

BRIGHTON AND HOVE TRIATHLON



Competitor Guide



14th & 15th September 2019

BRIGHTON AND HOVE TRIATHLON 2019

A Message from the Event Director

Thank you for signing up to the 2019 Brighton and Hove Triathlon!

We are pleased to welcome over 1,600 competitors in what will be the fourth edition of the event. It is the first time that we will be hosting two qualifying races – the ETU Olympic and ITU Sprint Draft, which will bring some of the best athletes in the South of England to our iconic venue.

We continue to partner with Martlets Hospice, helping them to raise funds and awareness for the beneficial work they do. Please help us support this worthwhile cause – donations in time, or money are all gratefully received.

CONTENTS

Distances & Timings	3
Course Map	4
Registration & Racking	5
Kit List	6
Rules	7
Children's Racing	8
FAQ's	9
Travel	10
Contact /Next Year	11

On Sunday the races start with the inspirational children's Triathlon of which we have seen grow in numbers over the past two years. Developing the sport in Brighton, particularly amongst the youth, is one of our key objectives and the team are passionate about encouraging youngsters to give multisport a try.

It is then the adults turn in what will be some exciting racing from all levels of competitors. Triathlon is a passion for all our team, we have worked very hard to ensure you enjoy the event, are safe and most importantly have fun.

Don't forget the event village will be full of activities, great food and music for competitors, spectators and members of the public. So once you have finished your race why not grab a deck chair kick back and enjoy a bite to eat whilst soaking up the atmosphere.

Good luck with the rest of your training and we look forward to welcoming you at our event in September!

John Lunt, Event Director



EVENT
PERMIT
2019

DISTANCES AND TIMINGS

The event has three race distances, and two qualifying events, these are listed below. The event has a multi lap course, the number of laps are also shown below. You are responsible for counting your laps on the day.

DISTANCE	TYPE	SWIM	LAPS	CYCLE	LAPS	RUN	LAPS
Super Sprint	Individual	400m	1	5km	1	2.5km	1
Sprint	Ind/Relay	750m	1	20km	4	5km	2
Olympic	Ind/Relay	1500m	2	40km	8	10km	4
ETU Olympic Qualifier	Individual	1500m	2	40km	8	10km	4
ITU Draft Sprint Qualifier	Individual	750m	1	20km	4	5km	2

WAVES (Detailed start times will available 4th September)

The event will be broken up into a number of waves, per distance. **Indicative** race start times for each distance are listed below. Timings will also be sent to you again nearer to the event.

Race briefings will occur **10 minutes before the start time** and will be located on the promenade adjacent to the swim start.

The racking position relates to the area in transition you will rack your bike. **Racking will be numbered according to your race number.**

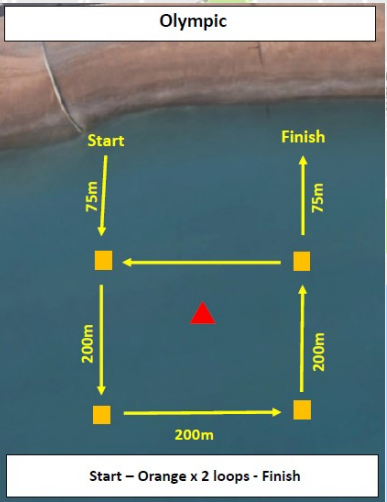
Triathlon entrants have the freedom to come and go in and out of transition during the day, providing they are wearing the numbered security wristband (provided to you when you collect your race pack on the Saturday).

Please note: Detailed start times will published on 4th September

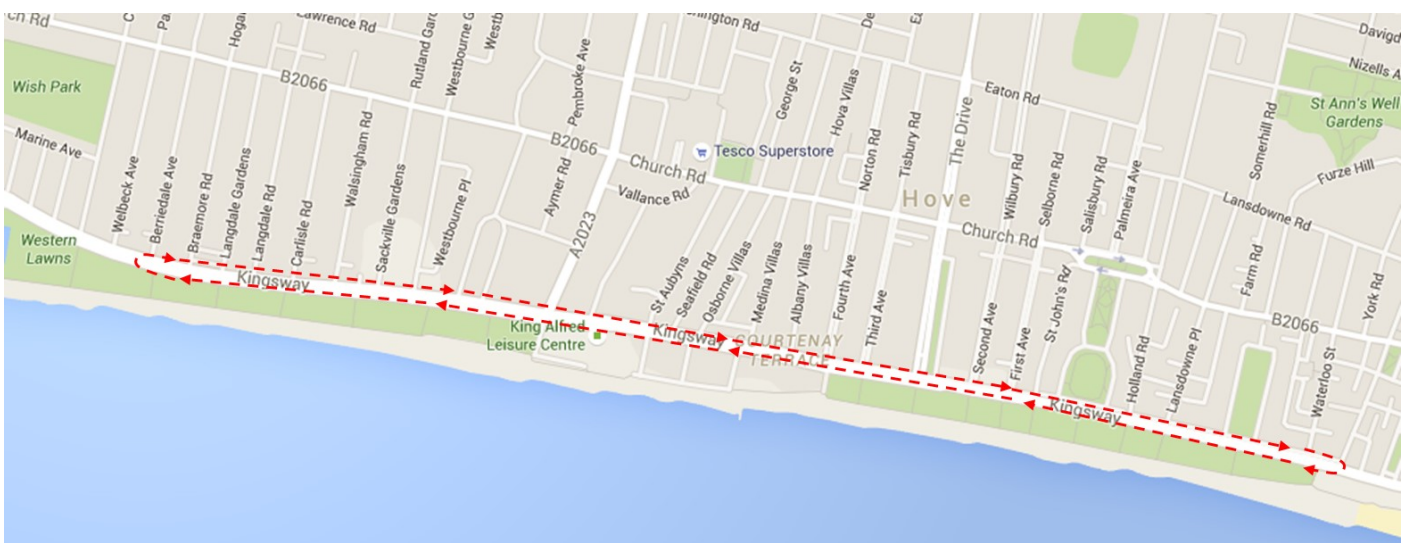
START	DISTANCES	CAP COLOUR
08:00	CHILDRENS TRIATHLON	TBC
08:30	ITU QUALIFIER SPRINT	TBC
09:00	SPRINT	TBC
10:00	OLYMPIC	TBC
11:00	ETU QUALIFIER OLYMPIC	TBC
12:30	SUPERSPRINT	TBC

COURSE MAP

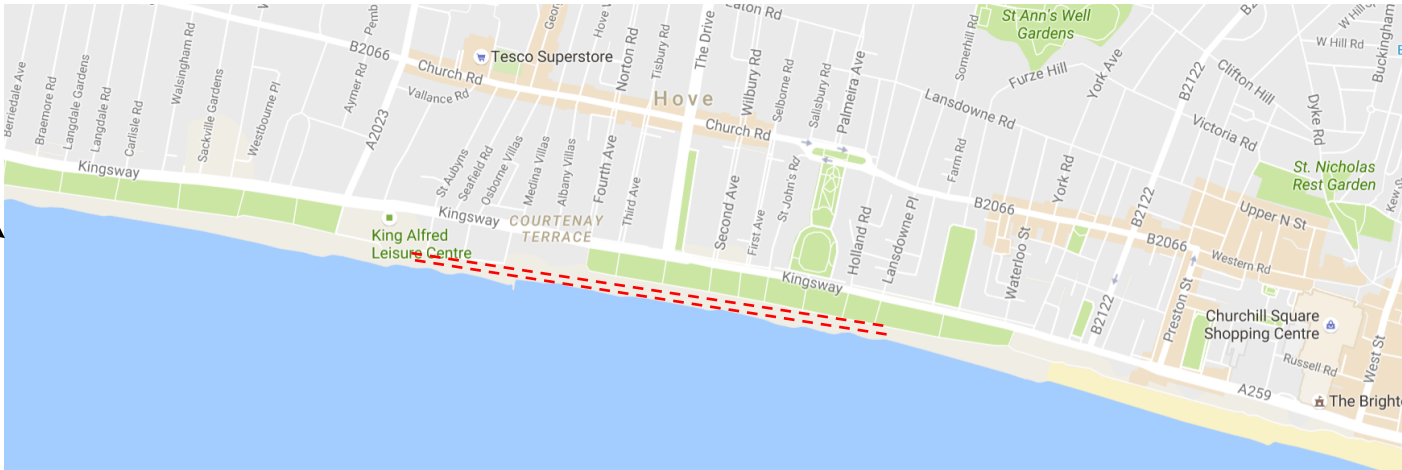
SWIM



CYCLE



RUN



SATURDAY - REGISTRATION & BIKE RACKING

Registration will take place in the registration marquee on Hove Lawns on

Saturday 14th Sep 11am - 4pm (You will **NOT** be able to register on Sunday morning).

Please bring with you;

- Photo ID
- Valid British Triathlon Federation (BTF) licence (if you have one)

If you do not hold a valid BTF license you will need to **bring cash** to purchase a British Triathlon day license, this will cover you for race day insurance. £3 for children, £6 for adults. For more information on what this covers visit the BTF website [here](#), or you can contact BTF on 01509 226 161.

Please leave your bike outside of the registration marquee on the racking provided whilst you register.

Once you have shown your BTF license, you must go to the registration desk that matches your race number. Race numbers will be listed on the website a week before the race, race numbers will also be

YOUR RACE PACK WILL INCLUDE

An individual race number – Write your known medical details on the back, along with a cross on the front of your race number. Safety pins will be available.

Three numbered labels - One for the front of your helmet, another for the side of your helmet, and the long one to wrap around the seat post of your bike

A coloured swim hat - The colour relates to the wave and relevant start time that you are in

Temporary tattoo numbers - These stick on your upper left arm and are easy to apply with water

Numbered Security wristband - Will be put onto your wrist and must not be removed until after you

After registration, collect your **electronic timing chip** before leaving the marquee. This must be worn around your left ankle, worn throughout all 3 disciplines and will need to be handed in at the finish line.

Racking your bike

Please bring your helmet when you rack - our team in Transition will check that your stickers are correctly placed on your helmet and bike. You can then rack your bike in the area which relates to your wave start. You can bring a small bag into transition to store your belongings. Security will be in transition overnight.

Relay teams

Relay teams will be given 1 timing chip which will act as a relay baton and must be passed between team members in transition at the point of racking. You will also be issued with two race numbers—one for the runner and one for the cyclist. The swim member of the relay team must attend the race briefing at the swim start. The other team members are responsible for knowing the bike course and run course and should be in the transition area ready to race their leg of the triathlon.

KIT CHECKLIST

SWIM

- Swimming costume or tri-suit
- Swimming hats will be provided in the race pack.
- Goggles.
- A wetsuit in accordance with British Triathlon rules - read the rules [here](#). You may wear shorties and sleeveless wetsuits.

Top Tip

We find it handy to leave a bottle of water in the transition area to rinse the seawater from your face before the cycle.

Wetsuit Hire

You can hire a wetsuit from our wetsuit partner Zone3 through The Tri Store. Hire for the season and return at the end of September for £40 (plus deposit) details [here](#).



ZONE3

CYCLE

- A road worthy bike with 2 working brakes - view full bike guidance [here](#).
- Trainers or cycling shoes.
- UK approved cycling safety helmet - this must have no damage and a working chin strap.
- Tri-suit or any sportswear that covers your midriff - find out more about uniform rules [here](#).
- Emergency repair kit - including a tyre pump, puncture kit, and spare tubes/parts.
- A full water bottle

Top Tips

- Keep your helmet next to your bike with straps undone for a faster fitting.
- Put your helmet on before touching your bike.
- Make sure you only mount your bike at the mounting line of the cycle course.
- Remember to slow down before you get to the dismount line and to dismount at the line. Do not take your helmet off until you have racked your bike.
- Use talcum powder inside footwear to soak up any moisture

RUN

- Tri-suit or any sportswear that covers your midriff.

Top Tip

- If you are wearing a race belt with your race number attached turn this around to face the front for the run, otherwise you may be stopped by the officials on your way out to make sure you have your number on.

SUNDAY - RACE DAY

Upon arrival onto site on Sunday morning, please take any remaining kit into the transition area and then make your way to the swim start for your briefing.

Race briefings will occur 10 minutes before each start time and will be located at swim start on the prom

After the race you must collect your bike and belongings from the transition area. Your wristband will be removed and you will not be allowed to re-enter the transition area. When collecting your belongings please be aware other triathletes may still be competing around you.

Baggage—There will be a small baggage area within the Registration marquee. However, we can only cater for limited number of bags, so please only bring bags if absolutely necessary. Leave valuables at home and suitcases in your hotel/accommodation. Baggage will be open from 6:30—3:30 on Sunday 15th Sep.

Prizes—We will be awarding prizes at the finish line to various winning categories.

Results —After the race you will be able to get your split timings from the resultsbase timing area located within the event. We will also upload all timings onto our website.

Official Photography —AOWL are our official photographers. You can access the gallery after the event [here](#). Make sure you race number is visible - that's how our photographers gather all your shots in action.

RULES

We are abiding by British Triathlon rules and officials will be ensuring entrants are following the event rules. A selection of the most pressing rules can be found below. it is advisable to read the full rules [here](#).

- **No** mobile phones, personal stereos, MP3 players or iPods to be **used in transition** or during the event itself at any time.
- It is forbidden to mark your position in transition to make it easier to locate your bike.
- Your cycle helmet is to be on and fastened before you touch your bike and remain on and done up until your bike is racked after the bike ride.
- It is forbidden to cycle in transition
- Drafting is forbidden on the bike, except in the ITU Qualifier. Drafting is cycling too closely behind another cyclist and gaining advantage. The drafting zone is 10m, so keep at least 10m behind the cyclist in front of you, unless you are overtaking over a 20 second period.

Wetsuit Guidance

The wearing of wetsuits in triathlon is governed by British Triathlon rules and is dependant on a water temperature reading one hour before the event, see below. The water temp is expected to be 17° c.

Water temperature less than 14 ° c	Wetsuits are compulsory
Water temperature between 14 ° c - 22 ° c	Wetsuits are optional (i.e. you can choose whether to wear one or not, they are highly recommended
Water temperature above 22 ° c	Wetsuits are banned

CHILDREN'S RACING

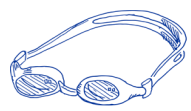
Scotathlon

The Scotathlon (scoot-bike-run) for 3-8 year olds takes place on Saturday 14th September on Hove Promenade. Races will start from 12 noon.

AGE	SCOOT	BIKE	RUN
3 years	100m	100m	100m
4 years	200m	200m	200m
5-8 years	300m	300m	300m

Children's Triathlon

The open-water triathlon takes place on Sunday 15th September at 8am and is the perfect way to give children a taster of triathlon in a safe environment.



AGE	SWIM	BIKE	RUN
8 years	50m	1.4km	500m
9-10 years	100m	4km	1.5km
11-12 years	200m	4km	1.5km
13-14 years	200m	4km	2.5km



FREQUENTLY ASKED QUESTIONS

Can I bring spectators to the event?

Spectators are very welcome to the event, we have a free to attend event village which is open from 10am to 5pm on Saturday and 9am to 5pm on Sunday.

Are there toilets available for competitors?

There will be toilets available next to the Transition area.

Can I hire a wetsuit or bike?

Wetsuits are available to hire from our partners Zone3 and The Tri Store, to view the full range click [here](#).

How do I find out about the water temperature for race day?

The water temperature will be taken 24hrs and 1 hr prior to the race and will be posted on our social media. The average sea temperature in September is 17° c. For temperature and weather updates click [here](#)

Will there be official photos?

AOWL are our official photographers. You can access the gallery after the event [here](#). Make sure you race number is visible - that's how our photographers gather all your shots in action.

Are you taking entries on the day?

No, sorry we will not be taking any entries on the day.

Is there a baggage service available?

There will be a small baggage area within the Registration marquee. However, we can only cater for limited number of bags, so please only bring bags if absolutely necessary. Leave valuables at home and suitcases in your hotel/accommodation. Baggage will be open on Sunday 15th from 6:30am—3:30pm

Are the roads closed?

Yes the A259 will be closed from 6am—2pm on Sunday 15th September. If you are driving please make sure you park outside of this area and walk down.



HOW TO GET HERE

Hove Lawns is located on the border between Brighton and Hove, west of the West Pier.

Driving—The postcode for the lawns is **BN3 2FR**.

The seafront road A259 Kingsway will be closed from 06:00-14:00 between Wish Rd in Hove and Western Rd, Brighton on Sunday. Please do not drive to the site.

Parking—There are pay and display areas to the North of the Lawns. You can find a guide to parking [here](#).

By Rail—There are good train links to Brighton from London. Hove Lawns is a short walk away from Hove Station. Please plan journeys in advance.



THINGS TO DO IN BRIGHTON & HOVE

Coming for the weekend? There are a lots of things to do in Brighton and Hove for the whole family.

British Airways i360

The British Airways i360 provides a panoramic view of Brighton and Hove. The perfect place for family and friends to watch the triathlon, you can book tickets [here](#).

Visit Brighton Guides

For a guide of things to do in Brighton click [here](#).

Family Entertainment

For a family guide see 'Day Out with the Kid's' [here](#).

visitBrighton



GOOD LUCK FROM THE TEAM AT BRIGHTON AND HOVE TRIATHLON



CONTACT

Have a question before race day? Or do you want to provide feedback? Talk to us:

phone: 07925 057301

Email: info@brightonandhovetriathlon.com

SEE YOU ON RACE DAY!

THANK YOU TO OUR PARTNERS



THE TRI STORE

