

# BRIGHTON & HOVE

TRIATHLON AND MULTISPORT FESTIVAL

SUNDAY 6<sup>th</sup> SEPTEMBER 2026

## STANDARD AQUATHLON ATHLETE GUIDE



# IMPORTANT

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

Please note, during the week leading up to the event we will be on site setting up and we will not be able to respond to emails. For any last-minute queries, please visit the help desk at registration.



# Event Schedule

To avoid delays on race morning, we ask **where possible, you should register and collect your race pack on Saturday afternoon between 1:00pm to 6:00pm**. This will allow you to proceed directly to transition for racking on Sunday morning.

## Saturday 5<sup>th</sup> September

13:00 Registration Open

15:00 Scootathlon Races (ages 3-7)

18:00 Registration Closed

**!** **IMPORTANT:** Bikes will not be left in transition overnight. There will be **NO BIKE RACKING ON SATURDAY**. Please register on Saturday and proceed directly to bike check-in on Sunday morning.

## Sunday 6<sup>th</sup> September

06:00 - 10:00 Registration Open

06:00 Transition Open

**07:30 TriStart Start**

**07:40 TriStar 1 Start**

**07:50 TriStar 2 Start**

**08:00 TriStar 3 Start**

**08:30 Super-Sprint Start**

**09:00 - 09:30 Sprint Distance Waves Start**

**09:30 Sprint & Standard Duathlon Start**

**09:40 - 11:10 Standard Distance Waves Start**

15:00 Age Group Awards Ceremony



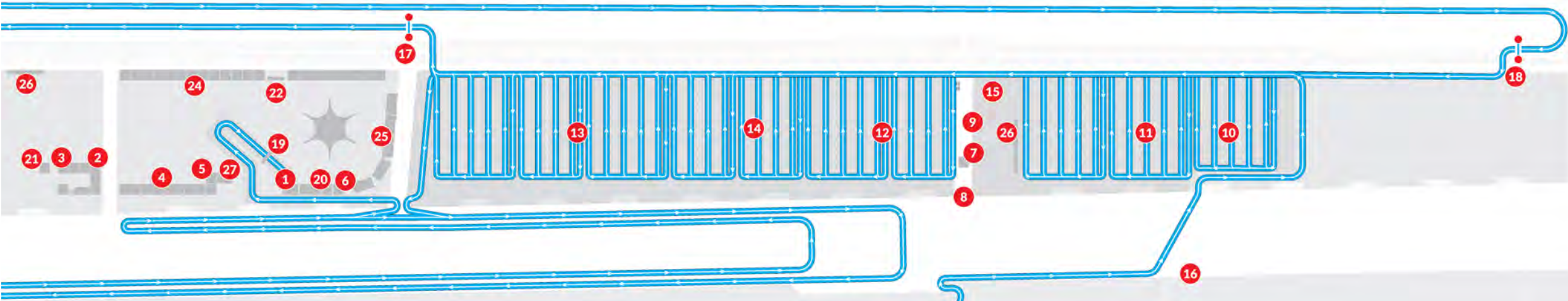
## Parking

There is no specific designated parking for the event, but there is on-street parking on the roads in the area. Please scan the QR code for details of parking zones and charges. We recommend parking to the West of the event, further from the town centre. You may need to walk or cycle some distance, so plan to arrive early to give yourself plenty of time to find a parking space and walk/cycle from your car to the race venue at Hove Lawns. **Please note, the A259 Kingsway will be closed from 6am to 3pm between Wish Road and Western Street.**



**CAUTION:** If arriving after 7:30am on Sunday, please avoid crossing the bike course on the A259 Kingsway. If you need to cross, please do so beyond the turn point at Western Street, near the Peace Statue.

# Site Plan



- |                           |                            |                       |
|---------------------------|----------------------------|-----------------------|
| 1 Race Director           | 10 TriStar Transition      | 19 Finish Line        |
| 2 Event Control           | 11 Super-Sprint Transition | 20 Finish Aid Station |
| 3 Volunteer Registration  | 12 Sprint Transition       | 21 Medical            |
| 4 Registration / Massage  | 13 Standard Transition     | 22 Podium             |
| 5 Help Desk               | 14 Duathlon Transition     | 23 Swim Exit          |
| 6 Race Timing             | 15 Aquathlon Transition    | 24 Vendors            |
| 7 Bike Mechanic           | 16 Swim Start Beach Access | 25 Food Vendors       |
| 8 Transition Entry / Exit | 17 Bike Mount              | 26 Toilets            |
| 9 Baggage Area            | 18 Bike Dismount           | 27 TriBourne Shop     |

# Registration

To avoid delays on race morning, we ask **where possible, you should register and collect your race pack on Saturday afternoon between 1:00pm to 6:00pm**. This will allow you to proceed directly to transition for racking on Sunday morning.

- Registration is situated on **Hove Lawns**
- **Saturday from 1:00pm to 6:00pm**
- **Sunday from 6:00am**, only for those unable to register on Saturday
- At registration 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.

## BTF Non-Members

If you are **not** a BTF member you will have purchased a Race Pass when you signed up for the event. There is no need to bring this to the event.

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

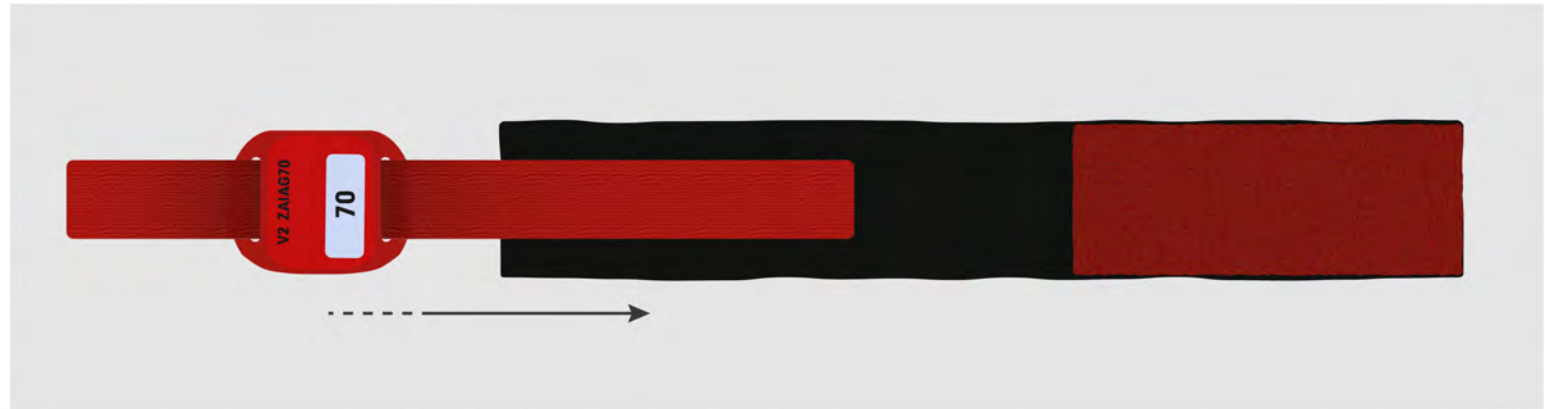


# Chip Collection

Once you have collected your Race Pack you will be directed to the chip collection desk. Here you will show your race number printed on the front of the race pack envelope you just collected.

You will be asked to confirm your name, and you will then be handed your timing chip and a Velcro ankle strap.

You must wear your timing chip around your **left ankle**. Make sure it is attached securely. No timing chip, or incorrect use of the chip will mean you will not appear in the results. There will be a £40 charge if you fail to return your timing chip at the end of the race. **If you register on Saturday, don't forget your timing chip on Sunday morning.**





### Numbered Wrist Band

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



### Race Number

Must be on your **back during the bike** and on the **front during the run**. Fix the number to an elastic number belt (available to buy from the TriBourne Shop on Saturday) and don't forget to spin your race belt around as you leave the bike to run transition, so your number is on the front.



### Swim Cap

You must wear the swim cap provided. The colour of the swim cap will identify your starting wave.



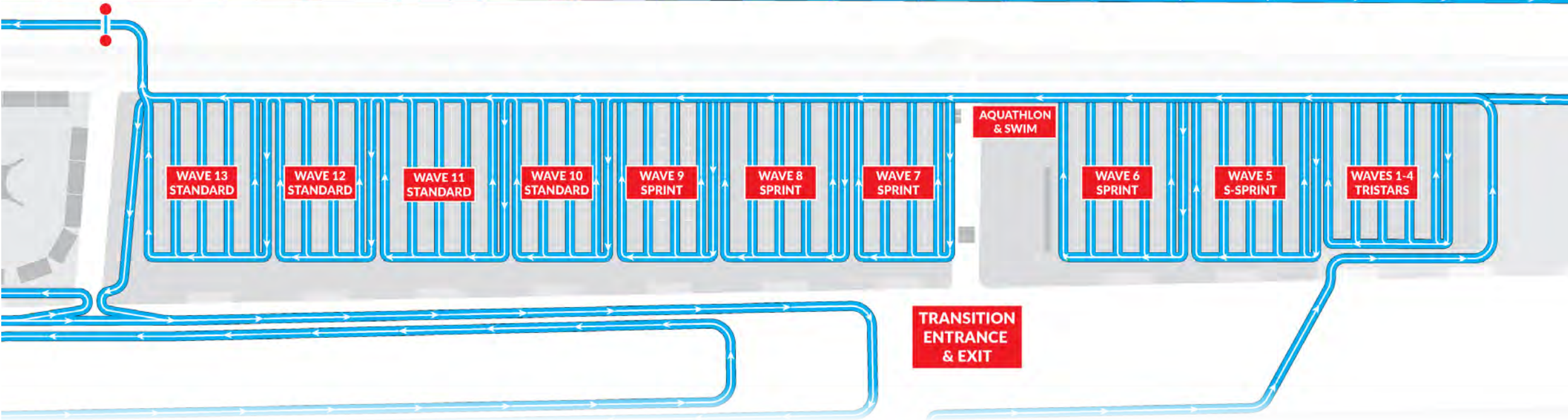
### Timing Chip

You must wear your timing chip around your **left ankle**. Make sure it is attached securely. No timing chip, or incorrect use of the chip will mean you will not appear in the results. There will be a £40 charge if you fail to return your timing chip at the end of the race. **If you register on Saturday, don't forget your timing chip on Sunday morning.**

### Sticker Sheet

Includes helmet sticker which must be stuck to the front of your helmet and a long bike number which you must stick around your seat post.





Each zone in transition will correspond to a starting wave. You must rack your bike and prepare your transition area before your transition closes **15 minutes before** your scheduled wave start time.

**BAGGAGE:** Each competitor will have a box in transition measuring 60cm x 40cm x 15cm. There will be an additional designated baggage area within transition, however space is limited. All your belongings should be placed in your own transition box. Please try not to bring more kit than will fit into the box provided.

You will not be able to access your transition zone after the race until the last cyclist in your wave has finished the bike. If you plan to buy a food and drink straight after you finish, you might want to consider leaving your wallet/phone with a supporter.

# Wetsuits

We will monitor the water temperature throughout race week. **On race day it is expected to be between 15°C and 20°C.** Please note wetsuits are **mandatory below 15.9°C and forbidden above 24.6°C.** For safety reasons, **wetsuits are recommended (up to the max temperature allowed) even if the temperature is above the mandatory lower limit,** as the wetsuit will not only keep you warm, but will also help you swim faster as it provides you with extra buoyancy. **The swim hats provided are compulsory.**

TriBourne are delighted to be working with Adventure Kit Hire, offering performance Triathlon wetsuits to hire at affordable prices with options to hire for 2 weeks, 4 weeks or the whole season. **Scan the QR code to book.**

- **The swim hats provided are compulsory.**
- **Gloves are not permitted.**
- **Socks are not permitted** unless the water temperature is below 15.9°C. Where socks are permitted the bottom of the wetsuit must cover the top of the sock.

ADVENTURE  
KIT HIRE



## 'Elite' Waves

The first wave of each distance will include those competing for the overall podium places. This allows the fastest athletes to race head-to-head and ensures that the first athletes to cross the finish line are the actual overall winners. We will send out an email about 3 weeks before the race asking if you wish to be included in this competitive wave. This is only for **overall podium places** and is not required for competitive age-groupers.

## Start with Friends

If you want to race head-to-head with a friend, you can request to start together in the same wave. We will send out an email in the weeks leading up to the race asking which wave you want to start in. You should agree with your friends which wave you will all choose.








## Swim Warmup

If you wish to get in the water to warm up before the start, please do so away from the swim course on the beach to the west of the swim exit beach. Please note there is **no swim safety cover at the warm-up area** so you will **swim here at your own discretion**.

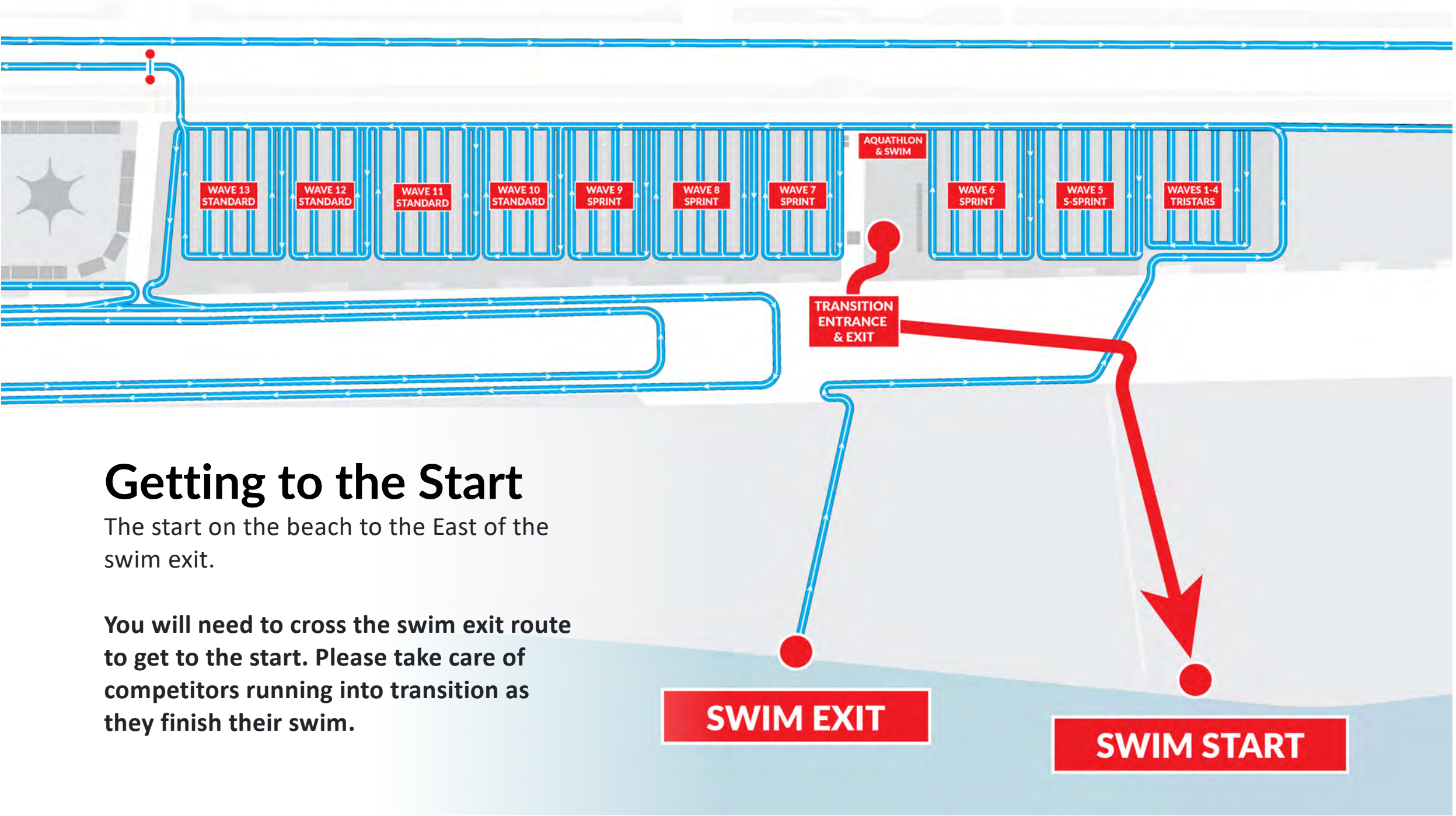
## Glasses

A marshal will be available near the start to take any prescription glasses which will then be placed on a table near the swim exit.

# Swim Start Waves

	WAVE 1	07:30	TriStart (age 8)
	WAVE 2	07:40	TriStar 1 (age 9-10)
	WAVE 3	07:50	TriStar 2 (age 11-12)
	WAVE 4	08:00	TriStar 3 (age 13-14)
	WAVE 5	08:30	Super-Sprint Triathlon
	WAVE 6a	09:00	Sprint Distance
	WAVE 6b	09:01	Sprint Distance

	WAVE 7	09:10	Sprint Distance
	WAVE 8	09:20	Sprint Distance
	WAVE 9	09:30	Sprint Distance
	WAVE 10	09:40	Standard Distance
	WAVE 11a	10:10	Standard Distance
	WAVE 11b	10:11	Standard Distance
	WAVE 12	10:40	Standard Distance
	WAVE 13	11:10	Standard Distance



## Getting to the Start

The start on the beach to the East of the swim exit.

You will need to cross the swim exit route to get to the start. Please take care of competitors running into transition as they finish their swim.

**SWIM EXIT**

**SWIM START**

# The Start

**Please arrive on the start beach in time for your swim briefing at least 10 minutes before your start time.**

Following the briefing, your wave will be called to the start. Your swim cap colour will identify your start wave.

Once you have passed through the swim arch you will line up along the shore. **The start will be a mass start from the beach. Your time will not start until the start siren sounds.**

**!** **IMPORTANT:** When your wave is called to the start you **must** pass through the swim start arch. This gives us a count of all athletes starting each wave. **Please do not bypass the arch and do not go through the arch before your wave is called forward.**

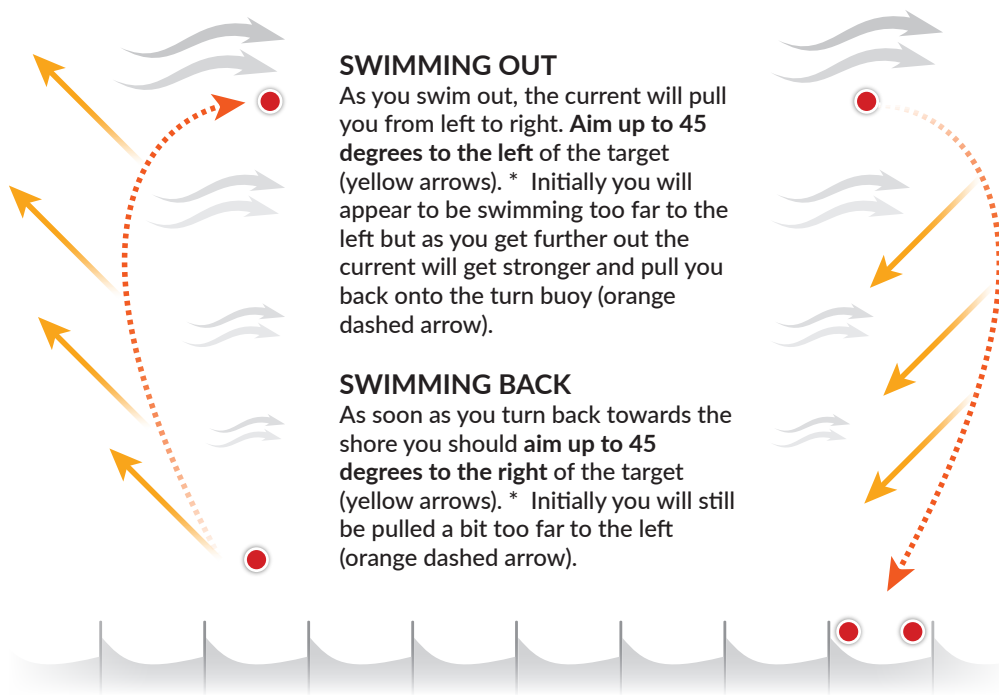


**!** **IMPORTANT:** This year all waves will be taking place on an outgoing tide.  
The current will be pulling you from East to West (left to right as you look out to sea).

## OUTGOING TIDE

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

### 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

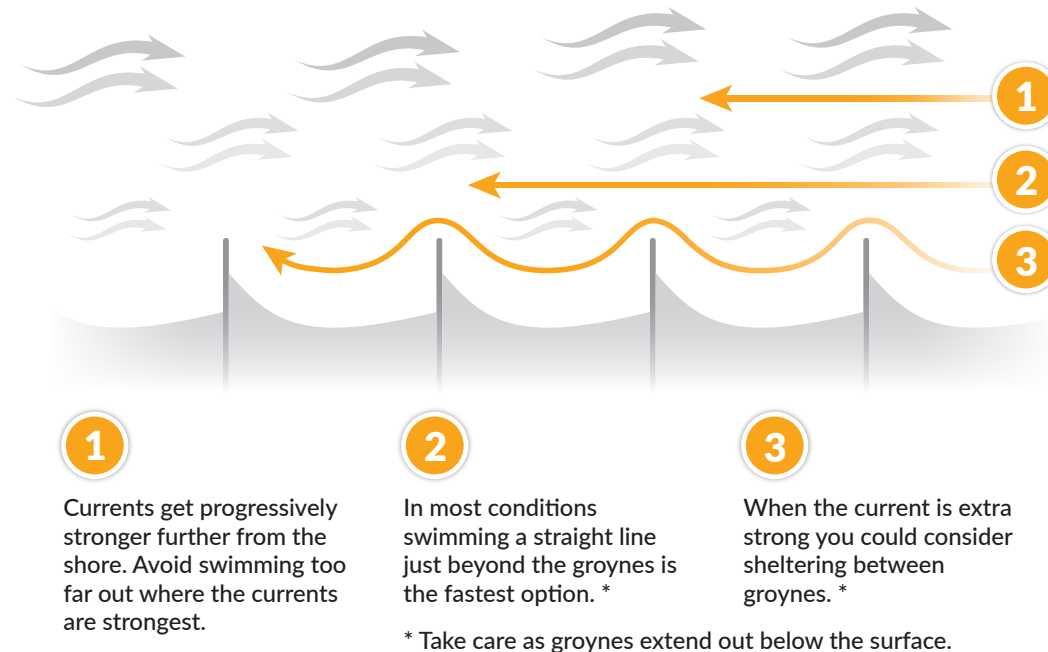
As soon as you turn back towards the shore you should aim up to 45 degrees to the right of the target (yellow arrows). \* Initially you will still be pulled a bit too far to the left (orange dashed arrow).

\* 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)

## OUTGOING TIDE

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

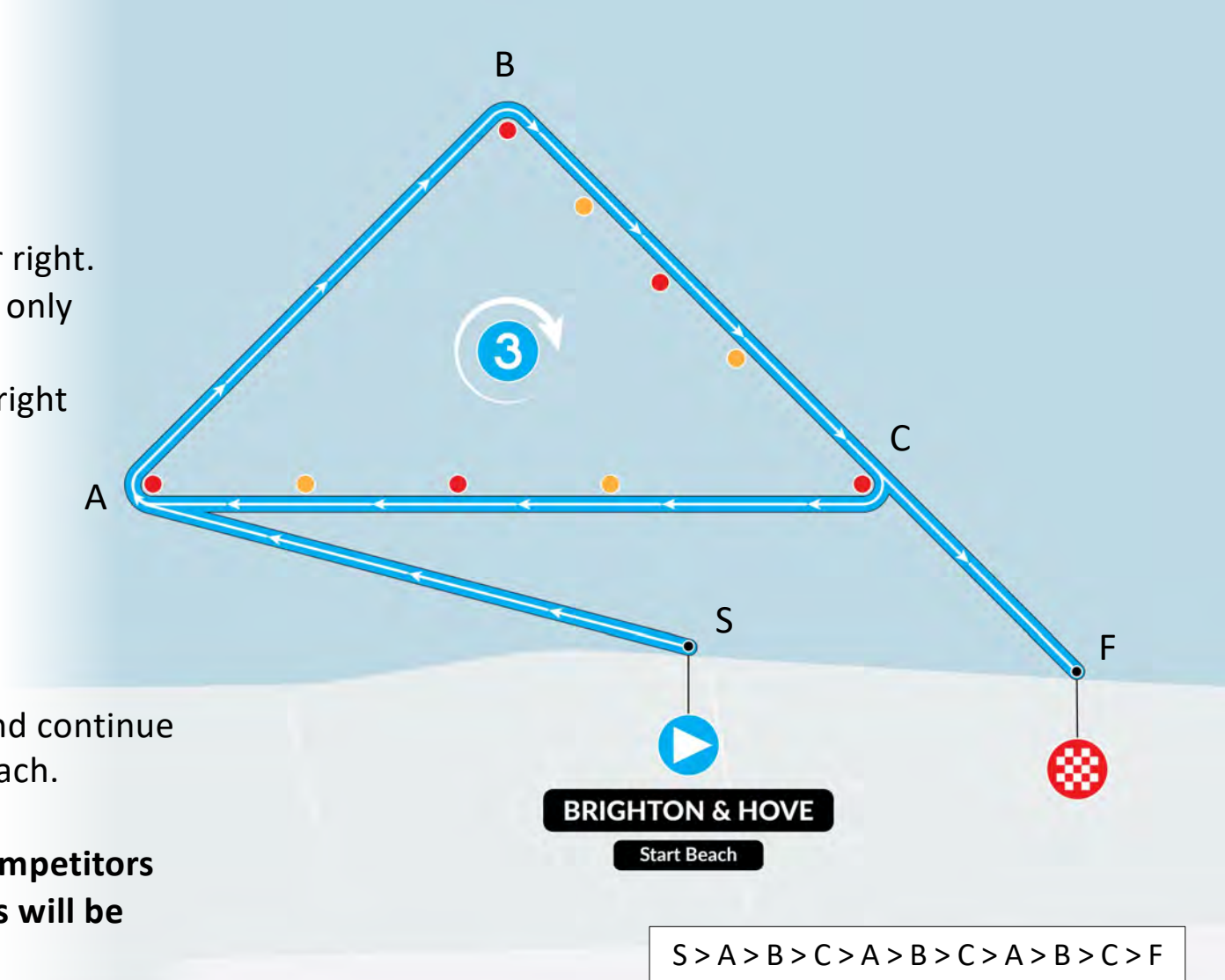
### SWIMMING AGAINST THE CURRENT



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

# Standard Swim Course

- From the start, swim out to your left to the furthest red swim buoy (A) and turn right, keeping it on your right.
- Ignore the red and yellow buoys closer in which are only used for the sprint-distance.
- Head towards the next red buoy (B) and again turn right to head in along the line of yellow and red buoys.
- **This is a three-lap course.** When you reach the last red buoy (C) **turn right to begin your next lap.**
- Swim around the furthest red buoys (A and B) and back to the last red buoy for a second time, turn right again and repeat for a third time.
- On your third lap, swim past the last red buoy (C) and continue straight ahead toward the swim-exit arch on the beach.



**As you pass the last red buoy near the finish, some competitors will be turning right to begin their next lap, and others will be heading in towards the beach to finish their swim.**

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

**BRIGHTON & HOVE  
TRIATHLON**  
STANDARD SWIM  
1,500m - 3 LAPS

# Transition 1 – Swim to Run

Once you have exited the water you will make your way on foot to the transition area. The beach will be carpeted. 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.

## IMPORTANT:

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



## Correct

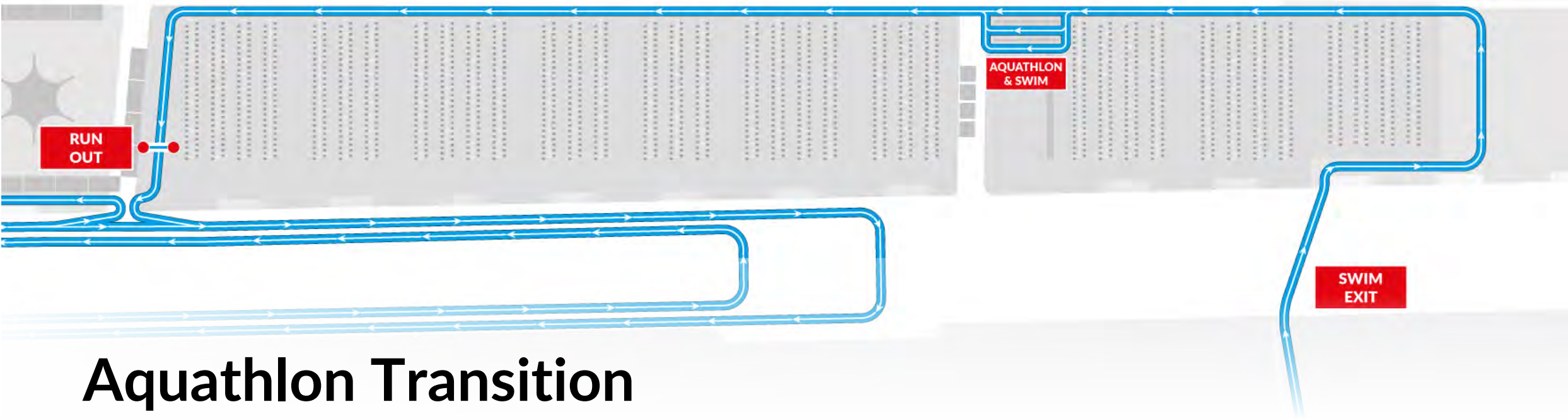
Everything correctly placed entirely within your transition box. Only running shoes are allowed to be placed neatly beside your box.



## Time Penalty

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





# Aquathlon Transition

Having left the beach and crossed the promenade, you will enter the transition area at the north-east corner. Run along the top (north) edge of transition (past the TriStar and Super-Sprint zones) until you reach the aquathlon transition area. When you reach your box, remove your wetsuit and put on your running shoes. Continue along the top (north) edge of transition to the Run Out exit.

# The Bike Course

The entire cycle route will be closed to traffic. Please note that whilst the roads are closed to through traffic, we need to maintain escorted access for residents. Whenever a local resident needs to pass through the closed road sections, they will be escorted by a motorcycle official. **Please be aware that you may encounter vehicles within the closed road sections of the course.**

**Please remain extremely vigilant for pedestrians crossing the course.** Pedestrians will be encouraged to only cross at designated and marshalled crossing points, however, please remain vigilant for the possibility of pedestrians wandering across the road at all times. You do **NOT** need to stop at red traffic lights as the road is closed, but please take extra care at pelican crossings, especially if the lights do turn red.



This is an 'out and back' bike route. This means that competitors will be heading in both directions along the entire route. To avoid any head on collisions, it is critical that you **do not cross the centre line at any point** during the bike route. This includes the hashed central reservation areas.

**THE PENALTY FOR CROSSING THE CENTRE LINE WILL BE DISQUALIFICATION**

**NO BLOCKING:** Unless overtaking, please keep to the left to allow other competitors to overtake you without them needing to cross the centre line.

# Bike Hire

Bikehire UK will be providing bike hire for the Brighton & Hove Triathlon. Bikes will all be available to pick up and return directly at the event on the Day.

We offer 3 options which include free helmet hire

To book please scan the QR code.

## **Standard Road bike:**

Shimano Claris Spec. Alloy frame with carbon forks. Caliper Brakes. Subject to change but we currently have Merida Scultura and Lapierre Sensium Bikes in Stock. If different, bikes will be of similar quality and specification.

## **Premium Road bike:**

Full carbon frame. Shimano 105 Spec. Disc Brakes. Subject to change but we currently have Lapierre Aircode and Cube Attain bikes in stock. If different, bikes will be of similar quality and specification.

## **Hybrid Bike:**

Lightweight hybrid. Full range of gears. Comfortable riding position. Subject to change but we currently have Raleigh Strada's and Lapierre shaper bikes in stock. If different, bikes will be of similar quality and specification.

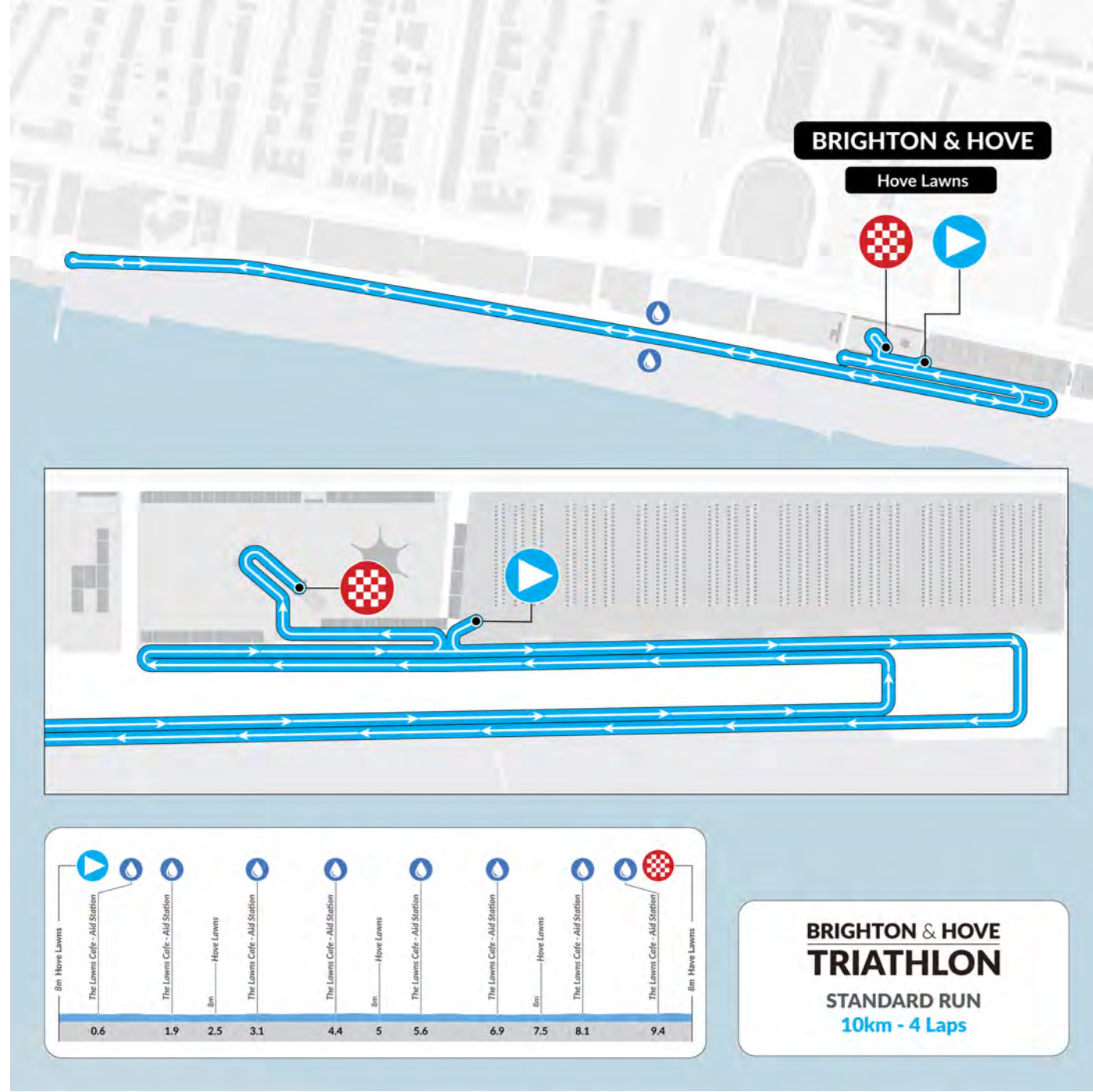


# Standard Run

The 2.5km run lap is an out-and-back route along the promenade, run in a clockwise direction. You will always be passing to the left of oncoming runners. Keep left and overtake to the right (taking care to avoid oncoming runners). Only the final 75m of the lap will be run on grass, and the rest of the lap will be on the promenade.

As you approach the finish of the lap the route will split. **You will complete four laps.** At the end of your first three laps, you must keep right and continue to start your next lap. If you are finishing your fourth and final lap, you must keep left at the split point and turn left into the finish area towards the finish line.

**!** **KEEP LEFT:** This is an out-and-back course in a clockwise direction. Please pass to the left of oncoming runners.





# Run Lap Counting

It is your responsibility to count your own laps. We will **not** be able to tell you how many laps you have done during the event. We will have a timing point to count your laps so we will know after the race if you have done too few laps, and failure to complete the course will result in disqualification.

We suggest using a GPS watch to keep track of your total distance. You might want to use the lap button on your watch at the end of each lap to help you keep count.

**!** **IMPORTANT:** It is your responsibility to count your own laps. Failure to complete the course will result in disqualification

## Run Aid Station

On the run route there will be an aid station approximately 0.6km from the start of the lap. You will pass this aid station again at approximately 1.9km (0.6km before the end of the lap). The aid station will be stocked with water, HIGH5 Energy Drink and HIGH5 gels.

	Lap Length	Laps
<b>TriStart – 0.6km</b>	600m	<b>1</b>
<b>TriStar 1 – 1.2km</b>	1.2km	<b>1</b>
<b>TriStar 2 – 1.8km</b>	1.8km	<b>1</b>
<b>TriStar 3 – 2.4km</b>	2.4km	<b>1</b>
<b>Super-Sprint – 2.5km</b>	2.5km	<b>1</b>
<b>Sprint – 5km</b>	2.5km	<b>2</b>
<b>Standard – 10km</b>	2.5km	<b>4</b>

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 wave 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 Beachside Sports Therapy.

We will once again have a bar and food vendors on site serving alcohol, pizza, fish & chips, ice-cream and more. **Please stay after the race and enjoy a social lunch on the Hove Lawns.**



# Awards Schedule

As you cross the finish line, your name and finishing time will be displayed on the finish gantry. **Please note that any data shown on the finish gantry is provisional and will be subject to change.**

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

If you are unable to wait for the awards presentation, you will be given the opportunity to cover the cost of postage so we can post your award to you later.

## 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 6<sup>th</sup> September

09:15	TriStar Awards Top 3 in each age group
09:45	Super-Sprint Triathlon Awards Top 3 overall
10:00	Sprint Distance Elite Awards Top 3 overall. Sprint Aquathlon, Aquabike, Duathlon & Relay
13:00	Standard Distance Elite Awards Top 3 overall. Standard Aquathlon, Aquabike, Duathlon, Relay and 1,500m swim.
15:00	<b>Sprint &amp; Standard Distance Age Group Awards Top 3 in each age group.</b>



**Orange Beach** Bars



THE CLEVELAND ARMS



THE CHIMNEY HOUSE

FR Registered with FUNDRAISING REGULATOR

MACMILLAN CANCER SUPPORT

A registered charity



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BRIGHTON & HOVE TRIATHLON

MACMILLAN CANCER SUPPORT



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# Save 50% with Team Macmillan

Brighton & Hove Triathlon  
6<sup>th</sup> September 2026

# Save 50% with Team Macmillan

Eastbourne Triathlon  
12<sup>th</sup> July 2026

FR Registered with FUNDRAISING REGULATOR

# Choice

## VEHICLE RENTALS

OFFICIAL TRIBOURNE VEHICLE PARTNER



# ENDLESS HORIZONS ENDLESS OPPORTUNITIES



Find out more and enquire online  
[www.eastbourne-college.co.uk](http://www.eastbourne-college.co.uk)

# Key Rules

The race is governed by BTF rules and regulations and BTF Technical Officials will be in attendance on race day so please ensure you read and are familiar with them. You can find them on the British Triathlon website.

## Some key rules to note are:

- Your race numbers must be correctly fixed to your bike, helmet and race belt.
- Your handlebars must not have open ends so please obtain bar-end stoppers.
- Appropriate racing attire must be worn for the duration of the race.
- No cycling is allowed in the transition area at any time.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is back on the rack after the cycle.
- Athletes must not use any devices which could cause a distraction such as headphones, mobile phones, cameras, etc. Mobile phones can be brought into transition but may not be used whilst the transition area is live.
- Nudity is not permitted, including within the transition area. If you want to change, please bring a changing robe.
- A bike helmet is compulsory and must be worn during bike check-in.
- Fixed wheel bikes and e-bikes are not permitted in the race.
- Littering during the event is both against the law and unacceptable. **Anyone seen littering during the event will be disqualified.**
- No outside assistance is allowed.
- Cycles and equipment must be placed in the same position at the start and finish of the cycle leg.



BRITISH  
TRIATHLON

# 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



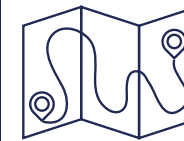
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

## 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!



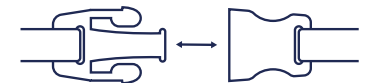
## RULES 4.1|5.2|6.4 Illegal Equipment

Certain items are banned during the race – this includes headphones or earphones (including bone conduction), mobile phones and personal video recording devices. Leave these outside transition.



## RULE 5.2 Helmets

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



## RULE 5.4 Drafting

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



In all races, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 12 metres – if overtaking a competitor, you have 25 seconds to pass through their draft zone.

## RULE 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.



This document does not feature all the rules.  
A full set of rules can be found at [www.britishtriathlon.org](http://www.britishtriathlon.org)  
- This document is for guidance purposes only.

# Our Commitment to Meeting the Needs of Women

- **Female-Only Facilities** – We provide female-only toilets equipped with free sanitary products to ensure comfort and convenience for all participants.
- **Private Changing Facilities** – Available upon request.
- **Larger Swim Caps** – If you require a larger-sized swim cap, please contact us before the event.
- **Equitable Awards** – We pledge to award trophies and prizes equally, with exactly half designated for female athletes, recognizing and celebrating their achievements.
- **Equal Celebration** – We guarantee that women's races receive equal prominence in our celebrations, social media, interviews, and other communications, highlighting the contributions and successes of female athletes.
- **Pregnancy Flexibility** – Women who become pregnant before the race may transfer their entry to a future event within two years, ensuring they can participate at a time that works for them.
- **Zero Tolerance for Harassment** – We uphold a zero-tolerance policy for harassment of any kind, ensuring a safe and supportive environment for everyone. Please report any concerns to British Triathlon Technical Officials, who will be in attendance at all our events.
- **Participant Feedback** – We actively seek and act on participant feedback after each race, making meaningful changes to enhance the experience for all athletes, particularly women.
- **Diverse Marketing** – We commit to showcasing a diverse range of athletes in our marketing materials, celebrating the breadth of talent, body types, ethnicities, and ages in triathlon.
- **Clear and Inclusive Event Guides** – Our award-winning event guides provide comprehensive and accessible information, including start times, parking, public transport options, aid stations, toilets, mechanical assistance, and recovery support.
- **Flexible Swim Waves** – Athletes can choose their preferred swim wave, ensuring they start in an environment that feels comfortable and safe.
- **Supportive Racking Options** – She Races, Fund Her Tri and Her Tri Spirit athletes may rack their bikes together if they wish, fostering camaraderie and support.
- **Flexible T-Shirt Policy** – We offer a no-quibble T-shirt exchange policy to ensure every athlete receives the correct size.
- **No Cut-Off Times for Swim or Run** – In all events except full-distance triathlons, there are no cut-off times for the swim or run, allowing all participants to enjoy and complete their race.
- **Generous Bike Cut-Off Times** – At Eastbourne Triathlon and Brighton & Hove Triathlon, we provide closed-road bike courses with generous cut-off times. In the unlikely event that a participant exceeds the time limit and roads must reopen, we encourage all athletes to continue onto the run and cross the finish line if they are able.

# 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).

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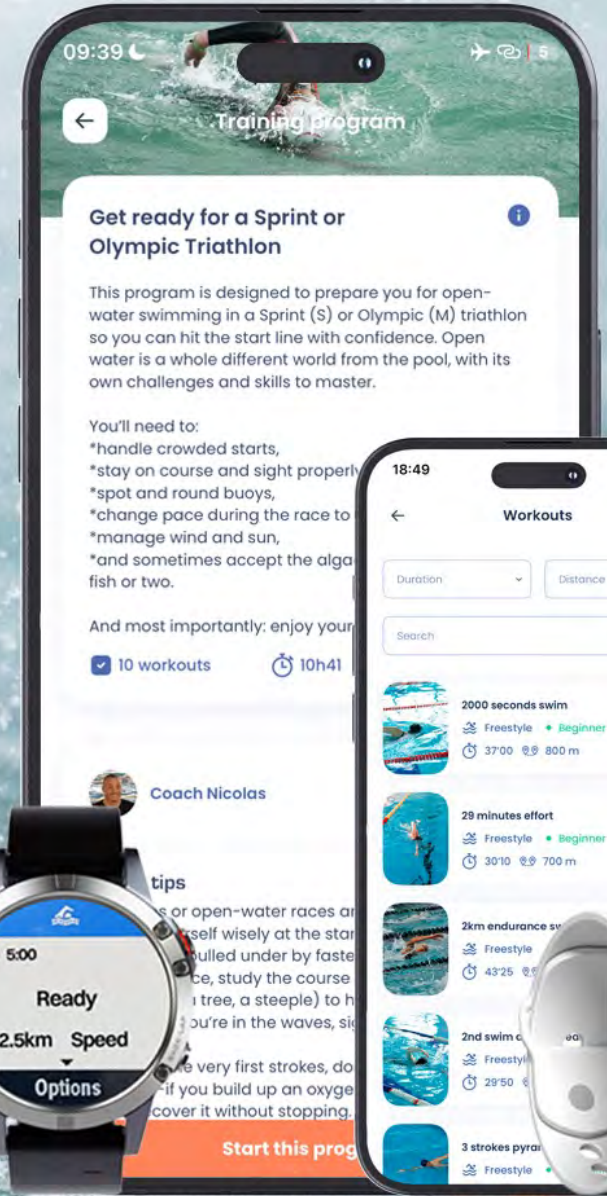
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