

# EASTBOURNE

TRIATHLON AND MULTISPORT FESTIVAL

SATURDAY 11<sup>th</sup> JULY 2026

## SCOOTATHLON ATHLETE GUIDE



**SWANS**  
PERFORMANCE SWIMMING

**Choice**  
VEHICLE RENTALS

  
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 11<sup>th</sup> 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 12<sup>th</sup> 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 EXIT**

**SWIM START**

**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.

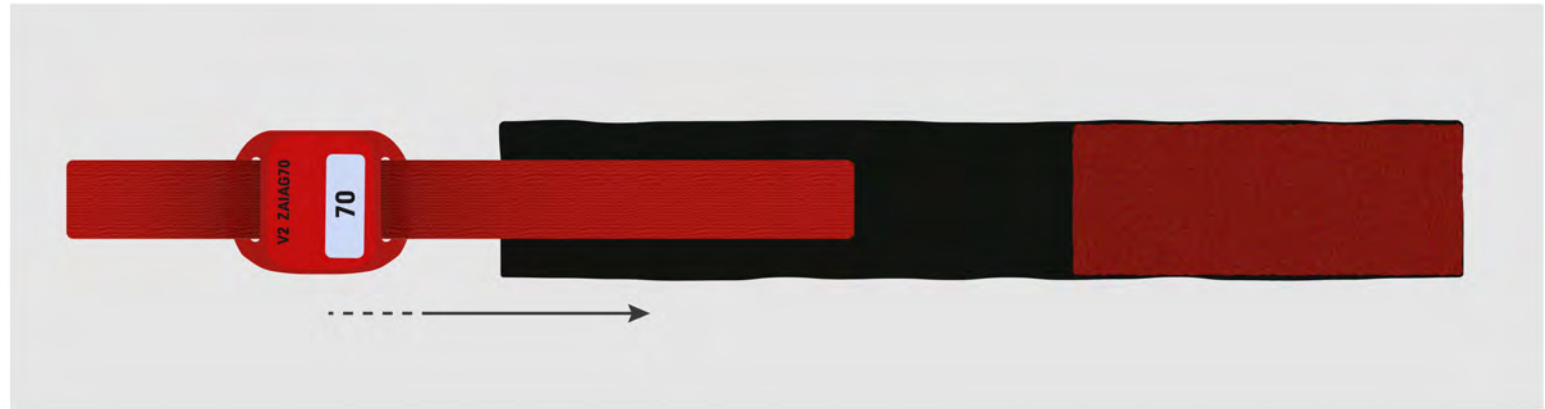


# Chip Collection

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.

### 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.



### 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.



### 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.**

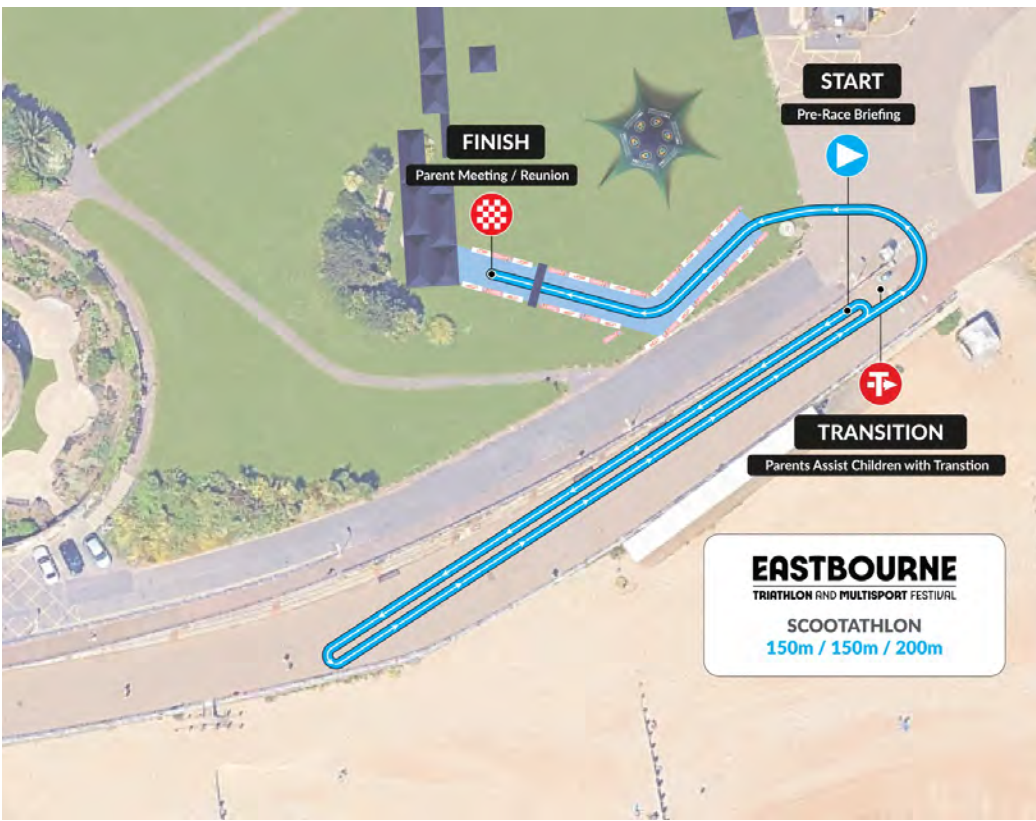
# Scotathlon

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

**Wave 1 (3pm):** 3 to 4-year-olds (accompanied by a parent/guardian). Scoot 150m, bike 150m, run 200m

**Wave 2 (3:10pm):** 5 to 7-year-old boys. Scoot 300m, bike 300m, run 350m

**Wave 3 (3:20pm):** 5 to 7-year-old girls. Scoot 300m, bike 300m, run 350m



# 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.**



FR Registered with FUNDRAISING REGULATOR

MACMILLAN CANCER SUPPORT

A registered charity



FR Registered with FUNDRAISING REGULATOR

BRIGHTON & HOVE TRIATHLON

MACMILLAN CANCER SUPPORT



FR Registered with FUNDRAISING REGULATOR

# Save 50% with Team Macmillan

Brighton & Hove Triathlon  
6<sup>th</sup> September 2026

# Save 50% with Team Macmillan

Eastbourne Triathlon  
12<sup>th</sup> July 2026

FR Registered with FUNDRAISING REGULATOR

# Choice

## VEHICLE RENTALS

OFFICIAL TRIBOURNE VEHICLE PARTNER



# ENDLESS HORIZONS ENDLESS OPPORTUNITIES



Find out more and enquire online  
[www.eastbourne-college.co.uk](http://www.eastbourne-college.co.uk)

# 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).

*sportswise*

MOVE WELL  
LIVE BETTER

Sports & MSK Medicine - Physiotherapy  
Massage - Pelvic Health - Pilates  
Dietetics - Podiatry - Private GP  
Strength & Conditioning

The Printworks, 1 Commercial Road, Eastbourne, BN21 3XQ  
reception@sportswise.org.uk      01323 745970

# ADVENTURE KIT HIRE

## KIT WE HIRE:

- ✓ WETSUITS
- ✓ SKI WEAR
- ✓ CAMP & HIKE
- ✓ CYCLING
- ✓ PADDLE
- ✓ FAMILY ADVENTURE
- ✓ & MUCH MORE

☎ 01737 823771 | ✉ HELLO@ADVENTUREKITHIRE.CO.UK

📍 REDHILL AERODROME, RH15JY | 🌐 WWW.ADVENTUREKITHIRE.CO.UK

# MEDAL ENGRAVING

Finish Strong  
Remember Forever



See you at the finish line!



TeamBodyworks  
Performance Triathlon

# TeamBodyworks Performance Triathlon

OFFICIAL COACHING  
& TRAINING PARTNER

- Group Training
- Individualised training plans
- 1:1 and Small Group Sea Swim Acclimatisation and Training
- Access to Free Training Plans for TriBourne athletes using code Tribourne26



**BRITISH**  
TRIATHLON  
EASTBOURNE  
SATELLITE CENTRE



# FREIGHTGUARD

## Full-Service Freight Warranty Program

Loss and damage are realities for even the finest transport companies. Rely on us for comprehensive solutions designed to address these challenges head-on, safeguarding your shipments and preserving the reputation of your logistics operations.

Operating across the UK, Europe & Africa, The FreightGuard Group are market leaders in designing, implementing and running warranty guarantee programs.

- Claims administration
- Design and structure a warranty program
- Real time MIS and other data analysis
- Implementation, training and support of your new program

[www.freightguardintl.com](http://www.freightguardintl.com)



Find out more





## YOUR RACE EXPERIENCE BEGINS ON OPENSWIM!

1,000 WOKOUTS  
TO STAY CONSISTENT

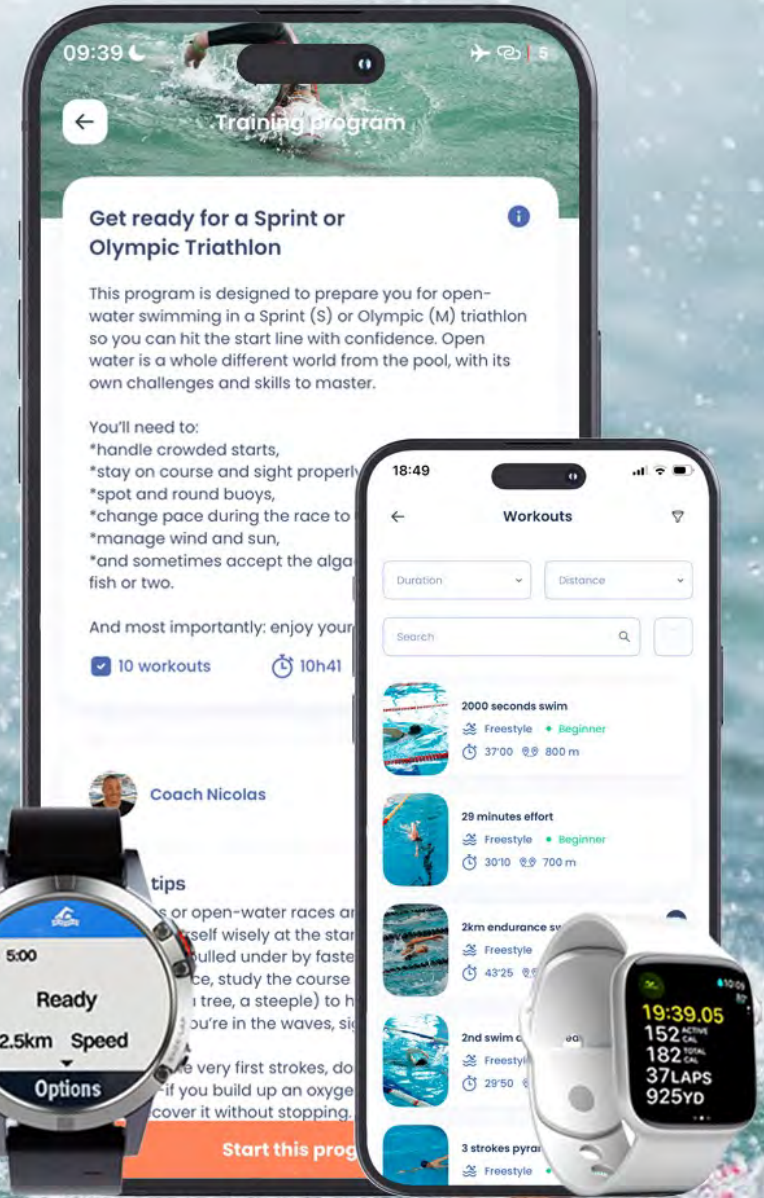
SYNCED DATA  
TO TRACK YOUR PROGRESS

60+ TRAINING PLANS  
TO GET STRONGER

MONTHLY CHALLENGES  
TO PUSH YOUR LIMITS



DOWNLOAD  
NOW AND JOIN  
90K USERS  
WORLDWIDE!



# FISH 2 WATER

## OPEN WATER SWIMMING





**Orange Beach** Bars



THE CLEVELAND ARMS



THE CHIMNEY HOUSE



**VAULT**  
**SPORTS BOX**



# Do it with **DANSON** TRIATHLON & LIFE COACHING



My coaching is rooted in the belief that sport is more than competition - it's a tool for healing, growth, confidence, and connection. I coach not just to help people cross finish lines, but to help them cross barriers within themselves. *Whether you're facing a tough time, chasing an ambitious goal, or simply looking for a new challenge, you belong here.*

There are no limits to ability. I *work with* people from all walks of life, *whether they're* complete beginners or athletes striving to compete internationally. *Everyone* has untapped potential, and my coaching exists to unlock it.

This isn't just triathlon coaching. I *work with* individuals training for swim, bike, run, or a combination of disciplines - *as well as* those pursuing general fitness or movement-based goals. *Your journey* is unique, and I'll help you build it on *your terms*.

[www.clairedanson.com](http://www.clairedanson.com)



# TURN RETRO CAMERA GEAR INTO CASH

GET AN INSTANT QUOTE TODAY

FREE SHIPPING, SAME-DAY PAYMENT, ZERO HASSLE

**sds.net**

OFFICIAL TRIBOURNE VIDEO PARTNER



*Expertly Planned, Beautifully Delivered*



[www.kjatravel.co.uk](http://www.kjatravel.co.uk) | [kjatravel@experienceitnowtravel.co.uk](mailto:kjatravel@experienceitnowtravel.co.uk)

**SPORTS TRAVEL • HOLIDAYS • FLIGHTS • TOURS • CRUISES**

*ExperienceItNow*  
**TRAVEL**

KJA Travel is a member of Experience It Now Travel who are an Accredited Body Member of Hays Travel Limited, ATOL 5534

**POWERWATTS**

## THE HOME OF CYCLING, BRIGHTON

*Indoor cycling · Triathlon  
coaching · Physio · Bike  
Mechanic · Café*

**Book your first ride →  
[powerwatts.bike](https://powerwatts.bike)**

 [powerwatts\\_brighton](https://www.instagram.com/powerwatts_brighton)



BIKE  
FITS

CUSTOM  
BUILDS



BIKE  
REPAIRS

PARTS &  
ACCESSORIES



81273 896968

DEVILSBYKES.COM

TEAM@DEVILSBYKES.COM

WWW.SWANSUK.CO.UK

@SWANSGOGGLES

# SWANS

PERFORMANCE. PRECISION. PROTECTION.



Discount code for participants: TRI20



## UK's ONLY PINSERIA

GET YOUR EXCLUSIVE DISCOUNT BY QUOTING  
**TRIBOURNE**

To book call 01323 724435 or WHATSAPP us on 07542 852599

# BRIGHTON & HOVE

TRIATHLON AND MULTISPORT FESTIVAL

SUNDAY 6<sup>th</sup> 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. 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.

