

TRIBOURNE

FESTIVAL of ENDURANCE

SUNDAY 20th JULY 2025

ATHLETE GUIDE

MIDDLE-DISTANCE
TRIATHLON 70.3

SWIM
EASTBOURNE

FULL-DISTANCE
TRIATHLON 140.6

LONG DISTANCE
DUATHLON

TRIATHLON
RELAYS

EASTBOURNE
MARATHON 26.2

TRIBOURNE
AQUABIKE





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 relating to directions on the bike and run 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

You must register, collect your race pack and rack your bike on Saturday afternoon between 1:00pm and 6:00pm. This will allow you to proceed directly to the start on Sunday morning.

Saturday 19th July

13:00 Registration and Transition Open

18:00 Registration and Transition Closed

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.

Sunday 20th July

04:30 Transition Open

05:30 Transition Closed (Except Duathletes)

05:50 Long-Distance Start

06:00 Middle-Distance Start

06:30 Duathlon Start

08:20 Swim Cut-off

09:50 First Middle-Distance Finisher Expected

11:00 Middle-Distance Transition Open

12:00 Marathon Start

14:30 First Full-Distance Finisher Expected

15:00 Transition open to all for bike collection

16:30 Bike Cut-off

21:30 Final Run Lap Cut-off

23:00 Last Finisher (Run Cut-off)

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

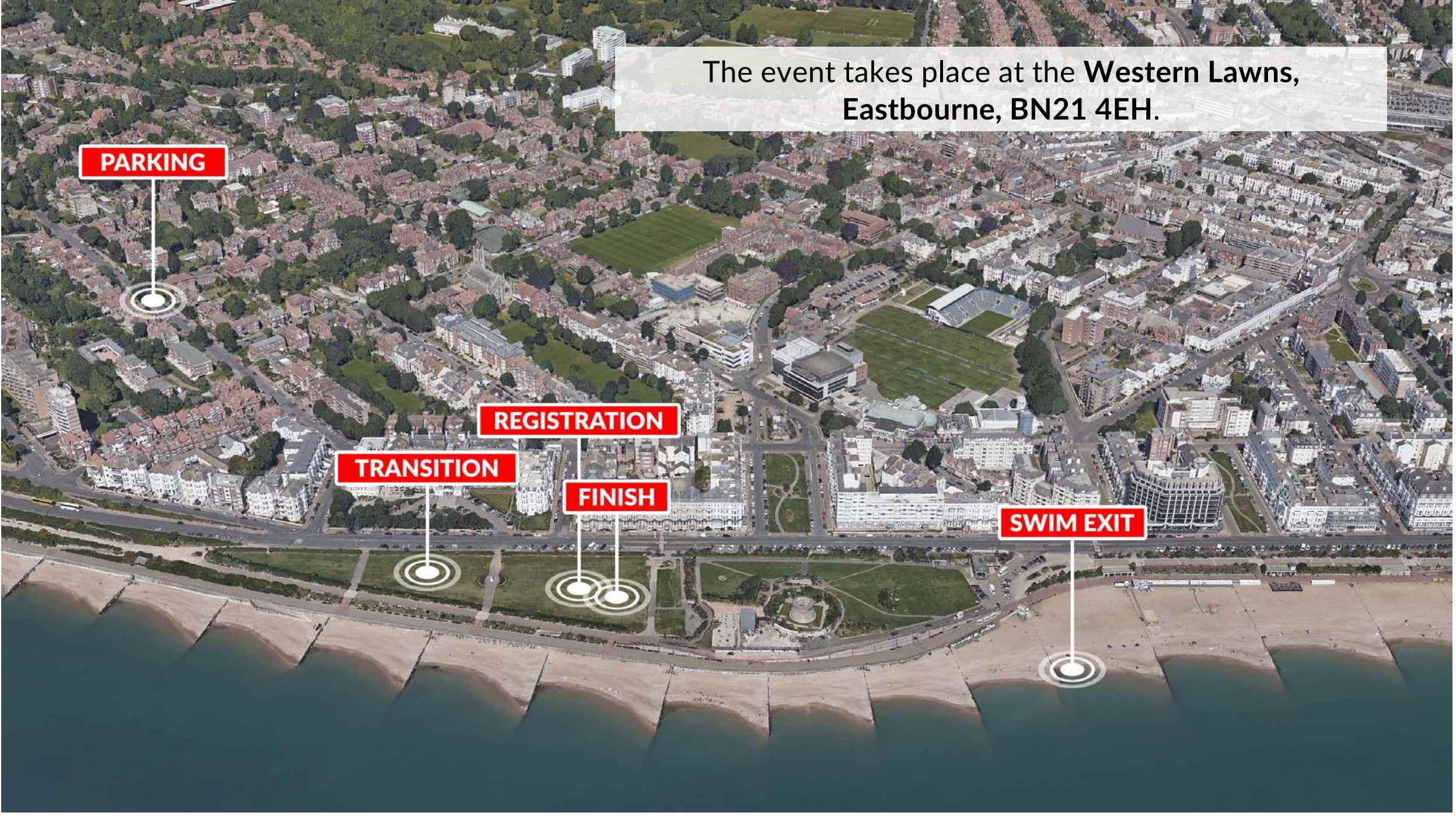
PARKING

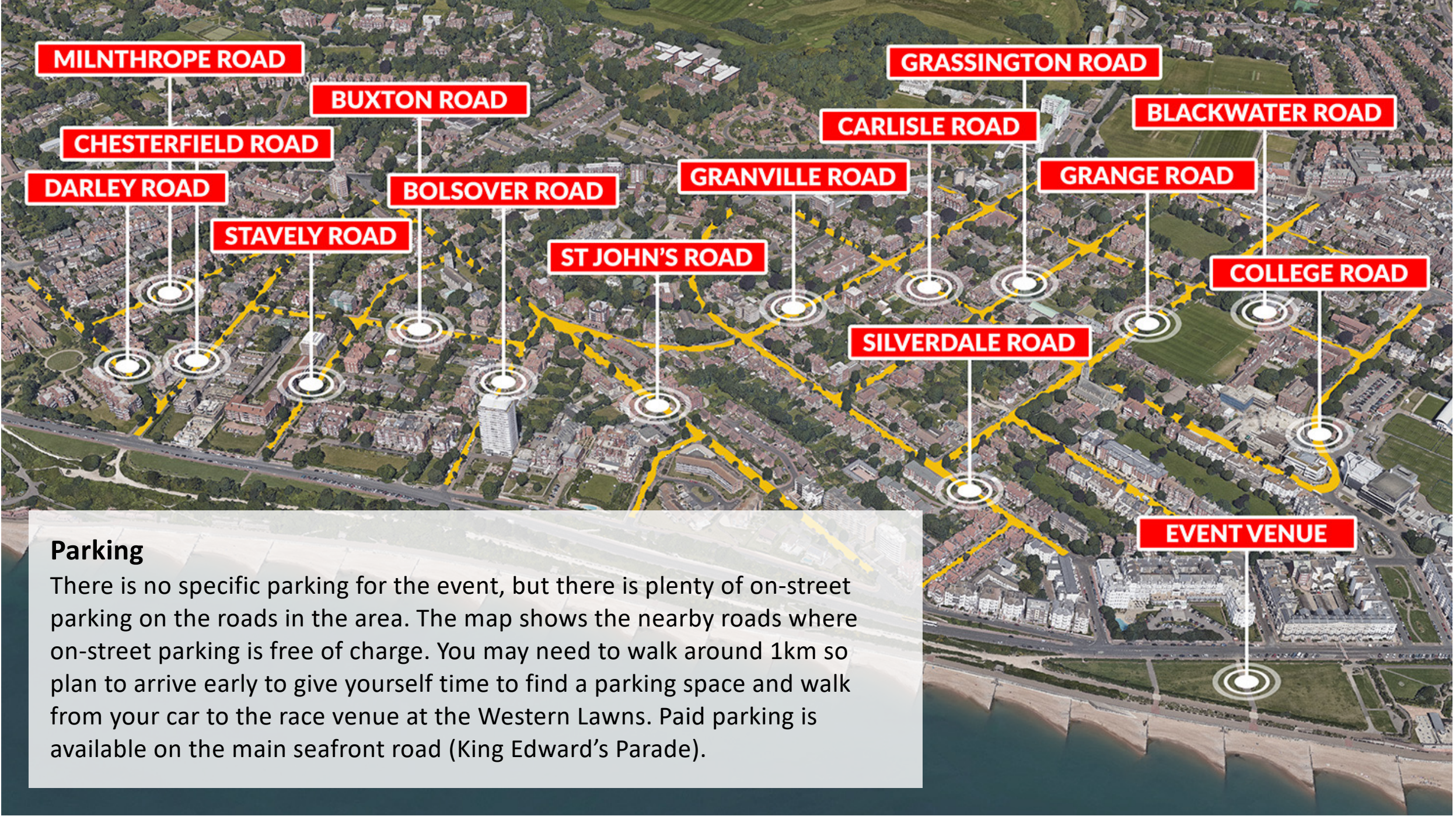
REGISTRATION

TRANSITION

FINISH

SWIM EXIT

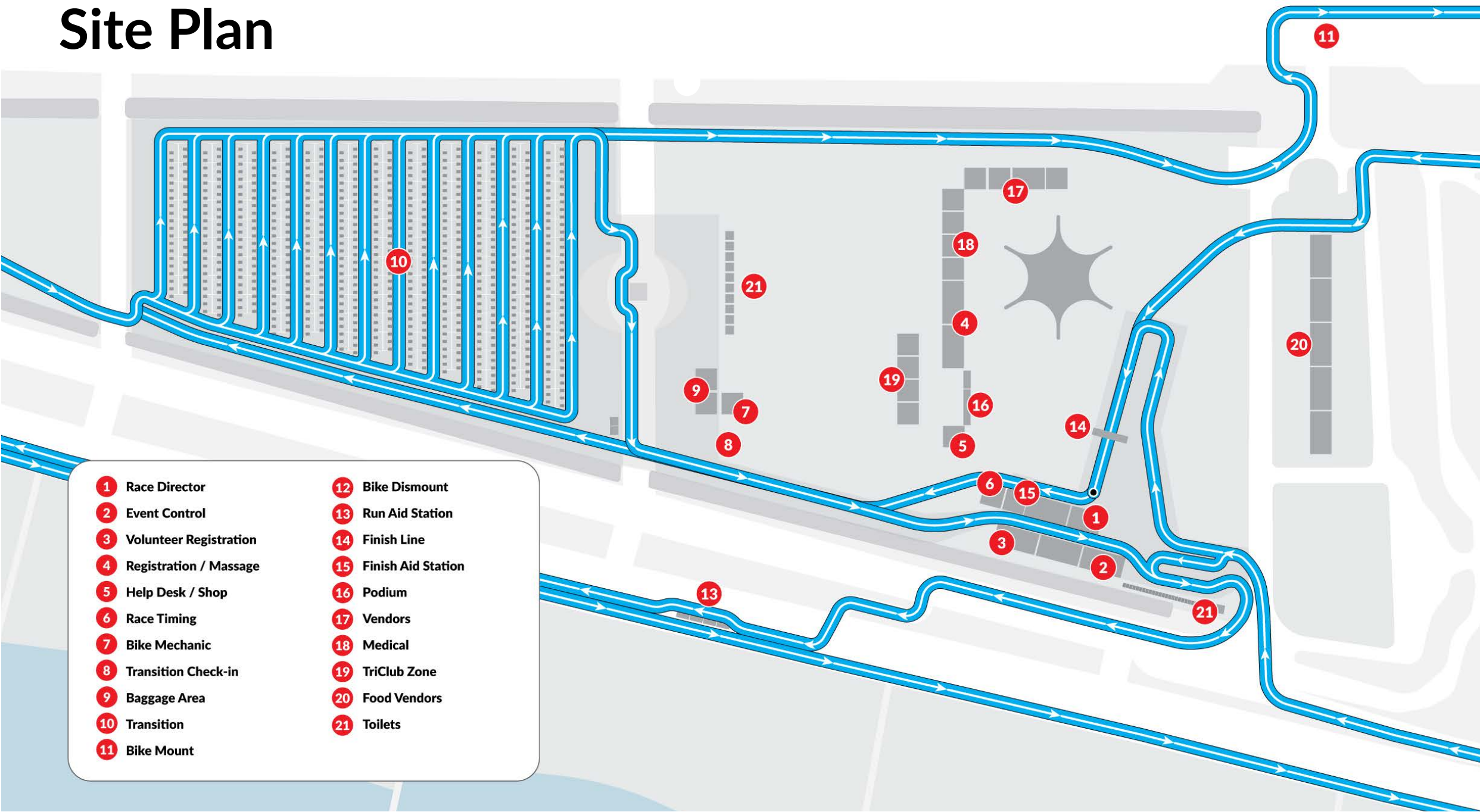




Parking

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 will take place **on Saturday afternoon between 1:00pm and 6:00pm.**

- Registration is situated on the **Western Lawns**
- **Saturday from 1:00pm to 6:00pm**
- You will be asked for **your last name**

BTF Members

Where possible we will check the validity of BTF Race Licences in advance, however, please be prepared to show your digital Race Licence. **We suggest taking a screenshot of the licence on your phone or printing a paper copy so you can access it quickly at registration.**

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.





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.



Bike Check-in

Bike check-in will take place on Saturday afternoon between 1pm and 6pm.

Before arriving at the transition check-in gate, please ensure:

- You are wearing your numbered **wrist band**.
- Your **helmet is on your head and fastened**.
- Your **bike sticker** is on your bike seat post.
- Your bike is **safe and road worthy** and complies with **BTF rules**.

Your handlebars must not have open ends so please ensure they are plugged with bar ends. Fixed wheel bikes (bikes that use the pedals as a brake) are not permitted and e-bikes are also not permitted.

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

RULES
4.10|5.2|6.4

Illegal Equipment

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



- **IMPORTANT: You must bring your helmet with you to bike check-in on Saturday afternoon.**

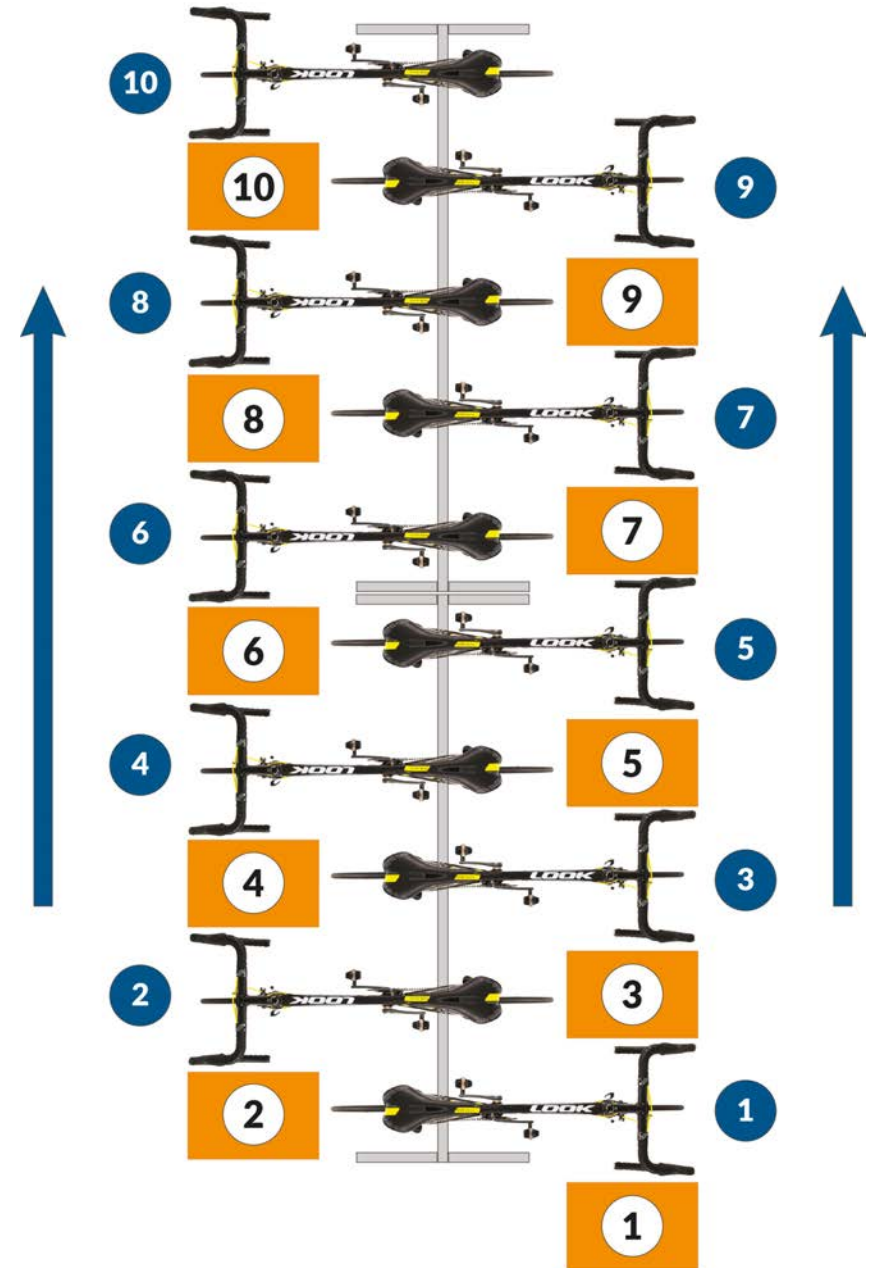
Bike Racking

Racking is numbered with **odd numbers on the right** and **even numbers on the left**. For fairness, age-groups will be grouped together in transition, however, please note those signing up in the final few weeks before the race may not be racked with others from their age-group.

Each numbered space in transition will have one kit box. As you follow the flow through transition **your box will be the one immediately before your bike** (on the southern side of your bike).

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

Place all your race kit in the box. We will be operating a clean transition area which means nothing should be left outside your designated box except for your running shoes (which can be placed neatly beside your box) and anything attached to your bike (nutrition, etc.).



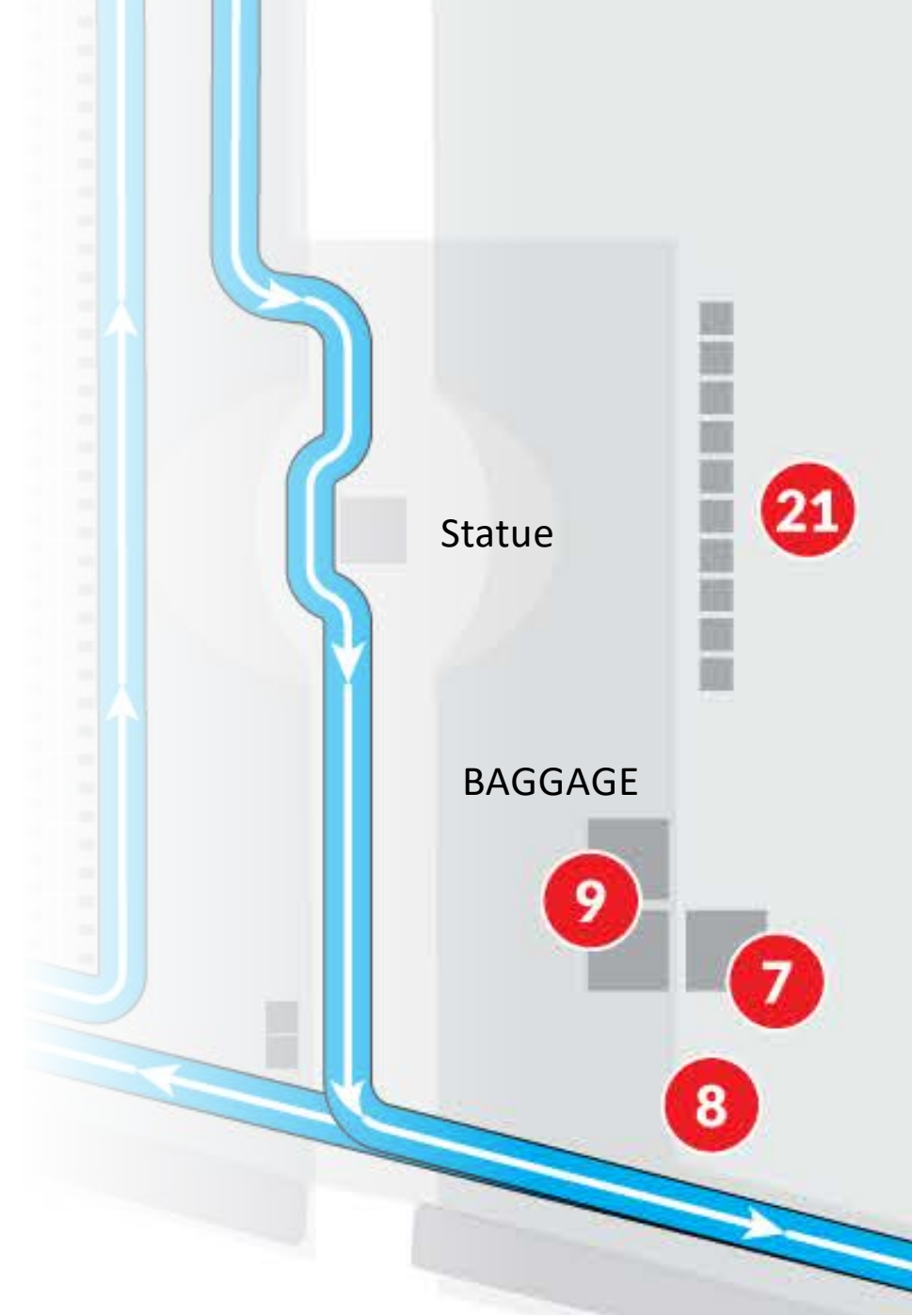
Baggage

Each competitor will have a box in transition measuring 60cm x 40cm x 15cm. If you have any oversize baggage which will not fit in your transition box, additional baggage can be left in the baggage area which is just inside the transition area near the statue. You leave your baggage in this area **at your own risk**.

You will be able to access the transition area on Sunday morning between 4:30am and 5:30am. Please leave transition and make your way to the pier before 5:30am to ensure you arrive at the start by 5:50 at the latest.

! QUIET PLEASE

Please keep very quiet on Sunday morning. There are many residents in the area who don't want to be woken early in the morning and any disturbance early on race morning could jeopardise the future of the event.



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.**

- **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.

Personal Needs Bags (Full Distance Competitors Only)

During registration you will receive two numbered bags for your own personal needs (nutrition) on the bike and the run. These are optional and are only to be used if you wish to access your own personal supplies out on the course. Your **green or yellow** personal needs bag is for the bike and will be available 3 times as you pass through the main aid station at Halland (30km, 73km and 117km). Your **white** personal needs bag will be available at the start of each run lap (0km, 10.5km, 21km, 31.5km). You must leave both the run and bike personal needs bags at the help desk on Saturday afternoon. **Please note, your personal needs bags will not be returned to you after the event.**

Sunday Morning

On Sunday morning, having checked your bike and made use of the toilets at the Western Lawns (there will be no toilet facilities available at the pier), please make your way to the pier. **The start is a 1km walk from the transition area, so please leave plenty of time to walk to the start.**

If you wish to get in the water before the start, please do so. The beach just before the pier will be used as a warm-up and staging area. **If you choose to have a swim warmup, please ensure you are out of the water and ready to move onto the pier 15 minutes before the start (5:35 for long distance and 5:45 for middle distance).**

There should be no need to wear shoes to the start, however if you choose to wear an old pair of shoes to the start, they can be disposed of in the sacks provided. These will be returned to the Western Lawns baggage area in transition; however, we cannot guarantee be able to return them to you after the race.

QUIET PLEASE

- ! Please keep very quiet on Sunday morning. There are many residents in the area who don't
- want to be woken early in the morning and any disturbance early on race morning could jeopardise the future of the event.

Start Procedure

Approximately 10 minutes before the start, we will call all athletes forward to the end of the pier. The start will be a continuous rolling 'time trial' start. Please self-seed, positioning yourself based on your swim ability with faster athletes positioning themselves nearer the front.

With the rolling 'time trial' start there is nothing to be gained by starting further forward so don't rush or push to the front of the queue.

There will be a table next to the start on the pier where you can leave glasses, inhalers, etc. These will be taken to the swim exit and be available as you come off the beach. Once the race starter indicates to the first athlete to start, all athletes will then continue moving forward. As you approach the jump you will enter the timing point area. The timing system will record your time as you leave the timing area **so your time will not start until you jump**. When it is your turn to start, listen to the start marshal who will ensure the previous athlete is clear before allowing you to jump. **Please jump feet first – NO DIVING**. Please proceed immediately when instructed to do so, so as not to hold up athletes behind you. If you are not ready to start immediately, you will be asked to step to one side until you are ready to jump. Once you are in the water, please start swimming immediately to allow the next person behind you to start.

! ALTERNATIVE START

- We occasionally have a few competitors who don't want to jump. We strongly encourage all competitors to jump but if you don't want to, we will allow you to start from the beach instead, however, **you must let us know in advance** if you intend to do this. Please visit the Help Desk on Saturday.



Start Times

Wave 1 – 5:50am



Full-Distance Triathlon



Full-Distance Relay



Full-Distance Aquabike



3.8km Swim

Wave 2 – 6am



Middle-Distance Triathlon



Middle-Distance Relay



Middle-Distance Aquabike

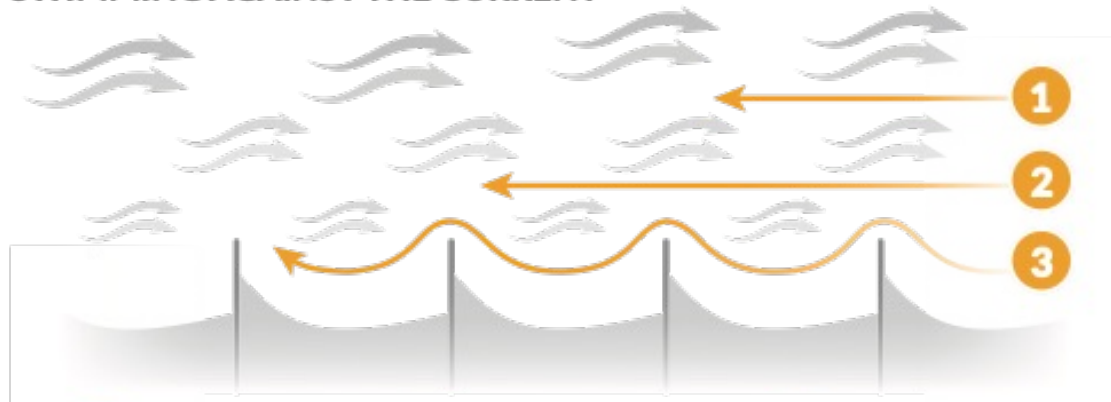


1.9km Swim

OUTGOING TIDE

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

SWIMMING AGAINST THE CURRENT



1

Currents get progressively stronger further from the shore. Avoid swimming too far out where the currents are strongest.

2

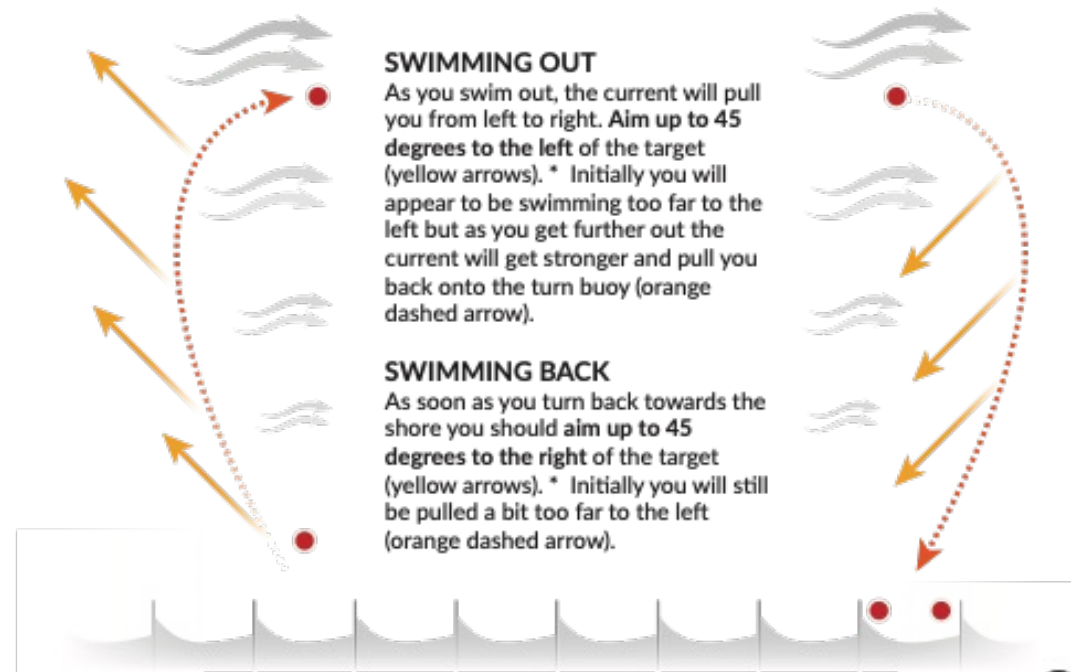
In most conditions swimming a straight line just beyond the groynes is the fastest option. *

* Take care as groynes extend out below the surface.

3

When the current is extra strong you could consider sheltering between groynes. *

SWIMMING ACROSS THE CURRENT



SWIMMING OUT

As you swim out, the current will pull you from left to right. Aim up to 45 degrees to the left of the target (yellow arrows). * Initially you will appear to be swimming too far to the left but as you get further out the current will get stronger and pull you back onto the turn buoy (orange dashed arrow).

SWIMMING BACK

As soon as you turn back towards the shore you should aim up to 45 degrees to the right of the target (yellow arrows). * Initially you will still be pulled a bit too far to the left (orange dashed arrow).

* 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)



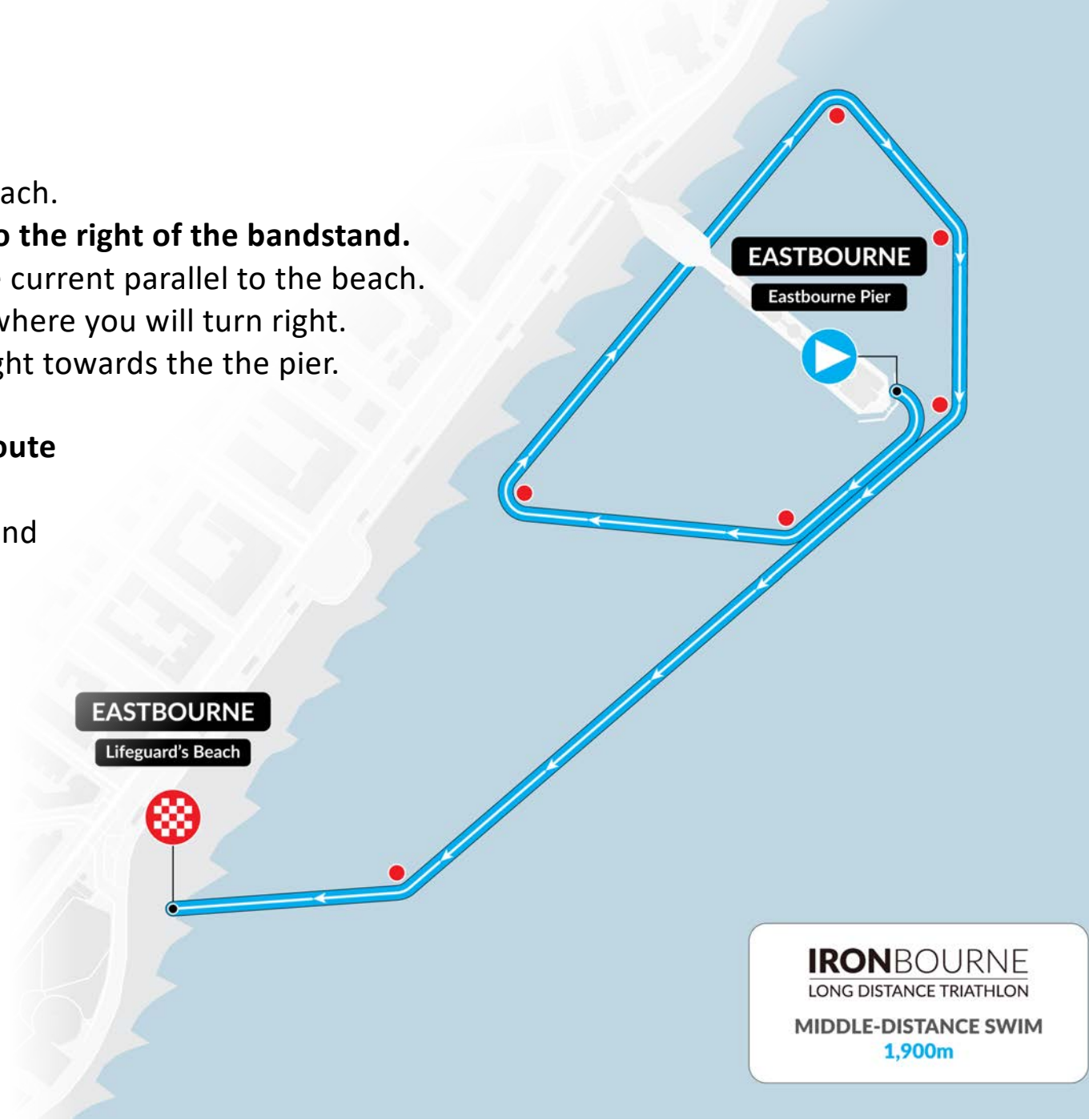
TRIBOURNE
MULTISPORT EVENTS



Middle-Distance Swim

- From the start, swim to your right parallel to the beach.
- **After 150m, turn right towards the beach aiming to the right of the bandstand.**
- Make a right turn back towards the pier. against the current parallel to the beach.
- Continue under the pier to the next red turn buoy where you will turn right.
- As you swim out the current will pull you to your right towards the the pier.
- Turn around the red buoy at the end of the pier.
- **You will now be following the first section of the route for a second time.**
- When you reach the first red turn buoy for the second time you continue straight ahead (sighting toward Beachy Head). Follow the yellow sighting buoys until you reach the final red turn buoy.
- Turn right and head in towards the finish.
- As you make the final right turn towards the beach, the current will be pulling you left. Aim to the right of the finish arch and allow the current to pull you left to the finish.

Please note, full-distance competitors will be turning right on the beach to re-enter the water for a second lap. Do not follow them!



Full-Distance Swim

First follow the entire Middle-Distance swim route as described above.

At the finish of the middle-distance route, you will exit the water for an 'Aussie Exit' through the finish arch. **Do not follow the middle-distance athletes to transition but instead turn to your right and re-enter the water.**

As you enter the water, turn left parallel to the beach. You will follow the beach all the way back to and under the pier. Beyond the pier make the right turn back around the end of the pier and then swim with the current all the way back to the finish for the second time.



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



IRONBOURNE
LONG DISTANCE TRIATHLON
FULL-DISTANCE SWIM
3,800m

Transition 1 – Swim to Bike

Once you have exited the water you will need to make your way on foot to the transition area which is 300m away on the Western Lawns. The beach will be carpeted and most of the run to transition is on 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.

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 and across the zebra crossing to the mount point on the road.

IMPORTANT:



- Ensure all items are placed completely in your transition box. Any items left outside your box in transition will result in a time penalty.
- Do not touch your bike until your helmet is on your head and the strap is fastened.
- Do not mount your bike until you have crossed the mount line. Mounting before the mount line could result in a time penalty.



Correct

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



Time Penalty

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



Relay Teams Transition 1

You will be issued a single pack at registration containing everything for the entire team. The first team member to arrive should collect the pack on behalf of the team. The pack will contain a single timing chip. Your timing chip is your 'baton' and must be exchanged between competitors.

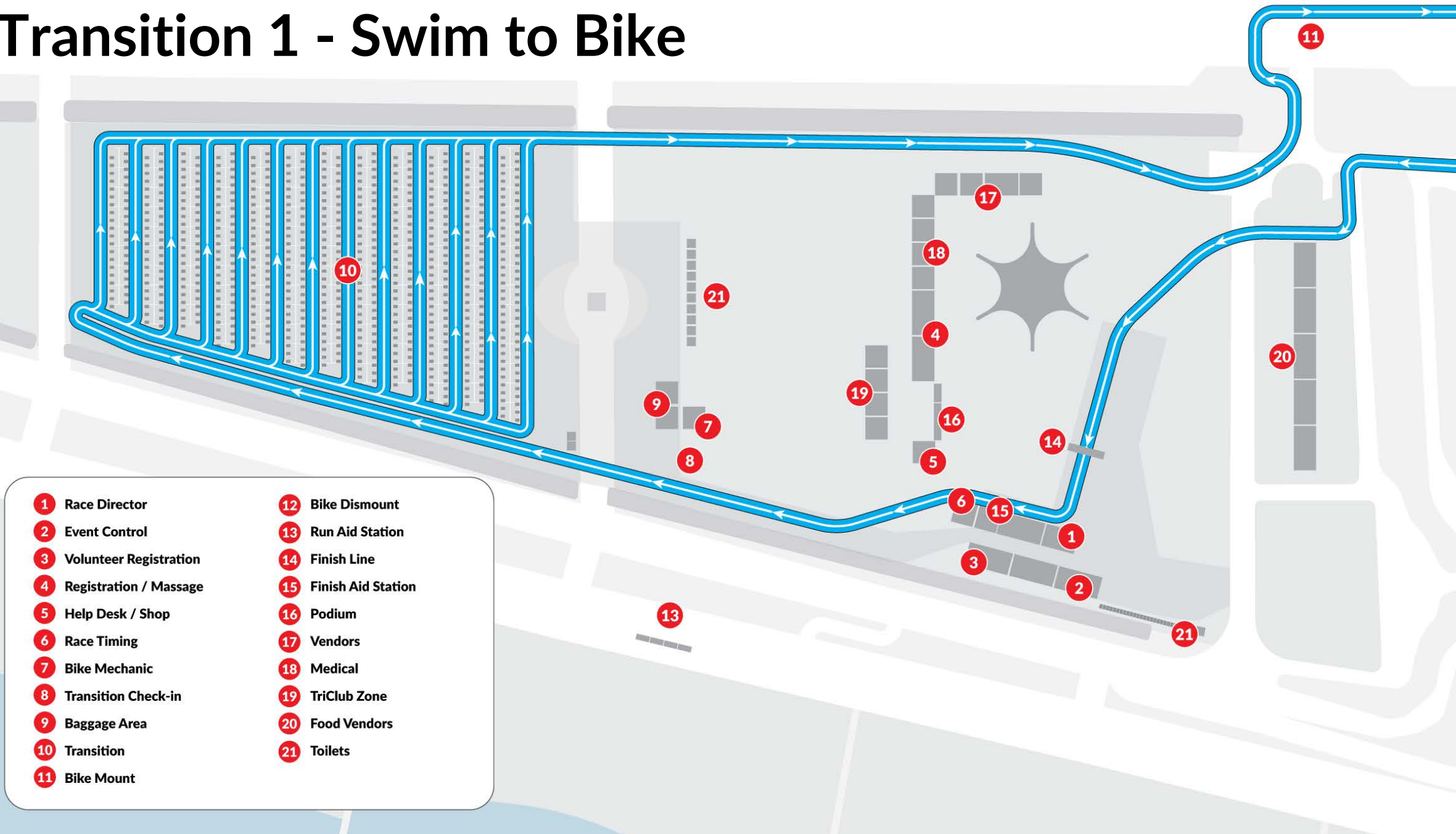
Relay exchanges will take place at your designated racking position in the transition area.

The cyclist must wait next to their bike in transition with their **helmet off**. The cyclist should be wearing their race number on their back and can have all cycling clothing on including shoes **except for their helmet**. The swimmer must first hand over the timing chip which must be attached to the cyclist left ankle. **Only when this is complete can the cyclist take their helmet** and put it on before taking their bike and pushing it out of the transition area to the mount point on the road.

1.9km and 3.8km Swim Finish

For competitors taking part in the swim only events, your race time will stop as you cross the timing mat at the swim exit on the beach. After finishing, you must follow the route to the finish line on the Western Lawns to return your timing chip and collect your medal. As you run down the finish straight, **please keep left** following the swim finish sign. **Please ensure you return your timing chip at the finish line.**

Transition 1 - Swim to Bike



The Bike Course

This section of the guide is detailed but is very important so please take your time to read it all.

! This event takes place on open roads. You must always follow the highway code. This includes giving way to pedestrians at zebra crossings, stopping at traffic lights and giving way at junctions and roundabouts.

Some of the route takes place on relatively busy A roads. This is not something to be concerned about. There will be plenty of signage warning motorists and several motorcycle and static marshals. Please take extra care when pulling out to overtake and signal your intent to do so to any vehicles overtaking you.

If you wish to train on the course, we advise that you only ride the first 20 miles early on Sunday mornings as this section of the course can be busy with traffic at other times.

Please read the following pages carefully. They contain very important safety points.

No Littering

We are fortunate to have a beautiful location here for triathlon. Part of the course is within a National Park.

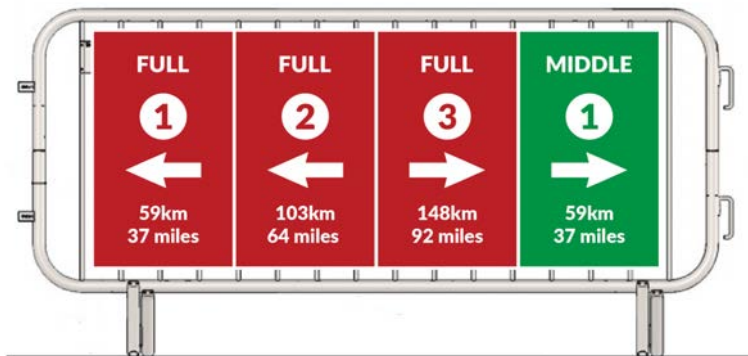
Dropping litter on any point of the course will result in disqualification.

Middle-Distance Bike

The middle-distance bike route is a single lap.

At 59km you will reach the course split at Arlington. At this point, full-distance competitors will be continuing straight ahead to begin their second lap. **Middle-distance competitors must turn right** at this point to complete the final 31km to the finish.

! COURSE SPLIT
Middle-distance competitors **turn right** at the Arlington Course Split at 59km.



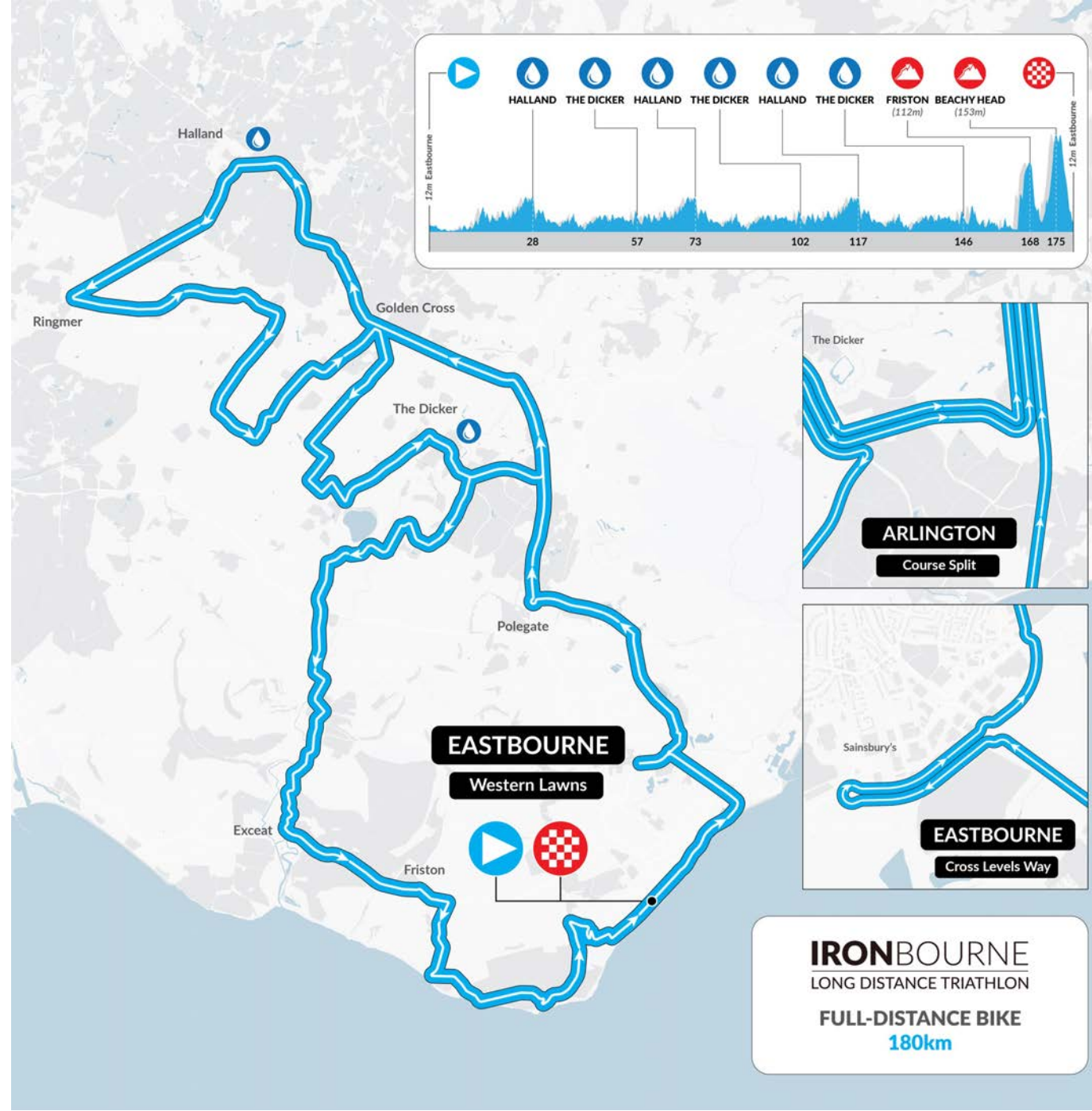
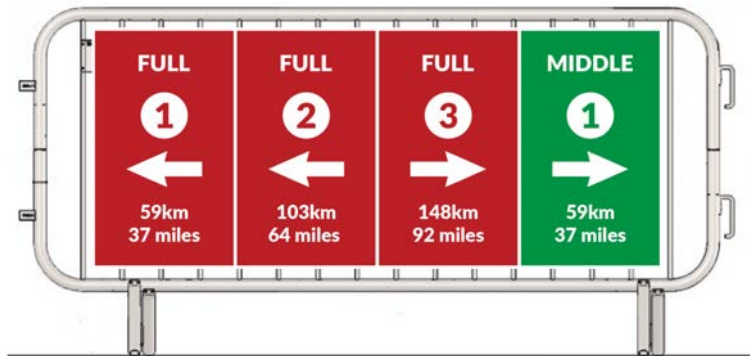
Full-Distance Bike

The full-distance bike consists of an initial section of 16km followed by **3 laps of a 44km loop** followed by a 31km section to the finish.

At 59km you will reach the course split at Arlington for the first time. At this point, you will be continuing straight ahead to begin your second lap.

At 103km you will reach this point for a second time and once again continue straight ahead to begin your third lap.

At 148km you will reach this point for a third time, and this time you will turn right to complete the final 31km section to the finish.



Bike Course

You will first head east along the seafront before turning left at the first roundabout to head up Lottbridge Drive.

In these first few miles you will pass 10 zebra crossings and 5 pelican crossings. Early on a Sunday morning you are very unlikely to get held up at any of these, however, you must stop and give way if pedestrians wish to cross.

At the top of Lottbridge Drive you will turn left for an out and back section along Cross Levels Way; this is a great opportunity to see where the competition is.

! For those who have taken part before, please note that this out and back section is shorter than previous years and now turns at the first roundabout.



Cop Hall Roundabout

You will make your way out of Eastbourne via dual carriageways and several roundabouts. **These roads will be very quiet at this time.**

Special attention should be given to the large roundabout at 15km/9.5 miles. You will be taking the 4th exit. As you go around the roundabout you will need to move across lanes to ensure you do not come off the roundabout too early. **As you exit this roundabout, please be aware of queuing traffic for the local car boot sale.**

You will then follow the A22 (initially on dual carriageway and then single carriageway) all the way to the first aid station at Halland (30km/19 miles). At this time on a Sunday morning traffic will be very light and we will have signs informing motorists how to safely overtake.



Bike Course – Halland to Arlington

Just after Laughton you will make a right turn across oncoming traffic; take care and only turn when safe to do so (**marshals will NOT stop traffic**). You will then follow a series of narrow lanes through Ripe village and up to Golden Cross. The first narrow section of these lanes will be closed to traffic (except for some local residents), however on some sections you may encounter oncoming vehicles on the narrow roads so please take care when overtaking. On the road between Ripe and Golden Cross there is a short section of road which bends right and then left the under some trees which has several potholes. These have been marked with spray paint; please take care.

At Golden Cross you will turn right towards Chalvington. As you pass through Chalvington there is a tight, narrow, blind left bend. This will be marshalled; **please take great care and pass through slowly in single file (no aerobars)**.

! CAUTION - HORSE RIDERS

In this area there are many stables, and it is not uncommon to come across horse riders on the road. We have informed all local stables, however if you do encounter a horse please pass slowly and with great care.

Past Chalvington you will make a left turn towards Upper Dicker. As you enter Upper Dicker you will make a right turn across oncoming traffic. You will then pass the second aid station which will be laid out in the same order as the first one. A few miles past this aid station the course splits.

Course Split

At 59km you will reach the course split at Arlington.

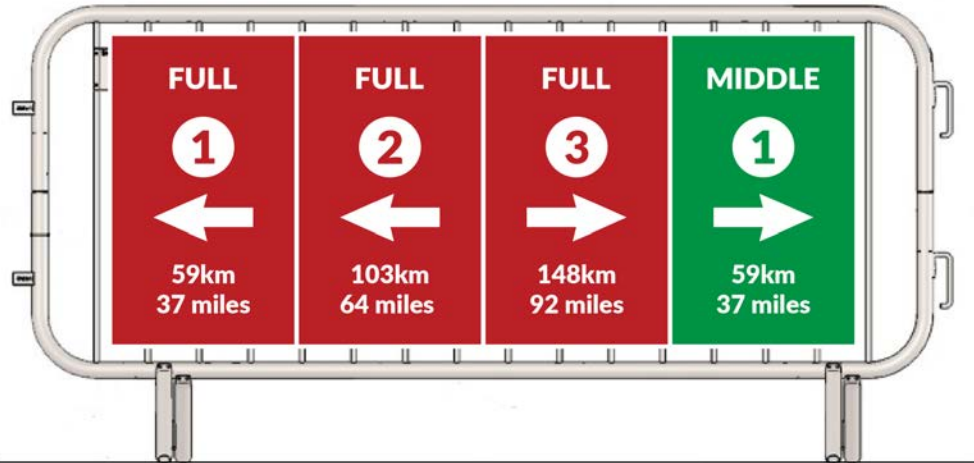
Middle-distance competitors **turn right** at the Arlington Course Split **at 59km**.

Full-distance competitors pass this point three times:

Go straight ahead the first time at 59km.

Go straight ahead the second time at 103km.

Turn right the third time at 148km.



Foot Down Junction Full-Distance Only

Shortly after passing the course split at Arlington for the first and second time, you will reach the A22 dual carriageway. You will be turning left onto the dual carriageway.



COMPULSORY FOOT DOWN STOP

You must stop and put your foot down at this junction. You are turning onto a busy dual carriageway. Do not take any risks. You must stop and put your foot down, take your time and turn safely. **Failure to stop and put your foot down at this junction will result in a 10-minute time penalty.**

You will now find yourself back on the A22 heading north to begin your second or third lap.



Arlington to Exceat

From the course split at Arlington, you will head south. Approximately 4km after the course split there is a **tight left bend which tightens unexpectedly**. There will be signs and a marshal at this bend. Please take great care through this bend. No overtaking and no aerobars.

You will cross the busy A27 at a large roundabout.

Please follow the highway code and give way to traffic on the roundabout as necessary.

You will be heading towards Alfriston. Just before Alfriston you will turn left towards Littlington. Take care of oncoming vehicles along this section, especially on the narrow bridge just after you turn left.

The next few miles through Littlington and down to Cuckmere is on narrow lanes; there is the potential that you may get slightly held up by oncoming vehicles. Though the village of Littlington **please take extra care and relax and take your time, and don't take any risks**; it's a long day and you will only lose a few seconds.

! **CAUTION THROUGH VILLAGE**
Please take extra care through the village of Littlington. You may encounter pedestrians and oncoming vehicles on the wrong side of the road.

Exceat Climb to Eastbourne

This climb starts steep for the first 100m. After the first steep section it flattens out for a while before climbing again, but less steep than the first section. This is a busy road, and you will have cars trying to pass you up the hill. Please take extra care if overtaking up this climb.

After this climb you will pass Friston church on your right and then descend steeply into East Dean village. **This is a steep descent; take care! At the bottom of the descent, you will be making a right turn toward Birling Gap.** You will be crossing oncoming traffic and must give way.

Through the village of East Dean, please take care of parked cars on your left and oncoming vehicles. As you pass Birling Gap, be very careful of parked cars and tourists (who have a habit of wandering into the road).

You now have your final climb up and over Beachy Head. **Enjoy the views!**

After Beachy Head you will come to a junction where you will be turning right. Please slow down, observe the highway code and check it is clear to proceed.

100m after this junction you will make a right turn (again across oncoming traffic) to descend the hairpin bends down into Eastbourne. At the bottom of the descent take care on the final left bend as **there is zebra crossing and you must stop if pedestrians are crossing.** The final 2 km along the seafront is downhill, but please take care as there will be many pedestrians and vehicles turning and parking in this area.

Aid Stations

There are two aid stations on the course. This first at Halland, and the second at Upper Dicker. As you pass through the aid station you will pass the following:



- 1. Toilets
- 2. Empty bottle drop
- 3. Water (750ml bike bottles)
- 4. High 5 Energy Drink (750ml bike bottles)
- 5. High5 Gels and Bars
- 6. Litter / bottle drop
- 7. Personal needs bags (laid out in number order) – Halland only

Middle and Full-Distance	
28km	Halland
58km	Upper Dicker
Full-Distance Only	
73km	Halland
102km	Upper Dicker
117km	Halland
146km	Upper Dicker

Potholes and other Hazards

All potholes have been marked with white paint and signs will be placed ahead of the worst sections. On the sections of the course highlighted below, we suggest slowing down slightly and coming off your aero bars. If avoiding a pothole involves moving towards the middle of the road, please indicate and be aware of other competitors or cars which may be overtaking you.

Pay special attention to the following sections:

- Potholes coming off the railway bridge just before the U-turn on the out-and-back section at 6km.
- A series of potholes on the A22 at 25km.
- Poor road surface entering the first aid station at Halland at 28km.
- Sharp bend approaching Ringmer at 34km.
- Caution through Ripe village at 44km.
- A section of potholes under trees after the village of Ripe at 46km.
- Sharp bend at 52km.
- Foot down junction (full-distance only).
- Sharp bend at 62km (middle) / 152km (full)
- Caution through Littleington village at 71km (middle) / 161km (full).
- Steep decent and sharp bend into East Dean at 76km (middle) / 166km (full).
- Caution through East Dean village and Birling Gap at 77km (middle) / 167km (full).
- Steep decent and sharp bends on Dukes Drive at 86km (middle) / 176km (full).



Drafting

Drafting (taking shelter behind or beside another competitor) during the cycling leg of the race is not allowed. The cycle draft zone will be 12 metres long measured from the leading edge of the front wheel. You may not enter the draft zone of another competitor except for the purpose of overtaking. When overtaking you must be seen to be progressing through that zone. A maximum of 25 seconds is allowed to pass through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 25 seconds, the overtaking cyclist must drop back. When a competitor is passed by other competitors, it is his/her responsibility to drop back to move out of the draft zone of the overtaking competitor. Failure to do so may result in an official caution or time penalty. A competitor is passed when another competitor's front wheel is ahead of his/her front wheel. Motorcycle and static BTF referees will patrol the course to enforce the no drafting rule. Competitors must keep to the left-hand side of the course and not create a blocking incident. Blocking is where a competitor who is behind cannot pass due to the leading competitor being poorly placed on the course.

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

WHAT IS DRAFTING?

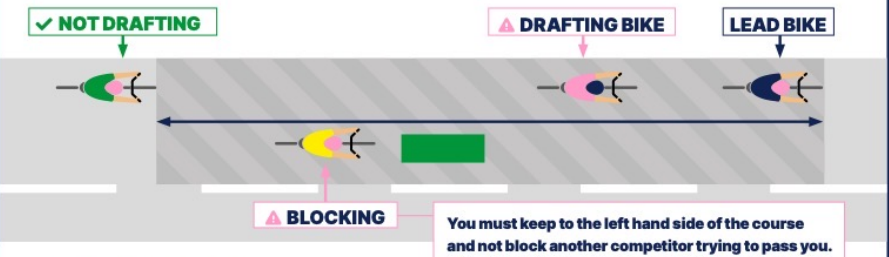
IT'S AGAINST THE RULES

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

THE DRAFTING ZONE



DRAFTING & NOT DRAFTING



MAKING A PASS

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



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.



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

Race Stop Procedure

In the event of a significant incident on the bike course, the following procedures will be implemented:

YELLOW FLAG means **CAUTION**. Please slow down.

AMBER hazard lights on motorcycles means **NO OVERTAKING**. Do not pass the motorbike, this will likely be part of a rolling roadblock procedure.

RED FLAG means **STOP**. Stop and wait for further instructions. You may be asked to return to transition or a designated evacuation point depending on the incident.

GREEN FLAG means **GO**. Racing can recommence, this will likely be preceded by a 1-minute verbal warning that racing is about to recommence.

Intentional failure to observe these warnings will result in immediate disqualification.

! NO LITTERING

- We are very fortunate to have a beautiful location for triathlon. Part of the course is within the South Downs National Park. **Dropping litter at any point of the course will result in disqualification.**

Dismount

500 meters before the dismount line you will enter a closed road section. Cars will be diverted left, and you will continue straight ahead into the road closure. You will dismount on the road on a downhill section just before the Western Lawns.

Aquabike Finish

For those competing in the aquabike races, your time will stop at the bike dismount. You must dismount your bike before the dismount line along with everyone else. Once you have dismounted, please proceed into transition and rack your bike. You can then make your way out of transition and make your way via the run course to the finish area for a photo and medal. Remember your time stopped at the dismount line so there's no rush.



Transition 2 – Bike to Run

Having dismounted your bike **before the dismount line**, you will run with your bike across the road and through a gap in the hedge onto the Western Lawns. Go to your position in the transition area and rack your bike. Only after your bike is racked can you remove your helmet. **Do not unclip your helmet until your bike is racked, doing so will result in a penalty.** Remove your helmet and put on your run shoes. Make sure your helmet and any other kit is placed completely in your box. Turn your number belt so that your race number is on your front and then run out of transition onto the run course via the 'Run Out' exit.

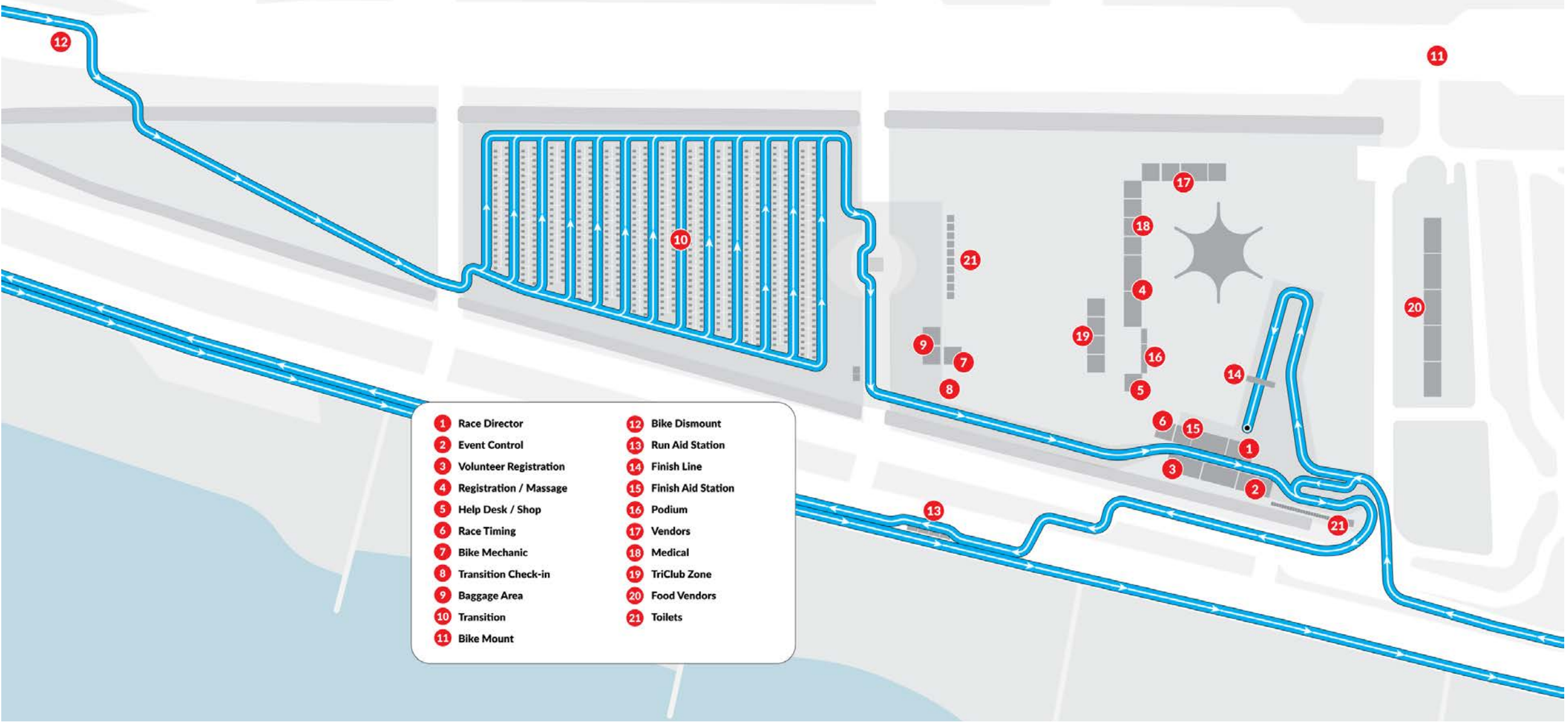
IMPORTANT:

- Dismount your bike before the dismount line. Dismounting after the line could result in a time penalty.
- Ensure your helmet and all other items are placed completely in your transition box. Any items left outside your box in transition will result in a time penalty.
- Do not unclip or remove your helmet until you have racked your bike.
- Turn your number belt so your number is on the front.

Relay Teams Transition 2

Relay exchange will take place at your designated racking position in the transition area. Your timing chip is your 'baton' and must be exchanged between competitors. **The cyclist must rack their bike and then remove their helmet before transferring the timing chip to the runner.** The runner who should be wearing their race number on their front.

Transition 2 – Bike to Run



Middle-Distance Run

The middle-distance run course consists of two 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.



Full-Distance Run

The full-distance run 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.

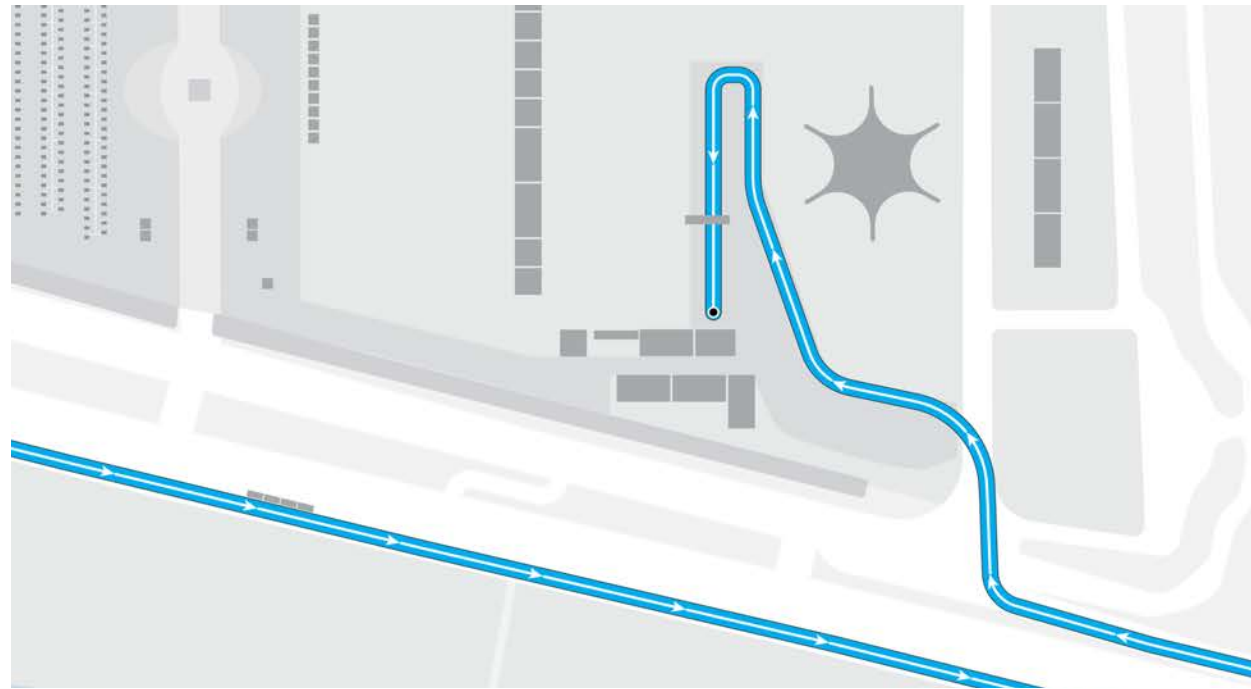
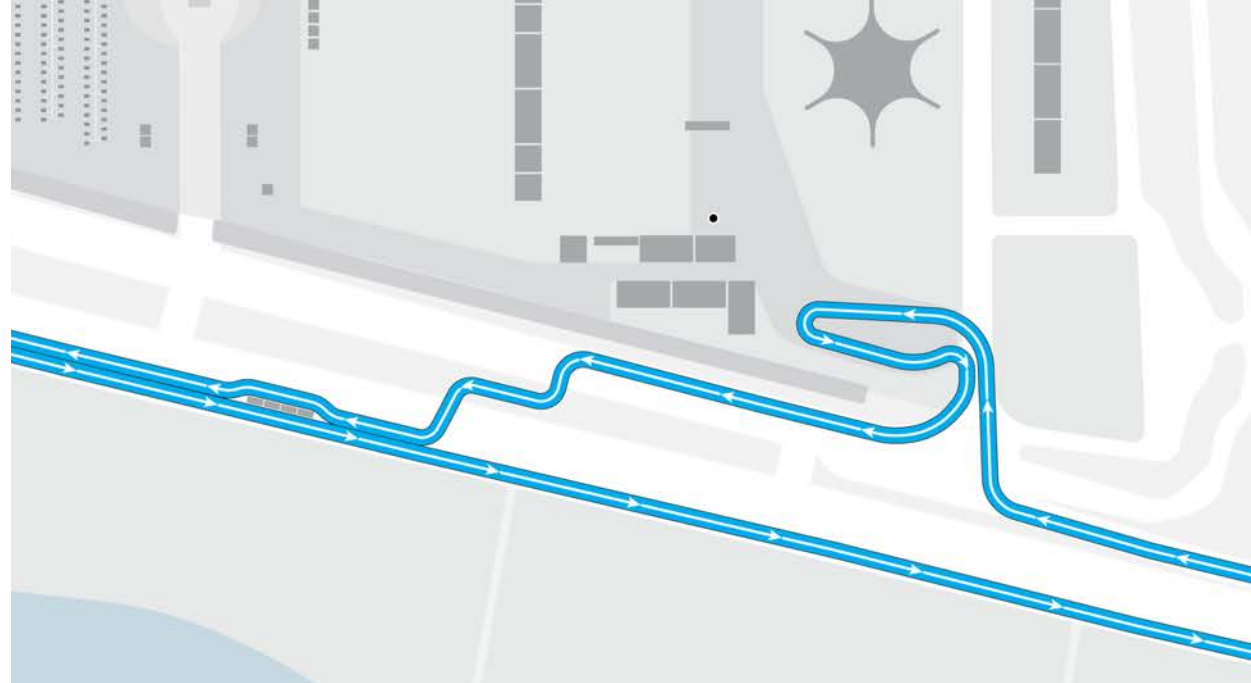
! LAP COUNTING: It is your responsibility to count your own laps. **Middle-distance = 2 laps.**
Full-distance = 4 laps.

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

Special needs bags will be available for full-distance competitors at the start of each lap near the turn point.



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.

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 afternoon on the Western Lawns.**



Results & Awards Schedule

With a time-trial 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 in your age group, but you may yet be beaten by someone behind you!**

Awards will be presented according to the schedule shown to the right. Where possible, you should check your finishing position via the live results from our website. If you believe you have finished in the top 3 in your age-group, please return to the podium at 2:30pm (middle-distance) for our age-group awards ceremony including the British Championships Awards.

Penalties: Any penalties and DQ's will be posted on the notice board located in the event village. **Any live results published during the event are provisional only.**

Sunday 20th July

07:30	1.9km & 3.8km Swim Awards Top 3 overall
09:00	Middle-Distance Aquabike Awards Top 3 overall
10:15	Middle-Distance Overall Awards Top 3 overall
12:00	Full-Distance Aquabike Awards Top 3 overall
14:30	Middle-Distance Age Group Awards Top 3 in each age group & top 3 relay teams.
16:00	Marathon Awards Top 3 overall and top 3 age 40+
From 16:00 onwards	Full-Distance Overall and Age Group Awards - Top 3 in each age group & winning relay team.

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.



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KNOW THE RULES

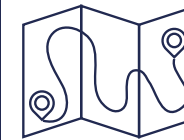
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

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 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 4.10[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 5.5 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 12 metres – if overtaking a competitor, you have 25 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 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.



Available to download from www.britishtriathlon.org

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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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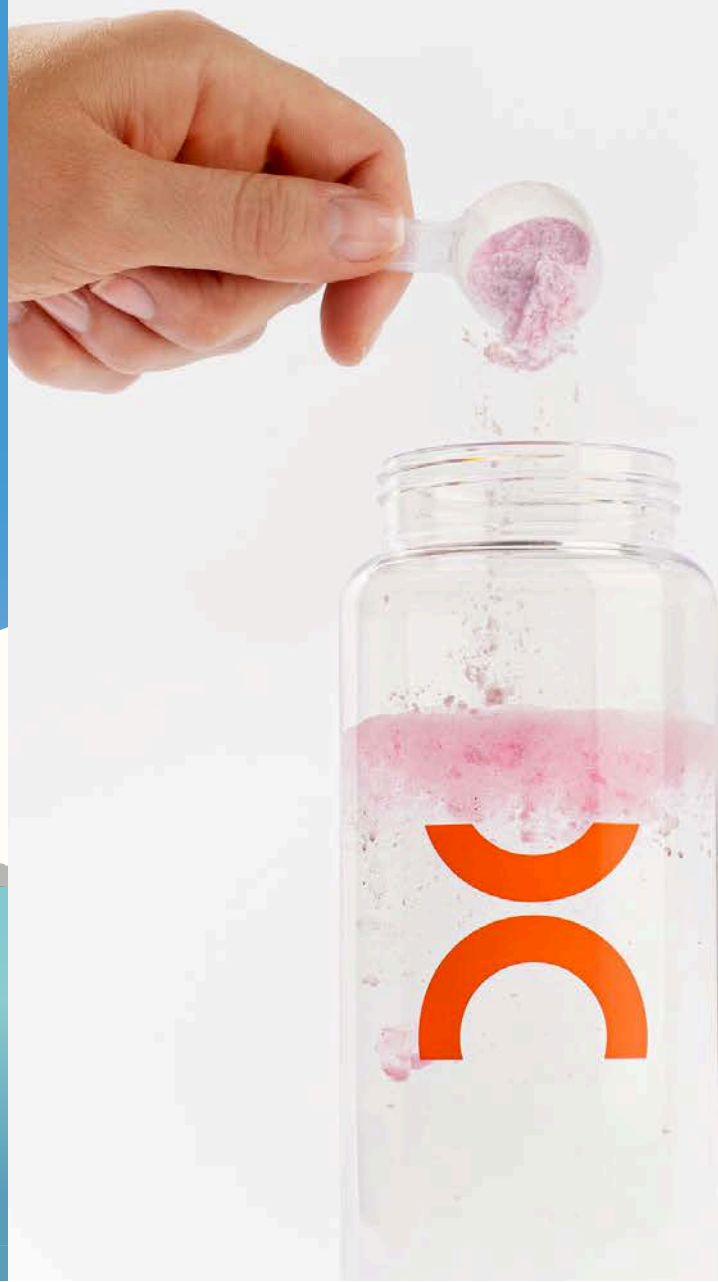


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Most users
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- CHILDREN'S EVENTS



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