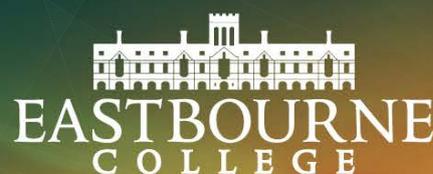


IRONBOURNE

LONG DISTANCE TRIATHLON

Sunday 18th July 2021

ATHLETE GUIDE



EASTBOURNE
COLLEGE



www.140.6miles.co.uk

Welcome to IronBourne

We are very excited to finally be welcoming you to Eastbourne for the inaugural IronBourne Long Distance Triathlon.

We have been working very hard to overcome the many challenges which have faced us over the last couple of years and it has not been easy, but after all the hard work it's finally happening. We have worked very closely with the British Triathlon Federation and Eastbourne Borough Council to bring you a high-quality event that is above all safe, adhering to all COVID-19 guideline as set out by both the Government and BTF.

With this in mind, more so than any other year **you must read the information provided in this guide carefully**. It covers everything you need to know including some very important information which you must read and understand before the race as **there will be no face-to-face briefing on the day** in line with COVID-19 guidelines.

Following the race, your feedback is very important for us, especially in this inaugural year. We can't wait to hear all about your day and hope you will share your race day experience with us.

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

Mat Dowle and Dale Anderton
TriBourne Multisport Events Ltd.

IMPORTANT

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



Schedule

Saturday 17th July

13:00 Registration and transition open
18:00 Registration and transition closed

Sunday 18th July

04:30 Transition open
05:30 Transition closed
05:50 Long-Distance start
06:00 Middle-Distance start
06:20 First Middle-Distance Swim finisher
06:40 First Long-Distance Swim finisher
07:30 Last Middle-Distance Swim finisher
08:20 Last Long-Distance Swim finisher (2hr 20 cut-off)
08:30 First Middle-Distance Bike finisher
09:45 First Middle-Distance finisher
11:00 Transition opens to Middle-Distance competitors for bike collection
11:00 First Long-Distance Bike finisher
11:40 Last Middle-Distance Bike finisher
14:00 First Long-Distance finisher
14:40 Last Middle-Distance finisher
15:00 Transition opens to all competitors for bike collection
16:30 Last Long-Distance Bike finisher (10hr 30 total time cut-off)
21:45 Final run lap cut-off
23:00 Last Long-Distance Finisher (17hr total time cut-off)



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TRIBOURNE
MULTISPORT EVENTS



PERMITTED EVENT
ORGANISER 2021

www.255triathlon.com

COVID-19

Whilst COVID-19 restrictions are still in place, we will continue to implement extensive hygiene and social distancing measures. Let's all work together to set a really good example to the wider community, showing how triathlon events can take pace in a safe and responsible manner.

It will be compulsory for all athletes to **wear a face mask to registration and within the transition area during bike racking and pre-race preparation**. We ask that you keep your mask on during the walk to the start. Bins will be provided at the warmup beach and as you reach the start on the pier. Disposable masks will be available at registration, at the entrance to transition and at the finish line.

Aid stations will operate on a self-service basis. Drinks (bottles on the bike and cups on the run) will be arranged on a table and you will need to take these from the table yourself. All other nutrition (gels, crisps, gummies, etc.) will be laid out on tables individually packaged.

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

There will be no lap bands on the run. You will need to count your own laps.

Relay exchanges will involve a process of disinfecting your timing chip before handing it over to your teammate (this will be explained in more detail later in this document).

Other key measures:

- **Follow one-way systems and maintain social distancing of two meters at all times during the registration, racking and staging process.**
- **Please listen to our volunteers** as they guide you through the pre-race flow.
- **Use the hand sanitiser** provided throughout the site regularly.
- **Encourage your supporters to maintain the same standards of social distancing and hygiene** as the competitors.

Please help us keep everyone safe by following the simple measures which both the British Triathlon Federation and TriBourne have put in place.

During the final week before the race, you will be emailed and asked to complete an online COVID-19 health declaration. **You must complete this declaration before attending the event.**

Getting to the Race

The event takes place at the **Western Lawns, Eastbourne, BN21 4EH**. Please note due to social distancing measures there will be a one-way system in place throughout the registration and pre-race preparation.



Parking

There is no specific parking location for the event, but there is plenty of on-street parking on the roads in the area. The map below shows the nearby roads where on street parking is free of charge (highlighted in yellow). 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.



Accommodation

There are numerous affordable hotels in Eastbourne, many located close to the race venue. For those travelling from further afield, we highly recommend arriving on the Saturday and staying close to the race venue to avoid unnecessary stress on race morning. Go to www.visiteastbourne.com/tourism/ for lots of useful information about visiting Eastbourne.



The Langham Hotel Eastbourne is proud to sponsor the Eastbourne Triathlon 2021

langham hotel

Royal Parade, Eastbourne BN22 7AH Tel: 01323 731451

email: frontdesk@langhamhotel.co.uk

website: www.langhamhotel.co.uk



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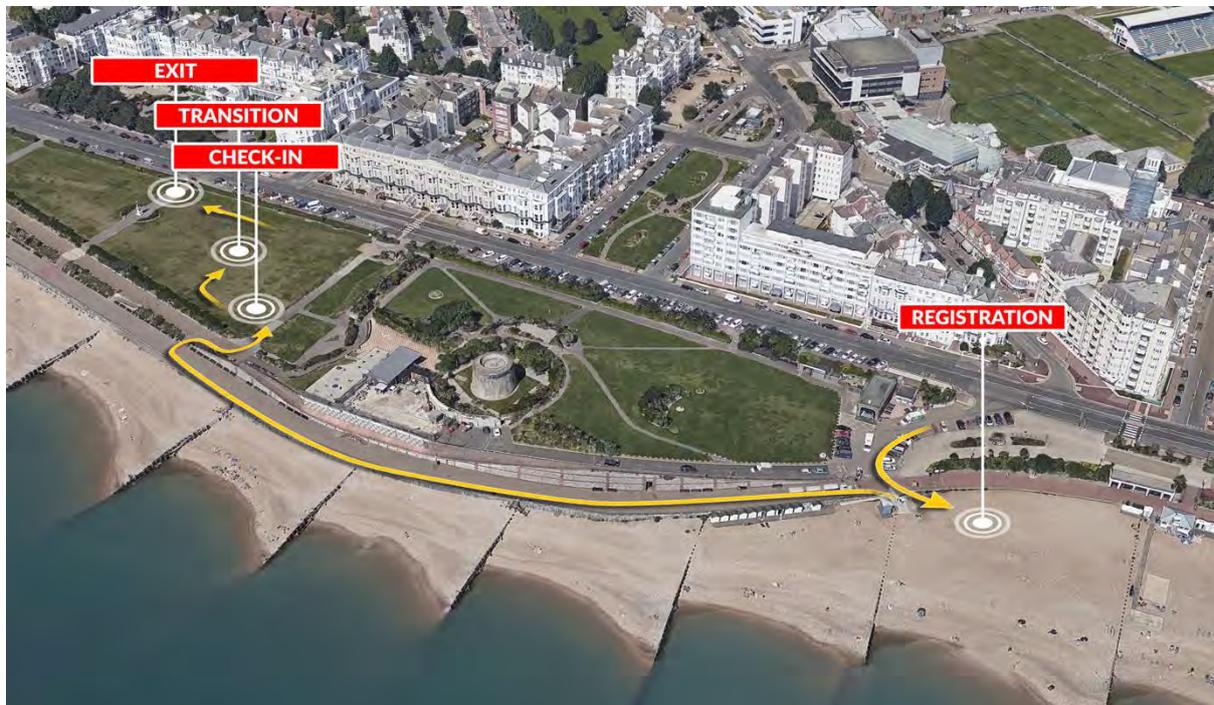
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www.eastbourne-college.co.uk

Registration and Racking

Registration and bike racking will take place on Saturday 17th June between 1pm and 6pm. Please maintain a socially distanced queue as you approach the registration tent and remember to wear a face mask.



Registration

Once you arrive at the registration desk, please give us your surname. We will check your details, BTF licence and confirm you have filled out the online health declaration. You will then be issued with a numbered wrist band. This must be worn at all times during the event and must not be removed until after you have collected your bike from transition at the end of the race. Your wrist band has your race number which will be used to identify you in case of a medical emergency and to collect your kit from transition. The letter corresponding to your start group will also be written on your wrist band.

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

- **Number sticker sheet** - This will include a helmet number sticker (which must be stuck to the front of your helmet before you check your bike into transition) and a long bike number sticker which you must stick around your seat post such that the number is clearly visible from both sides. These stickers should not be taken off until after you remove your bike from

transition after the race. For security, the bike number and your wrist band must match for you to remove your bike from transition after the event.

- **Swim cap** - Your swim cap will be colour coded to match your starting group. You must wear the cap provided during the swim.
- **Two Race Numbers** - Your race number must be on your back during the cycle and on the front during the run. You can either use a single number attached to an elastic number belt or you can fix one number on your front and the other to your back. Most people will use a race belt but if you wish to pin on your numbers, please bring your own safety pins. Race belts are available for purchase from the Tri Store in Eastbourne. Remember, you **must wear your race number on your back during the bike and on your front during the run**, so don't forget to spin your race belt around in T2 if you choose to use one.
- **Your timing chip** - As you pass various timing points on the course, it will record your times for each leg of the race. You must wear your timing chip around your **left ankle**. We advise you to make sure it is attached securely. Please be aware that no timing chip, or incorrect use of the chip will mean you will not appear in the results. If you have any timing queries after race day, please email us. The timing chip is your responsibility until you hand it back at the finish. Due to the costs of the timing technology, there will be a £40 charge if you fail to return your timing chip.
- **Two special needs bags** (full distance competitors only).

Race T-shirts/Hoodies

Middle distance competitors will receive a race t-shirt and full distance competitors will get a hoodie. There will be a limited number of middle-distance hoodies available for sale after the race as well as some full distance t-shirts. **Please note, the labels for male t-shirts will show one size larger than you ordered (i.e., a large t-shirt will have an 'XL' label).**



Racking

Once you have registered, you should make your way along the seafront through the finish line area towards transition. Before reaching transition check-in you should attach your bike sticker to your seat post and your helmet number to the front of your helmet. Your helmet should be on your head and fastened during bike check-in.

You will enter transition via the entrance situated next to the seaward side of the big wheel. Having racked your bike please follow the one-way system and exit transition at the opposite corner to the northwest.

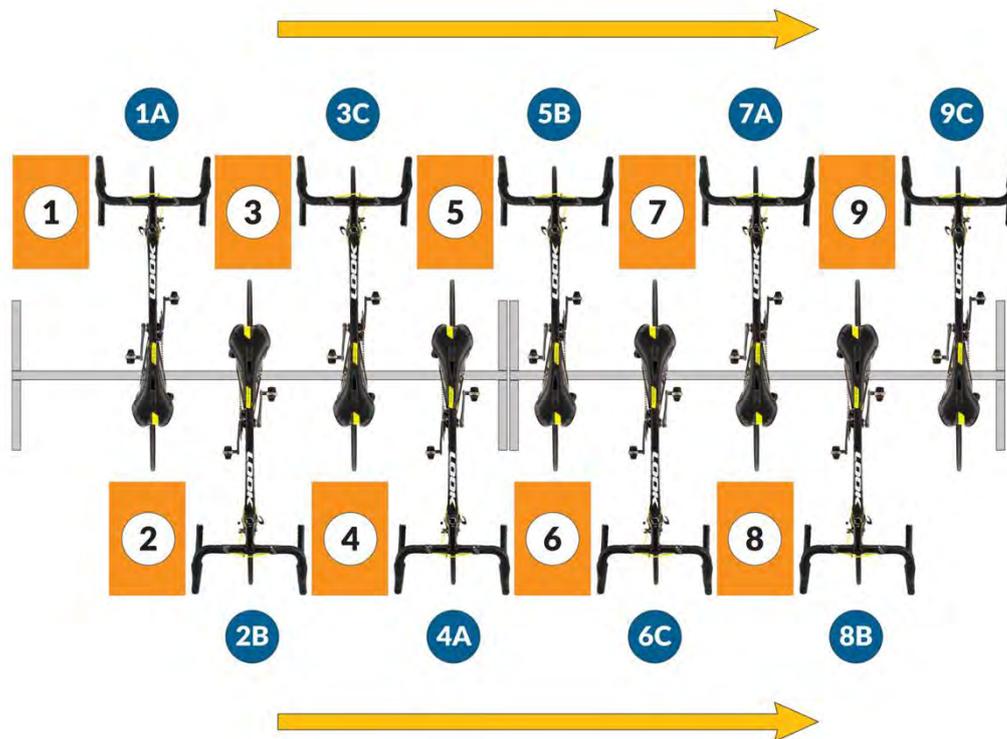
Transition is a secure area, and you will only be allowed to enter if:

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

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



Racking is numbered with odd numbers on one side and even numbers on the other. Each number is assigned a group let A, B or C. This system will ensure adjacent competitors are not transitioning at the same time to ensure social distancing is maintained during the race.



Clean Transition

Each numbered space in transition will have one box (measuring 60cm long x 40cm wide x 15cm high). You must place all your kit in the box. We will be operating a clean transition area which means nothing should be left outside your designated box except for your running shoes (which can be placed neatly in front of your box) and anything attached to your bike (nutrition, etc.).

Transition will close at 6pm on Saturday. You will be able to access transition for final preparations on race morning between 4:30am and 5:30am.

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.

Baggage Area – Due to COVID-19 measures, there will be **NO baggage area**. All your belongings must be placed in your own transition box. Please do not bring more kit than will fit into the box provided.

Special Needs Bags (Full Distance Only)

During registration you can request two numbered bags for your own special 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** special needs bag is for the bike and will be available 4 times as you pass through the main aid station at Halland at 30km, 55km, 98km and 119km. Your **yellow** special needs bag will be available at the start of each run lap (0km, 12km, 25km, 37km).

You must leave your green bike bag at the special needs bag drop area in transition on Saturday afternoon as these will be transported out onto the bike route on Saturday night. You can position your yellow run special needs bag at the run special needs area in transition either on Saturday afternoon or Sunday morning. **You will be able to collect your run special needs bag after the race, however your bike special needs bag will not be returned to you.**

Staging Area

On Sunday morning, having checked your bike and made use of the toilets at the Western Lawns, move to your staging beach according to the letter on your wrist band. Please remember to maintain social distancing. The staging area and start is a 1km walk from the transition area, so please leave plenty of time to walk to the start.

The three beaches just before the pier will be used as warm-up and staging areas as shown below. Groups for both middle and full distance will be staged together (i.e., Group A for the full and Group A for the middle will both be staged on the beach nearest to the pier). **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 but unfortunately, due to COVID-19 measures, we will not be able to return them to you after the race.



Start Procedure

Approximately 10 minutes before the start, we will call all full distance athletes from Group A (blue hats) forward onto the pier (Group A middle distance should remain at the staging area). We will then call forward Group B full distance (pink hats) followed by Group C full distance (red hats).

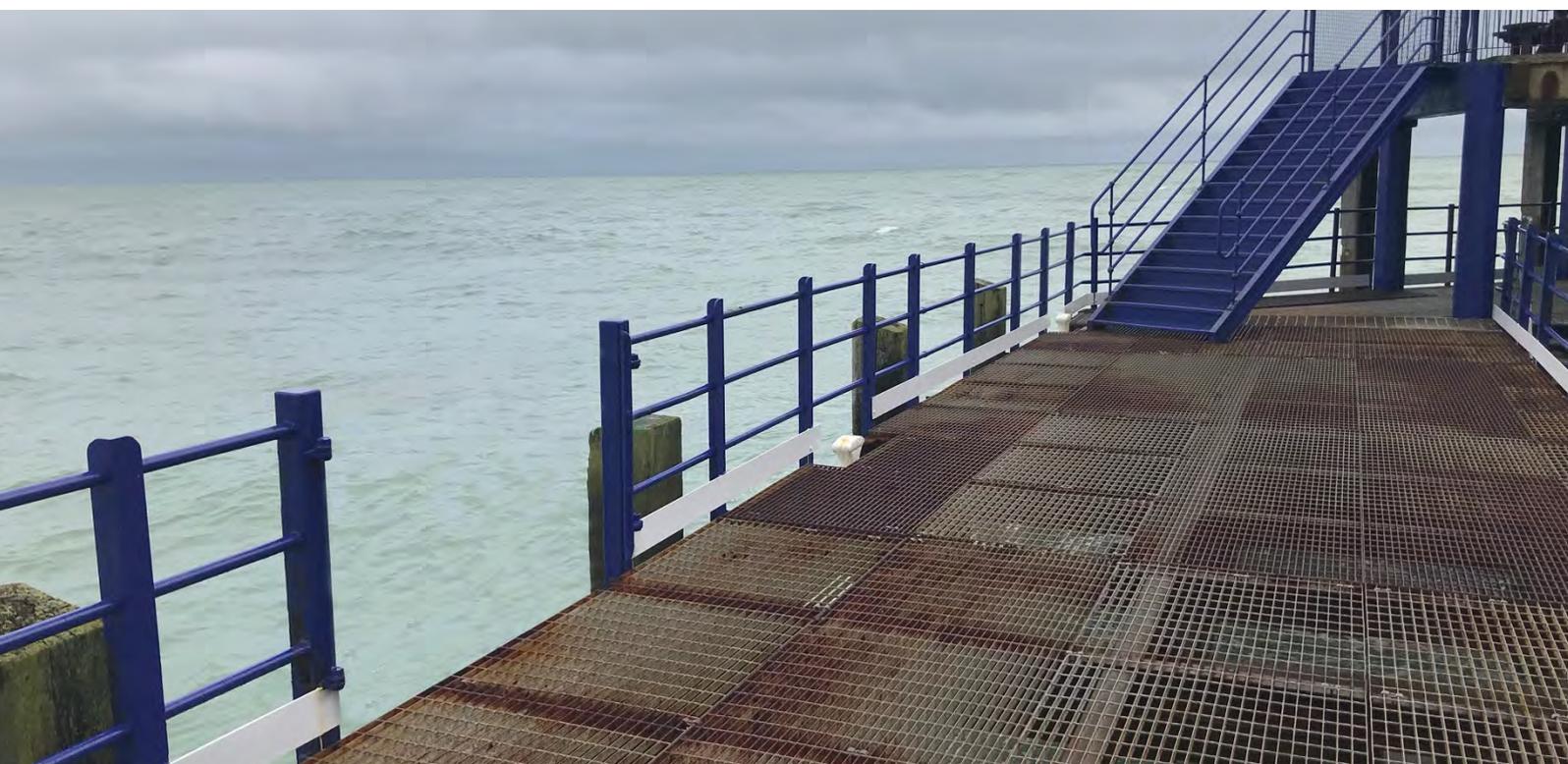
Once all full distance athletes have been taken onto the pier, we will call forward Group A middle distance (green hats) followed by Group B (orange) and Group C (yellow). **Once you are queued on the pier, please remain in order, and maintain social distancing.** The grouping system ensures faster athletes will start first to minimise overtaking on the course. Elite athletes who will be racing for the overall podium places should aim to start first at the front of Group A.

There will be a table next to the start on the pier where you can leave glasses. These will be taken to the swim exit and be available as you come off the beach.

The start will be a continuous rolling 'time trial' start. Once the race starter indicates to the first athlete in Group A to start, all athletes will then continue moving forward **whilst maintaining 2m spacing**. As you approach the end of the pier you will cross a timing mat and your time will start. 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.

There will be a 6.1m high tide at 5:40am so don't worry, the jump won't be too high this year!



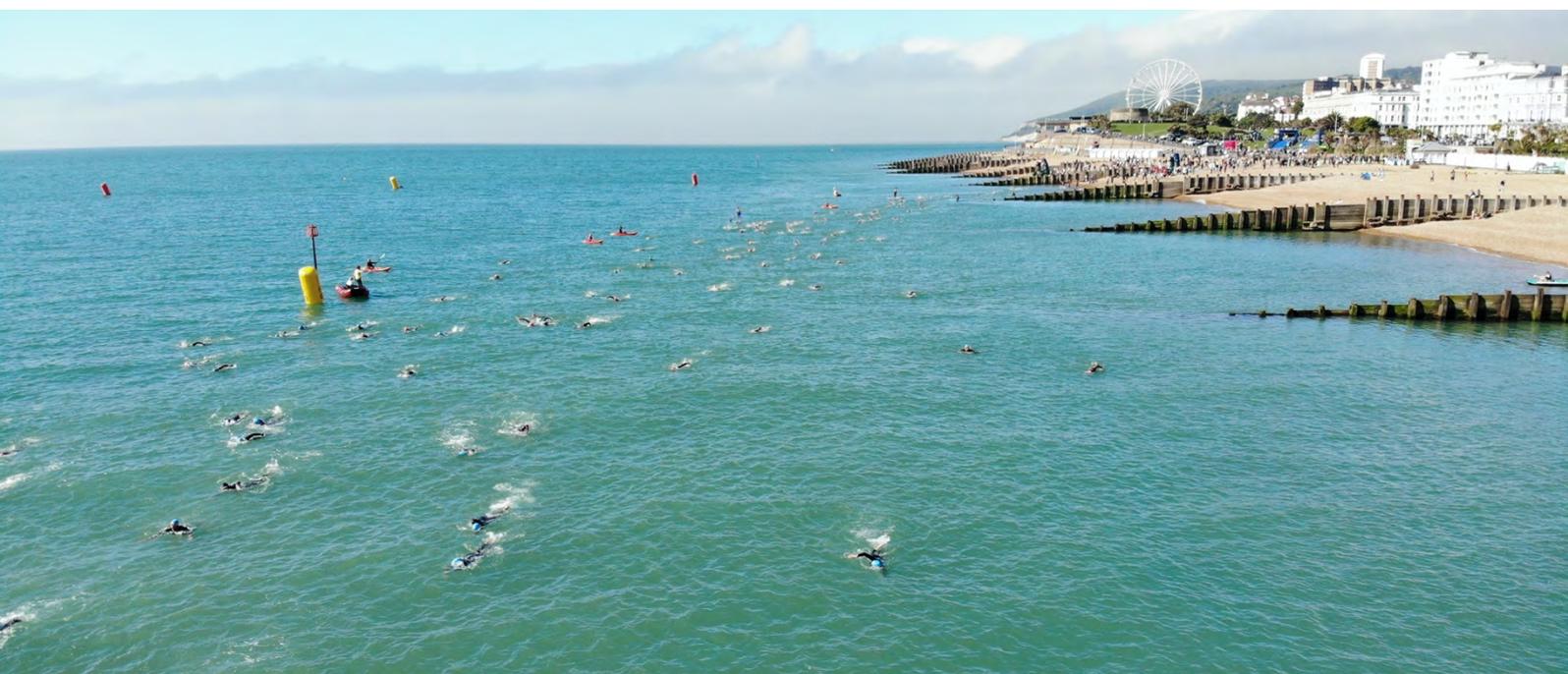
Wetsuits

We will monitor the water temperature throughout race week. **On race day it is expected to be around 16°C** but can vary between 15°C and 18°C degrees. Please note wetsuits are **mandatory below 15°C and forbidden above 23°C for middle distance** events and **mandatory below 16°C and forbidden above 24°C for long distance** events. **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. Surf and shortie wetsuits are allowed, but these are totally different to a triathlon specific wetsuit, which is designed for swimming. If you don't have a wetsuit, you can hire one for the day from The Tri Store (49 Grove Road, Eastbourne). **The swim hats provided are compulsory.** You may not wear over-boots except if the use of wetsuits is mandatory. Please note the exit of the swim will be carpeted to protect your feet from the stones. Gloves are not permitted. We strongly advise you to practice swimming in your wetsuit before the event. Practicing getting out of the wetsuit will help with your transition on the day too. Top tip: baby oil on the wrists and ankles will help with wetsuit removal in transition.

Swim Safety

For many, the swim is the most daunting part of the race, but don't worry! Our water safety team will be there to guide you and help if required. The team, provided by First Aqua and the Eastbourne Voluntary Lifeguards, consists of fully qualified lifeguards in kayaks, SUP and rescue boats as well as additional lifeguards on the beach. All lifeguards are members of either the BCU Lifeguards or Surf Lifesaving GB. **If you do get into difficulty, lie on your back and raise your arm; a lifeguard will come to you and if necessary, arrange a safety boat to take you to the water's edge.**

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

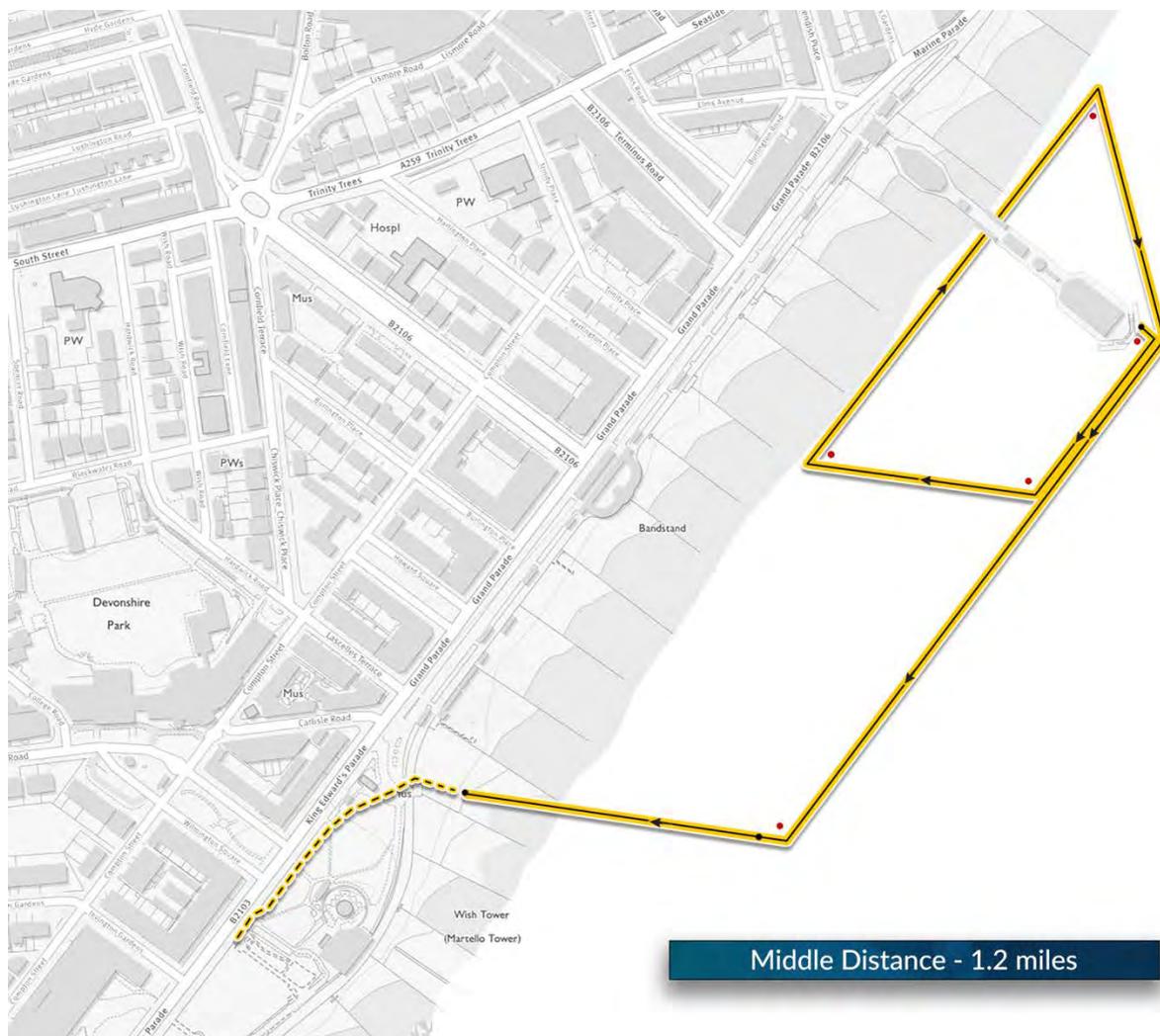


Middle Distance Swim Route

Once you have started you will swim directly out a short distance and make a right turn around the red buoy directly in front of the end of the pier. You will swim with the current parallel to the beach until you reach the next red turn buoy. Note, the faster swimmers from the full distance may be lapping you at this point and they will not be turning here. Turn directly towards the beach and the current will pull you slightly to your left; **you are aiming to the beach to the right of the bandstand.**

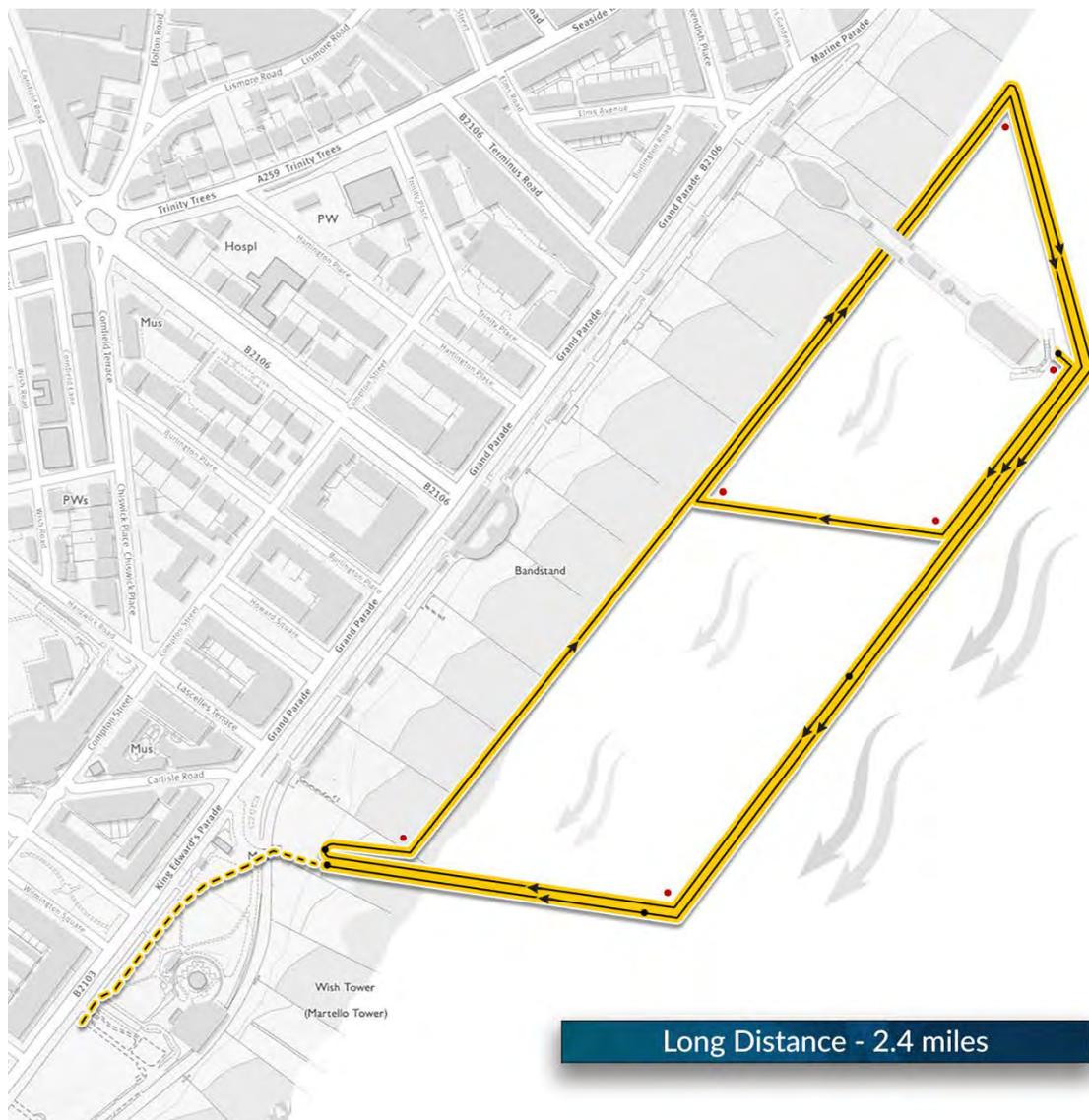
As you approach the beach, make a right turn back towards the pier. You will be swimming against the current parallel to the beach. Continue under the pier between the two yellow swim buoys. Continue along the beach to the next red turn buoy where you will turn right. As you swim out the current will pull you to your right towards the end of 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 second 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 back 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. If you allow yourself to be pulled too far to the left, you will find yourself battling against the current to get back to the finish.



Full Distance Swim Route

First, follow the entire middle-distance 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 to follow parallel to the beach. You will follow the beach against the current 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 Exit

Volunteers will be on hand to guide you out of the water. 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.

Swim Cancellation

In the unlikely event the swim is cancelled, the race will start with the bike leg starting with a time-trial start from the bike mount line.

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255km as a TEAM of 2, 3 or 4
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8th August 2021 at Goodwood Motor Circuit

*includes **FREE**
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Transition 1: Swim to Bike

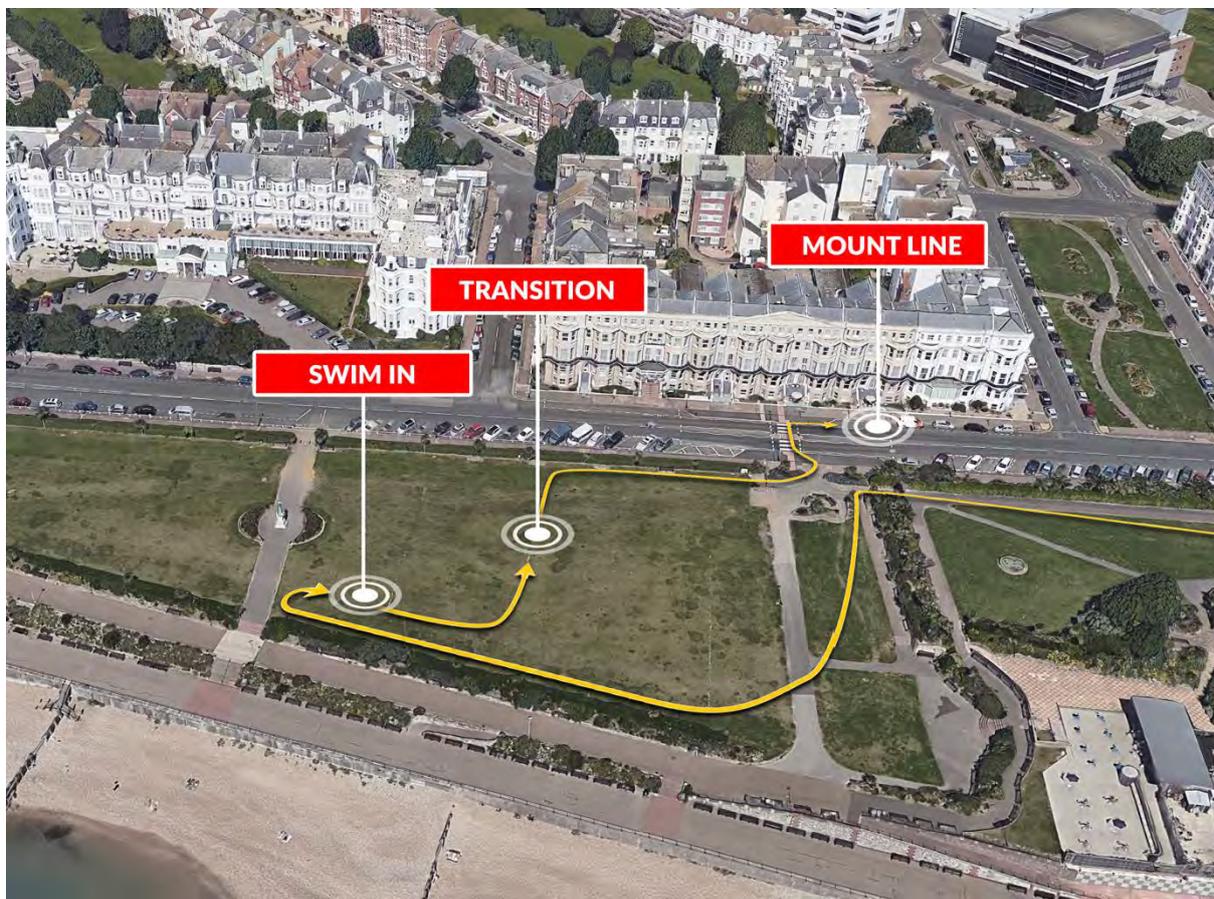
You will leave the beach and cross the lower prom onto the Wishtower Slopes. You will run uphill over the grass and enter the Western Lawns via the path at the northeast corner of the lawns. You will run across the front of the big wheel and enter transition at the southeast corner.

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

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

You will run into transition to where your bike is racked. You must put your helmet on and ensure it is done up before taking your bike. Only after your helmet is securely in place should you then take your bike and push it out of the transition area. You will push your bike across the zebra crossing to the mount point on the road.

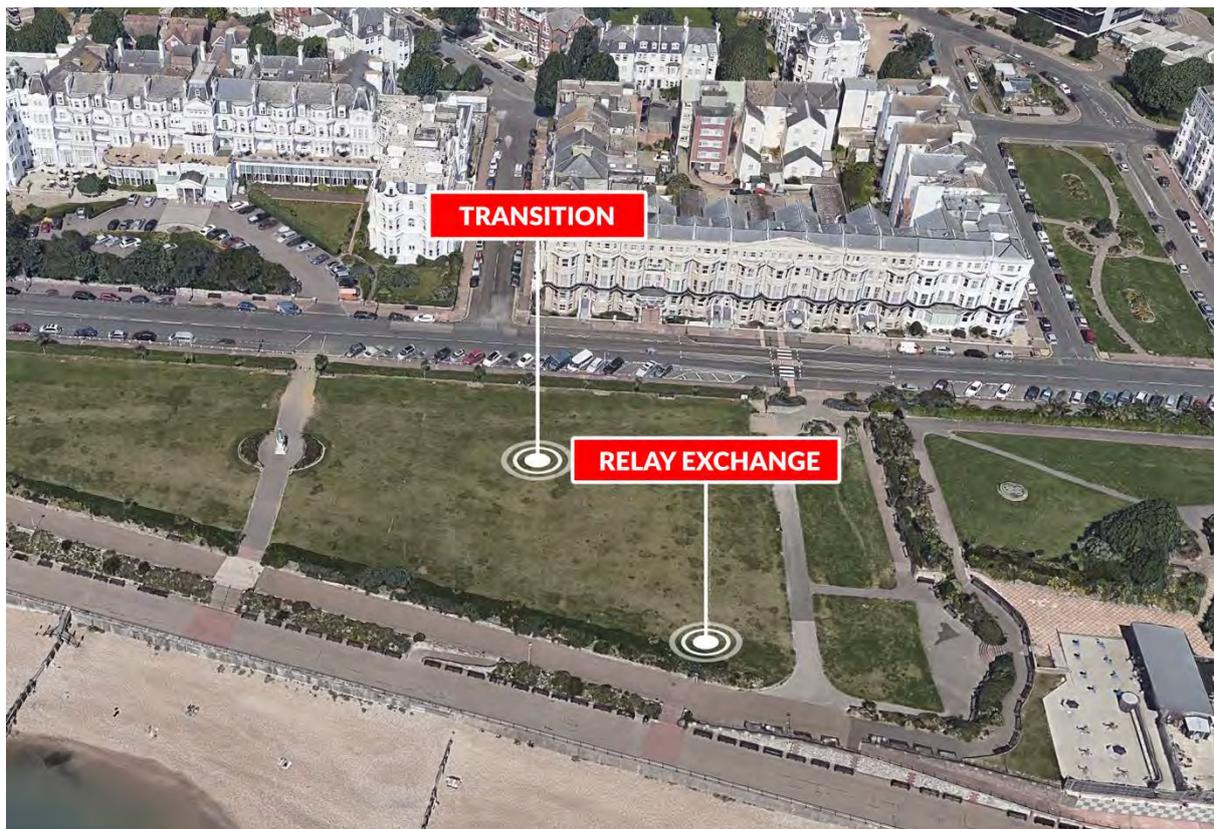
Do not mount your bike until you have crossed the mount line.



Relay Teams

You will be issued **ONE** bag at registration containing everything for the entire team. The first team member to arrive should collect the bag on behalf of the team. The bag will contain a **single timing chip**. This timing chip will act as your baton. In the handover area, the incoming competitor must remove the timing chip and place it into one of the buckets of disinfectant provided (this is due to COVID-19 guidelines). The outgoing competitor can then take the chip from the bucket and attach it to their ankle before leaving the changeover area.

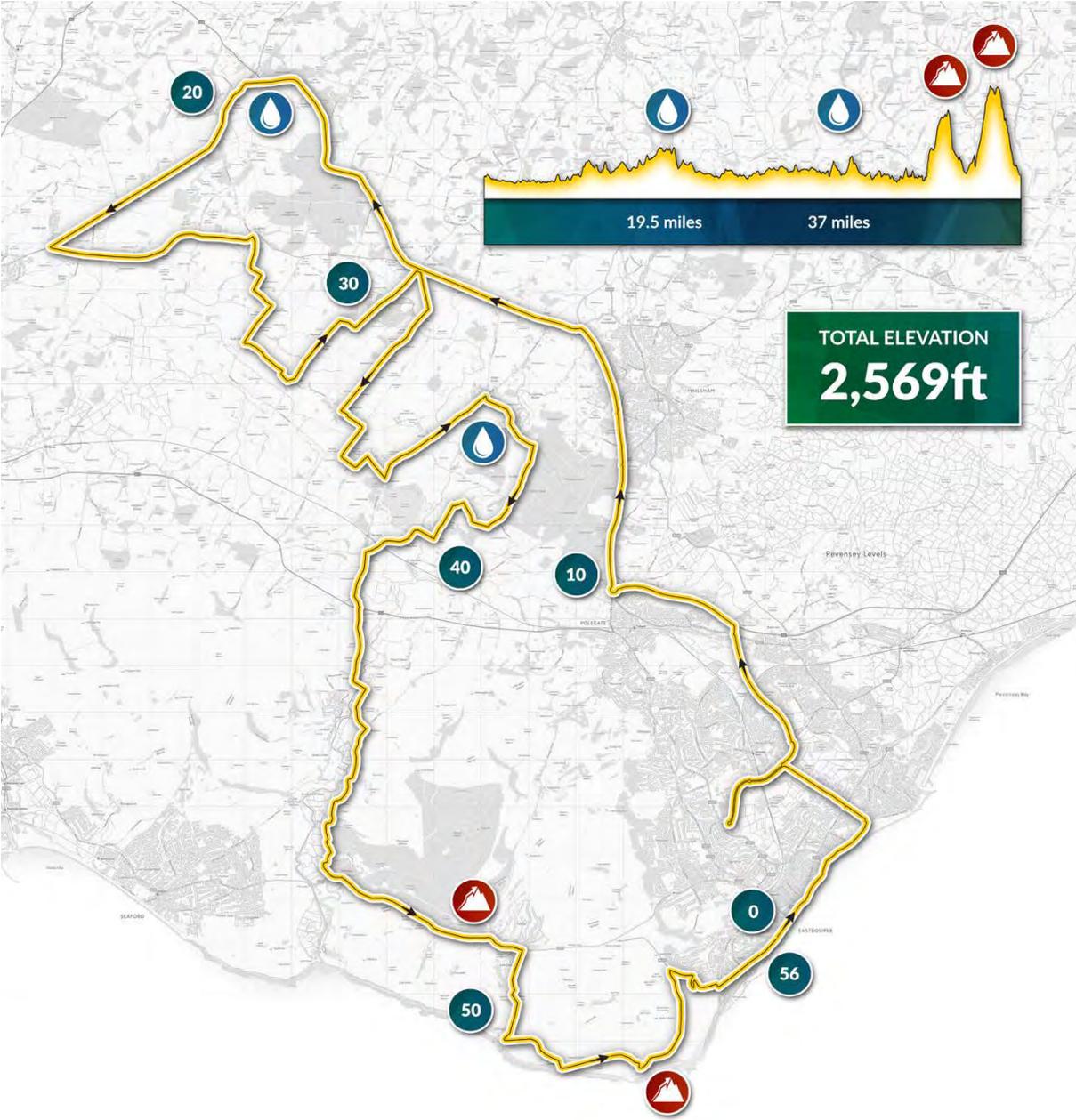
All relay exchanges will take place in the same location at the southeast corner of the Western Lawns as shown below:



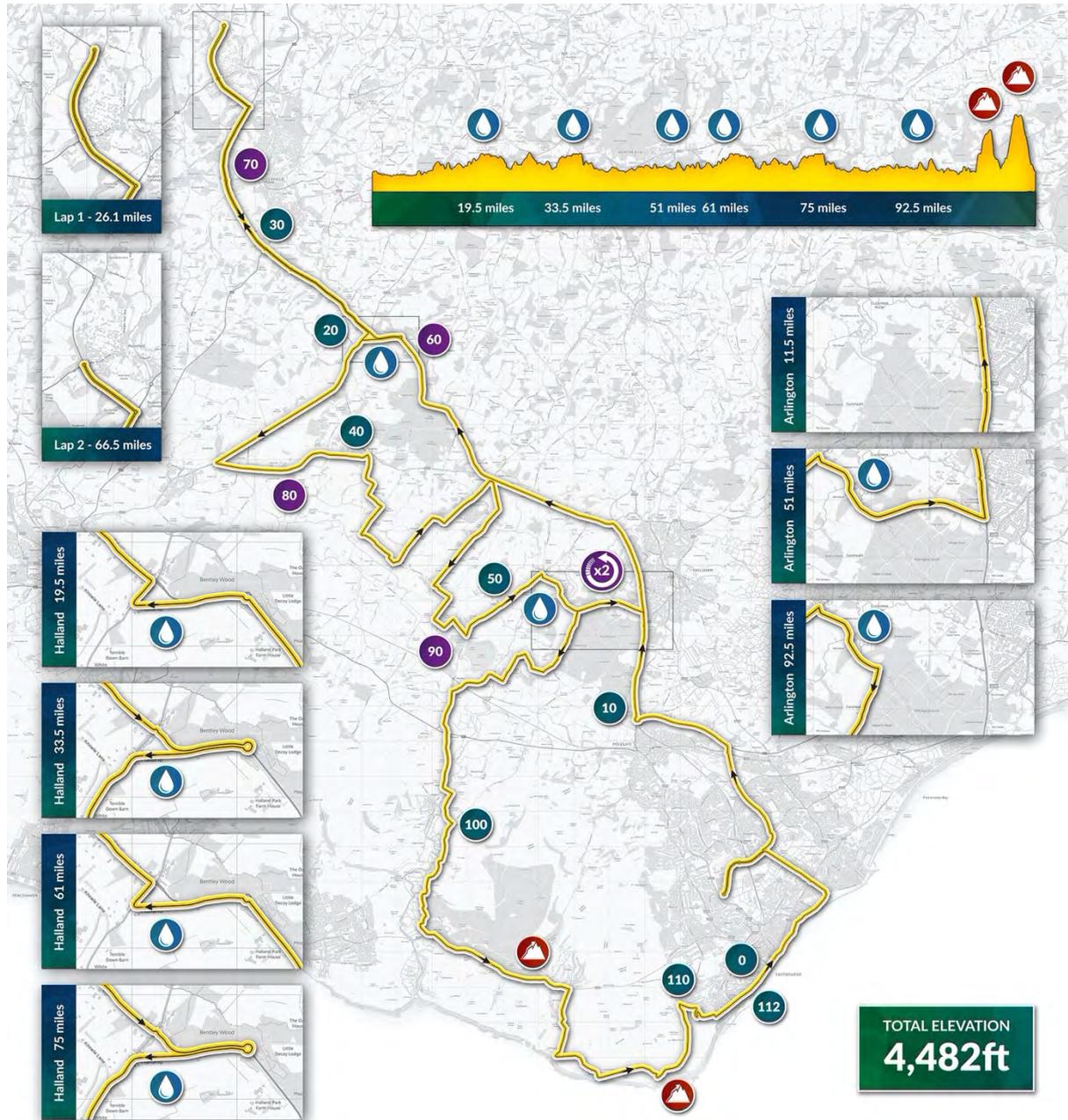
Swim to Bike (T1) exchange: The first exchange will take place before the entrance to T1. The cyclist must leave their helmet with their bike in transition and wait in the handover zone which will be just to the seaward side of the big wheel. The cyclist should be wearing their race number on their back. Once the timing chip has been handed over as described above, the cyclist can run into transition. The cyclist will then transition in the same way as solo competitors (i.e., put on their helmet before taking their bike).

Bike to Run (T2) exchange: The second exchange will take place just past the exit from transition onto the run. The incoming cyclist will dismount, enter transition, rack their bike and then remove their helmet. They will then run out of transition via the 'run out' exit. The runner will be waiting in the exchange zone just past the transition exit. The runner must wear the race number on their front.

Middle Distance Bike Route



Full Distance Bike Route



Bike Routes

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

IMPORTANT:

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.

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

Please watch the route video at
<https://youtu.be/M3eh2eG3gQc> (full distance) or
<https://youtu.be/60Q-ZJKVR3Q> (middle distance).



Section 1: Eastbourne to Halland

FULL & MIDDLE DISTANCE

The first 30km (19 miles) is the same for both full and middle-distance competitors. 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.

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 heading north, be aware of the potential for queuing traffic entering the nearby car boot sale. You may need to move into lane 2 to pass the queue.



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.

Halland Aid Station

As you turn off the main A22 into the aid station at Halland, be aware of the poor road surface in the layby. 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. High 5 Gels, Bars and Bananas
6. Litter / bottle drop
7. Special needs bags (in number order)

IMPORTANT:

Due to COVID-19, aid stations will operate on a self-service basis. All items will be arranged on tables, and you will need to stop and take these from the table yourself.

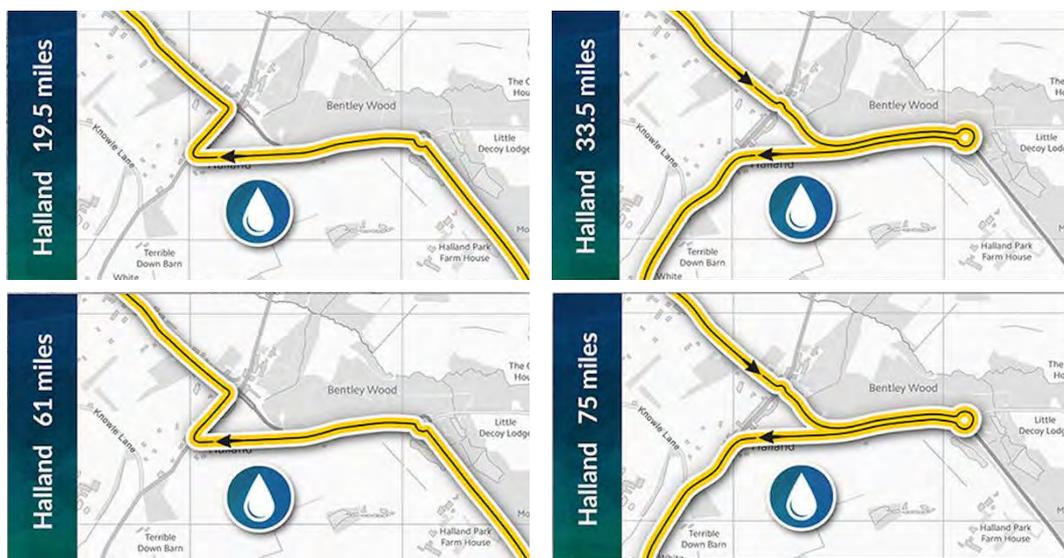
Due to these COVID-19 measures, aid stations may become congested at times. You should treat aid stations as a supplement to your own nutrition and you should not rely solely on aid stations for your entire nutrition needs. Carrying your own nutrition could save you valuable seconds which would otherwise be lost when stopping at aid stations.

Course Split: Halland

IMPORTANT:

Immediately after the Halland aid station, the course splits. **Middle-distance competitors will only pass through here once and will make a left turn.** Full-distance competitors will pass through here 4 times and will turn in the following sequence: **Right, left, right, left.**

Full distance only:



Section 2: A22 Out and Back

FULL DISTANCE ONLY

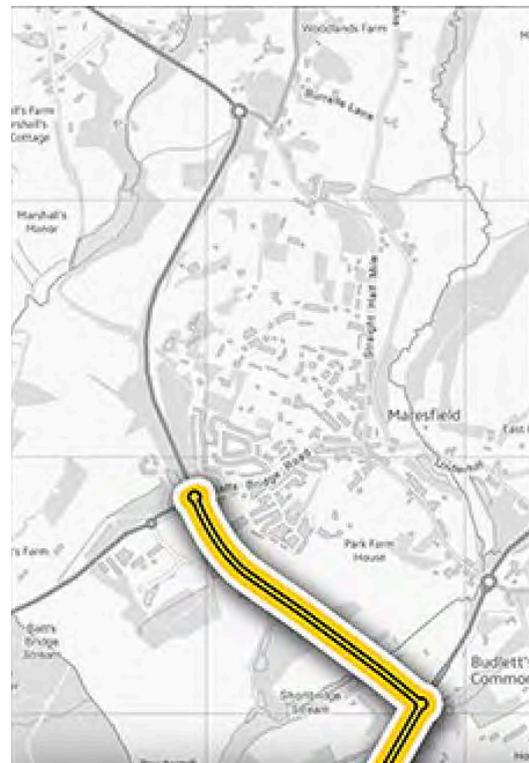
Having passed the Halland aid station, middle-distance competitors will turn left and continue with Section 3 below. Full distance competitors will turn right to re-join the A22 heading on an out and back section.

IMPORTANT:

At the far end of this out and back section, you will turn at different points on each of the two laps. On lap 1 you will continue further to make a U-turn at the Lampool roundabout at the top end of the Maresfield bypass. On the second lap you will turn one roundabout sooner at the Batts Bridge roundabout. **Make sure you don't turn early on lap 1 or you will not complete the full distance.**



Lap 1 - 26.1 miles



Lap 2 - 66.5 miles

As you return through Halland, you will see the aid station on your right and then make a U-turn at the next roundabout to return back to the aid station for the second time before turning left towards Ringmer.

Section 3: Halland to Arlington

FULL & MIDDLE DISTANCE

Having passed the Halland aid station (for first time for the middle distance or second and fourth times on the full distance), you will turn left towards Ringmer. As you approach Ringmer you will make a very hard left turn back towards Laughton (**take care on this tight turn**). As you enter 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. Two narrow sections 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 will be 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 once again splits.



Course Split: Arlington

At this point all middle-distance athletes will make a right turn. Full distance athletes will continue straight ahead on their first lap and then turn right after the second lap.



Lap 2: FULL DISTANCE ONLY

Shortly after passing the course split at Arlington for the first 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 for a second lap heading towards Halland. You will pass through the Halland aid station for the third time, turning right to complete the out and back section for a second time. **Remember to turn one roundabout sooner on this second lap as outlined above.** Back to Halland for the fourth and final time you will then turn left back to Ringmer and Laughton and then the lanes through Ripe, Golden Cross Chalvington and Upper Dicker. You will pass the second aid station for a second time before reaching the Arlington course split for the second time where you will this time turn right.

Section 4: Arlington to Eastbourne

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 with a very bad road surface.** There will be signs and a marshal with a red flag at this bend. Please take great care through this bend. No overtaking and no aerobars.

You will then reach a junction where you will turn left into a closed section of road. This road is closed as part of the major roadworks on the A27. Although the road is closed you may still encounter oncoming vehicles.

A27 Crossing, Roadworks and Neutralised Zone

There are major roadworks where the route crosses the A27. There are currently three-way traffic lights causing significant disruption. As you approach this area you will cross a timing mat. Your time will stop, and **you will not lose any time as you pass through this area. No overtaking will be allowed in this area.** You will be asked to follow along the pavement very slowly (max 5mph) in **single file**. You will then be marshalled across the A27. As you leave this area you will pass a second timing mat and your time will resume. If you bunch up behind other riders within this area whilst waiting to cross the main road, **do not overtake**. As you reach the end of this neutralised area, please leave at intervals to re-establish your 12-meter spacing.

REMEMBER, there is nothing to be gained by racing through this area and you will not lose any time if you are stopped here.

Section 4: Arlington to Eastbourne continued

Once racing resumes after the A27, 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, especially though the village of Littlington. **Please relax and take your time, and don't take any risks**; it's a long day and you will only lose a few seconds.

After Littlington you will emerge onto the main road back to Eastbourne. **This is your first hill of the day!**

Exceat Climb

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 are a few bumps. **At this point 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.

You will dismount just before the same zebra crossing where you mounted earlier.

This bike route has the potential for very fast PB times, with the first 100 miles being very flat, but don't forget to save a bit of energy for the last few climbs.

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 and crossed the dismount line, please proceed into transition, and rack your bike. You can then make your way out of transition through the 'run out' gate and make your way via the run course down to the finish area. You can then walk/run down the finish straight and cross the finish line for a photo and medal. Remember your time stopped at the dismount line so there's no rush.

Drafting

Drafting, which simply put is taking shelter behind or beside another competitor during the cycling leg of the race, is not allowed. The cycle draft zone will be 12 metres long measured from the leading edge of the front wheel. You may not enter the draft zone of another competitor except for the purpose of overtaking. When overtaking you must be seen to be progressing through that zone. A maximum of 25 seconds is allowed to pass through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 25 seconds the overtaking cyclist must drop back. When a competitor is passed by other competitors, it is his/her responsibility to drop back in order 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 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.

DRAFTING RULES EXPLAINED

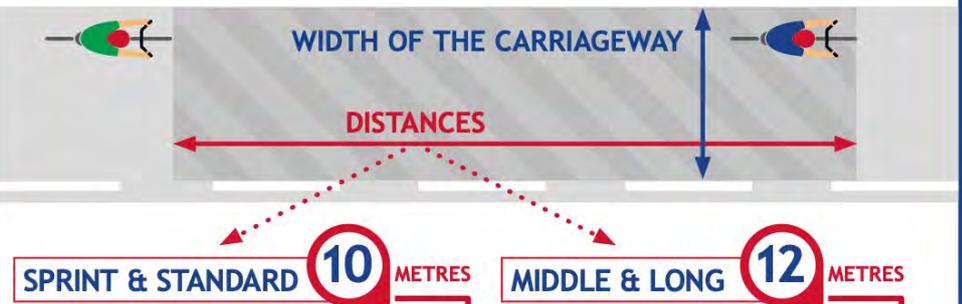
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

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

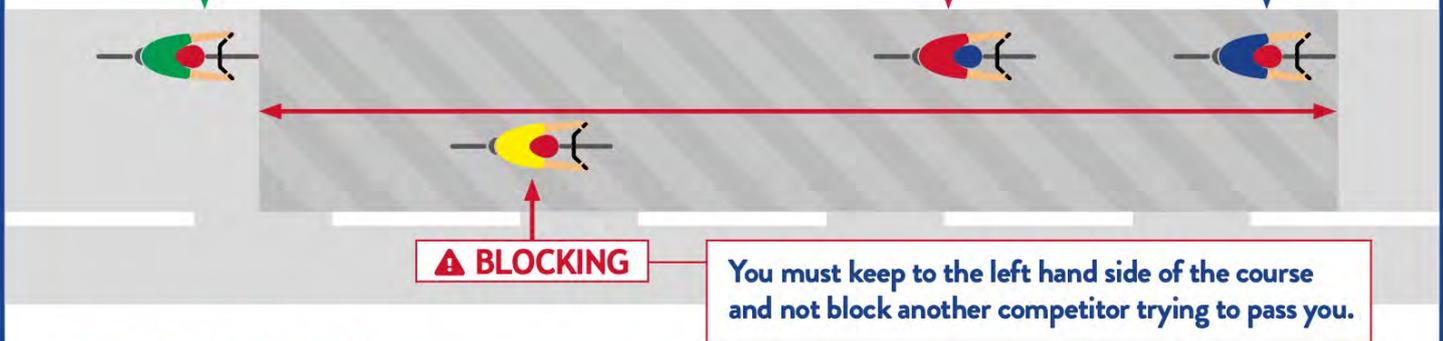


DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

⚠ DRAFTING BIKE

LEAD BIKE



MAKING A PASS

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

SPRINT & STANDARD **20** SECONDS

MIDDLE & LONG **25** SECONDS

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



OTHER VEHICLES

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

PENALTIES

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



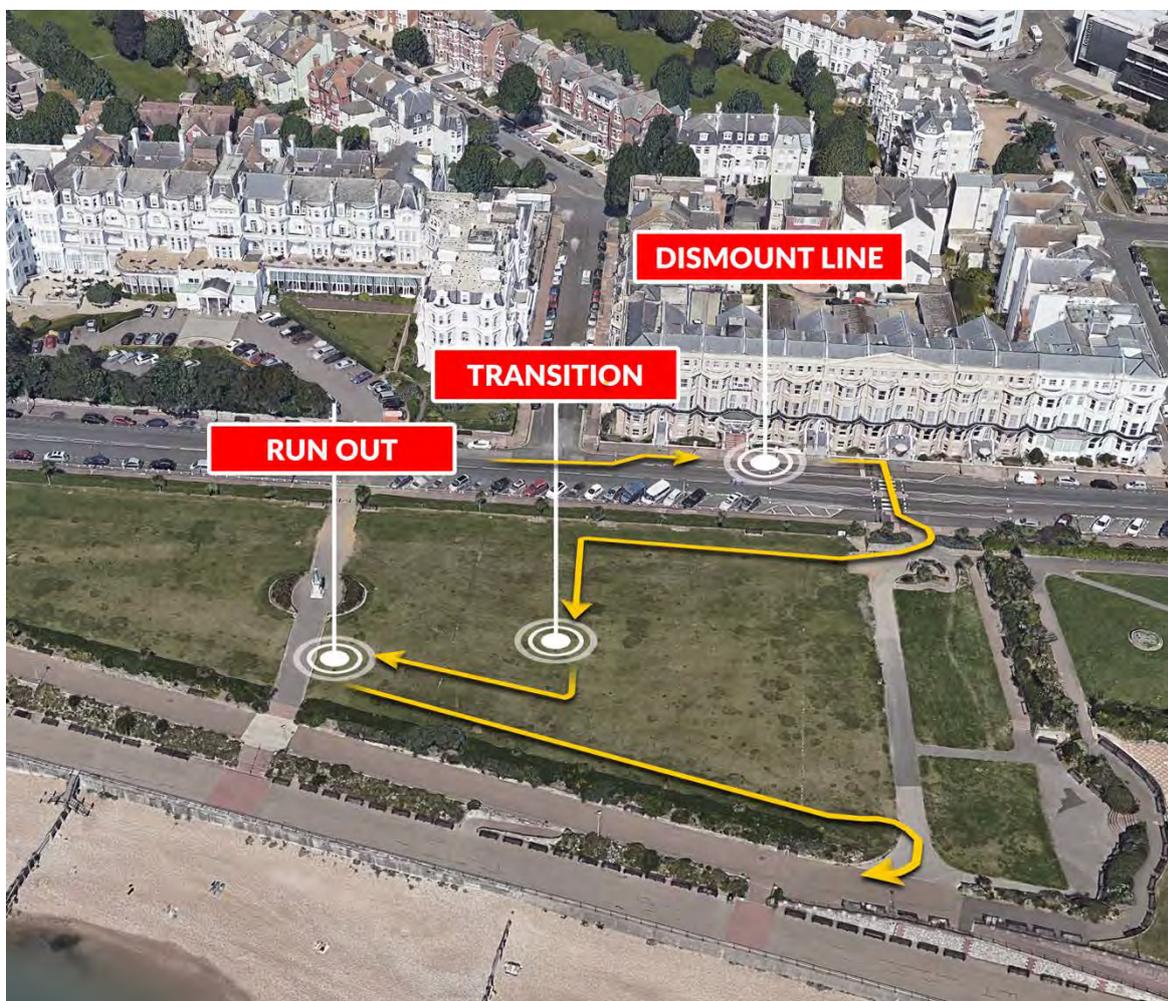
Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

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.

Transition 2: Bike to Run

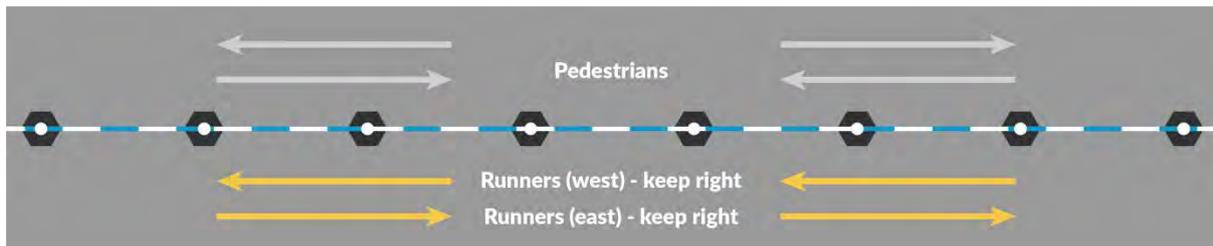
Having dismounted your bike before the dismount line, you will run with your bike across the zebra crossing and into transition. Run to your position in the transition area and rack your bike. Only after your bike is racked can you remove your helmet. **Do not unclip your helmet until your bike is racked, 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 in your box. You will then run out of the transition area onto the run course via the 'Run Out' exit.



Run

The run course consists of various out and back sections. The first is along a gravel path to the west, the second is along the lower prom (also to the west) and the third is along the seafront to the east. 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)**. As you run west (towards Beachy Head) you will have the public to your right and oncoming runners to your left. As you run east you will keep to the right (again with oncoming runners to your left).

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.



The run routes are made up of two sections: a double out and back section to the west (towards Beachy Head) which we have called the 'Holywell loop' and an out and back section to the east (towards the pier) ('Fisherman's loop' for the middle and 'Sovereign loop' for the full).

For both distances, you will run the Holywell loop at the start and end of your run, so you will run this section one more time than the Fisherman's/Sovereign loop.

Middle distance:

Holywell – Fisherman's – Holywell – Fisherman's – Holywell

Full distance:

Holywell – Sovereign – Holywell – Sovereign – Holywell – Sovereign – Holywell

Holywell Loop (Middle Distance x3, Full Distance x4)

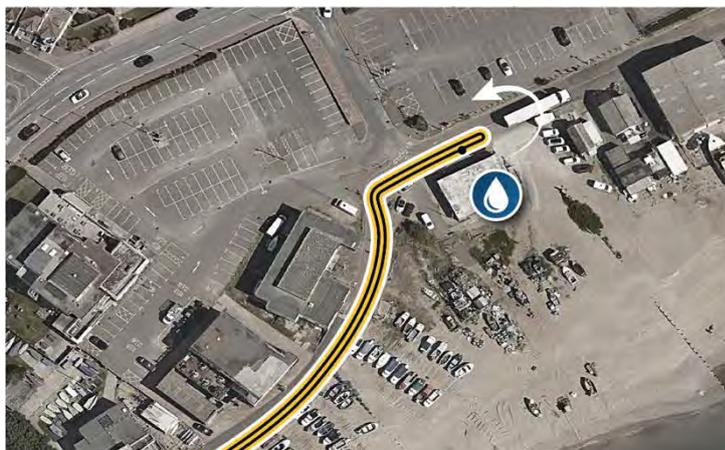


From transition you will run gently uphill out and back for 1.4 miles along a gravel path (remembering to keep to the right of oncoming runners).

Please note the turn point for the middle distance is 150m before the turn point for the full distance. You will then run down a narrow slope to the

lower prom, where you will run out and back for 1.2 miles along the flat lower prom, turning just before the bottom of Holywell Drive. As you return towards the finish line you will make a left turn up a short slope to begin the next section, and on your last lap you will continue straight ahead to the finish.

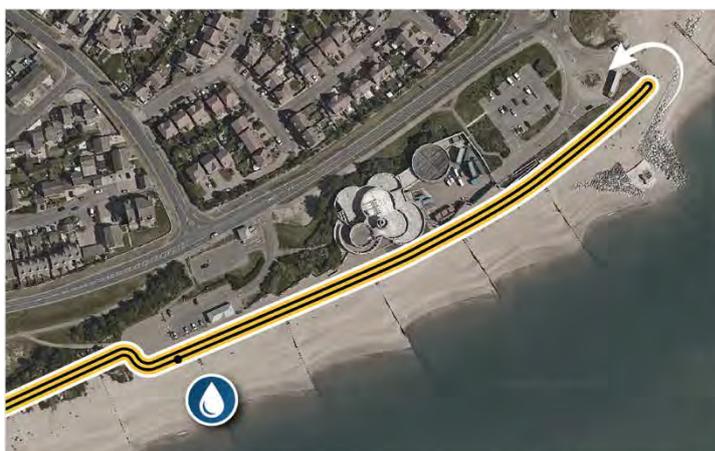
Fisherman's Loop (Middle Distance only x2)



Having run up the slope at the end of the Holywell loop, you will run along a narrow section of pavement alongside the finish area and then re-join the lower prom near the registration tent. You will then run out and back (2.7 miles) along the prom under the bandstand, under the pier and beyond, to turn around at the aid station at the

Fisherman's Green. You will run past (to the right of) the aid station tables and turn around the last table to your left. Please note there are several seafront café's along this section and some parts are narrow, so be aware of pedestrians crossing at various points. As you return to the finish area you will run back up over the section of pavement past the finish line and make a right turn back into (and then out of) the transition area.

Sovereign Loop (Full Distance only x3)



Having run up the slope at the end of the Holywell loop, you will run along a narrow section of pavement alongside the finish area and then re-join the lower prom near the registration tent. You will then run out and back (5.3 miles) along the prom under the bandstand, under the pier and beyond, to turn around at the far end of the seafront just beyond the water treatment

works. You will pass the aid station at the Fisherman's Green which is the turn point for the middle distance on both the way out and on the return. There is another aid station just before the turn point at the far end of the seafront. Please note there are several seafront café's along this section and some parts are narrow, so be aware of pedestrians crossing at various points. As you return to the finish area you will run back up over the section of pavement past the finish line and make a right turn back into (and then out of) the transition area.

Middle Distance:

Holywell – Fisherman’s – Holywell – Fisherman’s – Holywell



LAP COUNTING:

Due to COVID-19, we are not able to hand out lap bands on the run. **It is your own responsibility to count your laps.** If you are not confident of remembering your laps, we suggest using a GPS watch to measure your distance on the run.

Full Distance:

Holywell - Sovereign - Holywell - Sovereign - Holywell - Sovereign - Holywell



LAP COUNTING:

Due to COVID-19, we are not able to hand out lap bands on the run. **It is your own responsibility to count your laps.** If you are not confident of remembering your laps, we suggest using a GPS watch to measure your distance on the run.

Run Aid Stations

Run aid stations will be located approximately every 1.5 miles. As you pass through the aid station you will pass the following:

1. Water (paper cups)
2. High 5 Energy Drink (paper cups)
3. Coke (paper cups)
4. High 5 Gels and Bars
5. Litter drop

There will also be packets of crisps and energy gummies at the Sovereign aid station **for full distance competitors only**. There will also be bananas at the Fisherman's Green aid station.

Special needs bags (placed in number order) will be available for full distance competitors at the start of the Holywell loop near transition.

IMPORTANT:

Due to COVID-19, aid stations will operate on a self-service basis. All items will be arranged on tables, and **you will need to stop and take these from the table yourself.**

No Littering

We are fortunate to have a beautiful location here for triathlon. Dropping litter on any point of the course other than the designated aid station will result in disqualification.

Live Results and Athlete Updates

Live results will be available throughout the day via our website www.140.6miles.co.uk. Leader boards will also be displayed on our finish gantry throughout the day, so spectators will be able to follow the progress of the athlete's both online and at the finish area.

Finish and Post Race

Once you have crossed the finish line, please do not linger in the finish area. You will pass a table where you can pick up your medal (self-service due to COVID-19). Please note there are different medal ribbons for full distance middle distance and aquabike.

For full distance finishers only, there will be a free meal waiting for you in the registration tent on the beach, prepared by local Italian restaurant Gianni's. Show your race number to claim your post-race food.



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. Please do so quickly and efficiently, remembering to maintain social distancing.



Results and Awards

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!**

We have awards for the top three male and female in every age-group for the full and middle distance. We also have awards for the top three aquabike finishers and the winning relay teams. That's **over 170 awards!**

Awards will be presented to each category as soon as the results for that category are confirmed. This will typically be about 30 minutes after the third person in the category finishes.

Where possible, you should check your finishing position via the live results on our website. If you believe you have finished in the top 3 in your age group, please wait until the third person has finished and then return to the finish area to be given your award.



Race Photos

Official photographers will be taking photos during the race and at the finish line and these will be available at the following link:

<https://buy.mysportphotos.co.uk/?Action= VC&id=385174123&ppw d=ironbourne%20long%20distance%20triathlon%202021>



PHOTOS WILL BE ONLINE
WITHIN 48 HOURS

SEARCH FOR YOUR
PHOTOS VIA BIB NUMBER

10% OFF YOUR ORDER
IN THE FIRST 2 WEEKS

WWW.MYSPORTPHOTOS.CO.UK



Key Rules

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

Some key rules to note are:

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

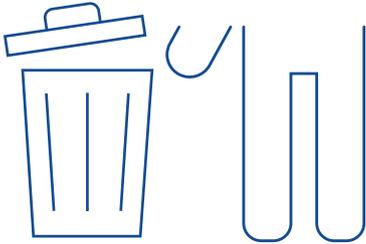
Penalties

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

KNOW THE RULES

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

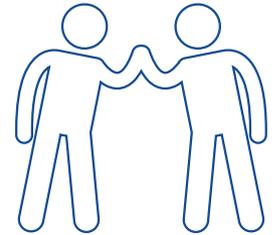
RULE 2.1 Littering



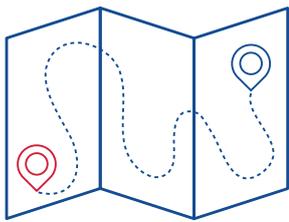
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

RULE 2.1 Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



RULE 2.1 Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

RULE 2.9 Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



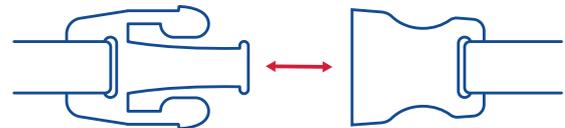
RULES 4.10 | 5.2 | 6.4 Illegal Equipment

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



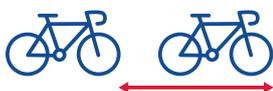
RULE 5.2 Helmets

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



RULE 5.5 Drafting

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

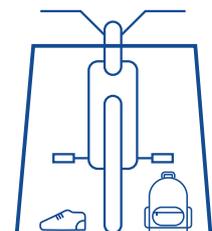


In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

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

RULE 7.1 Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



COVID 19 and other Medical Considerations

We of course put your safety first and because of this have implemented several measures to combat the spread of COVID-19 all designed to keep you safe and at 2m intervals where possible so please act responsibly and follow these guidelines:

All competitors should wear a face mask throughout the registration and bike racking.

All athletes, volunteers and race officials are required to declare that they have carried out a self-assessment for Covid-19 symptoms, are not displaying any symptoms, and provide their name, contact telephone number and the event name and date. The electronic health questionnaire will be emailed to all competitors two or three days before the race and **MUST** be completed.

Those involved with the event who are over 70 years old, or anyone with compromised health conditions, such as:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab as an adult each year on medical grounds):
- chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
- diabetes
- a weakened immune system as the result of certain conditions, treatments like chemotherapy, or medicines such as steroid tablets
- being seriously overweight (a body mass index (BMI) of 40 or above)
- pregnant women;

must be aware of the greater possibility for serious consequences resulting from COVID-19. Further advice for people at higher risk from coronavirus can be found on the NHS websites for England, Scotland and Wales.

If you feel unwell with any symptoms of Covid-19, you should not attend the event. The latest list of symptoms can be found on the relevant government website and you should follow the government guidelines and stay home if you are symptomatic and/or if anyone in your house is symptomatic.

- **There will be no race briefing on the day** so please read this pack carefully!
- There will be no body marking at the event.
- We have hand sanitiser stations around the site for your use but please bring your own supply also so you can clean your hands regularly. Avoid touching your face to reduce virus transmission.
- There are an increased the number of toilet facilities to reduce queues.
- Aid stations will be self-service. Please note sharing of equipment is prohibited of course includes water bottles and cups.
- There is no baggage area; instead each athlete has a box provided for them in transition for baggage and race kit (we do not recommend you place valuables in this box).
- Changing tents must not be used. Competitors are allowed to keep their equipment at their transition space to change into. Competitors must not expose their torso and nudity is strictly forbidden as per the British Triathlon Competition Rules. Competitors may use a changing poncho or similar to change clothes whilst at their transition space.
- The start will be staggered with socially distanced athletes crossing a timing mat to begin the race in a time-trial format. Faster athletes will start first to minimise overtaking.
- On the run athletes are reminded to social distance at all times, ideally maintaining 2 meters between athletes unless overtaking.
- A finish tape is not being used.
- Competitors must remove their own timing chips and place into receptacles, to avoid volunteers needing to carry out this task.
- Please note handshakes, hugging etc. will not be permitted when on the podium.
- If you have any COVID-19 related questions or concerns please contact the Dale Anderton, TriBourne Director of Operations and Social Distancing lead.

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

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

On the Day - Do not compete if you feel unwell or have recently been unwell. This advice applies even if you are raising money for charity. If you feel feverish, have had diarrhoea or been vomiting or had any chest pains DO NOT RACE! Many medical emergencies occur because people who have been unwell but do not want to miss the event

Hydration - Drinking a sensible fluid intake is necessary for a triathlon. Your thirst is the best and safest guide to how much to drink during the event. You should start the race adequately hydrated and then drink small amounts as your thirst dictates. Avoid drinking too much fluid before, during or after the race, as it is possible to get ill from drinking too much fluid (this applies to water or sports drinks).

FAQs

Are there changing facilities & showers?

There are no changing facilities, or showers. We recommend you arrive ready to race and bring some warm clothes for afterwards.

What do we do with lost property?

Please hand any items found to the help desk in the registration tent. We will hold onto any lost property for one month after the race. If you have lost an item of your property, please email us at office@tribourne.co.uk

Can I get a massage?

No, unfortunately massage is not available at this event due to COVID-19.

Can I buy photographs?

Finish line photographs will be available to purchase directly from our official photographers. A link will be emailed to all participants after the race.

Are there any age restrictions to the event?

You must be 18 on or before 31st December 2021 for the middle distance and 19 on or before 31st December 2021 for the full distance.

I have a disability; can I still participate?

We are an inclusive event and do our utmost to accommodate participants with disabilities. Please contact us at office@tribourne.co.uk with a description of your disability. We will assess this and establish if it is possible to compete and what we require to make this feasible.

What is the British Triathlon Federation (BTF) day membership for?

The BTF day license is a license for racing and covers your public liability insurance for the day. For further information on race licenses please contact the BTF directly www.britishtriathlon.org.

Can I change my personal and race details?

You can make any relevant changes to your personal details by logging into the race website. All changes must be made before midnight on Monday 12th July.

Can I transfer my place?

Yes, but you must do this before midnight Monday 12th July. This can be done via our website.

I am unable to race; can I have a refund or transfer my place to next year?

Unfortunately, due to impact that deferrals would have on our financial position next year, we can't offer a refund or deferral. As per our terms at www.eastbournetriathlon.co.uk/terms/ you can transfer your entry to another person.

Your best option is to see if you can find someone who wants to do the race and hasn't yet entered, and then you can sell your entry to them.

Can I use tribars on my bike?

Yes, tribars are allowed. Tribars and handlebar ends must be plugged, and they must be secure. Unlike draft legal races, there is no requirement for them to be shorter than the brake levers.

Is the race draft legal?

No. Drafting is against the rules. See the drafting section earlier in this document.

How can I find out my finish time?

Results will be posted on our website following the race at www.140.6miles.co.uk

I still have my timing chip; how do I return it?

Please post your timing chip back to us at: TriBourne Multisport Events Ltd., 37 Hill Road, Eastbourne, BN20 8SN. If we do not receive this, you will be liable for the £40 cost of the chip.

Do you need volunteers?

We need lots of volunteers to help make this a great event. If any of your friends or family are interested in being part of this major sporting event, please ask them to email office@tribourne.co.uk

Are there any toilets?

Yes, there will be toilets at the far end of the Western Lawns within the transition area.

Are drinks provided?

Aid station will be available during the race on a self-service basis. Sussex Coffee Trucks will also have a coffee van which will be on site near the finish area.

What are the 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 ensure you are familiar with them. You can find them on the British Triathlon website: www.britishtriathlon.org

Who are we?

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

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

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



“Over the past 12 years I’ve completed many triathlons over all distances from sprint to Ironman. I’ve picked up some good results over the years and I’ve been on the GB Age Group Team at several World and European Championship events.”

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



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

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

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

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

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

Our Sponsors and Partners

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



Our local running, cycling and triathlon clubs for providing marshals: Mead's Runners, Team Bodyworks, Run Wednesdays, Tri Tempo and Beachy Head Cycling Club.

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