

EASTBOURNE

TRIATHLON AND MULTISPORT FESTIVAL

SUNDAY 12th JULY 2026

MIDDLE DISTANCE TRIATHLON ATHLETE GUIDE



SWANS
PERFORMANCE SWIMMING

Choice
VEHICLE RENTALS


EASTBOURNE
COLLEGE

An aerial photograph of a coastal town. The foreground shows a wide, sandy beach with some people. The middle ground features a long pier extending into the sea, topped with a large, white, ornate building with a golden dome. The background shows a dense residential area with many buildings, and the sea is a vibrant turquoise color under a blue sky 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 11th July

13:00 Registration Open

15:00 Scootathlon Events (ages 3-7)

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 12th July

05:00 Registration Open

05:00 Transition Open

05:45 Middle-Distance Transition Closed

06:00 Middle-Distance Start (including 1.9km swim)

06:10 Middle-Distance Duathlon Start

07:15 TriStar Transition Closed

07:30 TriStar Waves Start

07:45 Standard-Distance Transition Closed

07:55 Standard-Distance (including 1.5km swim)

08:30 Standard & Sprint Duathlon 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

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

PARKING



REGISTRATION

FINISH

SWIM START/EXIT

TRANSITION





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 will be closed from 6:00am until 11:45am. Please only park here if you intend to leave after this time.**



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

Site Plan

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 **Wishtower Slope**
- **Saturday from 1:00pm to 6:00pm**
- **Sunday from 5:00am** for those unable to register on Saturday
- You will be asked for **your last name**

BTF Members

We will check the validity of BTF Race Licences in advance, however, you should still be prepared to show your digital Race Licence.

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.

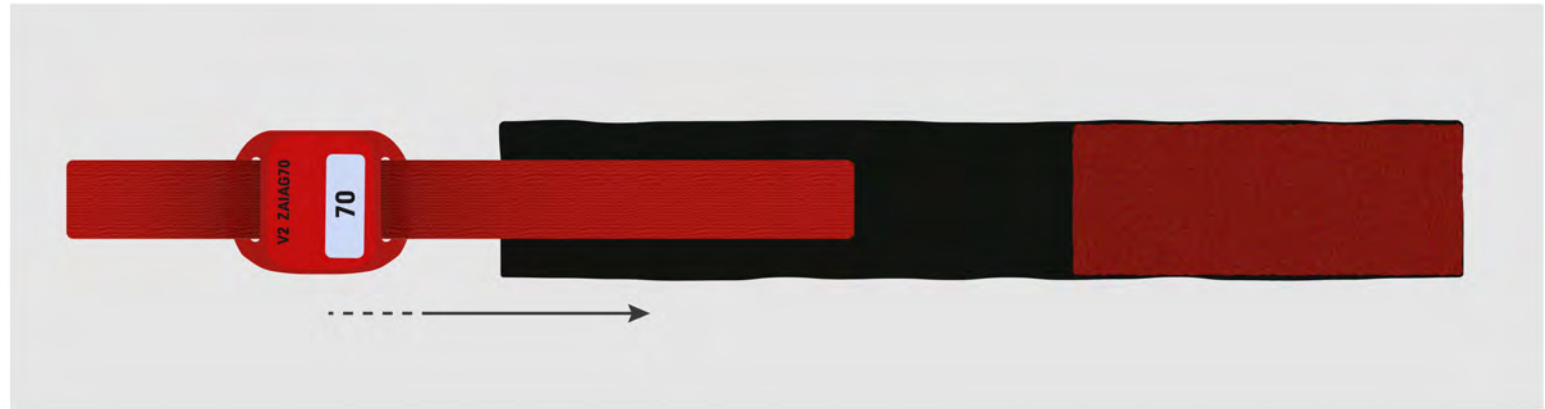


Chip Collection

Once you have collected your Race Pack you will be directed to the chip collection desk. Here you will show your race number printed on the front of the race pack envelope you just collected.

You will be asked to confirm your name, and you will then be handed your timing chip and a Velcro ankle strap.

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.**





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 take care not to impede racing athletes and do not enter areas of the transition area where racing is taking place.

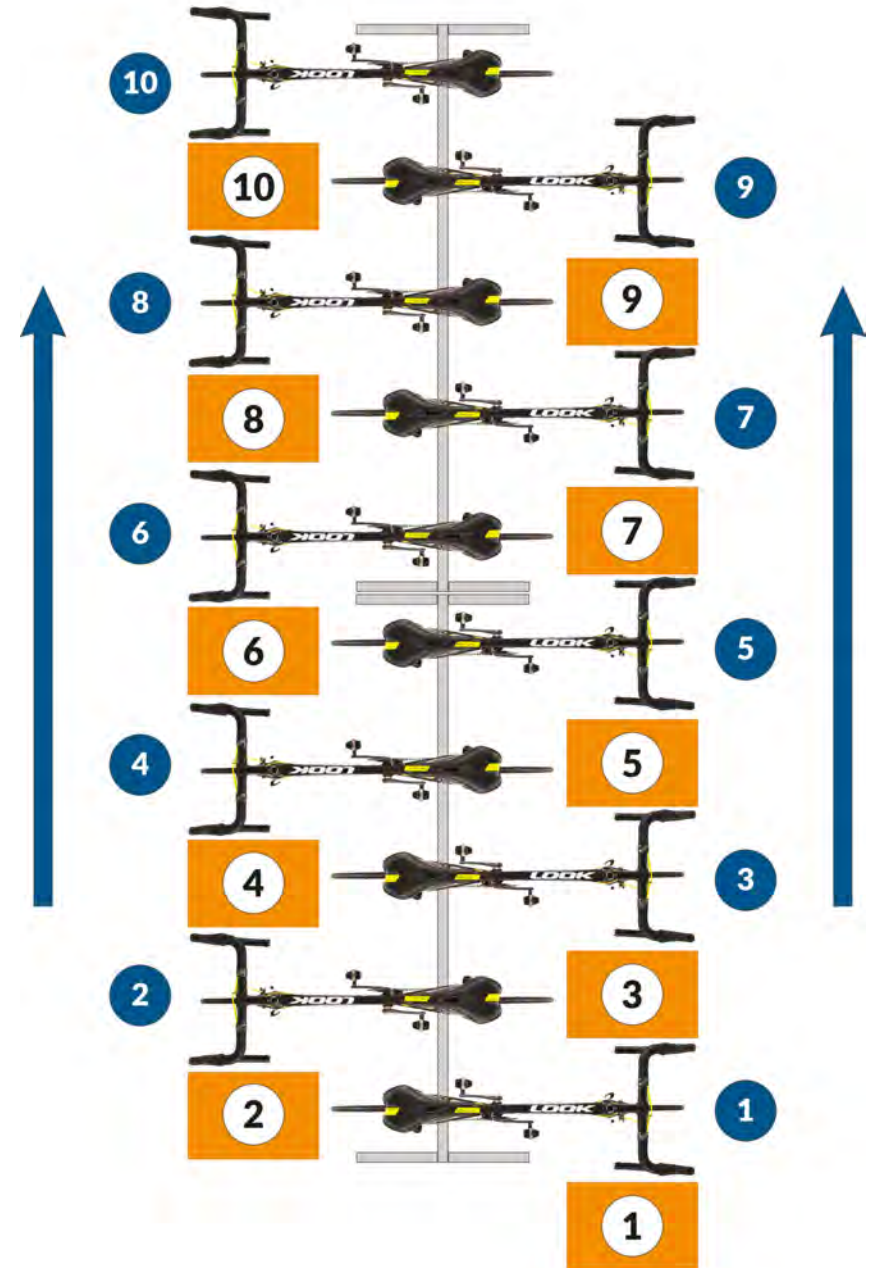
Bike Racking

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**.

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

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. 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

05:45 Middle-Distance Transition Closed

07:15 TriStar Transition Closed

07:45 Standard-Distance Transition Closed

08:15 Sprint & Standard Duathlon Transition Closed

08:00 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 15°C and 18°C.** Please note wetsuits are **mandatory below 15.9°C and forbidden above 24.6°C.** For safety reasons, **wetsuits are recommended (up to the max temperature allowed) even if the temperature is above the mandatory lower limit,** as the wetsuit will not only keep you warm, but will also help you swim faster as it provides you with extra buoyancy. **The swim hats provided are compulsory.**

TriBourne are delighted to be working with Adventure Kit 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 15.9°C. Where socks are permitted the bottom of the wetsuit must cover the top of the sock.

ADVENTURE
KIT HIRE



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

05:50	Middle-Distance 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 through 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

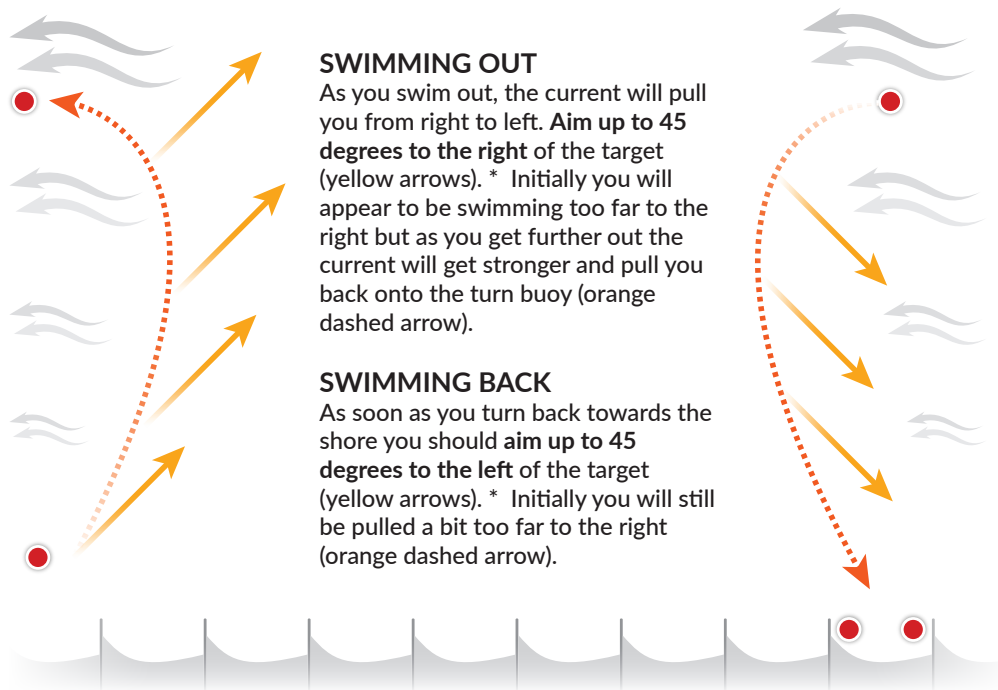
	WAVE 1	06:00	Middle-Distance Triathlon		WAVE 7	08:00	Standard-Distance Female
	WAVE 2	07:30	TriStart (age 8)		WAVE 8	08:05	Standard-Distance Open 40 - 54
	WAVE 3	07:35	TriStar 1 (age 9-10)		WAVE 9	08:10	Standard-Distance Open 55+, Relay, Aquabike, Aquathlon and 1,500m swim
	WAVE 4	07:40	TriStar 2 (age 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 7:30am and 8:00am. Middle-Distance competitors will swim with the current of an incoming tide. All other 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

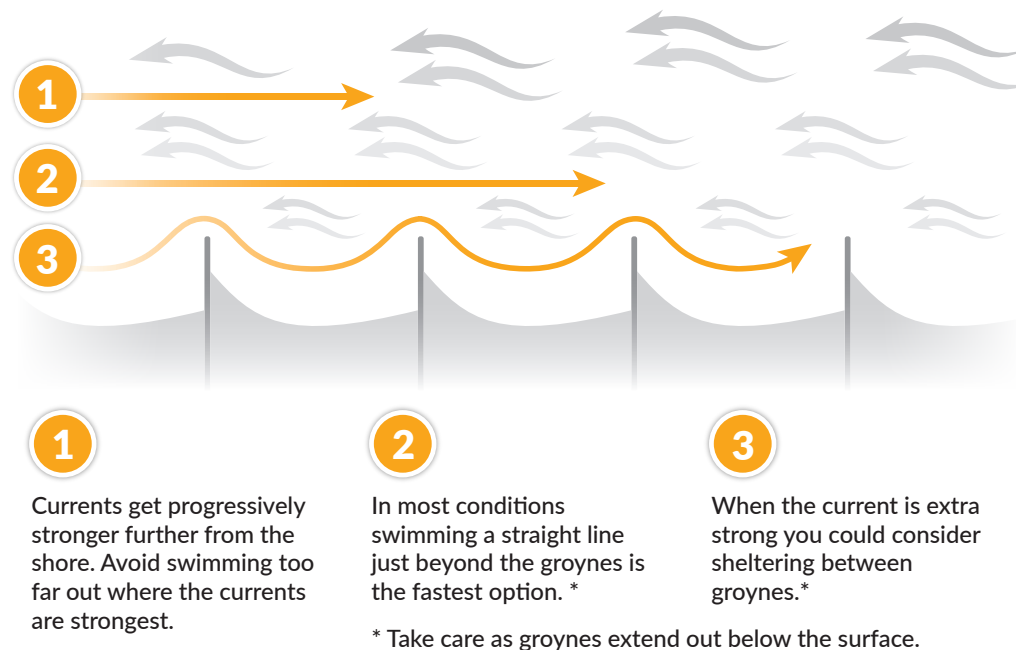


* The angle depends on the strength of the current and how strong you are as a swimmer:
Stronger swimmer and/or weaker current = smaller angle (15 - 30 degrees)
Weaker swimmer and/or stronger current = larger angle (30 - 45 degrees)

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.

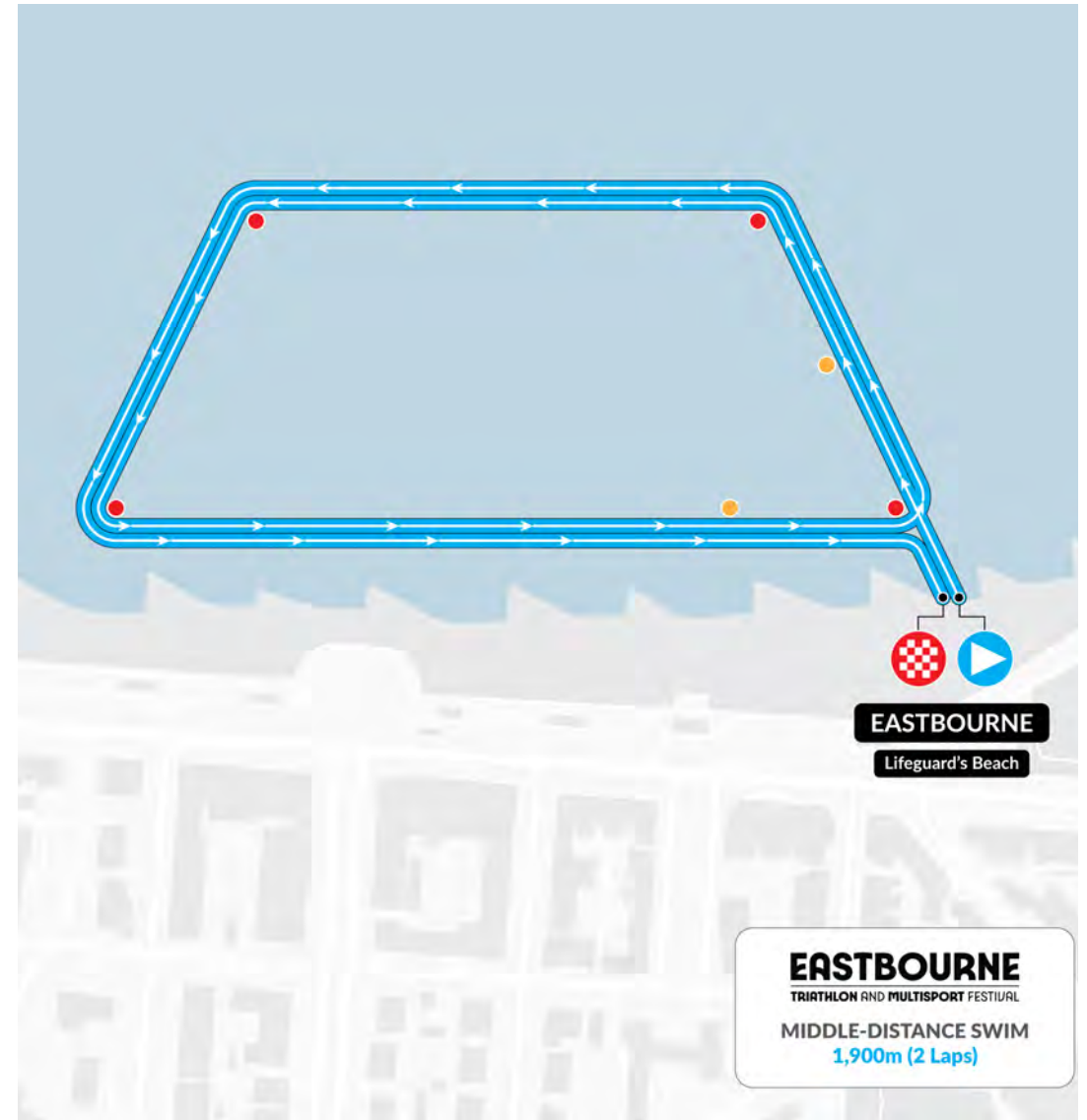
Middle Distance Swim

You will swim with the current of an incoming tide, receiving a push towards the pier and then swimming against the current along the beach on the return leg.

- Swim out past the first red and yellow 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 parallel to the beach to the next red buoy where you will turn left keeping the buoy on your left.
- Swim towards the beach sighting slightly to the right of the bandstand.
- Turn left keeping the buoy on your left and swim back, parallel to the beach, towards the first red buoy at the start.
- Turn left to begin your second lap.
- When you reach the final red buoy at the end of your second lap, make a right turn keeping the buoy on your right and swim back in towards the swim exit.

IMPORTANT: You will finish through the same arch that you started at. Ignore the other swim arch which is used for the start of races later in the day.

- ! **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 Exit to Transition Route

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.

Having run up the beach and onto the promenade, you will merge with runners finishing their race.

You must merge and **cross to the left without impeding runners**. You will then turn left to follow the pavement towards transition. **Do NOT continue straight ahead to the finish.**



! **IMPORTANT:** As you merge with runners finishing their race, **TURN LEFT - DO NOT FOLLOW THEM.** As runners continue straight ahead you must turn left, following the pavement to the transition area.

Transition 1 - Swim Exit to Transition Route

Most of the route from the swim exit to transition is shared with the standard and middle-distance run routes.

As you reach the Western Lawns, **continue straight ahead into transition through the “swim in” gate.**

Standard and middle-distance runners will be turning left at this point to run along the southern edge of transition.



- ! **IMPORTANT:** As you run from the swim exit to transition, please be aware of runners approaching from behind and leave space for them to pass.

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 smooth concrete paving. 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 - Middle-Distance



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.

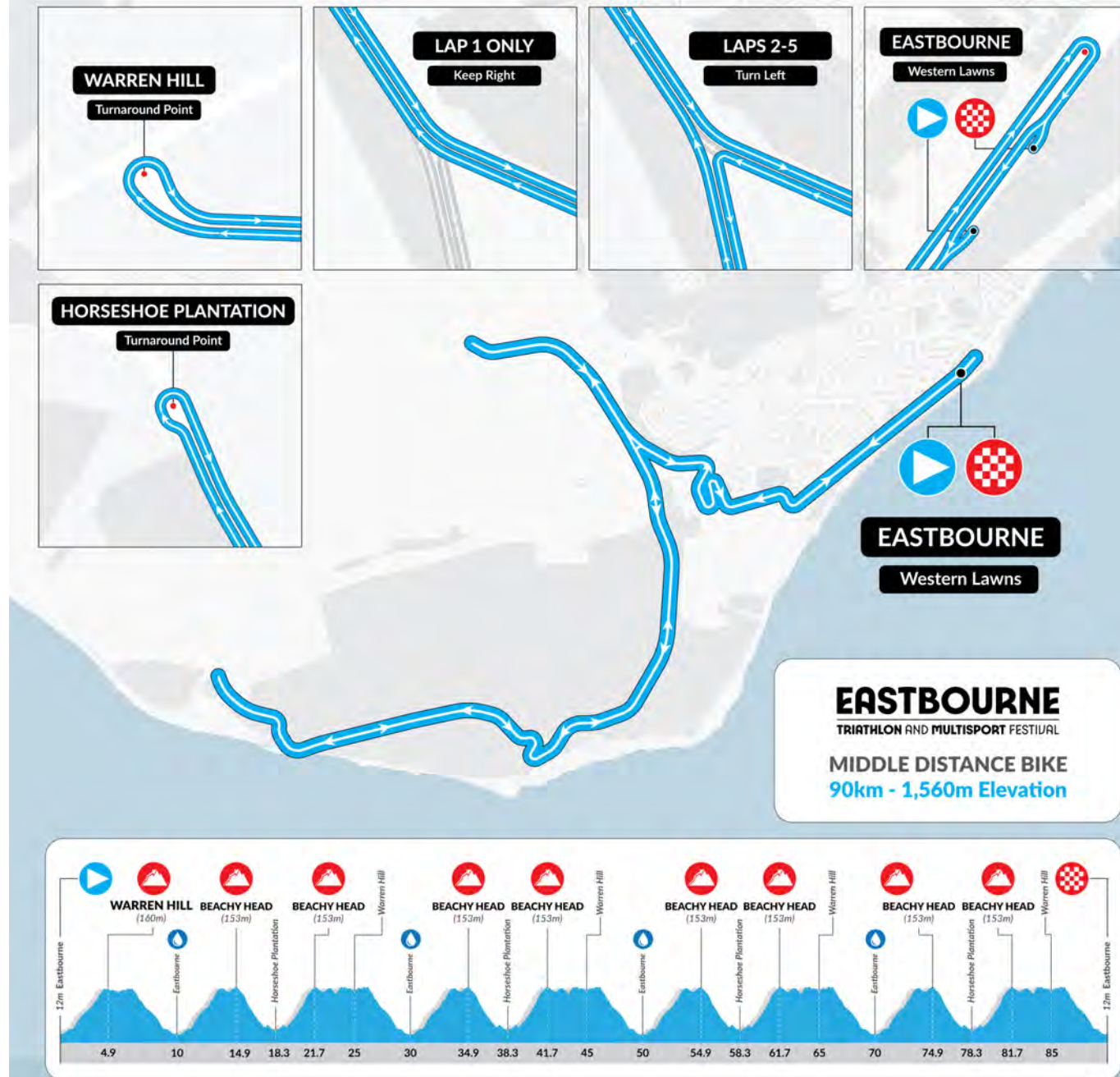
Middle-Distance Bike

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 splits. **On your first short lap bear right to Warren Hill.** On all subsequent laps **turn left** towards Beachy Head.

On laps 2 to 5 you will head out-and-back over Beachy Head to the Horseshoe Plantation before heading to the turnaround at Warren Hill. From here you return down to the finish in Eastbourne. Make a U-turn and begin your next lap. You complete five laps (one short and four long).

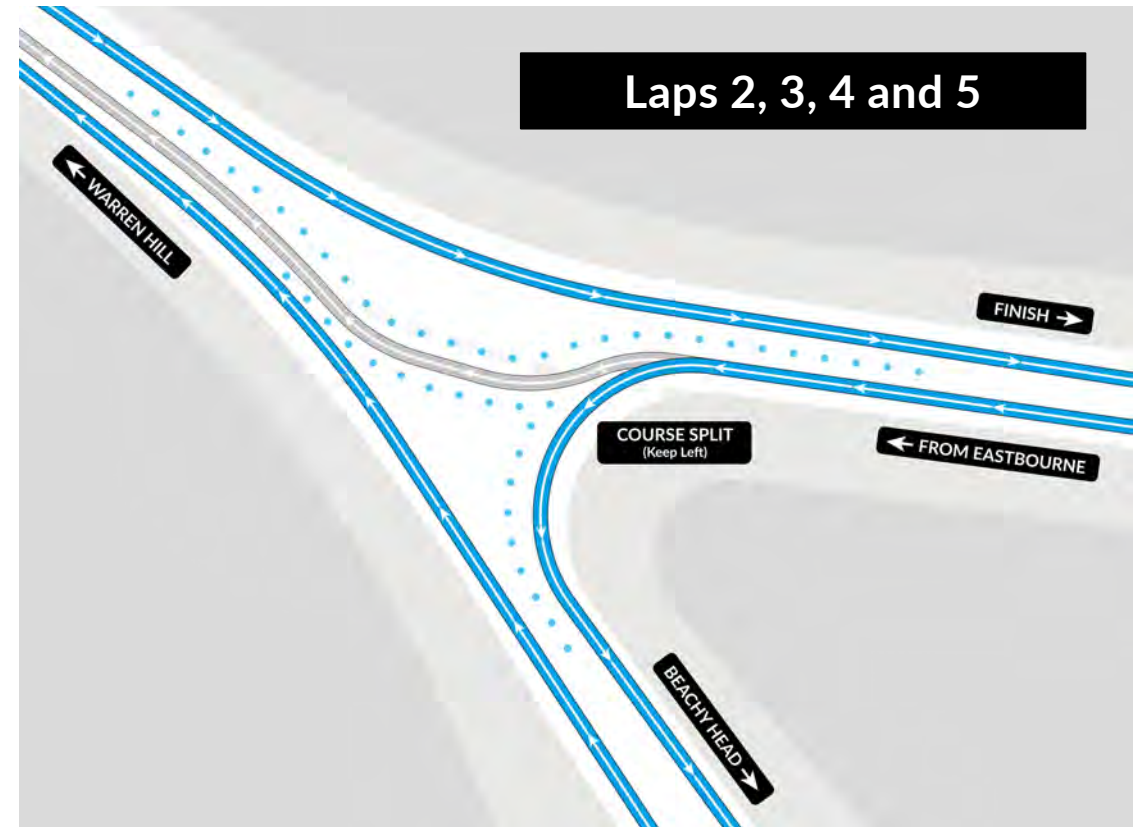
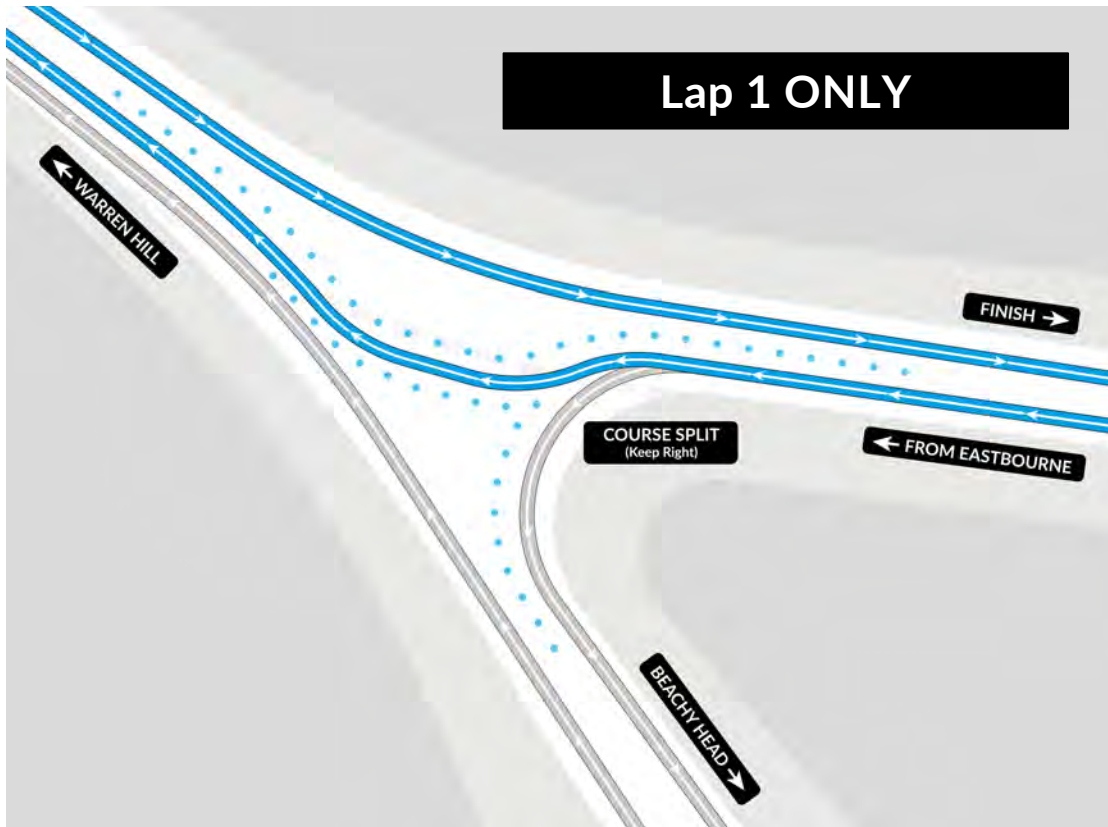
- ! **THE PENALTY FOR CROSSING THE CENTRE LINE WILL BE DISQUALIFICATION.**
- Do not cross the centre line. **NO BLOCKING.** Unless overtaking, please keep to the left.



IMPORTANT – Middle-Distance Bike Course Split

The bike route consists of one initial short lap of 10km followed by four long laps of 20km.

At 3km on the bike lap, the course splits. **On your FIRST LAP ONLY, bear right to continue up Warren Hill. On ALL subsequent laps, turn left** at this point, heading towards Beachy Head. Please note, **between 9:50am and 10:20am**, super-sprint competitors will be completing a short lap up Warren Hill.



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.

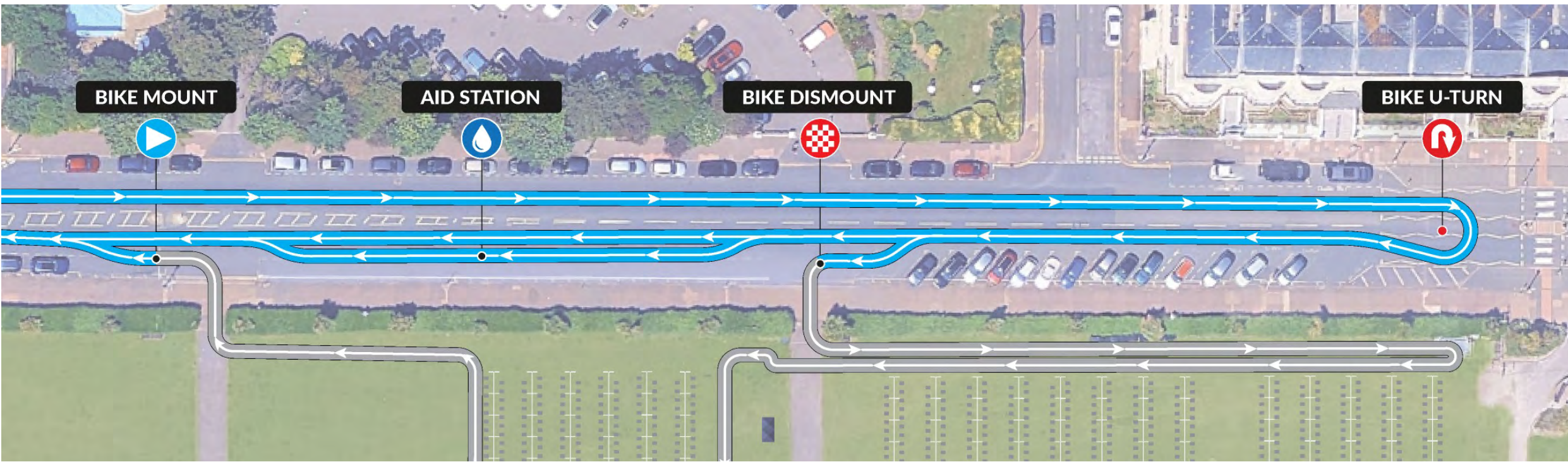
Along the seafront section of the course (the first 1.5km and last 1.5km of the lap), **please remain extremely vigilant for pedestrians crossing the course**. This is especially important as you descend at speed towards the end of the bike lap.



Dismount and Middle-Distance 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 middle-distance competitors will pass the middle-distance aid station. **This is for middle-distance competitors only.** Standard-distance competitors are expected to be self-sufficient and are not expected to use this aid station.



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.

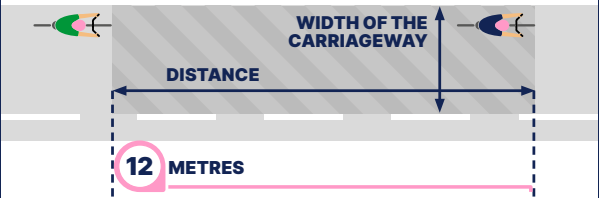
Always cycle on the left-hand side and beware of competitors overtaking you on the right.

WHAT IS DRAFTING?

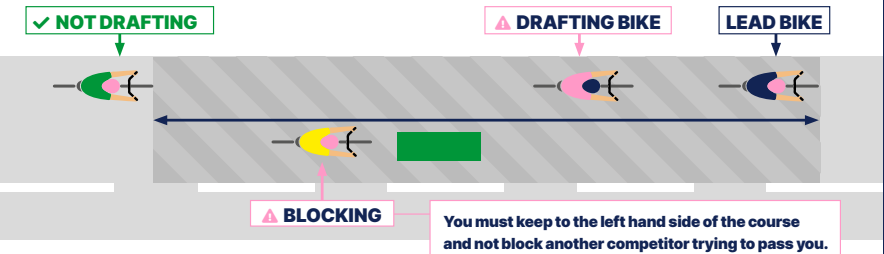
IT'S AGAINST THE RULES

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.

**25
SECONDS**

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



OTHER VEHICLES

You must remain **15 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT (OR SHORTER)	30 SECS PENALTY	DISQUALIFICATION	N/A
STANDARD	1 MIN PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	3 MINS PENALTY	3 MINS PENALTY	DISQUALIFICATION



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.**

Cut Off Times

We never want to stop an athlete completing the event. For Eastbourne Triathlon the only real limiting factor is our road closure which ends at 11:45am. If you are still on the bike course after 11:45am we will allow you to continue with the understanding that the bike course is no longer on closed-roads and you will be riding with traffic on the course.

Take extra care and give way at turn points and junctions. Our motorbike marshals may speak to you and will assist you to navigate the course where possible.

- ! 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 follow the highway code**, including stopping to give way at junctions.

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.

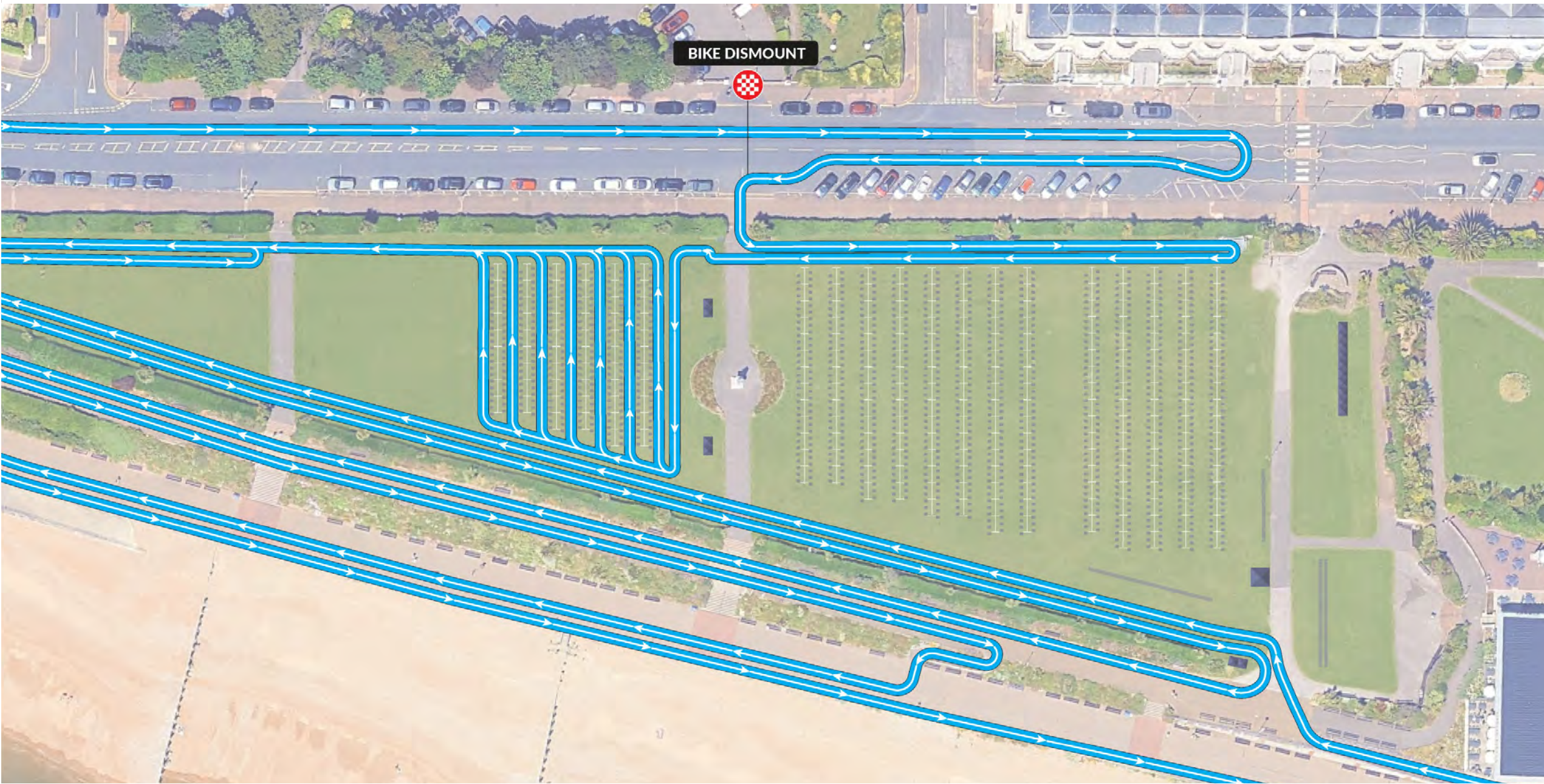
IMPORTANT:

- 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.

Transition 2 - Middle-Distance



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 middle-distance 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.

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



Run Aid Station

On the run route there will be an aid station 0.4km after you leave transition to start the run. You will pass the aid station again in the opposite direction at 2.5km.

Standard and middle-distance competitors will then access this aid station again 0.4km from the start of each lap and again 2.5km into each lap.

The aid station will be stocked with water, HIGH5 Energy Drink and HIGH5 gels.



HIGH 5

SAVOUR
EVERY MILE



Middle-Distance Run

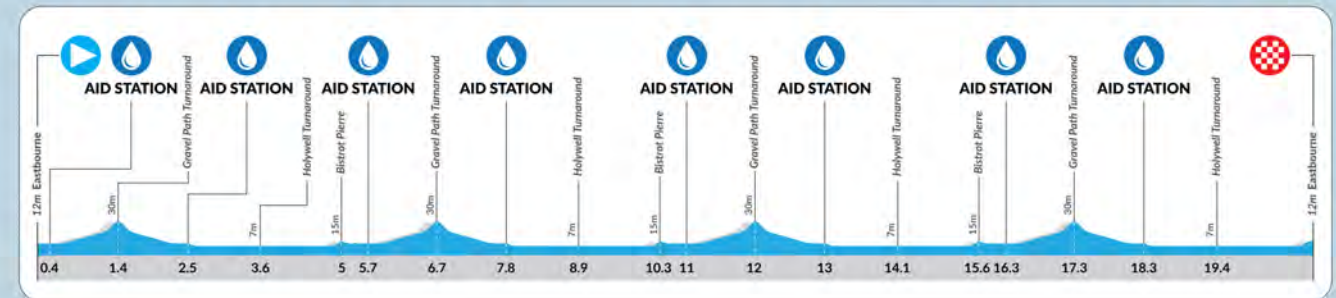
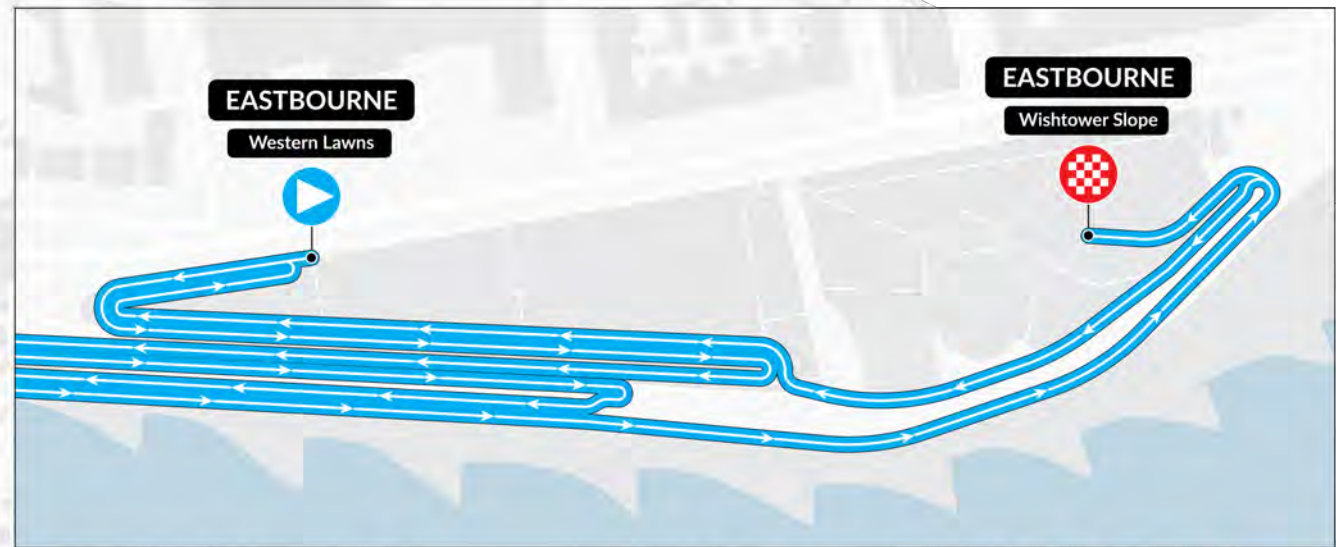
The course is **four laps**, each consisting of two out-and-back sections. The first 2.3km is an out-and-back loop on the upper prom and gravel path.

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.

As you approach the finish area on your first three laps you will keep to the left lane to begin your next lap. As you run onto the lawns near transition you will turn at the second of two turn points (ignore the first turn point which is for sprint and standard-distance competitors).

At the end of your fourth lap keep right, heading onto the blue carpet to the finish.

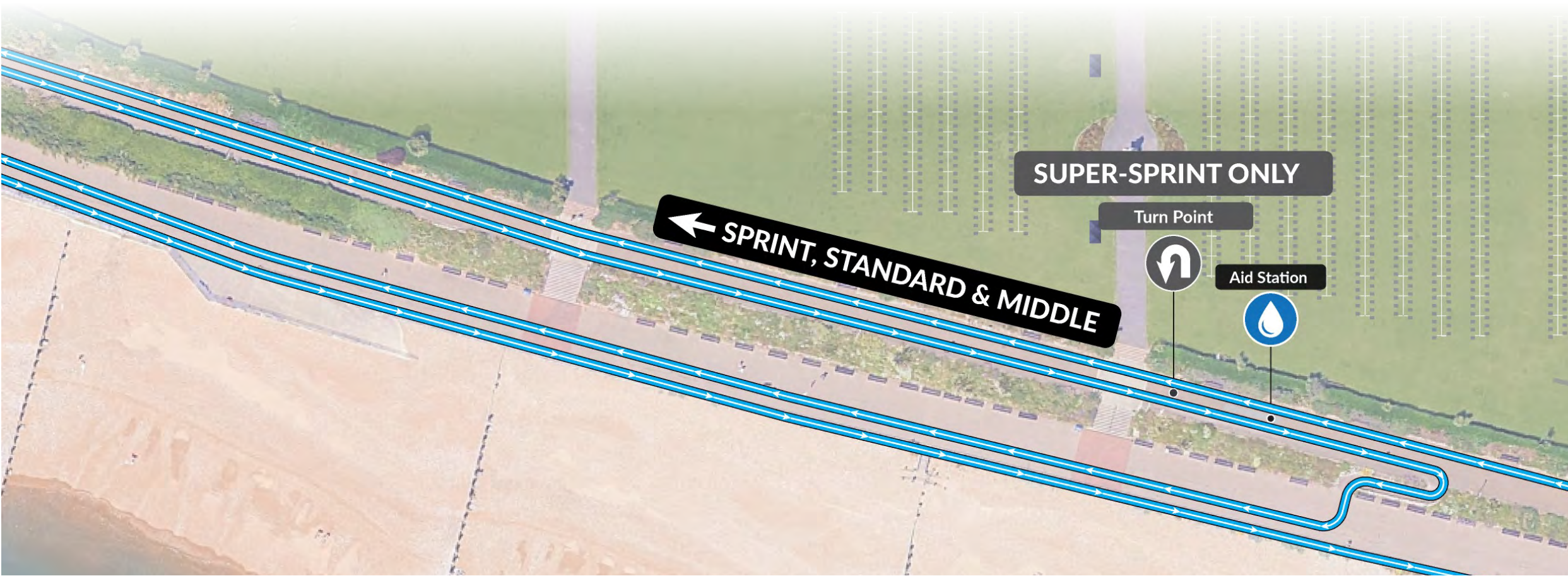
! KEEP RIGHT: This is an out-and-back course in an anti-clockwise direction. Please pass to the right of oncoming runners.



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.

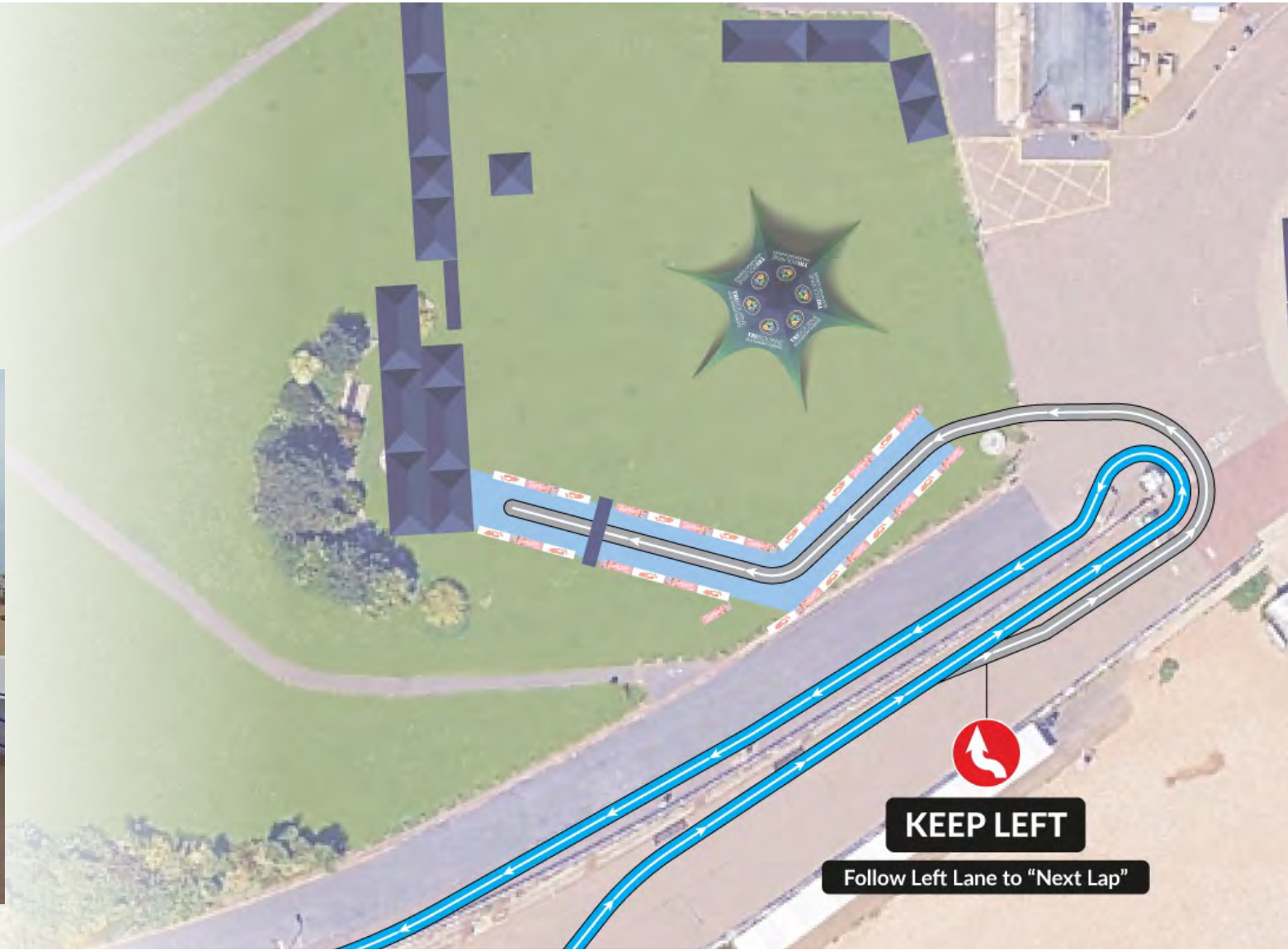
This is for Super-sprint competitors ONLY - DO NOT TURN HERE. Continue past this turn point and onto the gravel path for a further 1km to the turn point at the far end of the gravel path.



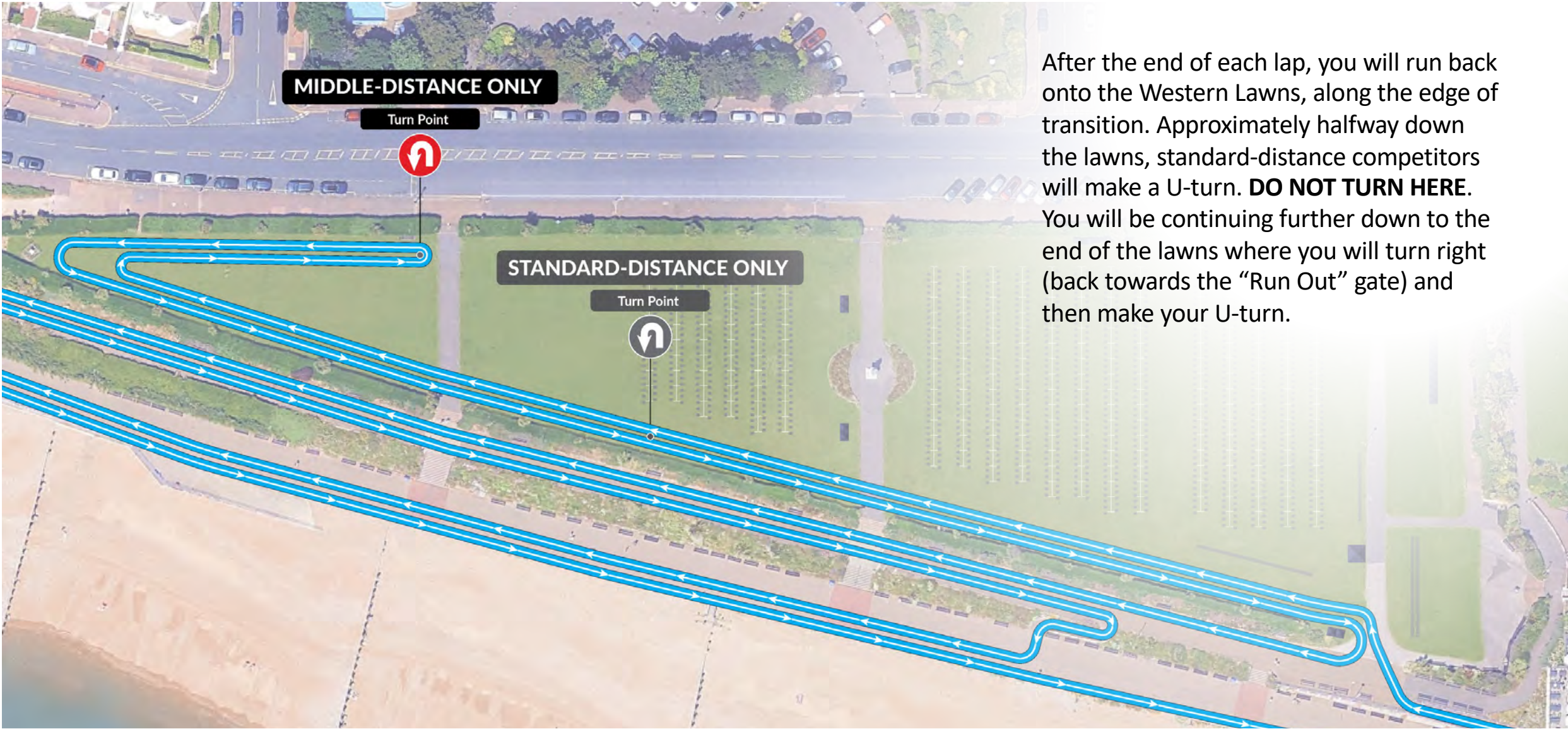
Course Split – Next Lap

After the end of each lap, you will approach the “Next Lap” / “Finish” course split. The first three times you reach this point, **keep in the left lane to begin your next lap.**

You will make a sharp left turn and run up the pavement.



Course Split – Middle-Distance Turn



After the end of each lap, you will run back onto the Western Lawns, along the edge of transition. Approximately halfway down the lawns, standard-distance competitors will make a U-turn. **DO NOT TURN HERE.** You will be continuing further down to the end of the lawns where you will turn right (back towards the “Run Out” gate) and then make your U-turn.

Course Split – Finish

After the end of each lap, you will approach the “Next Lap” / “Finish” course split. On you last lap **keep in the right lane towards the finish**.

Note, this is not the finish line, you still have 50m to go!



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.**



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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 pay £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 12th July

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
Super-Sprint Triathlon - Top 3 overall

12:30 Sprint Triathlon - Top 3 overall
Standard Triathlon - Top 3 overall
Middle-Distance 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**

**13:00 to 15:00 Middle-Distance Age Group Awards
Top 3 in each age group**

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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.

RULE 2.1 Littering



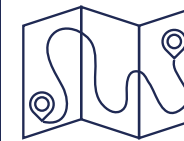
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

RULE 2.1 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 2.1 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!

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!



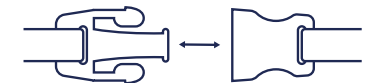
RULES 4.1|5.2|6.4 Illegal Equipment

Certain items are banned during the race – this includes headphones or earphones (including bone conduction), mobile phones and personal video recording devices. Leave these outside transition.



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 5.4 Drafting

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



In all races, 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.

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.



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).

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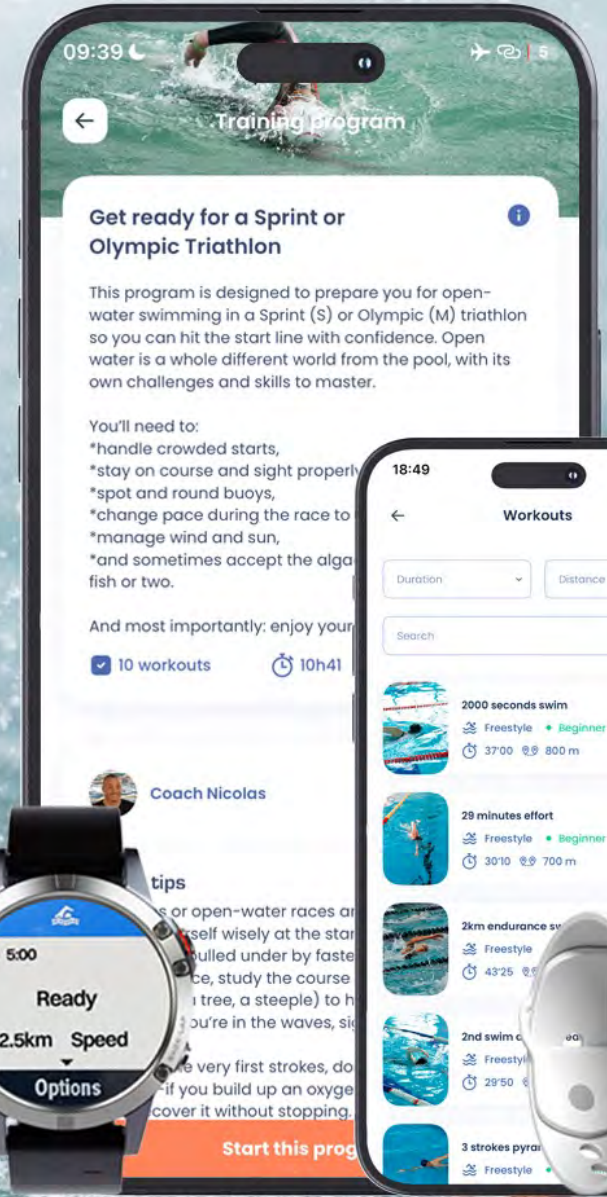
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TRIATHLON AND MULTISPORT FESTIVAL

SUNDAY 6th SEPTEMBER 2026




TRIATHLON
ENGLAND

**AWARDS
2025**

CHILDREN'S EVENT OF THE YEAR





EVENT PERMIT

EASTBOURNE TRIATHLON AND MULTISPORT FESTIVAL

Is approved by: TRIATHLON ENGLAND **Permit approved on:** 09/02/2026

Based at: WESTERN LAWNS, EASTBOURNE **Event date:** 12/07/2026

Organised by: TRIBOURNE MULTISPORT EVENTS

THIS EVENT PERMIT ENSURES:

- The event will be conducted in a fair and safe manner.
- The event planning and preparation meets the standard of quality required by the national governing body.
- A thorough review of the swim, bike and/or run course has taken place and that safety, medical and emergency requirements have been considered.
- The event will be conducted in accordance with the British Triathlon Competition Rules.
- The event has the appropriate event, volunteer and participant insurance.

A handwritten signature in black ink, appearing to read "A.C. Smith-Clare".

Anna Smith-Clare
Head of Events - British Triathlon

This event has received a British Triathlon Event Permit approved by the Home Nation Associations.

