

TRIBOURNE

EASTBOURNE TRIATHLON

SUNDAY 8th JUNE 2025



AWARDS
2019 & 2023

EVENT OF THE YEAR

SCOOTATHLON

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 7th 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 8th 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

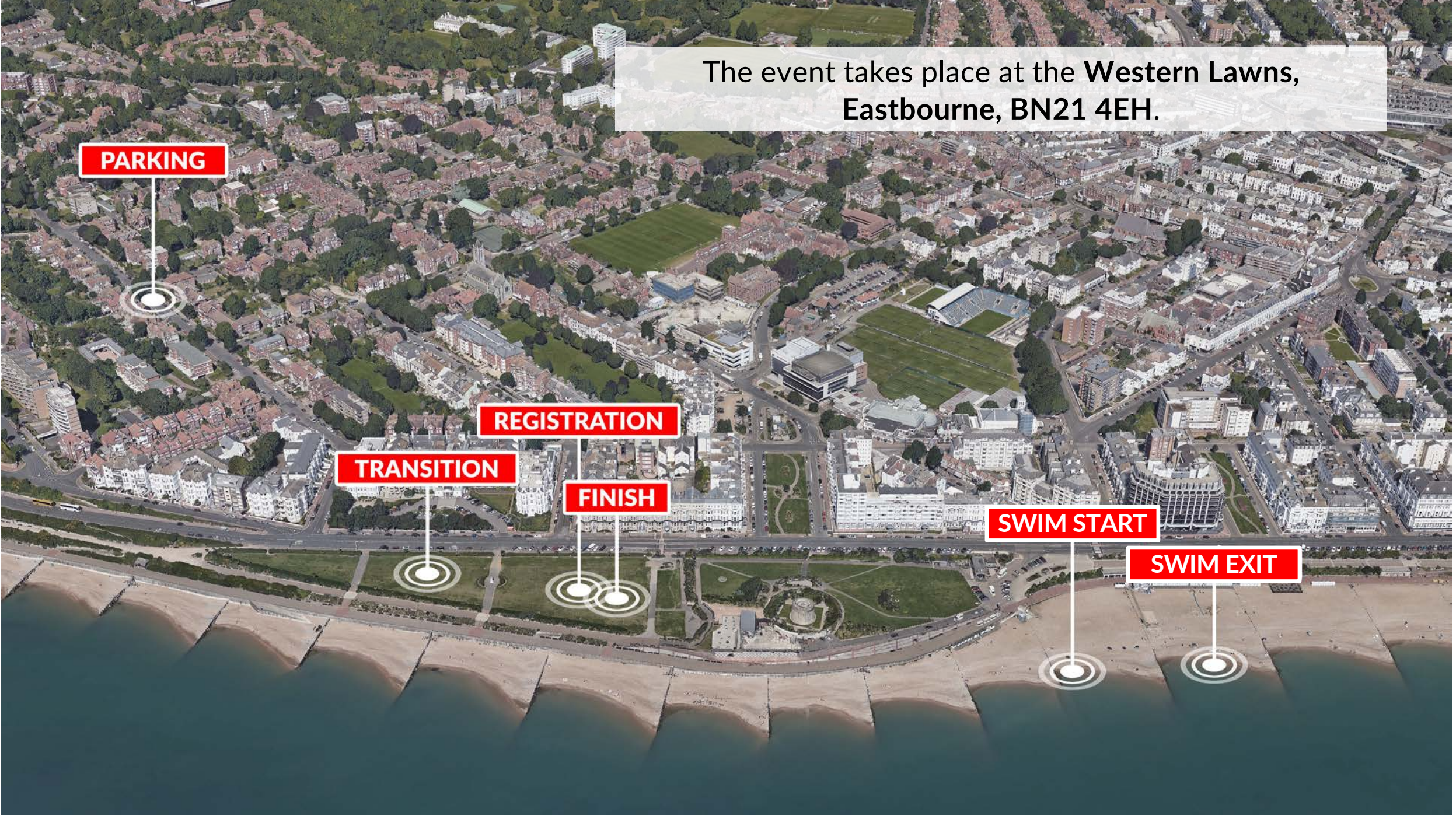
REGISTRATION

TRANSITION

FINISH

SWIM START

SWIM EXIT



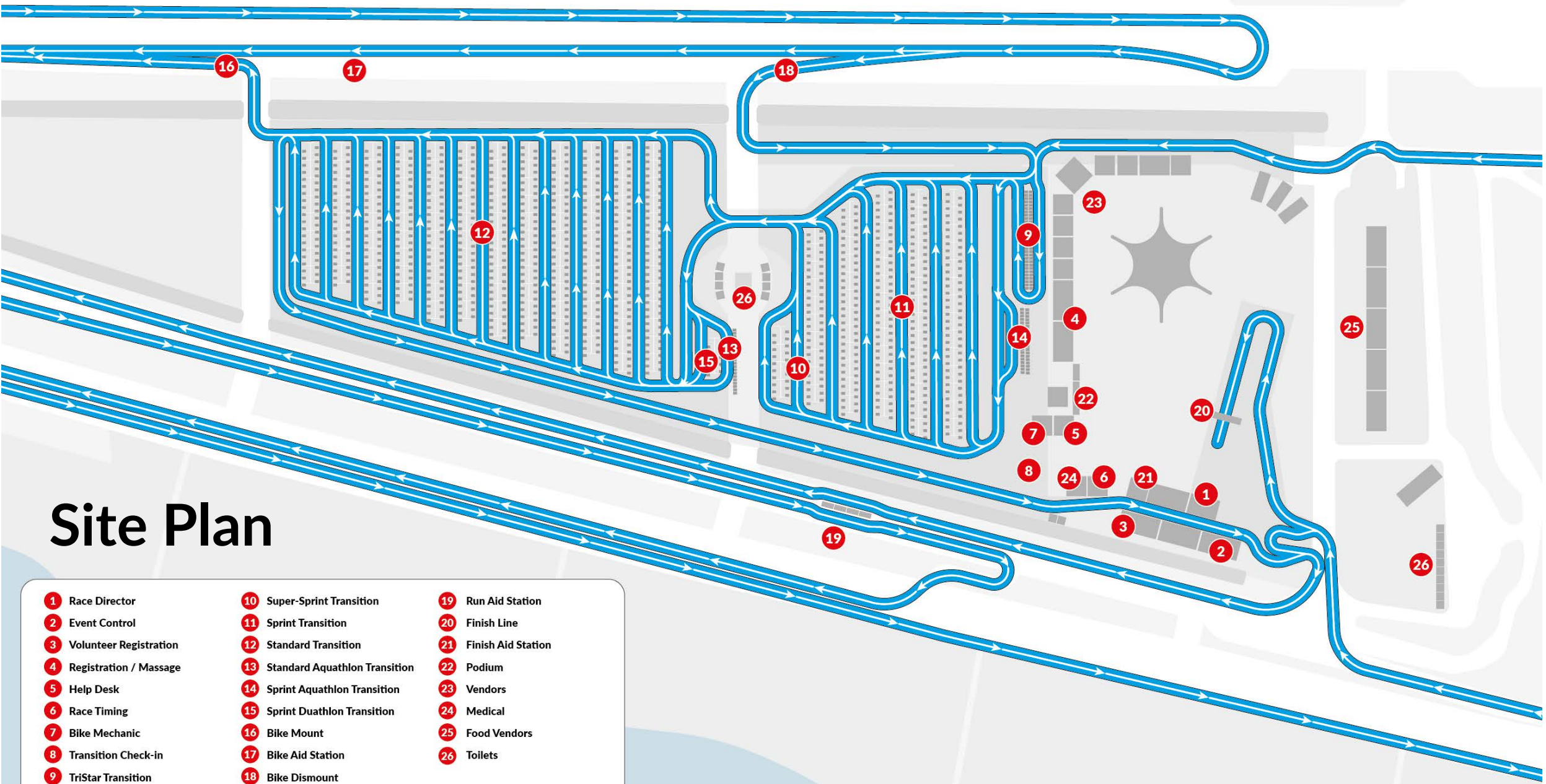


Parking

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**

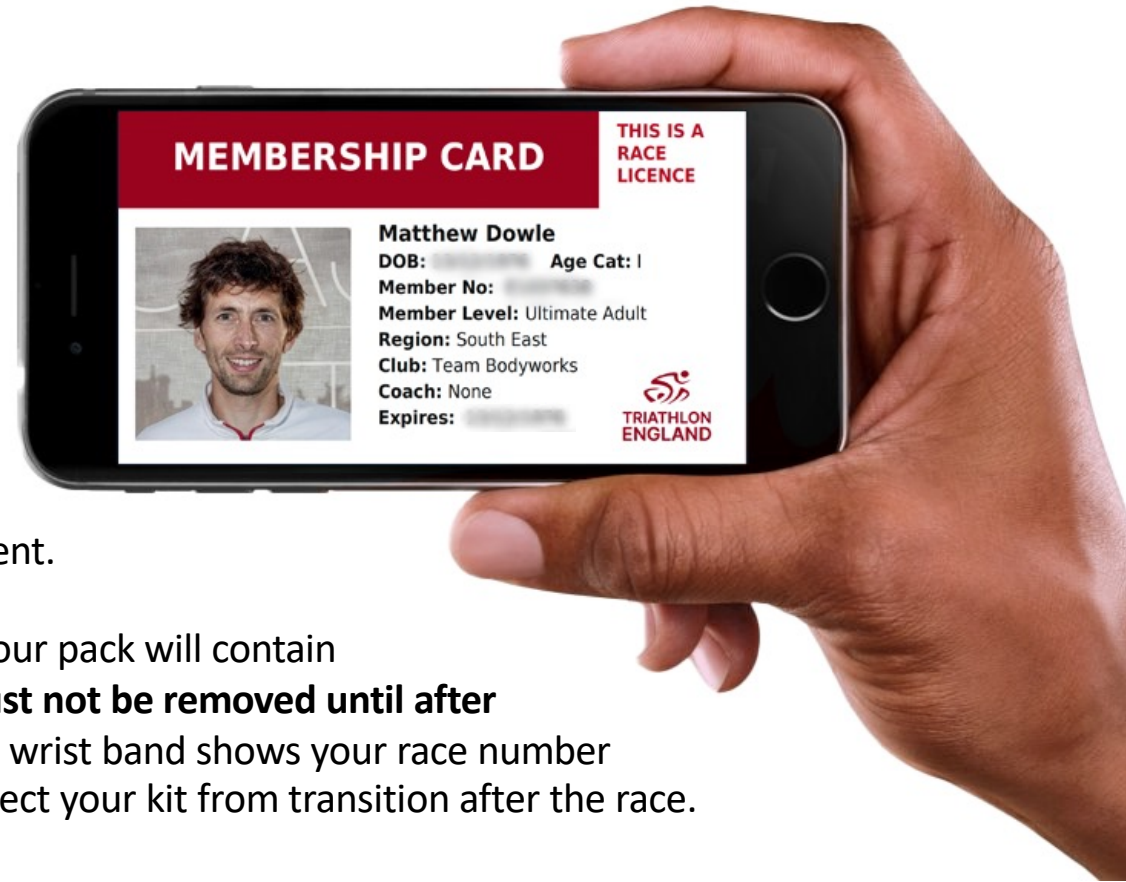
BTF Members

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.**

Scootathlon

The Scootathlon takes place from 3pm on Saturday afternoon and is a Scoot, Bike, Run event for children aged 3 to 7 years. This event is non-competitive and as such results will not be published. All children will receive a finishers t-shirt and medal.

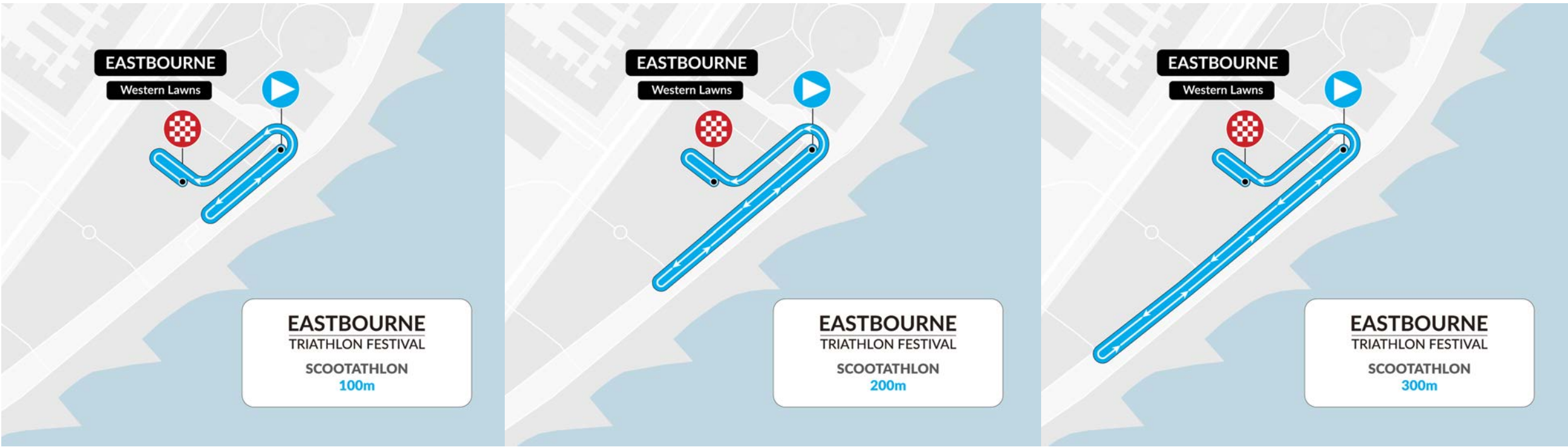
Wave 1 (3pm): 3-year-olds (accompanied by a parent/guardian). Scoot 100m, bike 100m, run 100m

Wave 2 (3:10pm): 4-year-olds (accompanied by a parent/guardian). Scoot 200m, bike 200m, run 200m

Wave 3 (3:20pm): 5 to 7-year-old boys. Scoot 300m, bike 300m, run 300m

Wave 4 (3:30pm): 5 to 7-year-old girls. Scoot 300m, bike 300m, run 300m

A parent/guardian should be available to help your child transitioning between disciplines.



HIGH 5

SAVOUR
EVERY MILE



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.**



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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**BRIGHTON & HOVE
TRIATHLON**

**MACMILLAN
CANCER SUPPORT**

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Brighton & Hove Triathlon – 31st August 2025

Save 50% with Team Macmillan

TriBourne Festival – 20th July 2025



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A swimmer in a pool, viewed from above, with their head and arms visible above water.

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Most users
see relief
within 24
hours

A group of people swimming in the ocean with a pier and buildings in the background.

FISH 2 WATER

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FESTIVAL of ENDURANCE

SUNDAY 20th JULY 2025

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




**BRITISH
TRIATHLON**
PERMITTED EVENT
ORGANISER 2025

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**EASTBOURNE
COLLEGE**



BRIGHTON & HOVE TRIATHLON

SUNDAY 31st AUGUST 2025

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



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