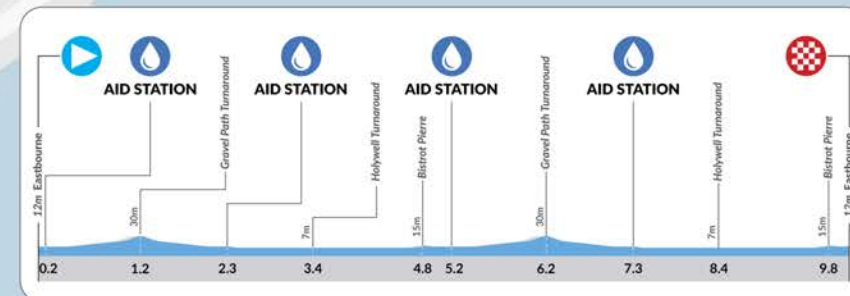
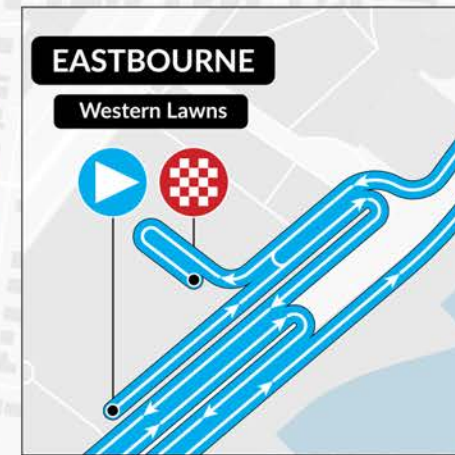
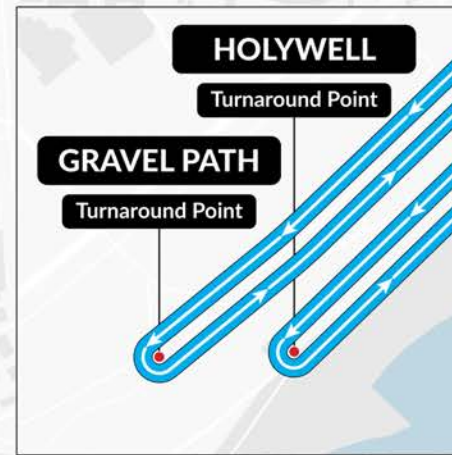
# Standard-Distance Run

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.



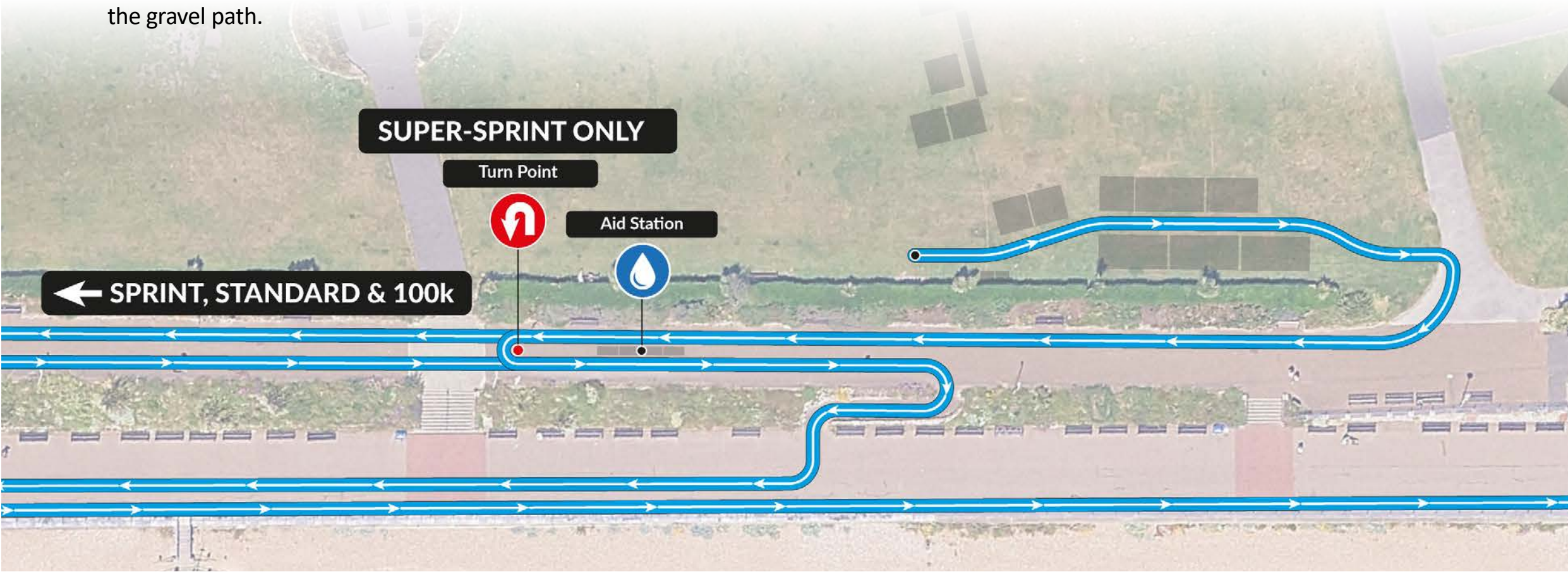
**EASTBOURNE**  
TRIATHLON FESTIVAL  
STANDARD-DISTANCE RUN  
**10km**



# 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.

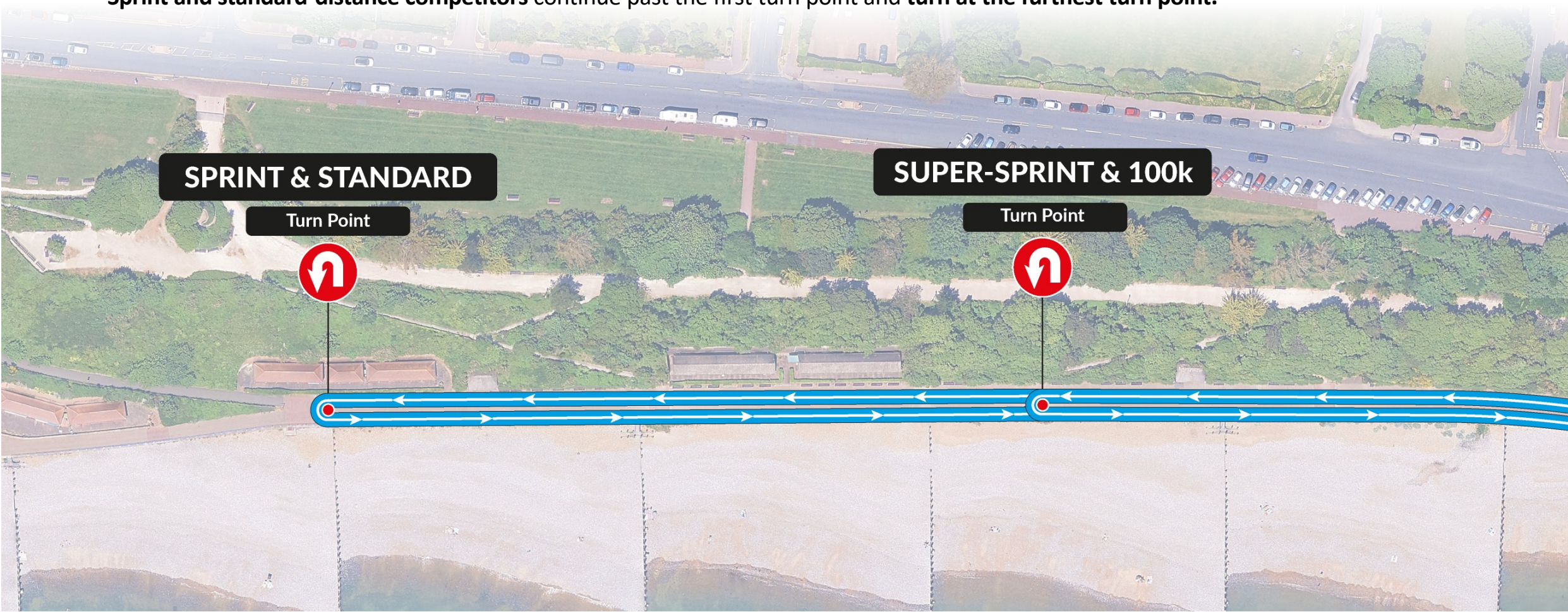




# Course Split – Holywell Turn

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

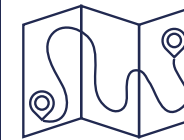
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

### 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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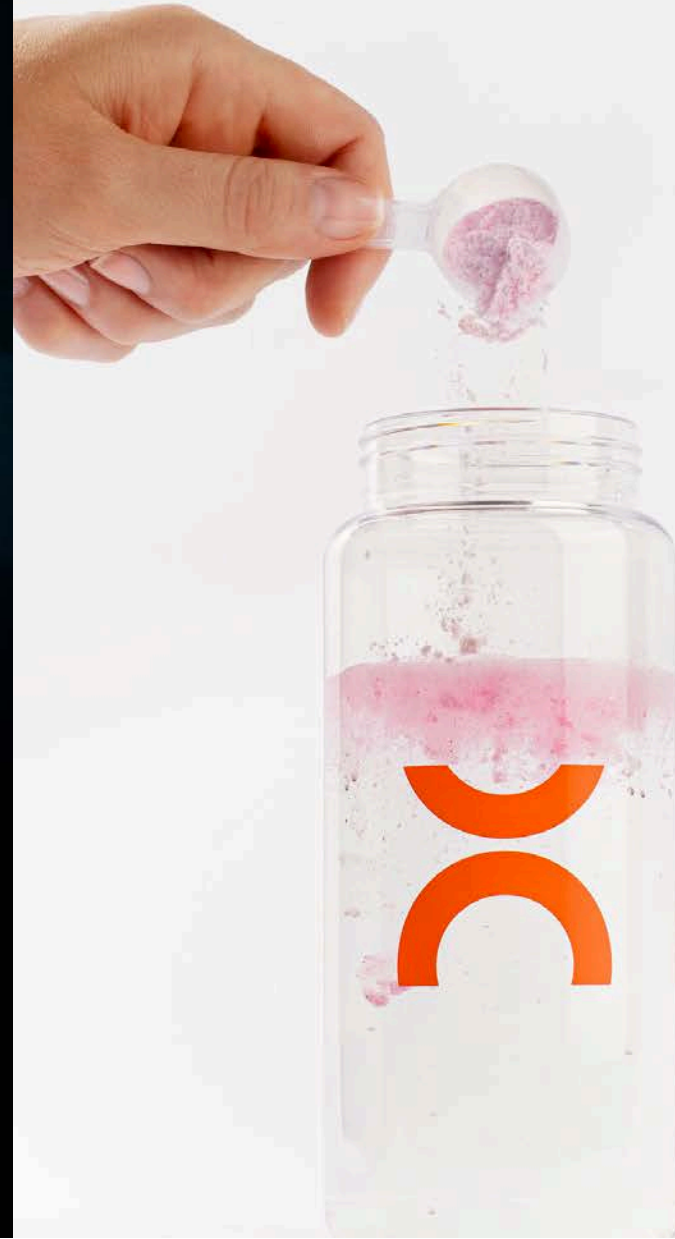


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**BRIGHTON & HOVE  
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**MACMILLAN  
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# Save 50% with Team Macmillan

Brighton & Hove Triathlon – 31<sup>st</sup> August 2025

# Save 50% with Team Macmillan

TriBourne Festival – 20<sup>th</sup> July 2025



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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 swim cap and goggles.

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Most users  
see relief  
within 24  
hours

A group of people swimming in the ocean. In the background, there is a large pier structure with a building on top. The sky is blue with some clouds.

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

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- MIDDLE-DISTANCE TRIATHLON
- MARATHON
- FULL & MIDDLE AQUABIKE
- LONG-DISTANCE DUATHLON
- TRIATHLON RELAYS



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# BRIGHTON & HOVE TRIATHLON

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

- NOVICE SUPER-SPRINT
- SPRINT TRIATHLON
- STANDARD TRIATHLON
- AQUATHLONS
- DUATHLONS
- CHILDREN'S EVENTS



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