



FESTIVAL OF ENDURANCE

SUNDAY 31st JULY 2022

RACECHECK

★★★★★ 4.9

255 TRIATHLON[®]

SWIM 5km | BIKE 200km | RUN 50km

THE WORLD'S LONGEST SINGLE-DAY TRIATHLON

ATHLETE GUIDE

MIDDLE DISTANCE:

SWIM **1.9km** | BIKE **90km** | RUN **21.1km**

FULL DISTANCE:

SWIM **3.8km** | BIKE **180km** | RUN **42.2km**

255 TRIATHLON DISTANCE:

SWIM **5km** | BIKE **200km** | RUN **50km**



Welcome to the Festival of Endurance at Goodwood - Featuring the 255 Triathlon

We are very excited to welcome you to the Festival of Endurance at Goodwood Motor Racing Circuit, featuring the 255 Triathlon. **Please read the information provided in this guide carefully.** This document is your race briefing and covers everything you need to know including some very important information which you must understand before the race.

We wish you the very best of luck with your remaining days of training and of course on race day. If you have any questions, please don't hesitate to contact us by email: office@tribourne.co.uk.

Mat Dowle and Dale Anderton
TriBourne Multisport Events Ltd.

Schedule

Due to motor racing at Goodwood, access is strictly limited to after 5pm on Saturday, and we need to be completely off-site by 7:30am on Monday morning. This includes camping (see below).

Saturday 30th July

17:00 Registration (Goodwood Motor Circuit)
17:00 Campsite open
18:00 Pit Lane / T2 open for preparing special needs boxes
20:00 Registration closes

Sunday 31st July

04:30 T1 open for bike racking (Westhampnett Lake)
06:00 Race start – 255 Triathlon, 255 Relay, Full Distance
06:05 Race start – Middle Distance
09:00 Swim cut-off
18:00 Bike cut-off
Midnight Finish cut-off

Monday 1st August

07:30 Campsite closed

Getting to the Race

The event takes place at Goodwood Motor Circuit, Chichester PO18 0PH. Enter the circuit via the main gates and turn right into the main car park as directed and shown on the site map below. The swim takes place at Westhampnett Lake (PO18 0NX) which is 1.5km to the south of Goodwood Motor Circuit.

SITE MAP (OVERVIEW)

CAMPSITE

SITE MAP (GOODWOOD)

BIKE AID STATION

CAR PARK

MAIN ENTRANCE

TOILETS

PEDESTRIAN TUNNEL

RUN AID STATION

PUTTING

SPECTATORS

LOCKERS

CAMPER VANS

FINISH

RELAY EXCHANGE (RUN)

RELAY EXCHANGE (BIKE)

ROUTE TO START

GOODWOOD (BIKE & RUN)

BIKE ROUTE

WESTHAMPNETT (SWIM)

A27

SITE MAP (WESTHAMPNETT)

START

FINISH

RELAY EXCHANGE

TOILETS

LOCKERS

CAMPER VANS

FINISH

RELAY EXCHANGE

TOILETS

LOCKERS

CAMPER VANS

FINISH

RELAY EXCHANGE

TOILETS

LOCKERS

CAMPER VANS

FINISH

RELAY EXCHANGE

TOILETS

LOCKERS

CAMPER VANS

FINISH

RELAY EXCHANGE

TOILETS

LOCKERS

CAMPER VANS

FINISH

RELAY EXCHANGE

SITE MAP (WESTHAMPNETT)

BIKE OUT

TRANSITION (T1)

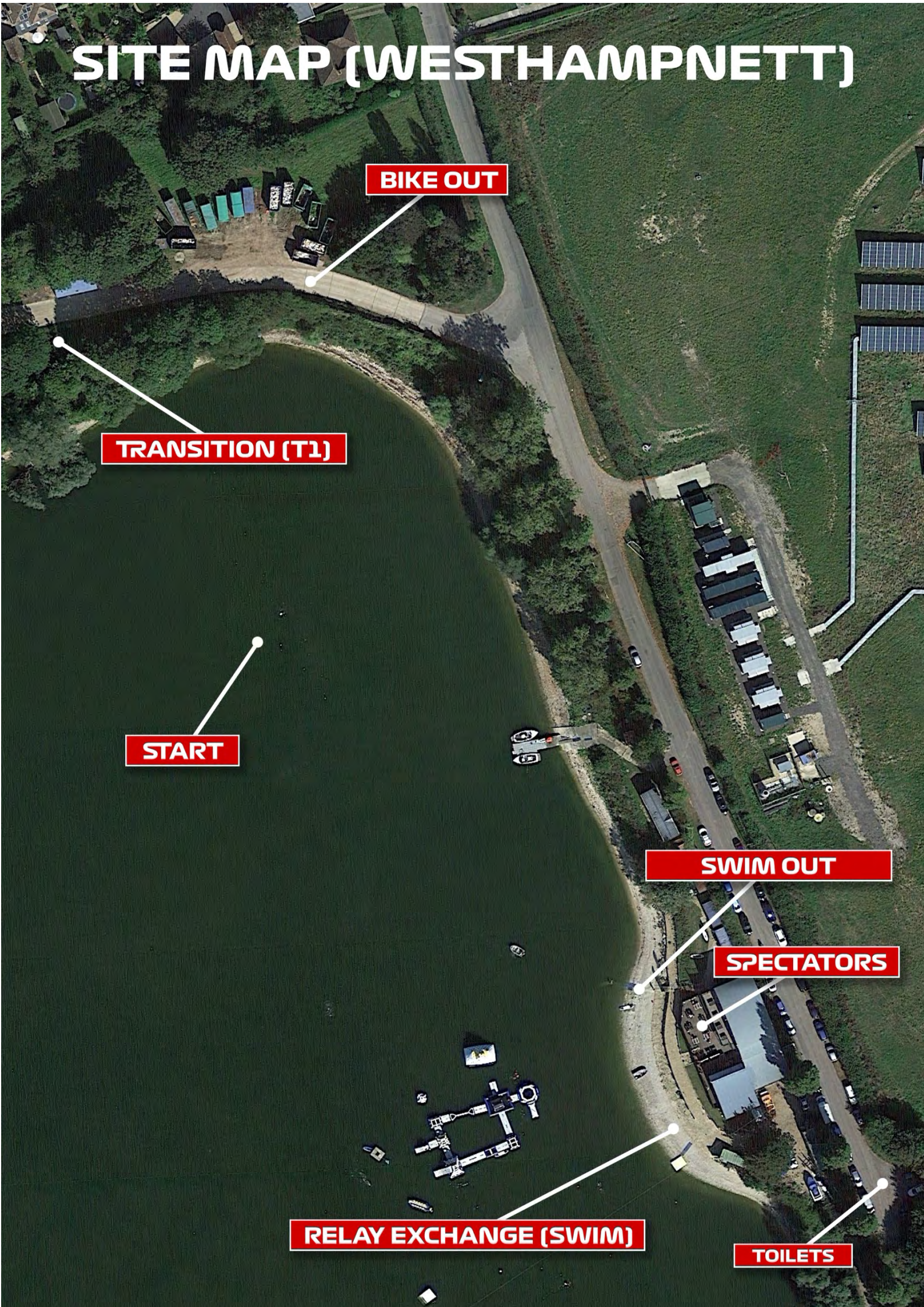
START

SWIM OUT

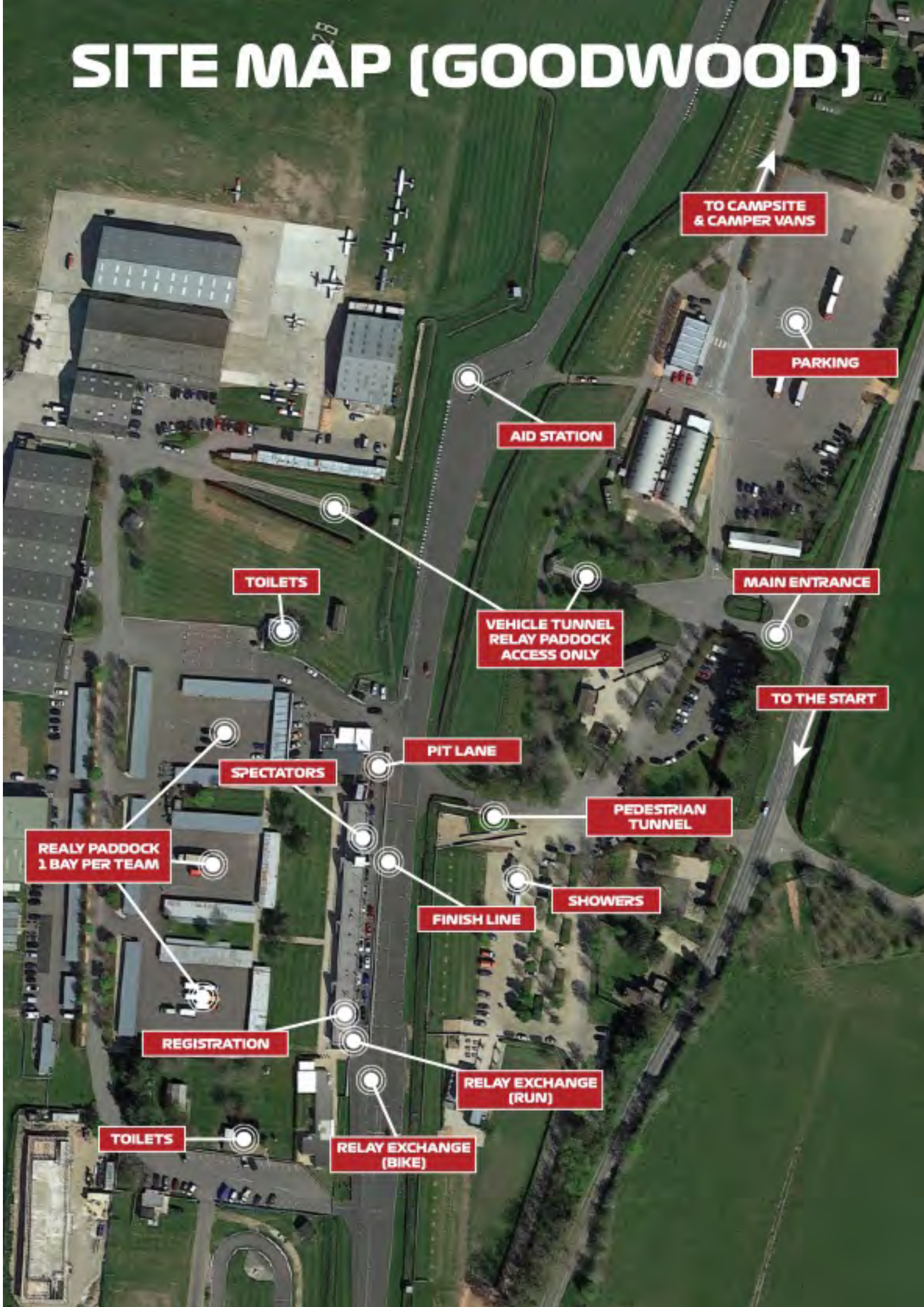
SPECTATORS

RELAY EXCHANGE (SWIM)

TOILETS



SITE MAP (GOODWOOD)



TO CAMPSITE
& CAMPER VANS

PARKING

AID STATION

TOILETS

MAIN ENTRANCE

VEHICLE TUNNEL
RELAY Paddock
ACCESS ONLY

TO THE START

PIT LANE

SPECTATORS

PEDESTRIAN
TUNNEL

REALY Paddock
1 BAY PER TEAM

SHOWERS

FINISH LINE

REGISTRATION

RELAY EXCHANGE
(RUN)

TOILETS

RELAY EXCHANGE
(BIKE)

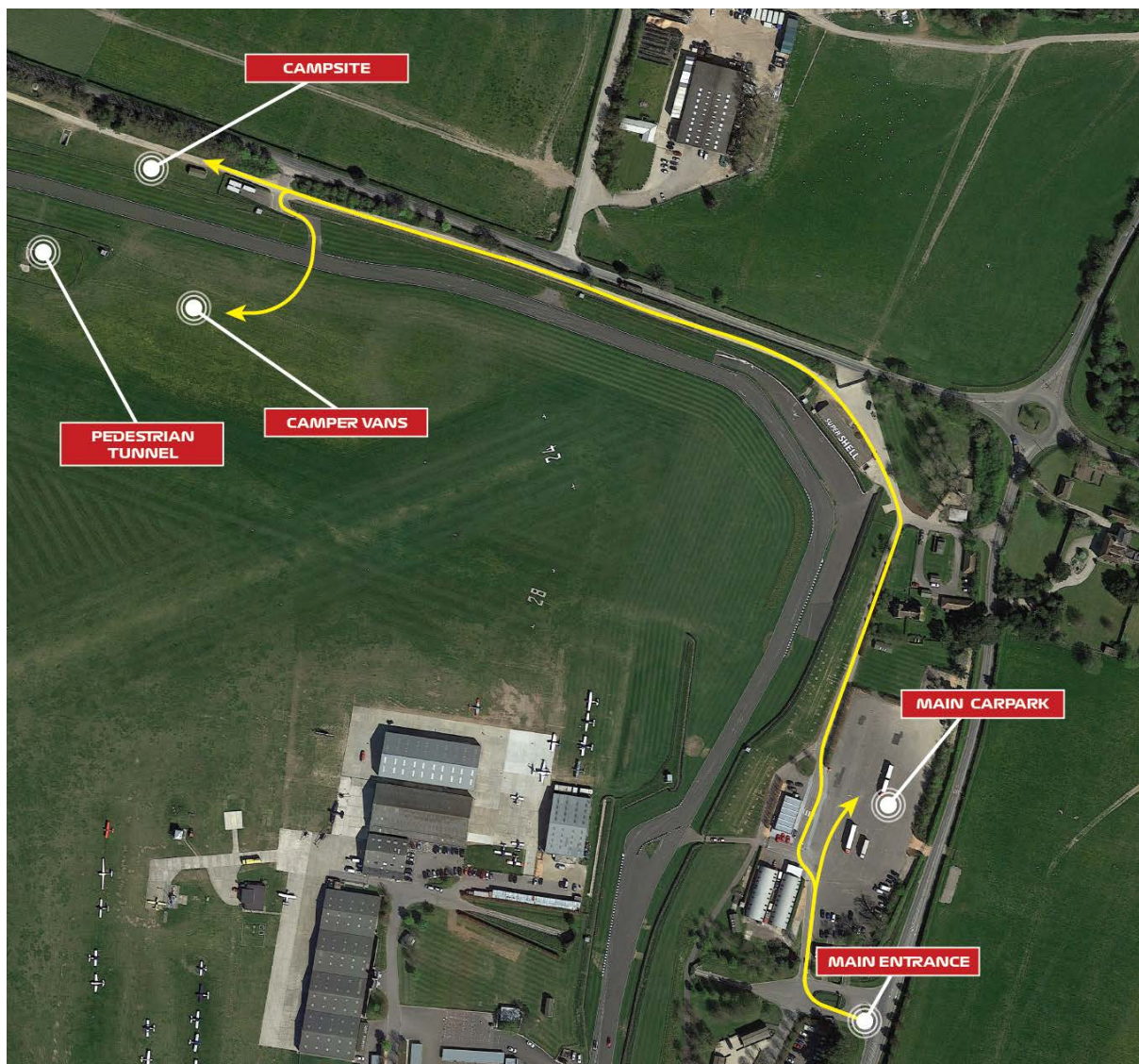
Camping

Basic camping is available for competitors and spectators. This will consist of a simple grass area to the north of the track with portable toilets. There will also be a portable shower unit available at Goodwood. A specific location will be provided for camper vans close to the camping area (please note this will not include electrical hook-up).

Camping will be charged at £10 per person per night and can be booked at: www.255triathlon.com/camping/. You will be issued camping wristbands at registration which you must wear to access the camping areas.

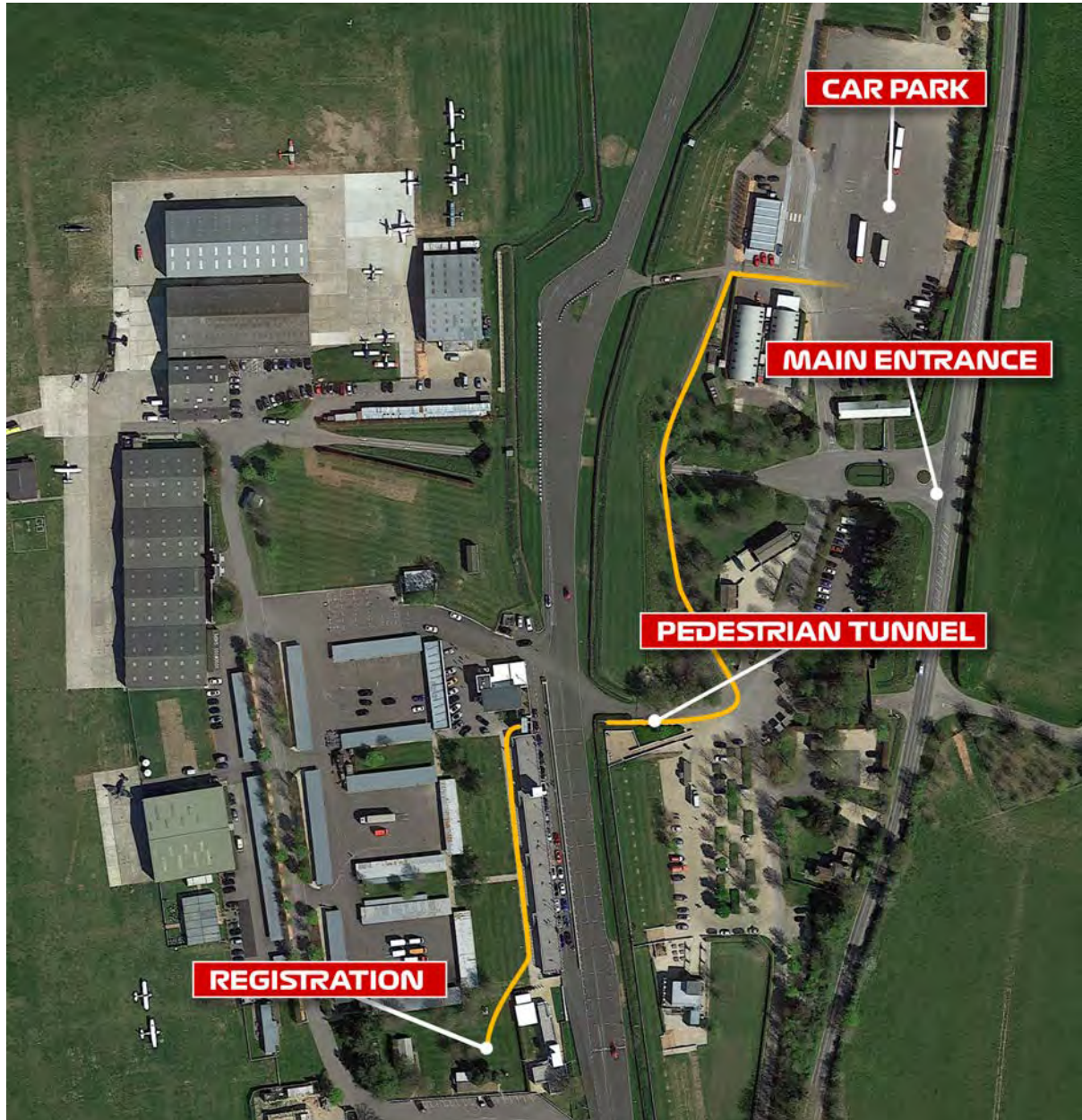
Please note, we only have the motor circuit booked from 5pm on Saturday until 7:30am on Monday. **You will not be able to access the camping area before 5pm and you must be completely gone by 7:30am on Monday morning.**

Please note, to access the campervan parking area you must cross the track. You will not be able to leave this area whilst the race is in progress on Sunday. If you wish to leave on Sunday during the race (6am to 12pm) you must move your campervan to the main carpark first thing on Sunday morning. If accessing this area during the race by foot, please use the pedestrian tunnel.



Registration

Registration will take place on Saturday from 5pm just behind the pit lane at Goodwood Motor Circuit. On arrival, please enter through the main gate on Claypit Lane and turn right into the main car park. You should then make your way to the main paddock area behind the pit lane via the pedestrian tunnel as shown below:



Once you arrive at the registration desk, please give us your last name. We will check your details and BTF licence. You will then be issued with a numbered wristband. This must be worn at all times during the event and must not be removed until after you have collected your bike from transition at the end of the race. Your wrist band has you race number which will be used to identify you in case of a medical emergency and to collect your kit from transition.

Having received your wrist band, you will then be handed your race pack. Your race pack will contain all the essential items for your race. Please take the time to go through it all carefully. It will contain the following:

- **Number sticker sheet** - This will include a helmet number sticker (which must be stuck to the front of your helmet before you check your bike into transition) and a long bike number sticker which you must stick around your seat post such that the number is clearly visible from both sides. These stickers should not be taken off until after you remove your bike from transition after the race. For security, the bike number and your wrist band must match for you to remove your bike from transition after the event.
- **Swim cap** – The colour of your swim cap will correspond to the race you are in. You must wear the cap provided during the swim. 255 Solo: Pink. Full distance: Yellow. Middle distance: Green. 255 Relay teams: Blue.
- **Race Numbers** - Your race number must be on your back during the cycle and on the front during the run. You can either use a single number attached to an elastic number belt or you can fix one number on your front and the other to your back. Most people will use a race belt but if you wish to pin on your numbers, please bring your own safety pins. Race belts are available for purchase from the Tri Store in Eastbourne. Remember, you **must wear your race number on your back during the bike and on your front during the run**, so don't forget to spin your race belt around in T2 if you choose to use one. Solo competitors will be issued two race numbers, relay teams will be given one number per team member.
- **Your timing chip** - As you pass various timing points on the course, it will record your times for each leg of the race and will also count your laps. You must wear your timing chip around your **left ankle**. We advise you to make sure it is attached securely. Please be aware that no timing chip, or incorrect use of the chip will mean you will not appear in the results. If you have any timing queries after race day, please email us. The timing chip is your responsibility until you hand it back at the finish. Due to the costs of the timing technology, there will be a £40 charge if you fail to return your timing chip. Relay teams will be issued a single timing chip. This is your relay 'baton' and will be passed to the next team member during relay exchanges.
- **Food voucher** - For 255 Solo and Full-distance athletes only.

Relay Registration

For relay teams, one team member can register on behalf of the team. The team will be given one race pack for the entire team containing race numbers (one for each team member) and sticker sets (one for each team member). You will only be given a single timing chip which will act as your baton.

Race T-shirts/Hoodies

Relay competitors will receive a race t-shirt and full distance and 255 solo competitors will get a hoodie.

Pit Lane Box Preparation (solo competitors only)

Once you have registered, you should make your way to the pit lane where you can set up your 'special needs' box. You should place all your nutrition for the bike and run into your own numbered box along with your T2 run kit (shoes, socks, etc.). You can place anything you want into this box however it must all fit inside the box (measuring 60cm long x 40cm wide x 15cm high). **You must place all your kit in the box, and we will be operating a clean transition area which means nothing should be left outside your designated box.** Anything found outside your box will be removed.

Please note, supporters will not be able to place additional items into your box during the race as this would be classed as outside assistance, which is not allowed under BTF rules, so please make sure everything you need is in the box before the race starts.

You should place everything in the box on Saturday evening although you will have access to the box first thing on Sunday morning. You will also be able to access your special needs box in the pit lane if required on Sunday morning.

Racking - Sunday Morning

Racking will take place on Sunday morning from 4:30am. This will allow you to ride your bike from Goodwood down to the swim start on race morning. The race has a split transition area. You must leave all your run kit (T2) in the pit lane at Goodwood, and only take your swim kit and bike kit (T1) down to the start on race morning. A box will be provided at your place on the racking in transition 1 near the swim start. In addition to your bike kit, you should also place any clothes you wear to the start into this box. During T1 you will be placing your wet wetsuit in this box so you might want to put your day clothes into a plastic bag to keep them dry. **Once the swim is completed, we will bring this box back to Goodwood so it will be waiting for you when you finish.**

Competitors should park at Goodwood and cycle the 1.5km down to the start. Please bring a backpack suitable for cycling to the start with all your swim equipment.

It will be dark. Please ensure you have bike lights (front and rear) if you plan to cycle to the swim start.

Please do not take more to the swim start than is necessary.

Before reaching transition check-in you should attach your bike sticker to your seat post and your helmet number to the front of your helmet. Your helmet should be on your head and fastened during bike check-in.

You will enter transition via the entrance on Coach Road.

Transition is a secure area, and you will only be allowed to enter if:

- You are wearing your numbered **wrist band**.
- **Your helmet is fastened** on your head before you pass through the bike check-in. This must be an approved cycling helmet of ANSI Z90.4, SNELLB90, EN 1078 or an equivalent national standard. (NOTE: a CE mark is NOT an approval mark). NB: any helmet bought in recent years will comply but check for damage which would stop it protecting you properly. Your helmet should be correctly adjusted to fit correctly. Please see <https://www.youtube.com/watch?v=lyhyrITHDgw> for tips.
- **Your bike is safe**. It is your responsibility to bring a bike that is road worthy and complies with the BTF rules (visit www.britishtriathlon.org for more information). Your handlebars must not have open metal ends so please obtain bar ends to plug them before coming to the race. Fixed wheel bikes (bikes that use the pedals as a brake) are not permitted in the race and e-bikes are also not permitted.
- **Your numbered bike sticker** is attached to your bike seat post.

You must not use headphones, mobile phones or any other such devices in transition which could be considered a distraction.

Clean Transition

Racking is numbered with 5 bikes per rack. Each numbered space in transition will have one numbered box (measuring 60cm long x 40cm wide x 15cm high). You must place all your kit in the box. We will be operating a clean transition area which means nothing should be left outside your designated box.

You will be able to access transition on race morning between 4:30am and 5:30am.

Relay Bikes during the swim

All members of the team can go to the swim venue (whether they are taking part in the swim or not). There is no parking at the swim venue so you should park at Goodwood and cycle or walk the 1.5km down to the swim start (you will need lights).

The transition area T1 will have **one** numbered racking space per team. The team member who will be completing T1 and starting the first part of the bike leg should rack at the numbered racking with a transition box; this racking is only for those who will be completing T1 and starting the first part of the bike leg (including solo competitors).

There will be a limited amount of additional un-numbered racking for any competitors who want to leave their bike in the secure T1 area whilst they either spectate or compete in the swim. These additional racks are for competitors who will NOT be doing the first part of the bike leg; they can take their bike out at any time to return to Goodwood. Your bike must have your numbered sticker attached and you must have your numbered wrist band to rack your bike at T1.

For those returning to Goodwood from the swim venue (not racing) please keep out of the way of racing competitors. Ideally wait until most swimmers have left T1 before returning to Goodwood.

Those who will be completing T1 and starting the first part of the bike leg (including solo competitors) can leave their kit in the T1 box provided, and this will be returned to Goodwood for collection after the race.

Start Procedure

The race will start with a deep-water gun start. The race will start promptly at 6am with a single mass start wave for 255 Solo and 255 Relay competitors. Full (iron) distance competitors will start with a beach start simultaneously with the 255 competitors. Middle (70.3) distance competitors will start with a deep water start approximately 5 minutes later.

Wetsuits

We will monitor the water temperature throughout race week. **The temperature is currently around 22°C.** Please note wetsuits are **mandatory below 16°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.** You may not wear over-boots except if the use of wetsuits is mandatory. Please note the exit of the swim will be carpeted to protect your feet from the stones. Gloves are not permitted. We strongly advise you to practice swimming in your wetsuit before the event. Practicing getting out of the wetsuit will help with your transition on the day too.

Please also prepare yourself for the possibility that wetsuits may be banned due to the recent high temperatures.

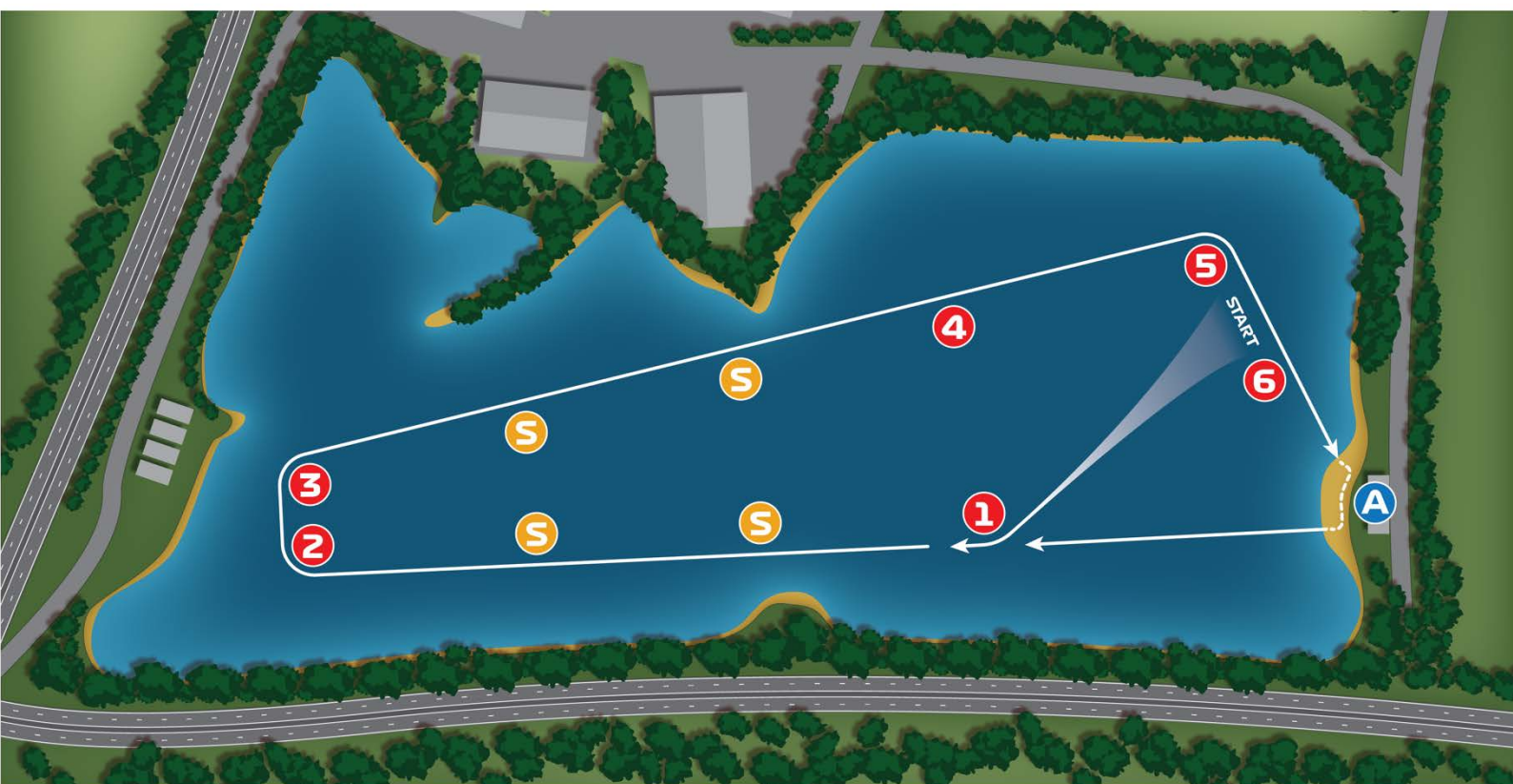
Swim Safety

For many, the swim is the most daunting part of the race, but don't worry! Our water safety team will be there to guide you and help if required. The team consists of fully qualified lifeguards in kayaks and rescue boats. **If you do get into difficulty, lie on your back and raise your arm; a lifeguard will come to you and if necessary, arrange a safety boat to take you to the water's edge.**

Please do not use backstroke unless you have informed the organisers in advance as this can be easily confused with a swimmer indicating they are in difficulty.

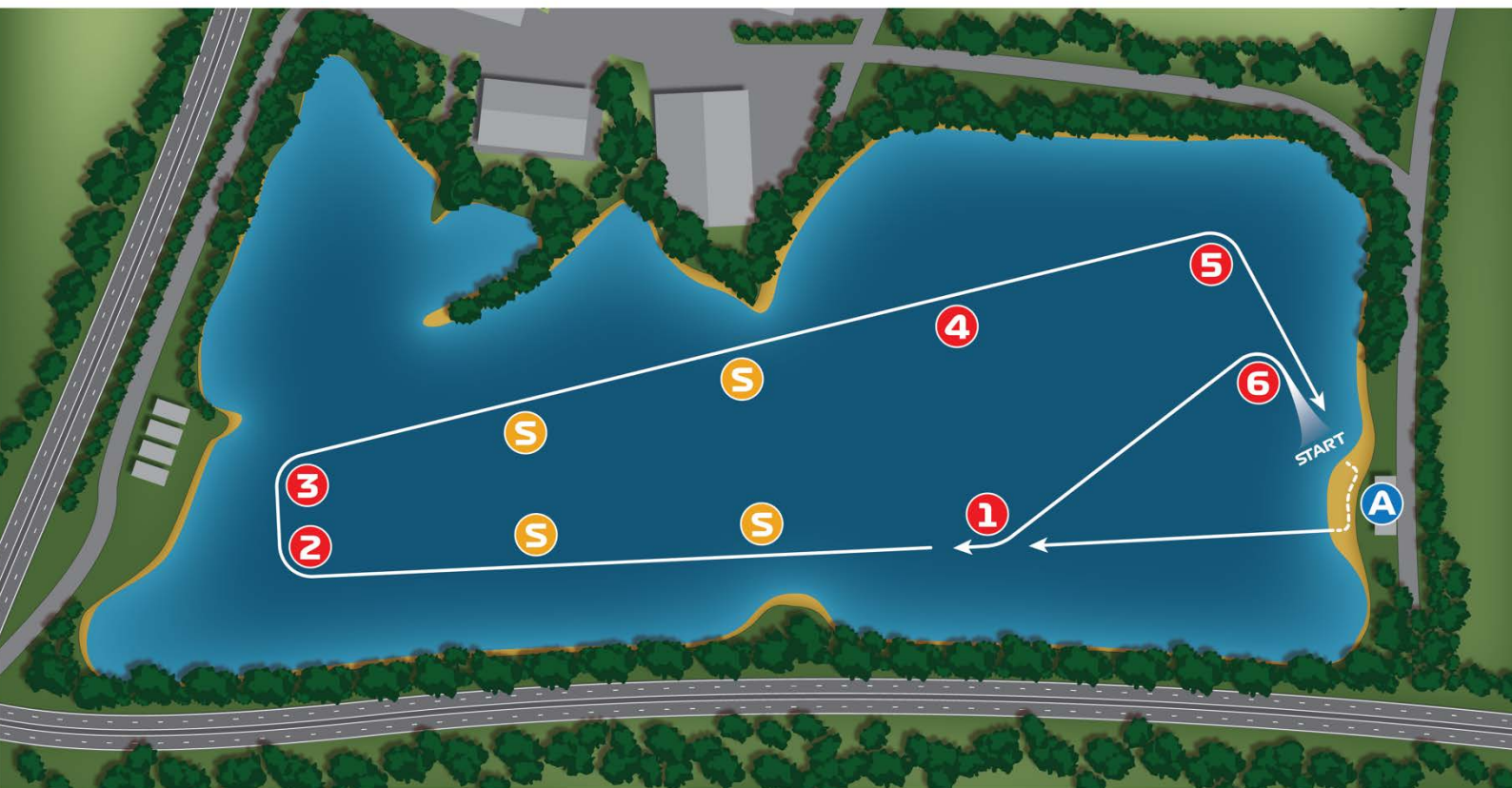
Swim Route - 255 Solo/Relay

The 5km swim route is a very simple 1,250m rectangle which you will complete clockwise 4 times. You will start with a deep-water start between buoys 5 and 6, heading to buoy 1.



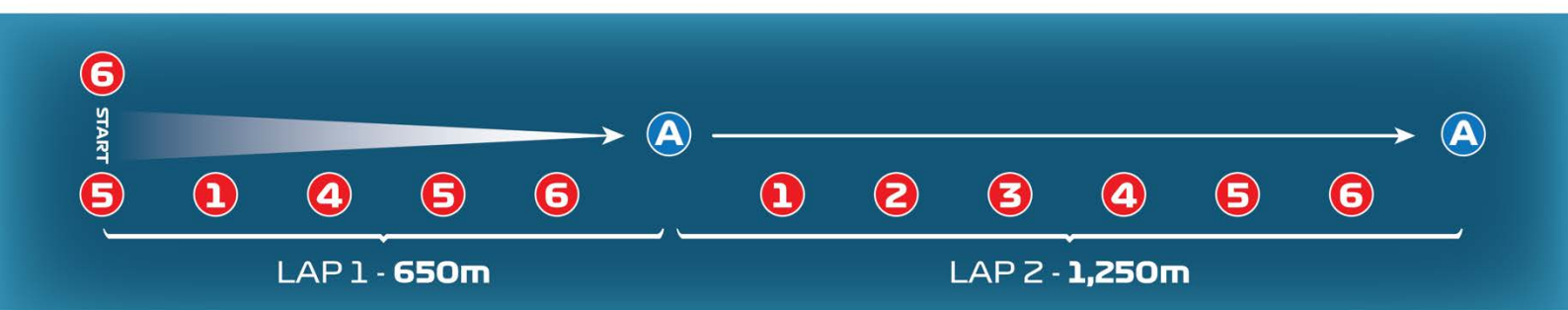
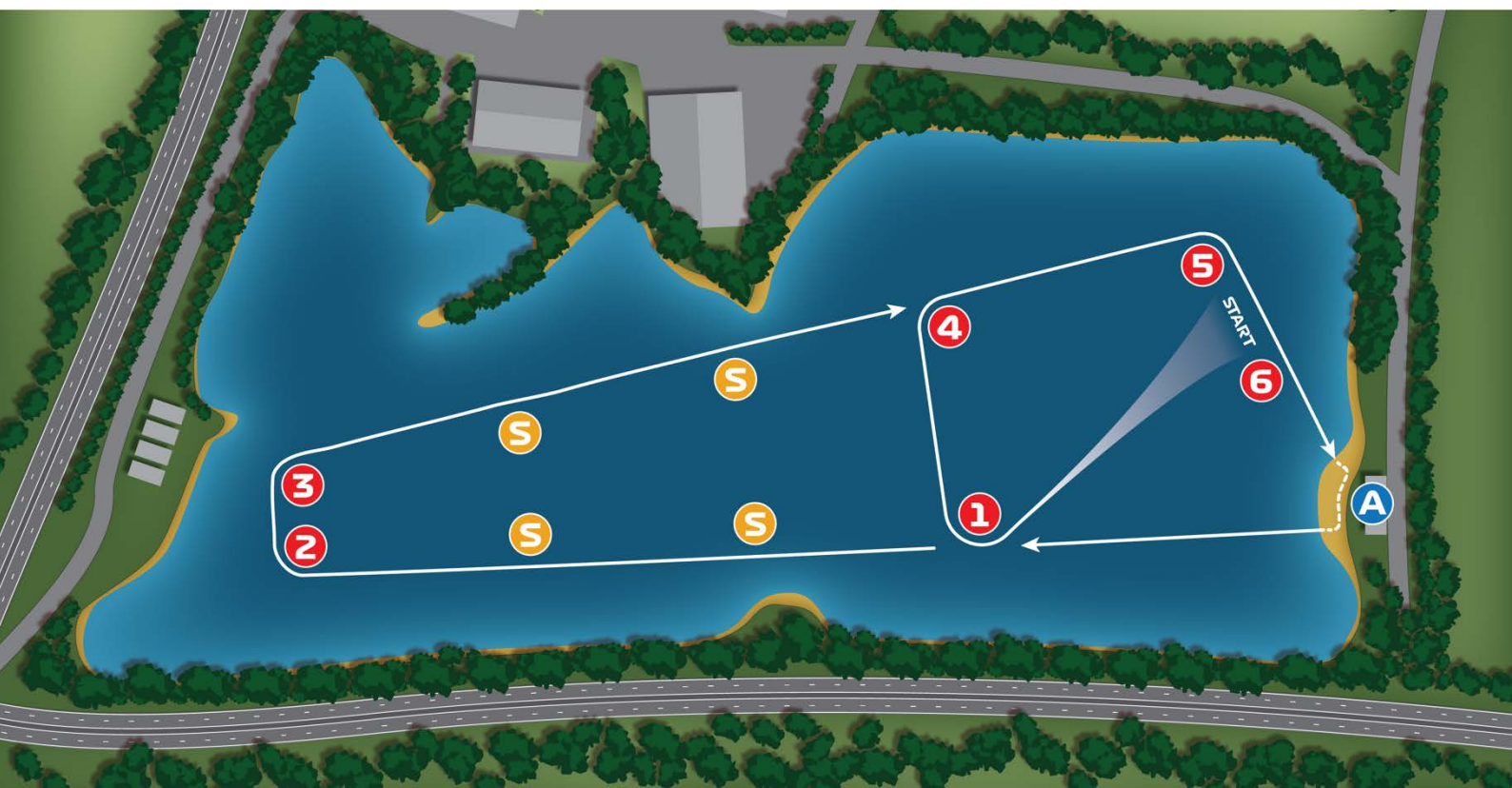
Swim Route - Full Distance

The 3.8km swim route is three laps. You will start on the beach and make an initial left turn at buoy 6. You will then head towards buoy 1 to begin your first lap.



Swim Route - Middle Distance

The 1.9km swim route is an initial short lap of 650m followed by a second longer lap of 1,250m. You will start between buoys 5 and 6, heading towards buoy 1. On your first lap you will make a right turn at buoy 1 towards buoy 4. On your second lap you will continue past buoy 1 towards buoy 2.



Aussie Exit

At the end of each lap you will exit the water and run approximately 45m along a carpeted path. You will pass a table with cups of water and High 5 energy drink.

Relay Exchange (swim laps)

Relay teams can exchange between team members at the end of any lap during the swim allowing up to 4 team members to share the swim. The team member waiting to take over should wait on the beach alongside the Aussie Exit route **within the marked exchange zone**. The incoming swimmer should **enter exchange zone** and remove their timing chip and pass it to the outgoing swimmer who must securely attach it to their left ankle **before leaving the exchange zone** continuing to the swim entry point.

Transition 1: Swim to Bike

Transition will be in a different location to last year. When you exit the water at the end of your final lap, you will head out towards the road rather than following the Aussie Exit route. It will be about a 300m run to T1.

All routes are well marked but please make sure you familiarise yourself with the route from the swim exit to transition and through T1 when switching between disciplines, and especially note where you racked your bike. Getting lost in transition will add seconds to your finish time.

There will be no changing tents in transition. If you need to change you should bring a changing robe.

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. You will push your bike across the mount line marked on the road.

Do not mount your bike until you have crossed the mount line.

Relay Exchange (T1)

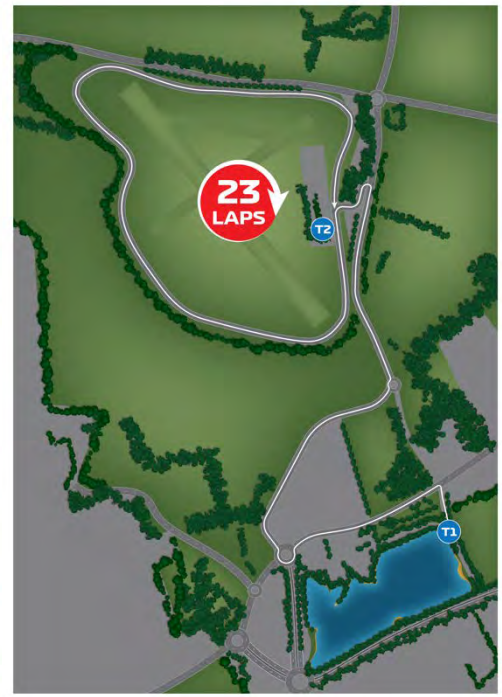
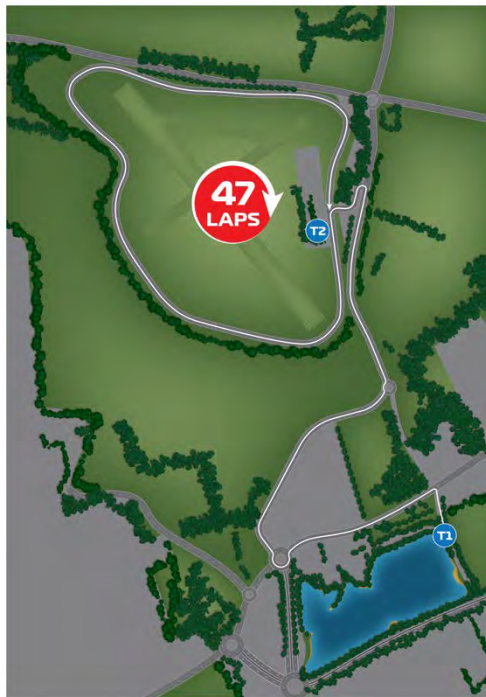
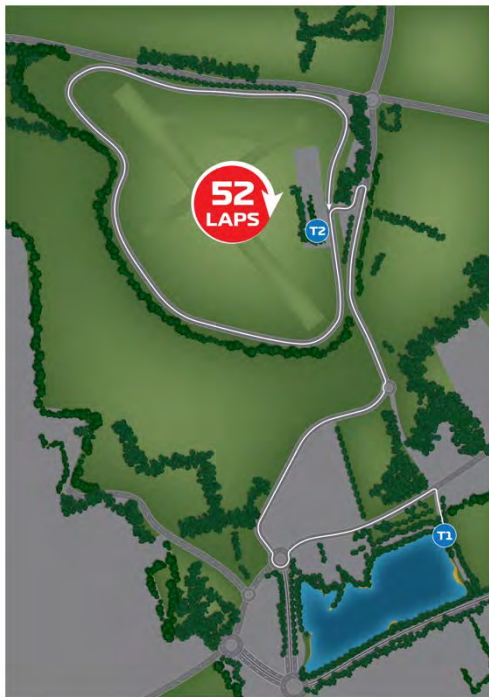
Relay teams exchanging between the end of the swim and the start of the bike should make the exchange at the racking position in T1. The cyclist should wait next to their numbered position in T1 (wearing their cycle kit but **NOT their helmet**). The incoming swimmer should remove their timing chip and pass it to the outgoing swimmer who must securely attach it to their left ankle before continuing to follow the route out of T1.

Bike Route

You will leave T1 and head down to the end of Coach Road where you will turn left. You will then reach a large roundabout where you will turn right (4th exit). At the next small roundabout bear left onto Claypit Lane. You will then turn left into the main entrance to Goodwood. Bear left and join the track opposite the pit lane. Once on the track you will complete the required number of clockwise laps each 3.8km long.

Important: you will be joining the track from the outside, in the 'fast lane'. As you join the track, initially keep left, but then carefully move to the right when it is safe to do so. Please bear in mind that faster competitors may be coming up from behind as you make this manoeuvre.

Unlike last year, the run route will take place on the inside lane of the track. Please keep to the left of the cones which segregate the bike route from the run route.



255 Triathlon Solo and Relay: 52 Laps

Full (iron) Distance: 47 laps

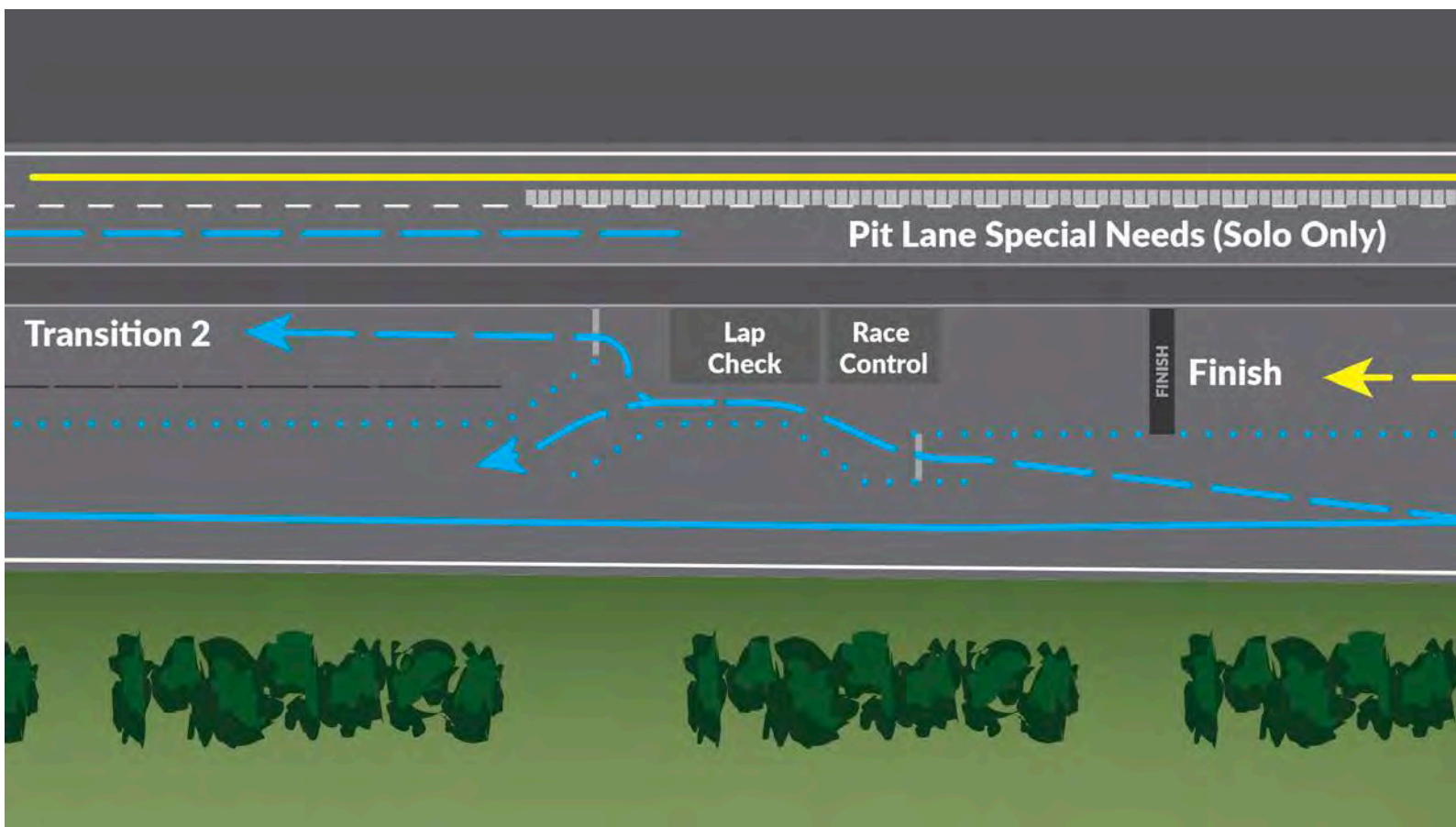
Middle (70.3) Distance: 23 laps

Lap Counting

Our timing system will count your laps and you will be able to stop at the entrance to T2 at any point to check your lap count. However, to avoid having to stop to check your lap count, you should make every effort possible to keep track of your own progress.

PLEASE USE A GPS WATCH. The best way to keep track of your progress is to use as GPS watch to measure your distance. Once you reach your race distance (200km/180km/90km) you can then stop at the entrance to T2 to check with the timing system. We will then tell you if you need to complete any additional laps before entering T2.

We recommend relay teams keep a log of the combined distance travelled by all team members or keep a tally of laps completed.



Track Rules, Drafting, Overtaking and Blocking

Once on the track, you will be following slightly different rules than you would normally expect on the open roads. The following information is very important!

KEEP RIGHT AND OVERTAKE ON THE LEFT!

Drafting

Drafting, which simply put is 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.

Overtaking

The track is 8 meters wide. Unless overtaking you should always keep to the right (see 'blocking' below). When overtaking, move left to pass. If you need to overtake a competitor who is themselves overtaking, you can move further left as required.

Blocking

All except one bend are right bends, so your instinct will be to keep right anyway. However, there is one left bend, and your instinct here will be to 'cut' the corner by moving out to your left. You must always keep to the right except when overtaking, even when the track bends to the left. **Moving more than 2 meters out from the right when not overtaking will be considered a 'blocking' violation even if there are no competitors close behind you.**

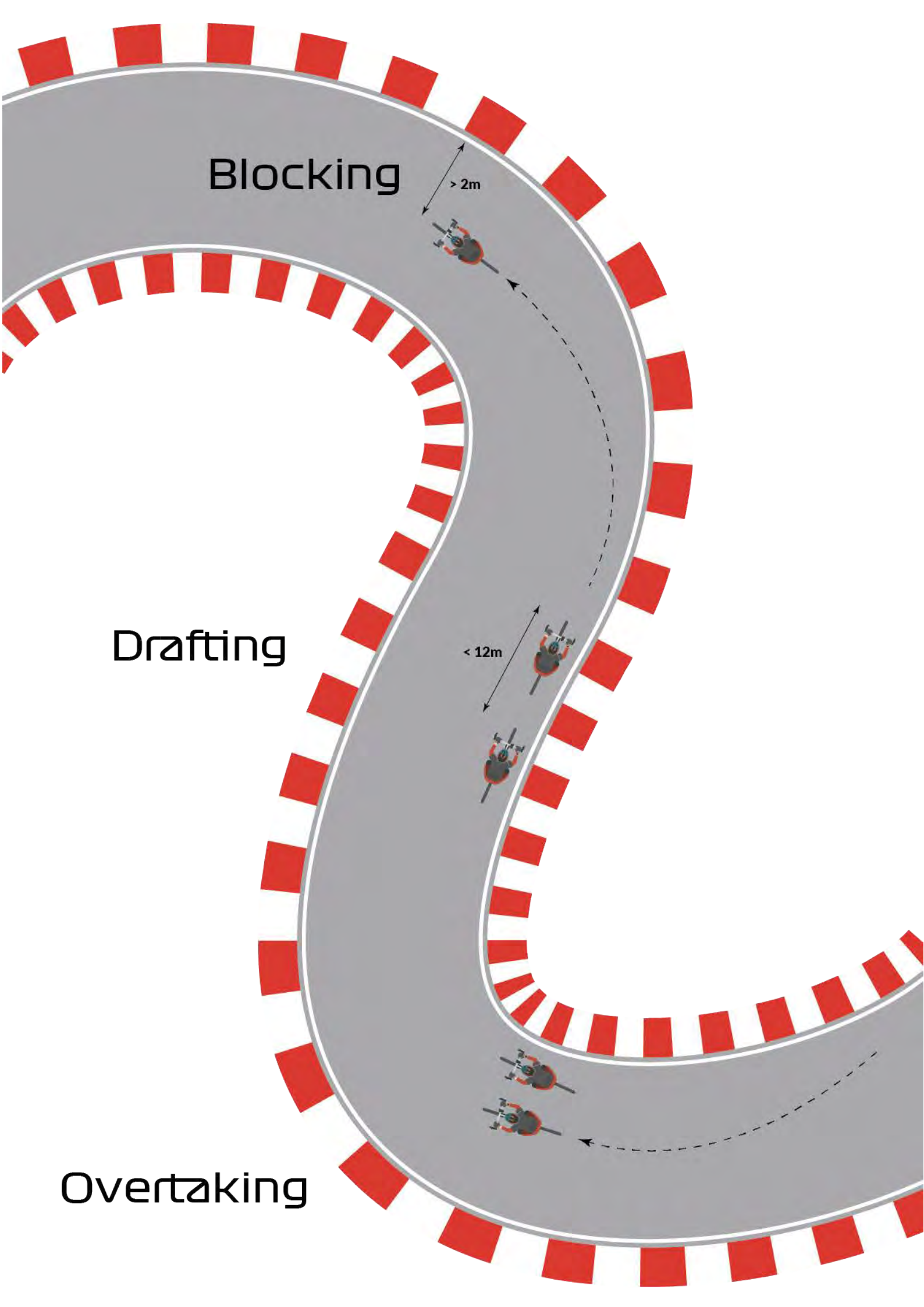
Blocking

$> 2\text{m}$

Drafting

$< 12\text{m}$

Overtaking



DRAFTING RULES EXPLAINED

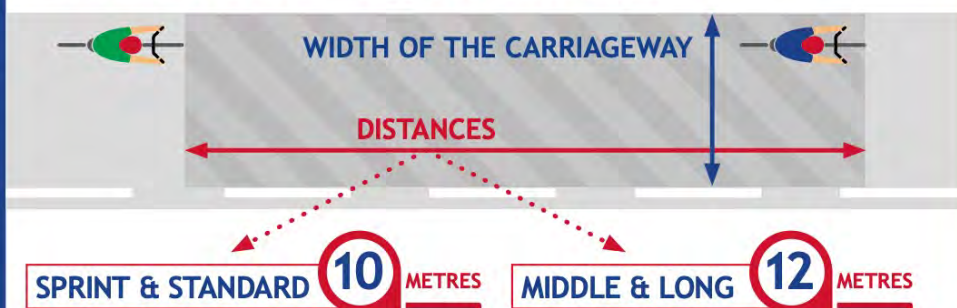
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?



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

THE DRAFTING ZONE

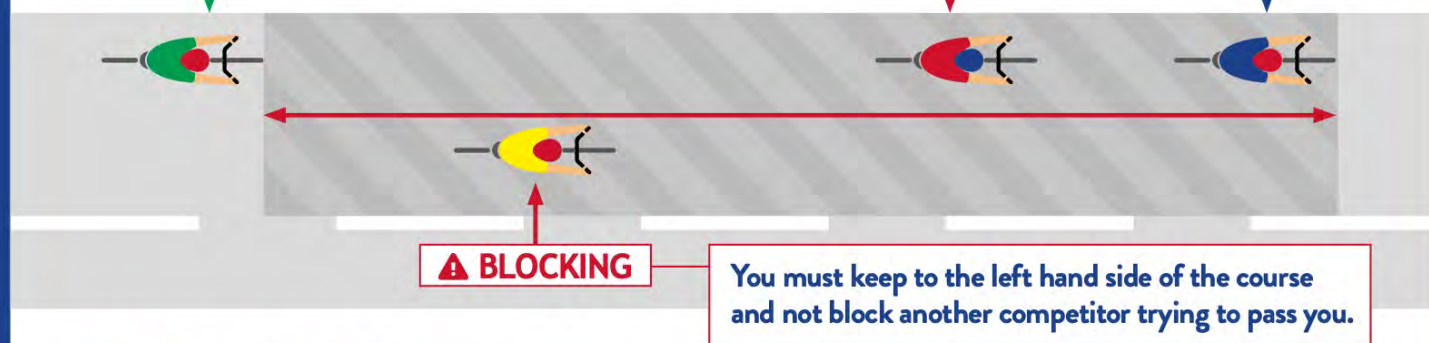


DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

⚠ DRAFTING BIKE

LEAD BIKE



MAKING A PASS

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

SPRINT & STANDARD



MIDDLE & LONG



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



OTHER VEHICLES

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

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION

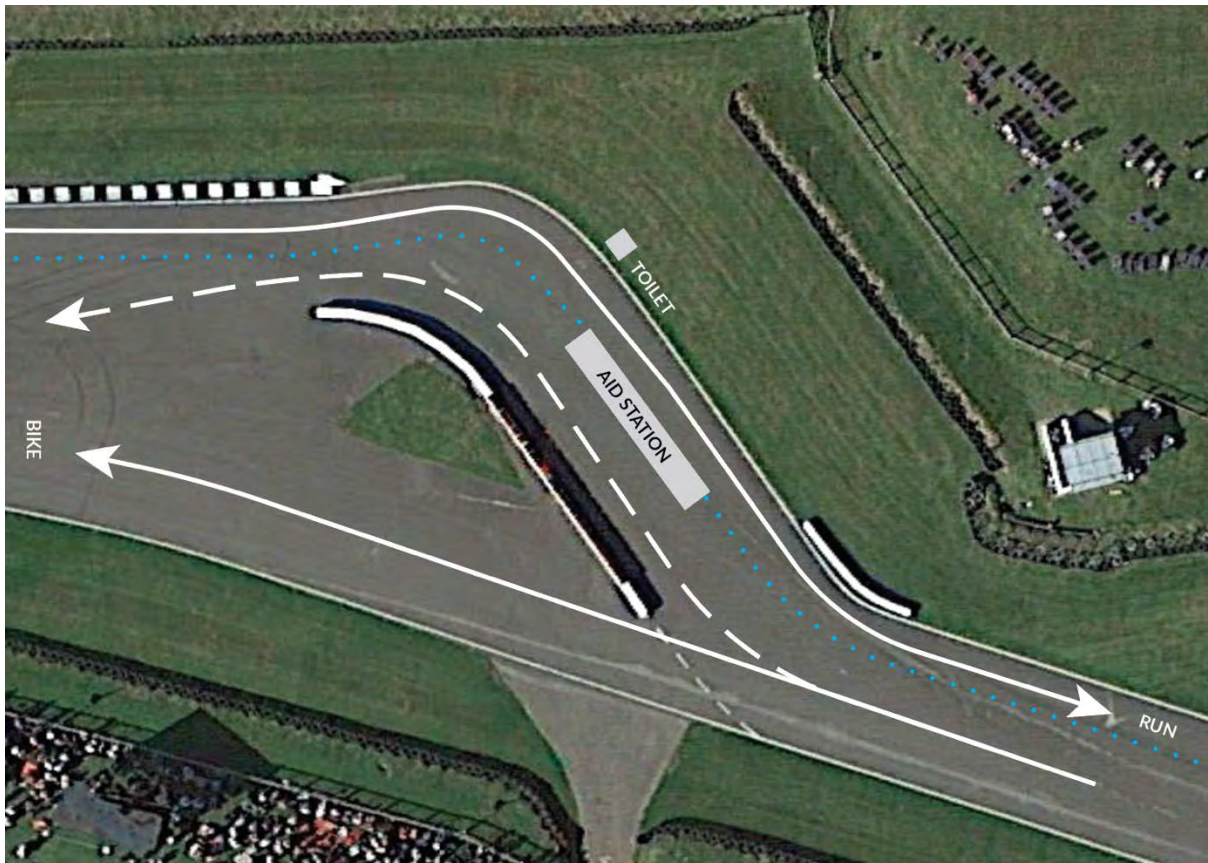


Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

Bike Aid Station

The bike aid station will be located on your right in the chicane. If you want to use the aid station, you should bear to the right into the chicane (dashed line below).

However, if you do not want to use the aid station you should continue to bypass the chicane (solid line below). Please note as you pass beyond the aid station you do not need to move excessively back to the right (as per the blocking rules). Follow the natural line and gradually move back on the right-hand side by the time you pass the pit lane.



The aid station will be arranged as follows:

1. Empty bottle drop
2. Water (750ml bike bottles)
3. High 5 energy drink (750ml bike bottles)
4. High 5 gels and bars
5. Litter / bottle drop
6. Toilet

Pit Lane Special Needs (solo competitors only)

You can enter the pit lane on any lap to access your special needs box which contains all your personal nutrition and other items.

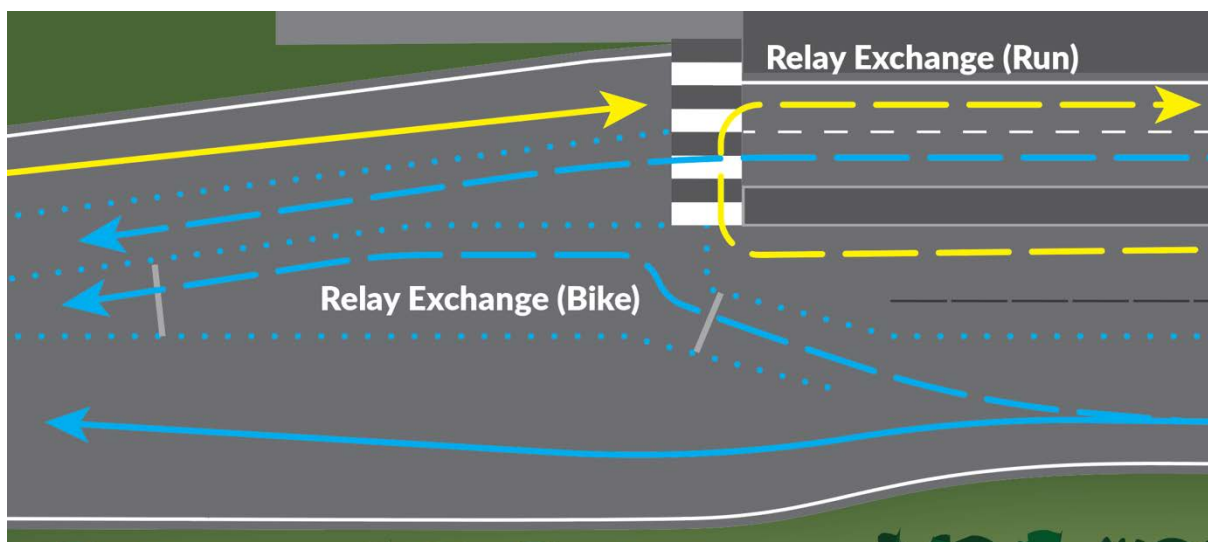
As you enter the pit lane you must slow to walking speed and KEEP LEFT. No overtaking of moving cyclists in the pit lane.

You must not overtake other cyclists in the pit lane except when they are stopped/stopping at their own box.

As you enter the pit lane, **KEEP LEFT**. Boxes will be arranged in number order on your right. As you approach your box, pull to the right, and stop. When you are ready to continue, look back and only restart when it is clear to do so. Remain at walking speed until you exit the pit lane.

Relay Exchange (bike laps)

Relay teams can exchange between team members at the end of any lap during the bike allowing all team members to share the bike leg. The relay exchange area is on main straight just past T2. Team members waiting to take over should cross the pit lane at the designated crossing point and wait within the exchange area. The incoming cyclist will ride into the changeover zone (coned off from the main part of the track) and dismount before the dismount point. They should then hand their chip to the outgoing cyclist who should secure it to their left ankle before proceeding beyond the mount line and remounting.

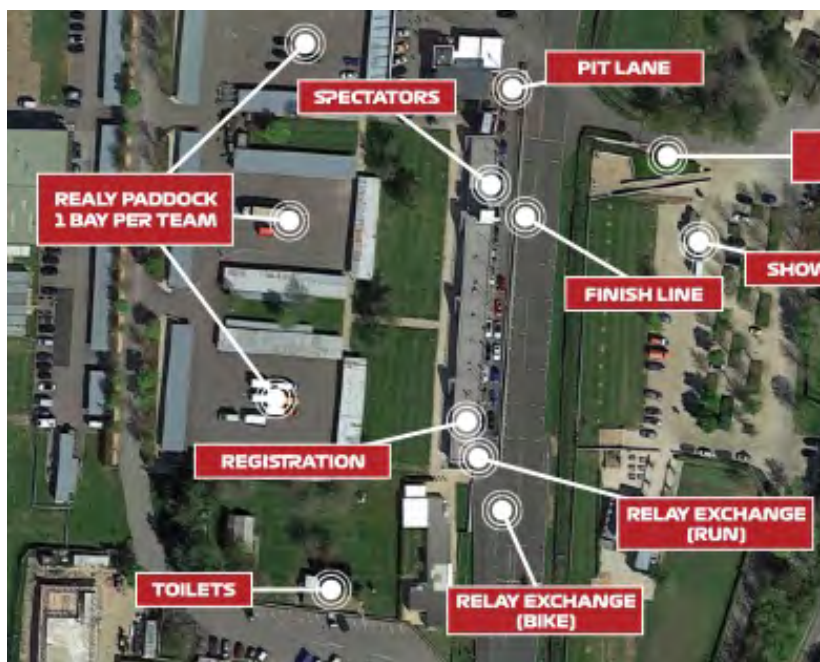


While not racing (during the relay bike and run)

Each relay team will have a covered 'bay' in the paddock (as shown below) where you can set up a team base. During the times when you are not racing, you can keep all your equipment including your bike in this area.

When not racing, you are free to move around the venue as you wish, but please be aware that if you leave your team base in the paddock unattended, you do so at your own risk (you might want to bring a bike lock for some added security).

When you are ready to take over from a teammate, you should PUSH your bike to the relay exchange area. Please do not ride your bike in the paddock.



No Littering

Dropping litter on any point of the course except within 100 meters of an aid station will result in disqualification.

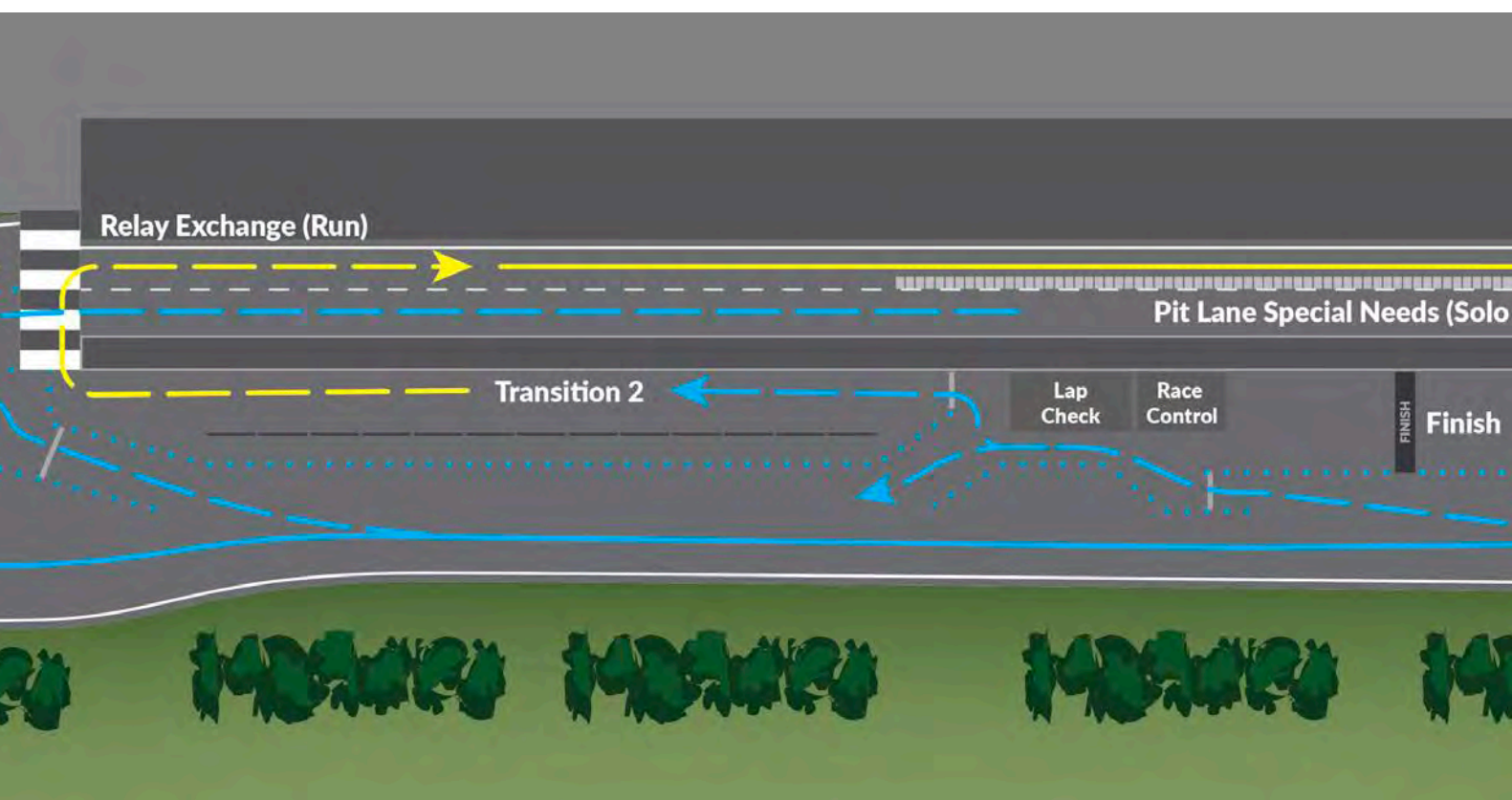
Transition 2: Bike to Run

The dismount line is situated on the main straight just after the finish gantry. As you approach the dismount line keep hard right. Having dismounted your bike before the dismount line we advise you should check your lap count at the timing tent. You will then proceed to your right into the bike racking area. These racks are not numbered, and you should rack your bike in the last available space at the furthest end of the racking. Proceed to the far end of the pit wall and cross to the far side of the pit lane and turn right down the pit lane on the left-hand side of the boxes and change into your running shoes/kit at your box in the pit lane.

Relay Exchange (bike to run)

Relay teams can exchange during the transition from bike to run. The incoming cyclist should follow the process of dismounting and racking their bike as outlined above. Having crossed the pit lane, the exchange will take place in the run exchange area immediately to the right of the pit lane crossing point.

Important: Having completed the exchange, the finishing cyclist should immediately return to the racking in T2 to collect their bike. This is to free up racking space for solo competitors.



Run

The run consists of anti-clockwise laps of 3.8km. You will be running around the inside edge of the track, running towards cyclists still on the track. You must keep to the inside (left) edge of the track and only move right to overtake. **You will be segregated from cyclists by a row of cones and must always stay to the left of the cones.**



255 Triathlon Solo and Relay: 13 Laps

Full (iron) Distance: 11 laps

Middle (70.3) Distance: 5 laps

Middle-Distance Extra Loop

To make the correct distance, the middle-distance run will include an extra loop of 420m on each lap. This will take place within the area used by campervans and will be clearly signposted.



Run Aid Stations

There will be 2 run aid stations per lap (one every 2km). One will be in the chicane (the same as the bike aid station) and the other will be at the far side of the track.

The main chicane aid station will have the following:

1. Water (paper cups)
2. High 5 energy drink (paper cups)
3. Coke (paper cups)
4. High 5 gels and bars, bananas, crisps and gummies
5. Litter drop

The aid station at the far side of the track will have only water and High 5 drink.

Pit Lane Special Needs (solo competitors only)

You will pass through the pit lane on every lap to access your special needs box which contains all your personal nutrition and other items.

As you run through the pit lane your boxes will be on your right. Please keep to the left and only move to the right to stop at your own pit box. Please do not stop on the left in the pit lane to talk to supporters.

Lap Counting

On the run you will be responsible for counting your own laps. We suggest using a GPS watch. The best way to keep track of your progress is to use a GPS watch to measure your distance.

We recommend relay teams keep a log of the combined distance travelled by all team members or keep a tally of laps completed.

Finish

As you leave the pit lane at the end of your last lap, bear right into the finish straight. Please note you will need to cross the bike entrance into the pit lane so look left and be aware of any bikes entering the pit lane. You will run up the finish straight on the right-hand side of the track against the pit wall.

Relay Finish

You can all run down the finish straight and cross the line together. When your final runner is approaching the end of the final run lap, you can all wait near the end of the pit lane and join them as they run into the finish straight.

Finish and Post Race

Once you have crossed the finish line will be given your medal. As you leave the finish area you will exit through T2. You will need to collect your bike from T2 on your way out from the finish area. You will then need to cross the end of the pit lane; please look both ways and cross carefully.

It is important that middle-distance competitors remove their bike from T2 soon after finishing to create additional racking space for long distance competitors.

255 Solo competitors and Full (iron-distance) competitors will be given a food voucher for a free post-race meal.

Live Results

Live results will be available throughout the day via our website.

Results and Awards

We have awards for the top three males and females overall, top three veteran (40+) males and females and the winning relay teams. Awards will be presented as soon as the results are confirmed. This will typically be soon after the third person in the category finishes.

255 Solo:

1st, 2nd, 3rd Male. 1st, 2nd, 3rd Female

1st, 2nd, 3rd Male Vet 40+. 1st, 2nd, 3rd Female Male Vet 40+

255 Relay:

1st team of 4, 1st mixed team, 1st all female team, 1st team of 3, 1st team of 2

Full Distance:

1st, 2nd, 3rd Male. 1st, 2nd, 3rd Female

1st, 2nd, 3rd Male Vet 40+. 1st, 2nd, 3rd Female Male Vet 40+

Middle Distance:

1st, 2nd, 3rd Male. 1st, 2nd, 3rd Female

1st, 2nd, 3rd Male Vet 40+. 1st, 2nd, 3rd Female Male Vet 40+

Race Photos

Official photographers will be taking photos during the race and at the finish line and these will be available at www.mysportphotos.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: www.britishtriathlon.org

Some key rules to note are:

- Your race numbers must be correctly fixed to your bike, helmet, and clothing or race belt.
- Your handlebars must not have open ends so please obtain bar-end stoppers to plug them before coming to the bike check-in.
- Appropriate racing attire must be worn for the duration of the race.
- No cycling is allowed in the transition area at any time (this does not include the pit lane where you may ride at walking speed).
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the cycle section. You will be penalised should you not comply with this rule.
- Athletes must not use any devices which could cause a distraction such as headphones, mobile phones, cameras, etc. during any phase of the race and doing so will result in either a penalty or disqualification. This includes at any time within the transition area before or after the race.
- Nudity is not permitted, including within the transition area. If you want to change, please bring a changing robe.
- There will be BTF Technical Officials in transition to monitor all competitors.
- A bike helmet is compulsory and must be worn during bike check-in.
- Fixed wheel bikes (bikes that use the pedals as a brake) are not permitted in the race. E-bikes are also not permitted.
- Littering during the event is unacceptable. Anyone seen littering outside the area of the aid stations during the event will be disqualified.
- No outside assistance is allowed.

Penalties

Any penalties and DQ's will be posted on a notice board located adjacent to the race control tent near the finish line. **Any live results published during the event are provisional only.**

KNOW THE RULES

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

**RULE
2.1**

Littering

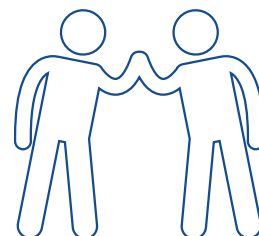


All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

**RULE
2.1**

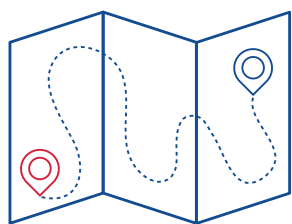
Racing Conduct

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
4.10 | 5.2 | 6.4**

Illegal Equipment

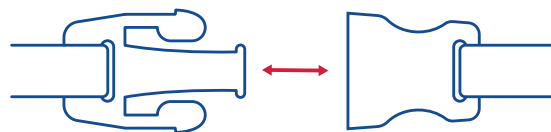
Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



**RULE
5.2**

Helmets

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



**RULE
5.5**

Drafting

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



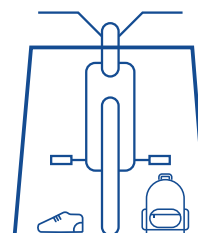
In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

**RULE
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

Other Medical Considerations - Our event medical team, East Sussex Medical Event Services will be on standby for any first aid or medical treatment. Their main treatment facility will be near the pit lane.

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.

Cardiac Assessment and Screening - If you have a family history of heart disease or sudden death or you have any symptoms of possible heart disease, i.e. chest pain during exercise, sudden shortness of breath, or rapid palpitations, you should see your GP who can arrange for you to have a proper cardiac assessment.

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).

Who are we?

We are Mat Dowle and Dale Anderton, both experienced triathletes living in Eastbourne. We have set up TriBourne Multisport Event Ltd to facilitate the delivery of the Multisport events in Eastbourne which now includes the Eastbourne Triathlon, AquaBourne, IronBourne, 255 Triathlon and Brighton & Hove Triathlon. Between us we have many hundreds of hours of racing experience at all levels and over all distances. We have experienced everything that is both good and bad about racing triathlon, and this experience puts us in a great position to deliver the best possible, athlete focussed race experience.

Mat Dowle came to triathlon relatively late in life, completing his first triathlon in 2006 at the age of 29. Since then, he has completed over 20 Ironman distance races and countless shorter distance events.

"I started running in my 20's and completed many marathons and ultra-distance running events. After 10 years of running, I needed a new challenge and entered my first triathlon (Ironman France). At that time, I had never learned to swim, so the build up to that first Ironman was a steep learning curve. I conquered the swim, mountains, and the heat of the run, ending up with a decent result... I loved the experience and there was no going back!"



"Over the past 15 years I've completed many triathlons over all distances from sprint to Ironman. I've picked up some good results over the years and I've been on the GB Age Group Team at several World and European Championship events."

"I'm a perfectionist and I hope my commitment and attention to detail will result in an outstanding race experience for everyone involved."



Dale Anderton has been involved in triathlon and endurance sports for over 40 years.

"I fell in love with triathlon and the endurance way of life in the 1980's whilst serving as a Royal Marine and doing my first sprint distance event. Since then, I have competed in 100's of races across the globe at all distances including the Ironman World Championships in Kona, Hawaii; an experience I will never forget and one I hope to repeat once again one day."

"I moved to Eastbourne to study a Sports Science Degree in 1994 and now I wouldn't want to live anywhere else. I train with many great local clubs such as Meads Runners, Team Bodyworks and Run

Wednesdays and see this event as a way of giving something back to the community and sport that has given me so much over the years."

"Our aim is to provide everyone the best experience possible, whether you're an international professional athlete or if this is your first multisport event."

Our Sponsors and Partners

The Eastbourne Triathlon would not be possible without the generous support of our headline sponsor Eastbourne College and many other partners.



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