

TRIBOURNE

FESTIVAL of ENDURANCE

SUNDAY 20th JULY 2025

EASTBOURNE MARATHON ATHLETE GUIDE





IMPORTANT

There will be no race briefing on the day. It is compulsory to read this briefing document before the race.

This guide covers everything you need to know including very important information and directions which you must read and understand 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

If possible, please register and collect your race pack on **Saturday afternoon between 1:00pm and 6:00pm**. This will allow you to proceed directly to the start on Sunday morning. If you are unable to register on Saturday, you can register on Sunday morning between 10am and 11:30am.

Saturday 19th July

13:00 Registration Open

18:00 Registration Closed

Sunday 20th July

10:00 Registration Open

11:30 Registration Closed

12:00 Marathon Start

16:00 Marathon Awards

Baggage

Baggage can be left in the baggage area just inside the transition area near the statue. Only competitors can access this area, but you leave your baggage in this area **at your own risk**.

Spectators

The TriBourne Festival of Endurance 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.



TRIATHLON IN PROGRESS: When you arrive on Sunday morning triathletes will be racing. **Please take care when crossing roads and the run course.** Most triathletes will finish their race before you start at 12pm.

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

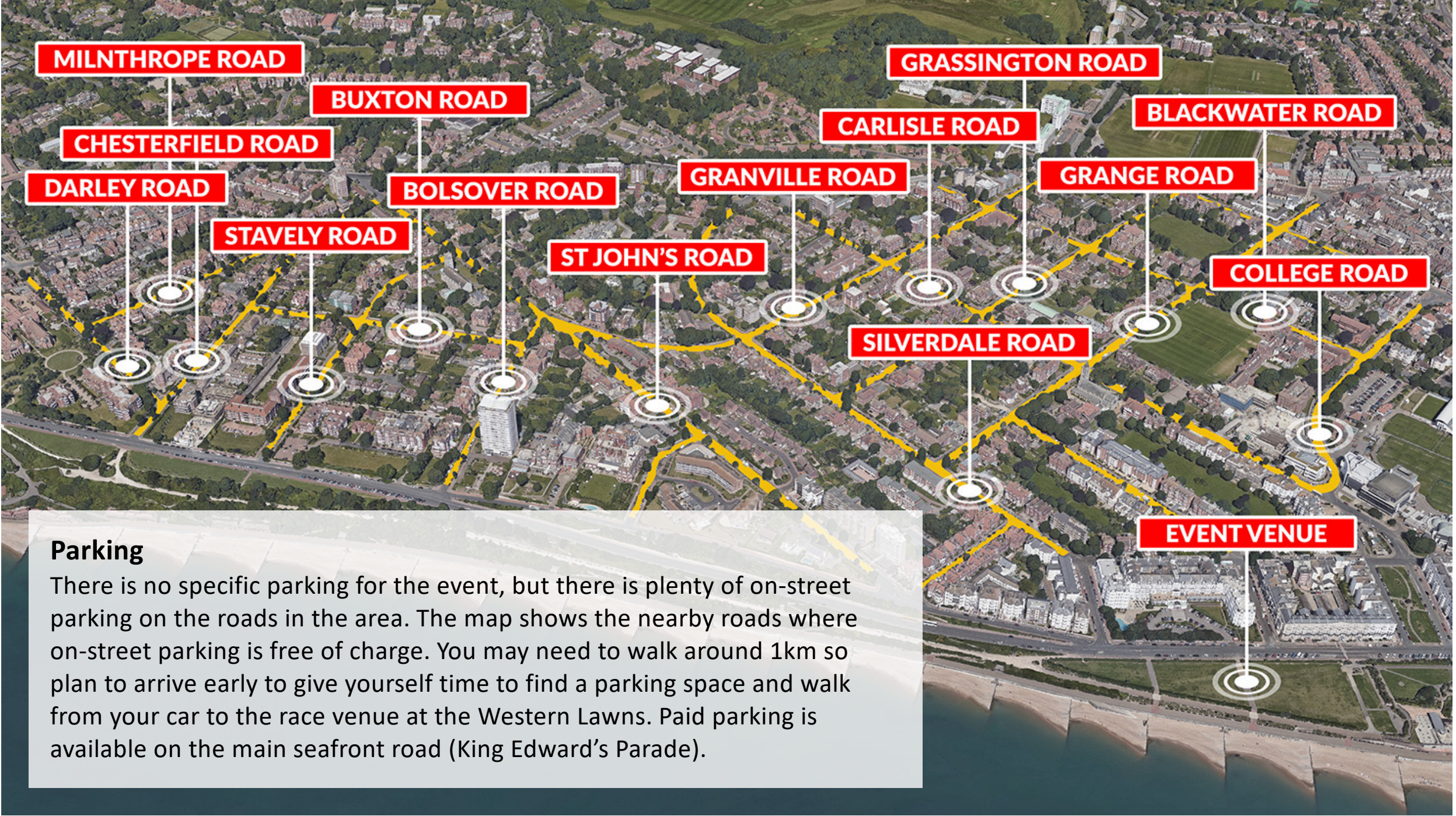
PARKING

REGISTRATION

FINISH

START

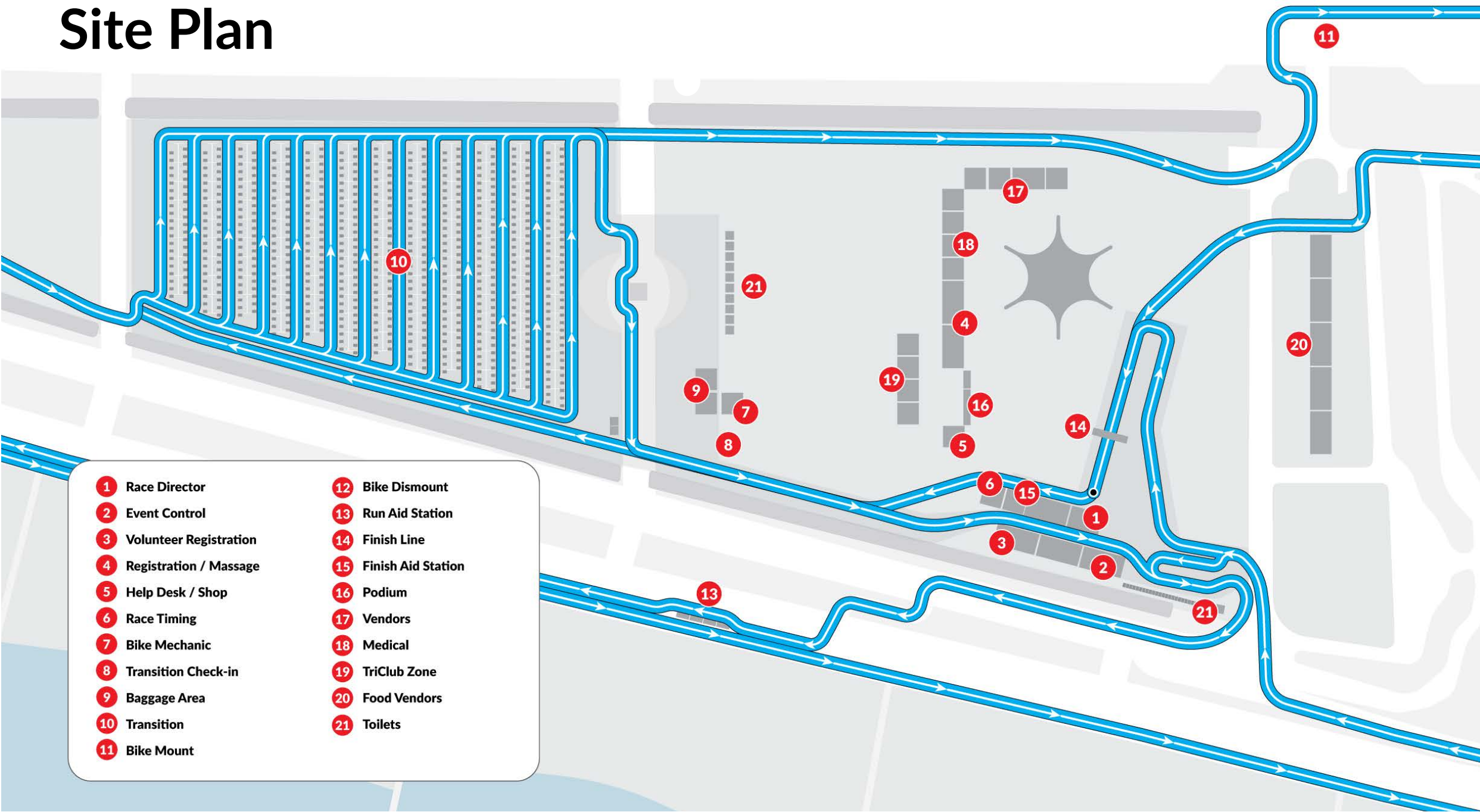




Parking

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).

Site Plan



Registration

Registration is situated on the **Western Lawns**. Where possible, please register **on Saturday afternoon between 1:00pm and 6:00pm**. Registration will also be possible on **Sunday morning between 10am and 11:30am** for marathon runners only.

You will be asked for **your last name**. **Once we have checked your details you will be handed your race pack**. Your pack will contain a numbered wrist band. **This should be worn throughout the event and must not be removed until after you have collected any bag from transition at the end of the event**. The wrist band shows your race number and will be used to identify you in case of a medical emergency and to collect your kit from transition after the race.



Numbered Wrist Band

Must be worn throughout the event and must not be removed until after you have collected your kit from transition.



Race Number

Must be on your **front**. Pin to your vest or fix the number to an elastic number belt (available to buy from the TriBourne Shop on Saturday)



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.**

Start Location



Start Procedure

The race is chip-timed, and your time will not start until you cross the start line. The start will be a continuous rolling start. Within the pre-start holding area you should self-seed, positioning yourself in the start queue based on your expected pace with faster athletes positioning themselves nearer the front.

By the time you start, the majority of triathletes will have finished their race. However, after around 100m you may merge with a few triathletes who will have already run several laps.

This is a fast, PB-friendly course, and to keep it that way we've capped entries at 300 runners. The start will use a smooth rolling format to ensure everyone gets away safely and without congestion.

Remember, your official time begins when you cross the start line, so there's no need to push to the front.



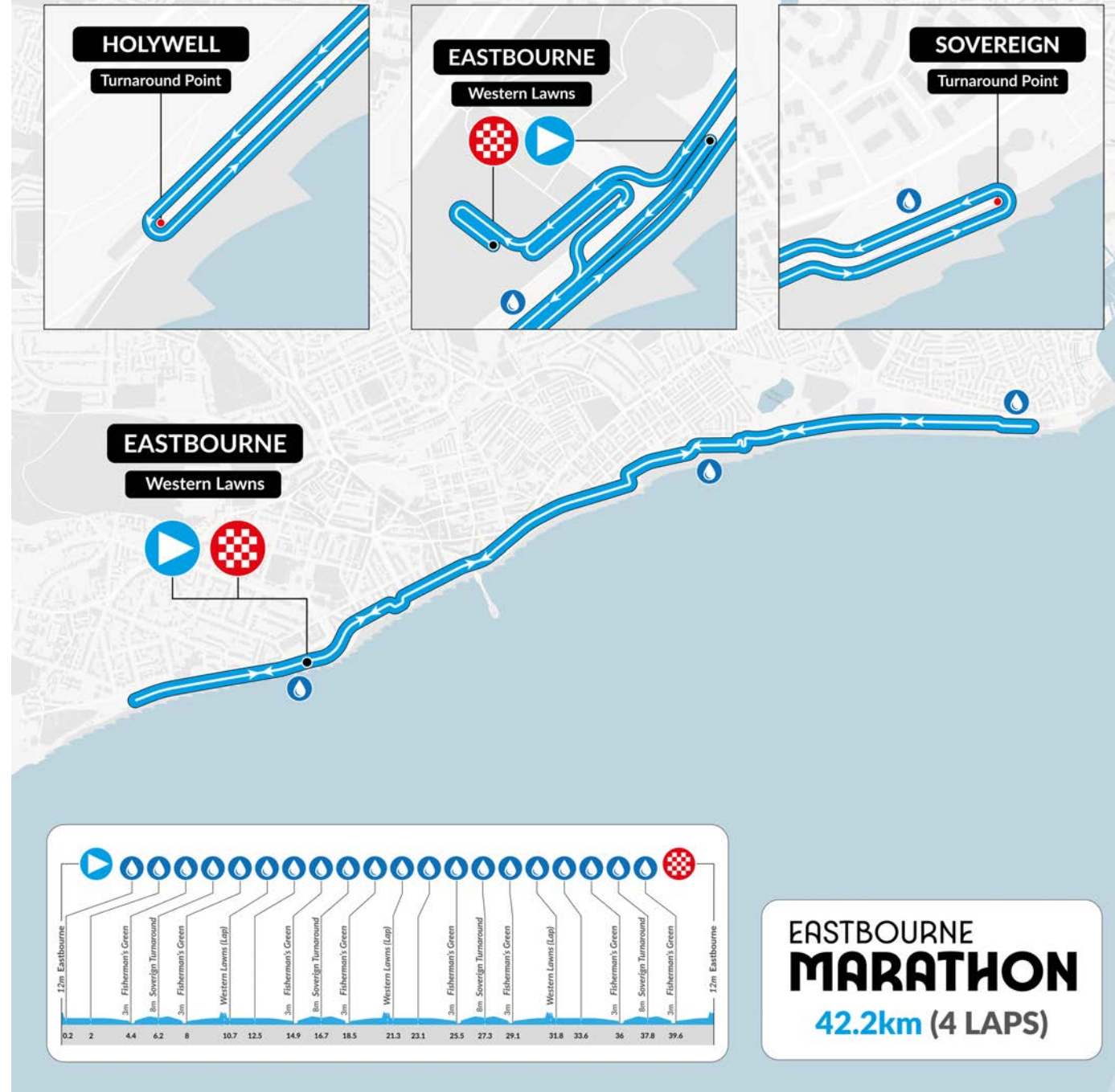
The Route

The course consists of four laps of 10.55km. You will first complete an out-and-back section to the west (Holywell). You will then complete a longer out-and-back section along the seafront to the east.

On out-and-back sections you will **always pass to the right of oncoming runners**. Keep to your right and overtake to the left (taking care to avoid oncoming runners).

A few short sections are narrow, and you may need to step into the path of oncoming runners to overtake, please take care and wait for a gap to overtake safely.

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



Lap and Finish Split

As you run onto the south-east corner of the Western Lawns you will approach the run lap/finish split. If you still have one or more laps to complete, keep left and turn around the red turn point marker. When you have reached the end of your final lap, keep right into the finish.

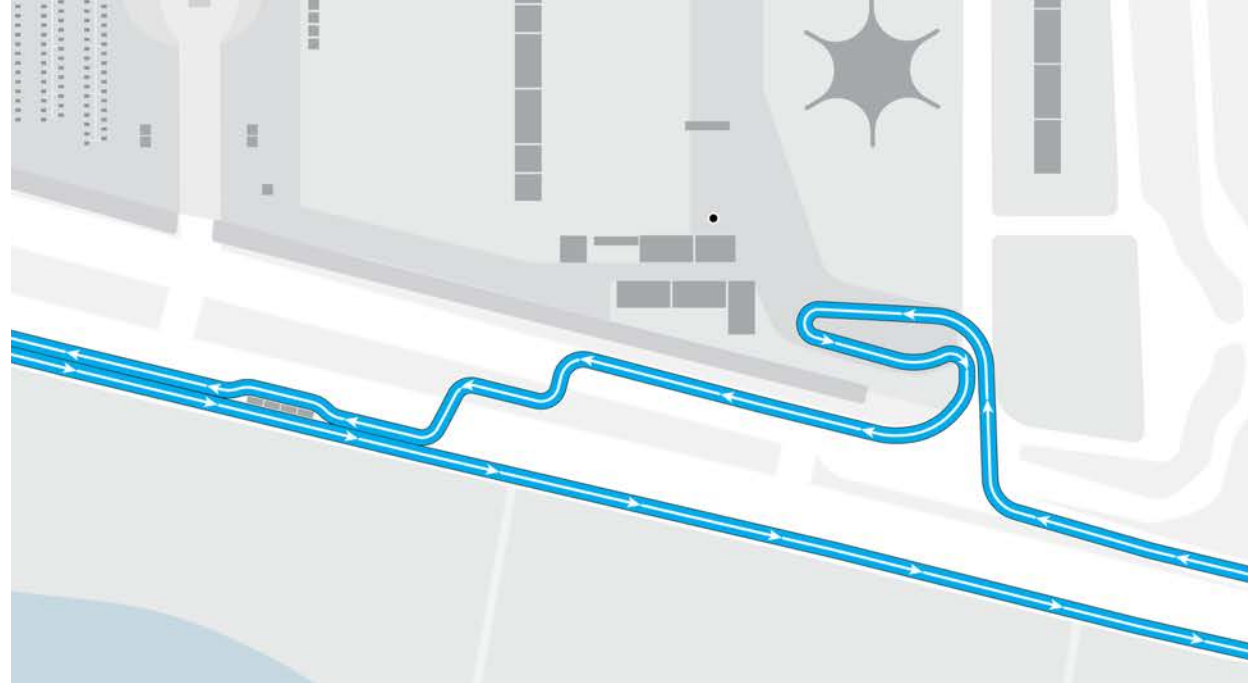


LAP COUNTING: It is your responsibility to count your own laps. **You must complete 4 laps.**

Run Aid Stations

Run aid stations will be located approximately every 2km. As you pass through the aid station you will pass the following:

- Water (paper cups)
- High 5 Energy Drink (paper cups)
- Coke (paper cups)
- High5 Gels and Bars
- Crisps and Bananas



HIGH 5

SAVOUR
EVERY MILE



The Finish

Once you have crossed the finish line, you will be presented with your medal, and a volunteer will take your timing chip. There will be water and HIGH5 Energy Drink available.

You will be allowed to return to the baggage area in transition to retrieve your 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 afternoon on the Western Lawns.**



Results & Awards Schedule

With the rolling start format, please remember that someone who started behind you could finish behind you and place above you in the results. As you cross the finish line, your name, time, and **current** position will be displayed on the finish gantry. Please remember that your position is not confirmed until the time difference between the first and last starter has elapsed. For example, **the finish line may show you as the winner, but you may yet be beaten by someone behind you!**

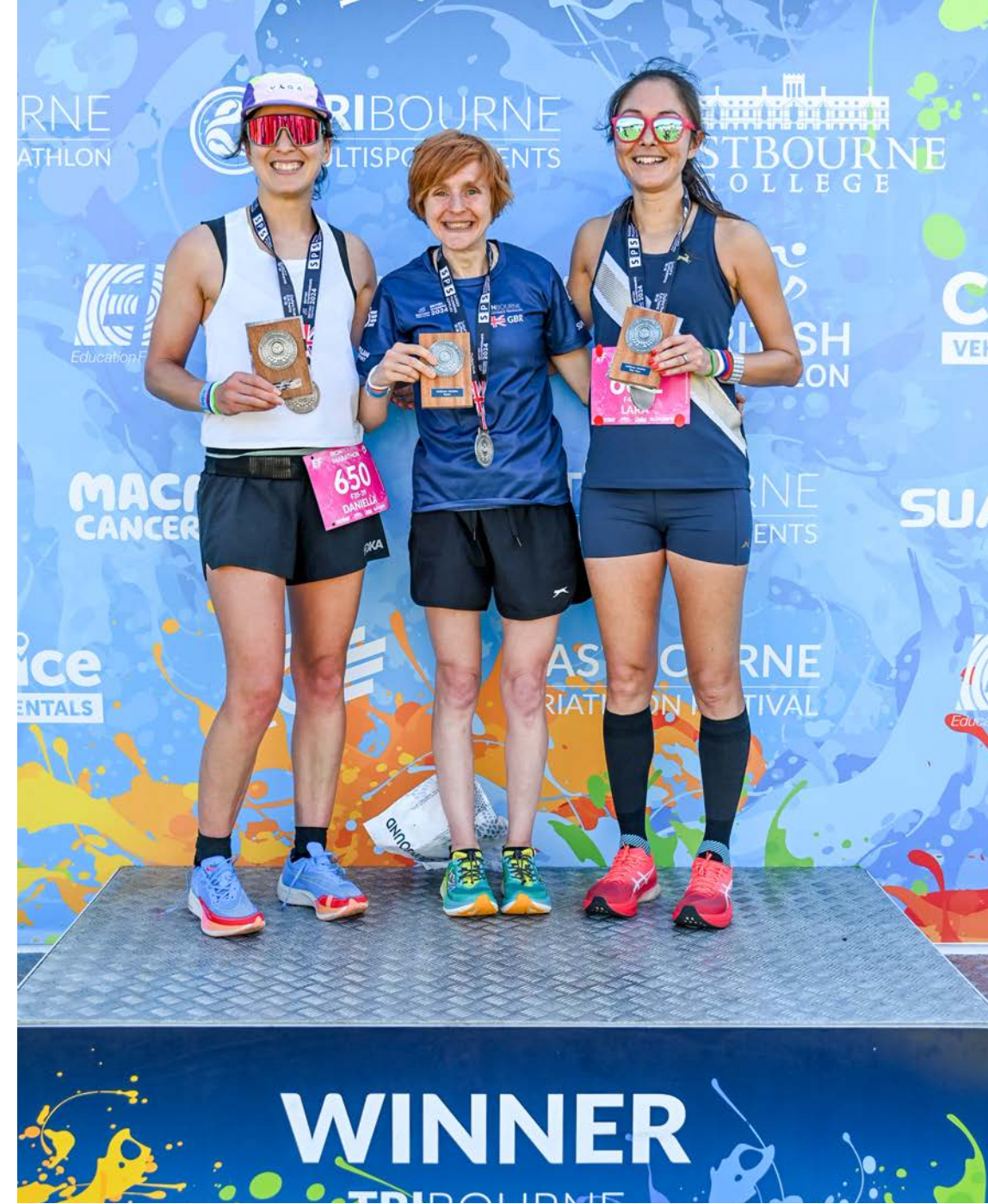
Awards will be presented at 4pm to the top 3 open and top 3 female as well as the top three open aged 40+ and top 3 female aged 40+.

Tempo (Eastbourne's Specialist Running shop) will be awarding vouchers to the top 3 open and top 3 female finishers.



Sunday 20th July

16:00	Marathon Awards Top 3 overall and top 3 age 40+
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Key Rules

This event is licensed by UK Athletics (UKA), which means certain rules apply for safety, fairness, and official recognition of results. Here are the key points to be aware of:

- **Minimum Age:** You must be 18 or over on race day to compete in a marathon under UKA rules.
- **Headphones:** Bone-conduction headphones are allowed, but standard in-ear or over-ear headphones are not. You must always be able to hear marshals and remain aware of your surroundings.
- **Race Numbers:** Your race number must be worn on the front and remain visible at all times. Do not fold or trim your number.
- **Assistance:** No pacing by non-competitors, use of bikes, or other unofficial support is allowed on course.
- **Running Bib Transfer:** Numbers must not be swapped or transferred without the organiser's permission. Doing so may void insurance and result in disqualification.
- **Club Affiliation:** If you've entered as an affiliated runner, you must be a current member of a UKA-registered club.

London Marathon Good For Age

This event is held on a certified course meaning it can be used for London Marathon Good for Age qualification.

The 2026 Good For Age places are capped at 6,000 (3,000 men and 3,000 women). Meeting the qualifying time will not guarantee a place but simply the opportunity to submit an application. Places are allocated on a 'fastest first' basis relative to age and qualifying time.

12

25

Full details and qualifying times can be found at www.londonmarathonevents.co.uk/london-marathon/good-age-entry

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).



TRIBOURNE FESTIVAL OF ENDURANCE

Is approved by: TRIATHLON ENGLAND **Permit approved on:** 30/05/2025

Based at: WESTERN LAWNS, EASTBOURNE **Event date:** 20/07/2025

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.

Helen Marney
Director of Development - British Triathlon

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



Event Licence

Event Name	Eastbourne Marathon
Event Licence Number	#28993
Event Start Date	2025-07-20
Event End Date	2025-07-20
Licence Type	Road Race
Event Venue	The Western Lawns, EASTBOURNE, BN21 4EH
Start Time	12:00
Maximum Number of Competitors	500
Licence Issued Date	2025-02-02
Races	Eastbourne Marathon 2025-07-20 (Max Entries 500)



This is to certify that the above race has been approved as a Race that will be held under UK Athletics Rules for Competition and in accordance with the Licence Requirements.

This licence, in conjunction with your governing body affiliation, includes Third Party Liability Insurance cover (Limit of Liability £50,000,000 any one accident or occurrence). For further details please contact England Athletics, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2BE. Telephone 0121 347 6543

The licence number must be quoted on all race advertising and correspondence

Event Licence Number: #28993

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