

IRONBOURNE

LONG DISTANCE TRIATHLON

SUNDAY 9th JULY 2023

MARATHON ATHLETE GUIDE



PERMITTED EVENT
ORGANISER 2023



Welcome to the IronBourne Marathon

We are very excited to be welcoming you to Eastbourne for the first IronBourne Marathon which will take place alongside the third edition of the IronBourne Long Distance Triathlon.

Please note, **this guide is for the marathon**. If you are competing in the triathlon or aquabike events, please visit www.140.6miles.co.uk and download the separate athlete guides.

You must read the information provided in this guide carefully. It covers everything you need to know including very important information relating to directions on the bike and run which you must read and understand before the race. For those who raced here last year, please note there are improvements to the run route. **This guide contains everything you need to know and there will be no face-to-face briefing at the event.** Race director Mat Dowle will be around the finish area on Saturday afternoon to answer any questions you may have that are not covered in this guide.

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 on Saturday.

We are always in need of volunteers. If you have friends or family who can help, please email volunteers@tribourne.co.uk.

Following the race, your feedback is always very important for us. 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.

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 8th July

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

Sunday 9th July

04:30 Transition open
05:30 Transition closed
05:50 Long-Distance start (self-seeded rolling start)
06:00 Middle-Distance start (self-seeded rolling 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
12:00 Marathon start
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)

BRIGHTON & HOVE TRIATHLON

10th SEPTEMBER 2023



PERMITTED EVENT
ORGANISER 2023



Location

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



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 hotels in Eastbourne, many located close to the race venue. The Lansdowne hotel is situated directly next to the event and are offering participants a 15% discount.

Please use this link to book:

<https://be.synxis.com/?adult=2&chain=5301&hotel=41083&locale=en-GB&adult=2&coupon=IRON15>

The Lansdowne has the following available:

- Storage for bikes
- Menu for participants (Pasta, etc)
- Flexible breakfast times
- Sunday Brunch / lunch

Site Map



Spectators

IronBourne is a great event for spectators, and we would like to encourage you to bring your friends and family to watch you race. The location next to the beach is great for the whole family. This year the event will be bigger and better than ever featuring a full event village with a bar, food, ice-cream and various other vendors and stalls.

There are many great cafes along the seafront where you can watch the run.

Live Results

Live results will be available throughout the day via our website www.140.6miles.co.uk.



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Choice have been a massive supporter of our events, and we would like to ask you to support them in return. If you need to hire a vehicle please consider using Choice Vehicle Rentals just quote code tribourne to receive your 15% discount.

ENDLESS HORIZONS ENDLESS OPPORTUNITIES



Find out more and enquire online
www.eastbourne-college.co.uk

Registration

Registration for the triathlon will take place on Saturday 8th July between 1pm and 6pm on the Western Lawns (next to the big wheel). **However, for marathon competitors only, we will allow registration to take place on Sunday morning from the help desk near the finish line.**

KIT SALE

Any 10 items for £30
Saturday 1pm to 6pm at Registration

Registration

Once you arrive at the registration desk, **please give your last name** and we will check your details. You will then be issued with a race pack containing a numbered wrist band. This must be worn throughout the event and must not be removed until after you have finished. Each 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 after the race. **Once you have received your race pack, please put on your wrist band straight away.**

You will then collect your timing chip. As you pass various timing points on the course, this will record your times. You must wear your timing chip around your **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. **If you collect your timing chip on Saturday don't forget it on Sunday morning!**

Your race pack will contain your race number which must be on your front during the race.

Race T-shirts

Marathon competitors will receive a race t-shirt. You will collect your t-shirt after you finish the race by handing in your timing chip. We will also have additional hoodies and t-shirts available at the TriBourne Shop throughout the weekend.



Baggage Area

This will be located at the far end of transition next to row 10. You must show your wrist band to enter transition. Please note this area will not be covered; it is within the secure transition area, but you will leave your bags in this area at your own risk.

Start Time and Place

The race will start at 12pm midday. The reason for this start time is due to the high number of triathletes on the course earlier in the morning.

The start will be at the beginning of the gravel path just to the west of the Western Lawns. Follow the pavement from the Western Lawns (blue line) to get to the start.



Run Route

The run course consists of four identical laps each 10.55km. You will start with an out-and-back section to the west along a gravel path. You will then drop down to the lower prom and complete another out-and-back section to the west. You will then complete a longer out-and-back section along the seafront to the east.

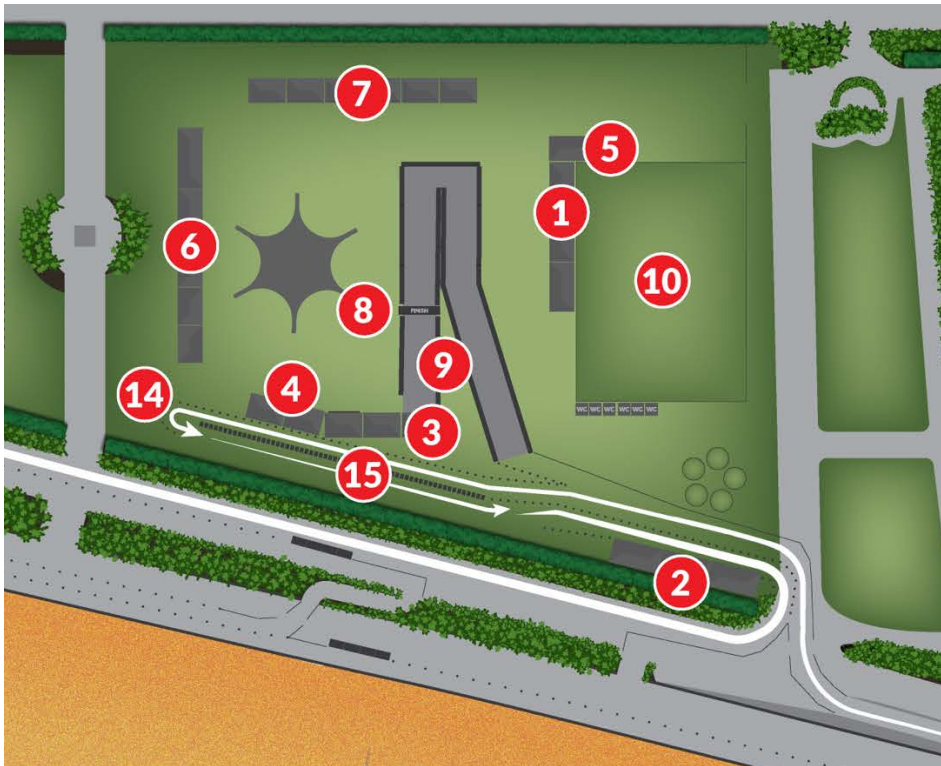
On out-and-back sections you will **always pass to the right of oncoming runners**. **Keep to your right and overtake to the left (taking care to avoid oncoming runners)**. As you run west (towards Beachy Head) you will have the public to your right and oncoming runners to your left. As you run east 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.

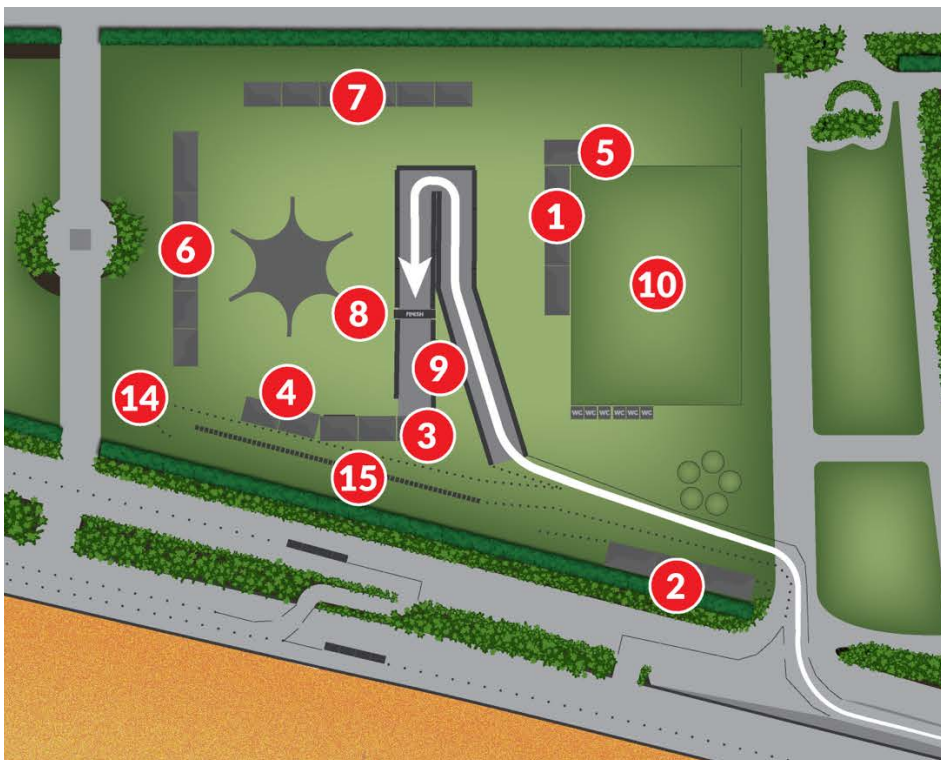


Run Laps and Finish Split

As you run onto the south-east corner of the Western Lawns you will approach the run lap/finish split. If you still have one or more laps to complete, keep left and continue to the right of the personal needs boxes (15) and make a U-turn at the point marked 14 on the map below.



As you run onto the south-east corner of the Western Lawns for the final time, keep right and run onto the blue carpet as shown below.



Aid Stations

Run aid stations will be located approximately every 2km. 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 crisps and bananas at the main aid station near the Western Lawns.

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.**



SAVOUR
EVERY MILE



Start your training on the right foot with a little help from HIGH5 - our on-course nutrition partner. Use coupon code Tribourne23 to get your exclusive discount on the HIGH5 Cycle Pack to help you be at your best.

Finish and Post Race

Once you have crossed the finish line, you will be presented with your medal. You will then collect your finisher t-shirt by showing your race number and handing in your timing chip at the TriBourne Shop. There will be water and HIGH5 Energy Drink available. Once the last cyclist in your race has finished the bike leg, you will be allowed to return to transition to retrieve your bike and other kit and belongings. **We want to create an amazing atmosphere for our last finishers so please stay around the finish area after your race.**

Post-race massage is available from Sportswise on a donation basis.



BECOME A HOST FAMILY

Post-Race Food and Drinks

For the first time this year we will 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 beer or two and food on the Western Lawns.**

Results and Awards

We have awards for the top three open and female overall and the top three open and female over 40.

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, please return to the finish area in time for the awards presentation.



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 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.

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. We recommend you arrive ready to race and bring some warm clothes for afterwards. There are a limited number of public showers on the beach.

What do we do with lost property?

Please hand any items found to the help desk. 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 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 15 on or before 31st December 2022 for the sprint distance and 17 on or before 31st December 2022 for the standard 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.

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

Unfortunately, due to our very tight budget and the impact that deferrals would have on our financial position next year, we can't offer a refund or deferral within the last 4 weeks before the race.

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 volunteers@tribourne.co.uk. Each volunteer will receive a hot meal, hot drinks, water bottle, t-shirt and £25 credit for each 4 hour shift.

Are there any toilets?

Yes, there will be toilets within transition on the Western Lawns.

Are drinks provided?

Yes, there will be an aid station on the run and at the finish line.

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, IronBourne and Brighton & Hove Triathlon. 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 20 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.

“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 Run Wednesdays 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.

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