

# EASTBOURNE

TRIATHLON AND MULTISPORT FESTIVAL

SUNDAY 12<sup>th</sup> JULY 2026

## TRISTARS AQUATHLON ATHLETE GUIDE





# 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.

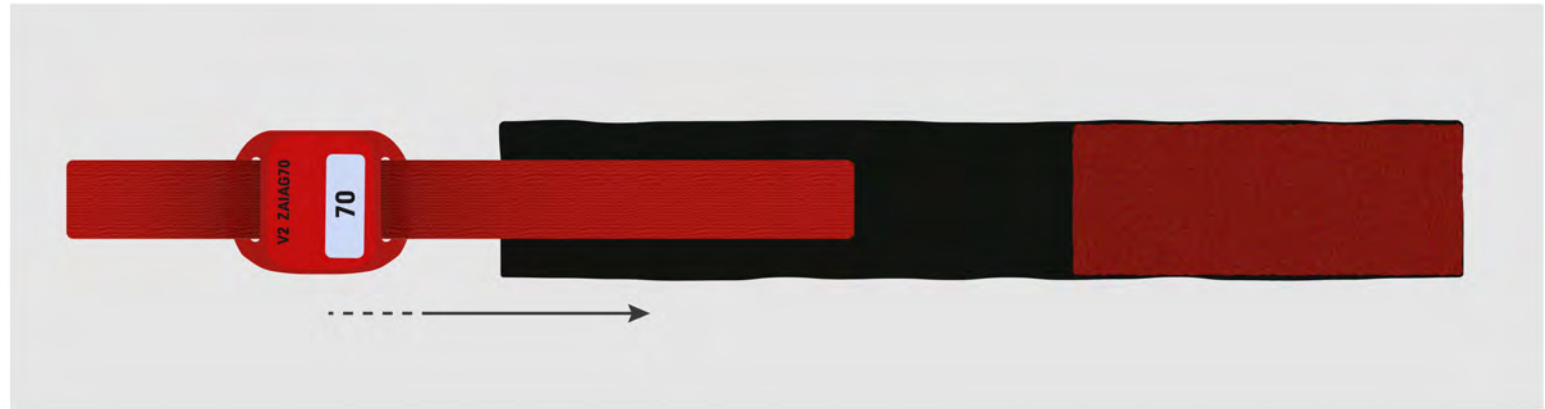


# Chip Collection

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.



### 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.**

### 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.



# 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

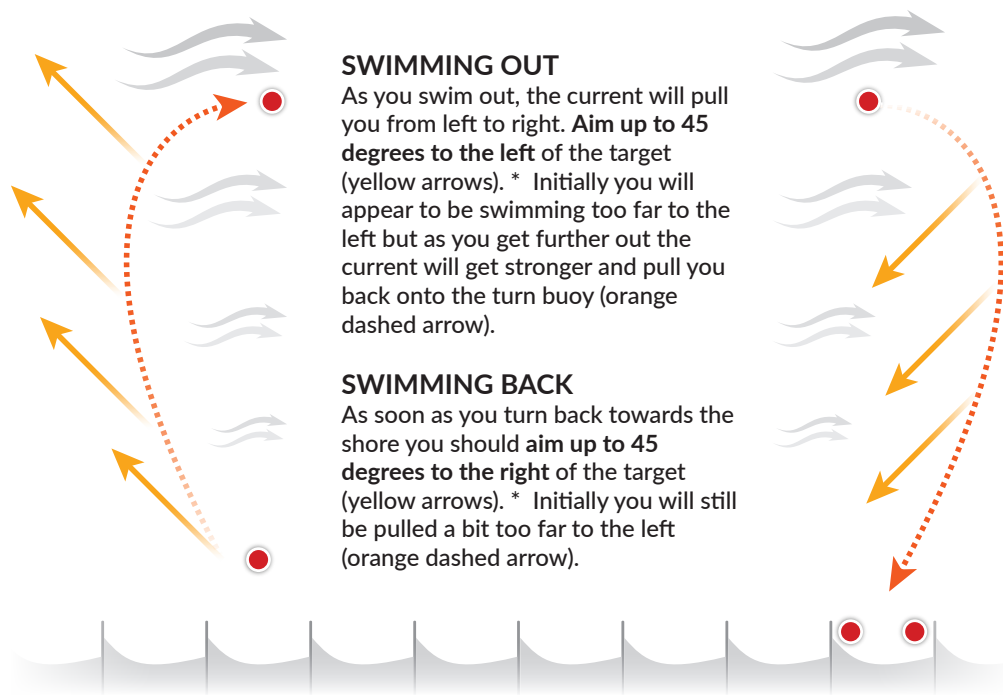
	WAVE 1	06:00	Middle-Distance Triathlon		WAVE 7	08:00	Standard-Distance Female
	WAVE 2	07:30	TriStart (age 8)		WAVE 8	08:05	Standard-Distance Open 40 - 54
	WAVE 3	07:35	TriStar 1 (age 9-10)		WAVE 9	08:10	Standard-Distance Open 55+, Relay, Aquabike, Aquathlon and 1,500m swim
	WAVE 4	07:40	TriStar 2 (age 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.

## OUTGOING TIDE

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

### SWIMMING ACROSS THE CURRENT

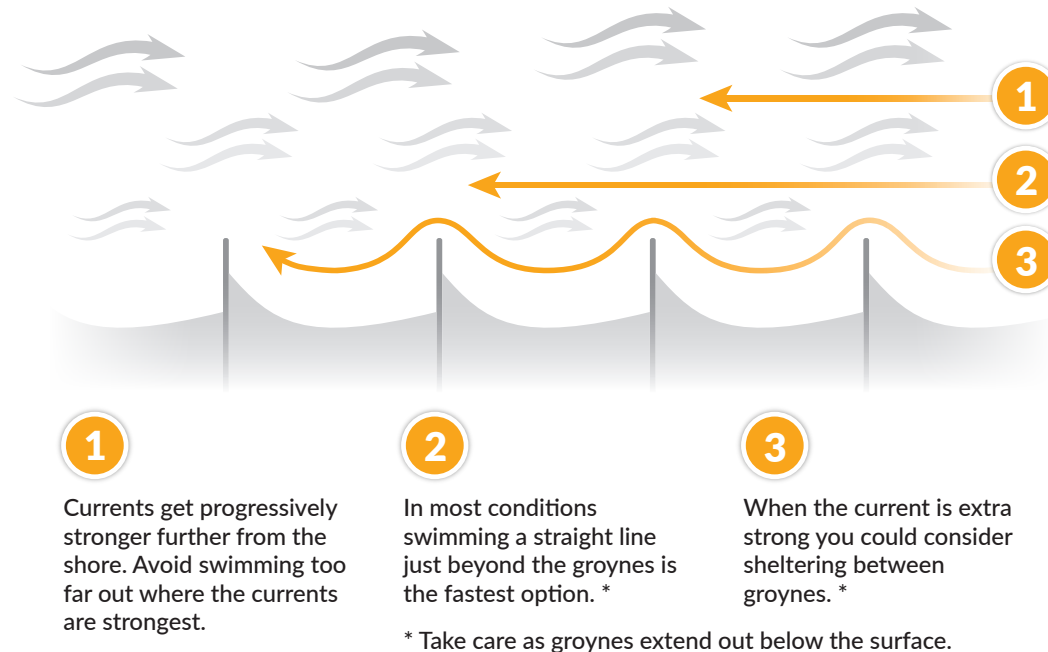


\* The angle depends on the strength of the current and how strong you are as a swimmer:  
Stronger swimmer and/or weaker current = smaller angle (15 - 30 degrees)  
Weaker swimmer and/or stronger current = larger angle (30 - 45 degrees)

## OUTGOING TIDE

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

### SWIMMING AGAINST THE CURRENT



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

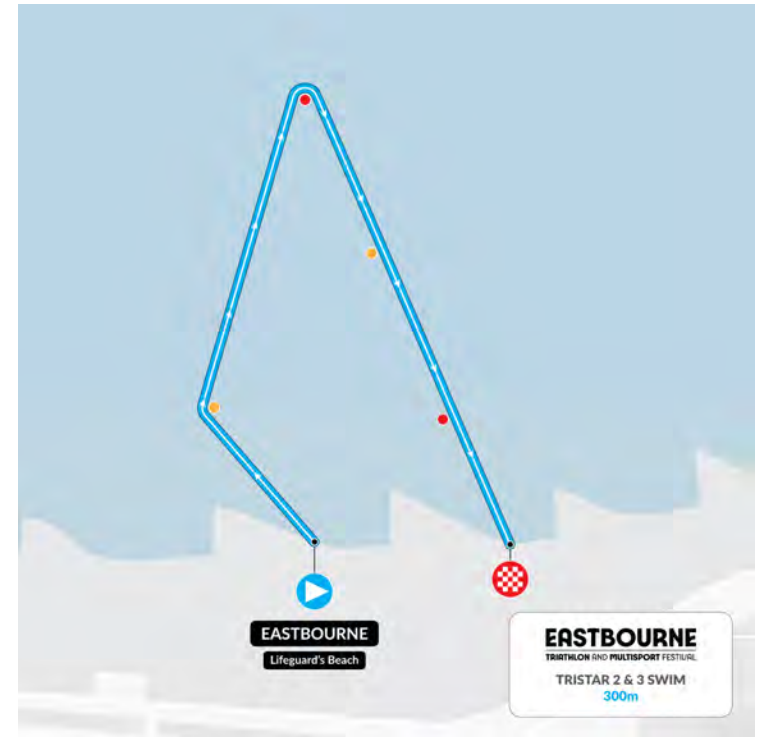
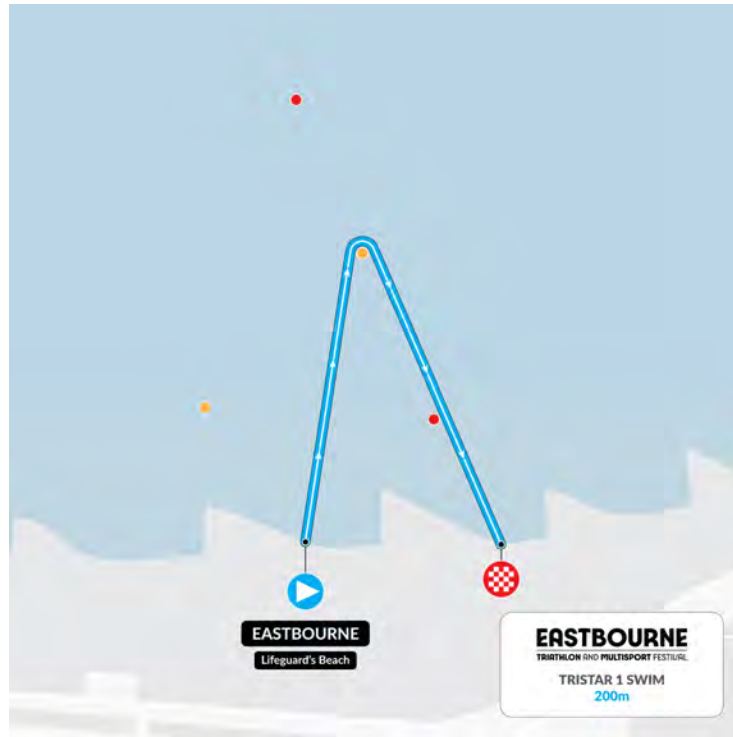
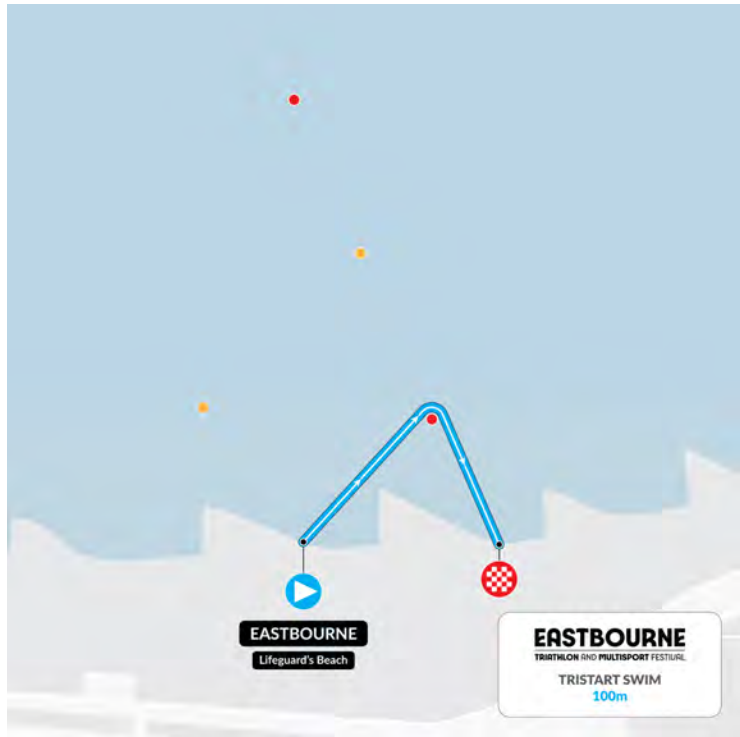
# TriStar Swim Courses

**TriStart:** Swim out to the closest red swim buoy (50m from the beach). Make a sharp right turn keeping the buoy on your right and swim back in directly to the swim exit.

**TriStar 1:** Swim past the first red buoy out to next yellow swim buoy (100m from the beach).

Make a sharp right turn keeping the buoy on your right and swim back in past the red TriStart buoy directly to the swim exit.

**TriStar 2 and 3:** Swim out to your left to the nearest yellow buoy (50m from the beach) and make a slight right turn keeping the buoy on your right. Swim out to the furthest red swim buoy (150m from the beach). Make a sharp right turn keeping the buoy on your right and swim back in past the yellow TriStar 1 buoy and the red TriStart buoy directly to the swim exit.

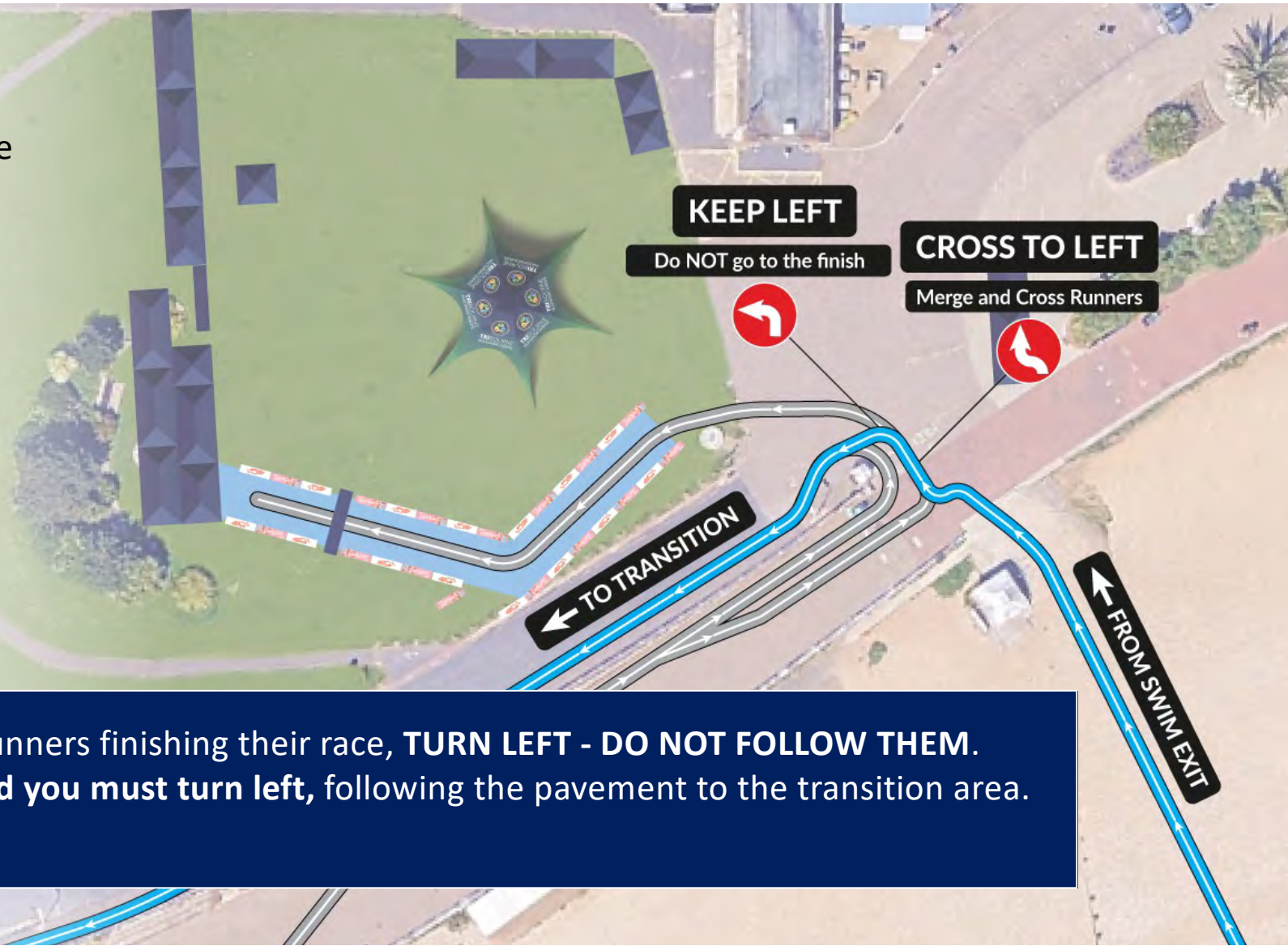


# Transition 1 - Swim Exit to Transition Route

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 to Run

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

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

## **IMPORTANT:**

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



## Correct

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

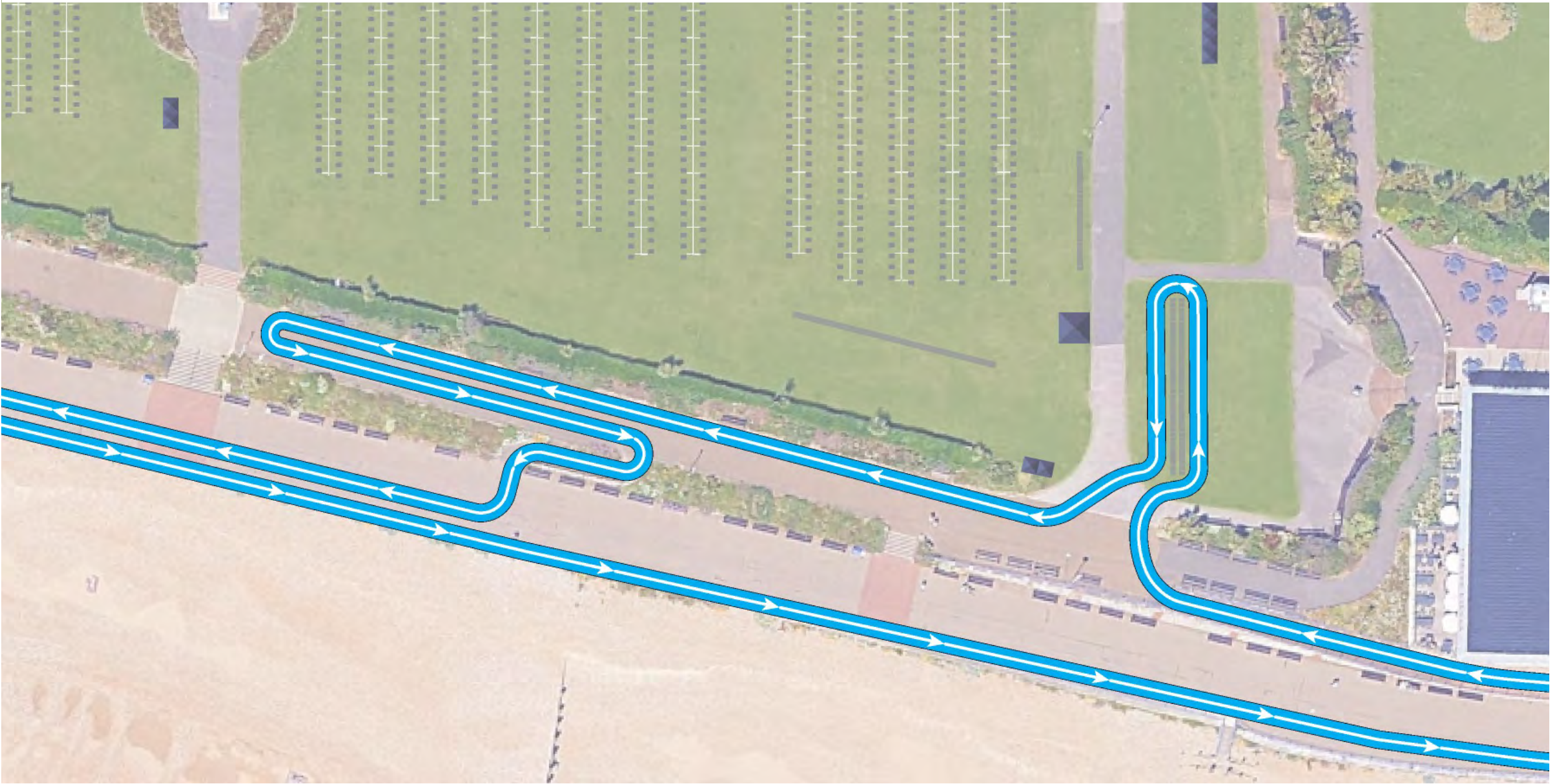


## Time Penalty

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



# Transition 1 - TriStars



# 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.



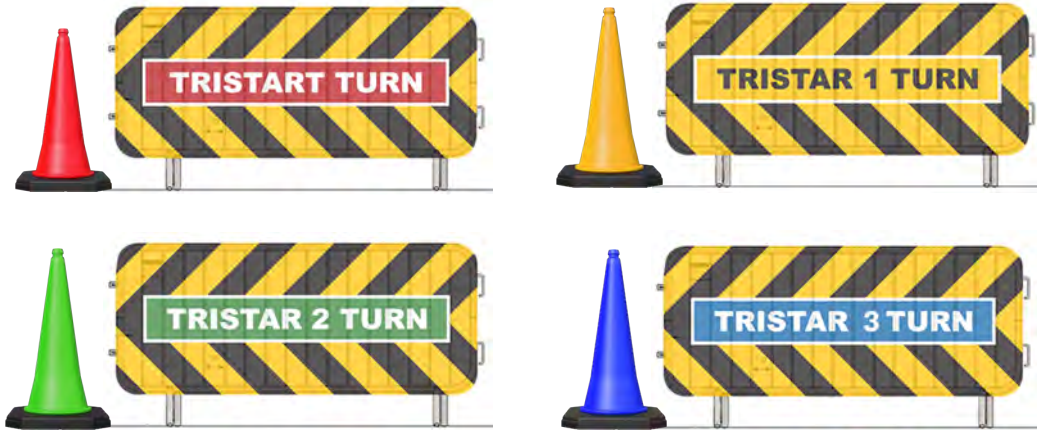
HIGH 5

SAVOUR  
EVERY MILE

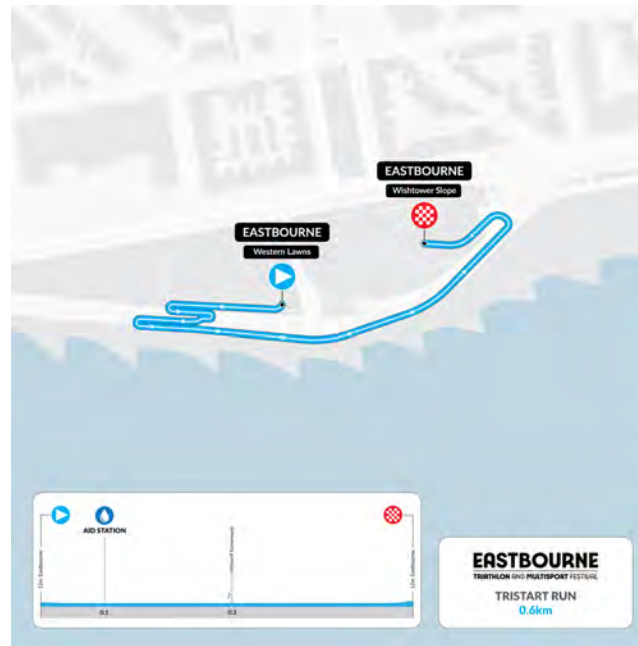


# TriStars Run

The TriStar courses are all a single lap of an out-and-back loop on the lower prom. Make a first U-turn immediately after the aid station. You will then make a sharp right turn down a short slope onto the lower prom. Make a second U-turn at the coloured cone corresponding to the colour of your race number. TriStart = Red, TriStar 1 = Yellow, TriStar 2 = Green, TriStar 3 = Blue.



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



# Course Split – Finish

After the end of the run, you will approach the “Next Lap” / “Finish” course split. **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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BRIGHTON & HOVE TRIATHLON

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# 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

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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 12<sup>th</sup> 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  
to 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 Middle-Distance Age Group Awards  
15:00 Top 3 in each age group**

# Choice

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[www.eastbourne-college.co.uk](http://www.eastbourne-college.co.uk)

# 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:

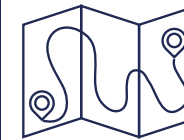
- Your race numbers must be correctly fixed to your bike, helmet and race belt.
- Your handlebars must not have open ends so please obtain bar-end stoppers.
- Appropriate racing attire must be worn for the duration of the race.
- No cycling is allowed in the transition area at any time.
- You must secure 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 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 4.1|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 5.4 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 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.



# 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*

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# MEDAL ENGRAVING

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TeamBodyworks  
Performance Triathlon

# TeamBodyworks

## Performance Triathlon

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TRIATHLON  
EASTBOURNE  
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Find out more





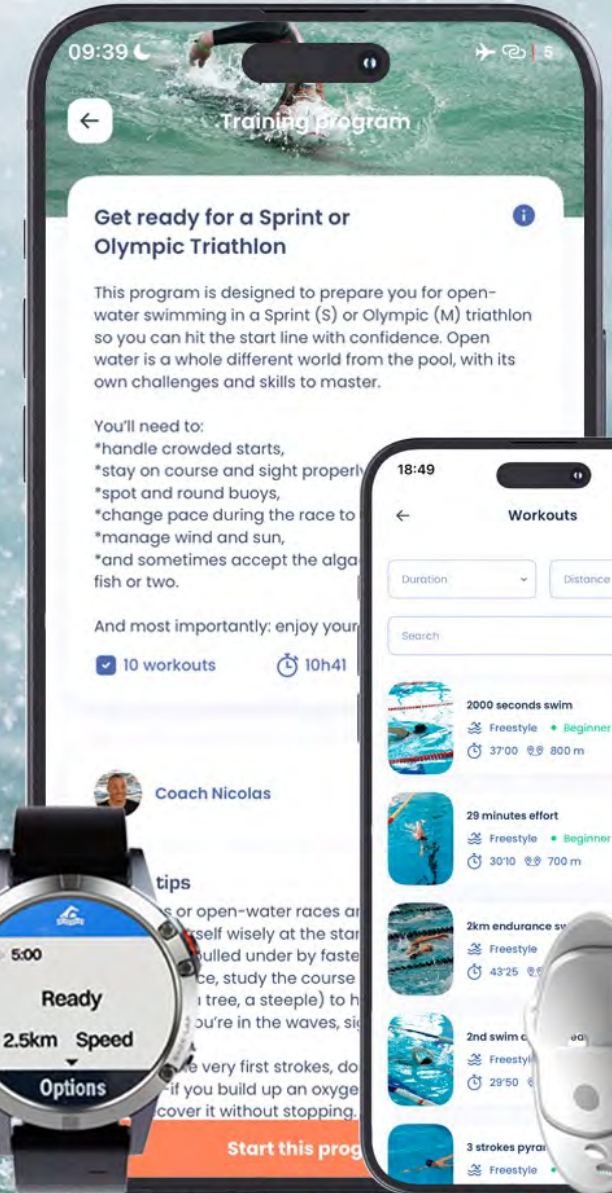
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# FISH 2 WATER

## OPEN WATER SWIMMING



The logo icon for Orange Beach Bars features a stylized orange sun with a semi-circular outline above three horizontal wavy lines representing water.

**Orange Beach** Bars



THE CLEVELAND ARMS



THE CHIMNEY HOUSE



**VAULT**  
**SPORTS BOX**



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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*.

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# 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

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

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

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**Organised by:** TRIBOURNE MULTISPORT EVENTS

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### 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

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

