



EAST GRINSTEAD TRIATHLON

SPRINT TRIATHLON

FEMALE TRY-A-TRI | OPEN TRY-A-TRI | YOUTH TRIATHLON
AQUA BIKE

SUNDAY 11TH MAY 2025

RACE DAY INFORMATION

Dec 24 VERSION





RACE INFORMATION

Congratulations on entering one of the longest-running triathlons in the country. The race receives a lot of positive feedback and many people return year-after-year. The event is run in accordance with the Rules of British Triathlon which are there to create an atmosphere of fair play and provide safety and protection for competitors and the general public. Extracts from the rule book are included in this Race Pack, but you can also find all the rules here: [BTF Rule Book](#).

Please make sure you **read** all the race instructions thoroughly and bring everything you need to be self-sufficient on the day. We will have a water aid station on the run route if it is hot, and water at the finish.

We hope you have a successful and enjoyable race!

Please avoid printing this race pack, if possible, for environmental reasons.

PRIOR TO RACE DAY

RACE RECCE

- We will be holding a race recce on the morning of the 26th April 2025 at Kings Leisure Centre. It is designed particularly for those for whom it is their first race, but is open to anyone.
- You will have the option to be taken round the bike and/or run route by our East Grinstead Triathlon Club members, and also have the opportunity to ask questions about transition.
- If you would like to attend, please email race@egtri.com.

START TIMES

Check the race website on Thursday 8th May at 5pm for your start time:

<https://www.egtriclub.com/triathlon/info>

If your club has requested a Club Wave you will be provided with an overall Club Start time on the start list. It is the responsibility of each club to decide your starting order, although we recommend starting slower swimmers first. Please arrive poolside 15 mins before your club starts and with your starting order finalised.



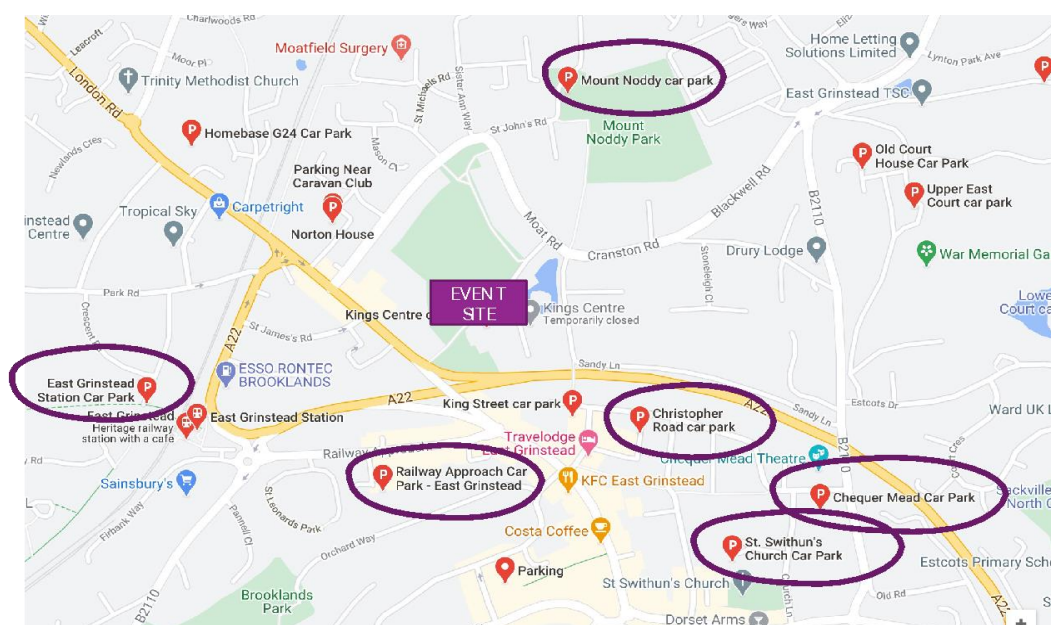
RACE WEEKEND

EVENT TIMETABLE

Saturday 10 th May	13.00	Registration opens
	16.00	Registration closes
Sunday 11 th May (race day!)	06.00	Registration and transition open
	07.00	First sprint and aqua bike race competitor starts
	08.00	Youth, Open and Female Try-a-Tri events start
	09.30	Registration closes
	08.55	Club Waves start around this time
	11.15	Last competitor finishes
	11.30	Awards
	12.00	Transition closes

VENUE & ARRIVAL

- The race is held at **Kings Leisure Centre, Moat Road, East Grinstead RH19 3LN**, where all events start and finish.
- You **CANNOT** Park at the venue on race day. Please park at one of the local car parks shown below. They are 5-10 minutes walk from Kings Leisure Centre. Please be aware some of these car parks have entry **height restrictions**, so bear this in mind if you have **bikes on the roof** and be prepared to take them off the roof if needed.
- We recommend that you arrive no more than one hour before your start time, or 90 minutes, if you plan to register on the morning of the event. Registration is open from 06:00-09:30 on race day.
- Please arrive race ready. There are limited showers and changing facilities at The King's Centre.





REGISTRATION

- You can register on **Saturday 10th May** between **13.00-16.00** or **Sunday 11th May** from **06.00-09.30**. Please take advantage of registering on Saturday where you can park for free at Kings Leisure Centre. You **cannot** park at Kings on race day. Youth competitors will need to have a parent or guardian with them at registration to sign a consent form.
- Your race pack will contain two race bib numbers. If you do not have a race belt then pin one number on the back of your bike top and one on the front of your run top. If you do have a race belt then attach one of the bib numbers to this. Numbers must be visible from the back when you are cycling and, on your front when you are running.
- Your pack will also contain stickers for your bike and helmet. Your bike sticker should be attached to your seat post so that the number is visible, and the helmet sticker goes on the front of your cycling helmet. Do not change any of these numbers in any way (i.e., cut them down, fold them in two).
- Apply these stickers **BEFORE** you go to transition. You cannot gain access to transition unless the stickers are on your bike and helmet.
- You will receive your **timing chip** in the pool area at the **swim start**.

RACE LICENCE

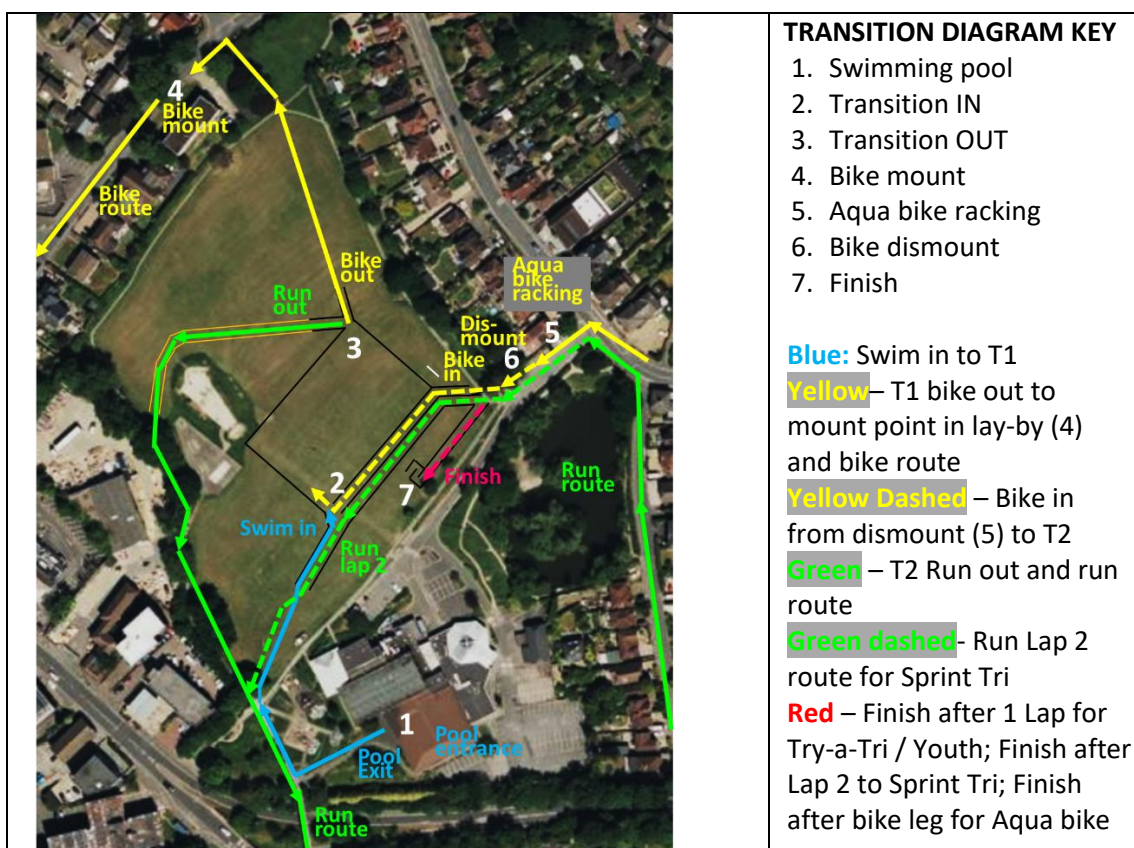
- All triathlon participants are required to have a licence to participate for insurance purposes. You have either told us you have a BTF Race License (as part of your BTF annual membership) when you entered the race online, or if you answered “no” to this question you will have already been charged for a BTF Race Pass as part of your race fee. Please bring your race pass confirmation email with you to registration.
- If you stated that you have BTF membership please ensure you have your membership card/proof of membership with you to show at registration. Please make sure your card is in date and that it has a photo ID on it. Recently BTF have not been providing physical membership cards, and instead are providing digital alternatives, so please bring this with you, ideally as a screen shot saved to your phone. Please also bring a photo ID if there is no photo.
- If you forget to bring your valid membership card, or your digital copy of it, you will need to purchase a day licence (£8). Mobile signal permitting, this can be done via the BTF website. If not, you will need to pay at registration, **CASH ONLY ACCEPTED**.
- **NO LICENCE MEANS NO RACE!**

TRANSITION

- The diagram below shows how transition is laid out. When you arrive familiarise yourself with the swim in, and bike and runs ins and outs.
- Approach the “entry” to transition **WEARING your CYCLING HELMET FULLY DONE UP** ready for the check. Please make sure that you have stoppers in the end of your handle bars and aero bars. If these are missing, please apply gaffer tape to them prior to the event.
- Make sure your numbered bike sticker is around your seat post.
- We will check with you that YOU are happy with the safety of your bike.
- We will then write your race number in permanent marker on your hand and leg.
- On entry find your numbered race racking position and rack your bike.



- Bikes are alternately racked on each side of the pole, so check your bike is facing the right way.
- A **small** bag will be allowed in transition next to your bike as long as it doesn't impede other competitors. There is no bag drop and **NO LARGE BOXES OR BAGS are allowed.**
- You are not allowed to "mark" your area, e.g., with a neon-coloured towel, or by hanging anything off the racking or your bike. BTF officials and marshals will be available in the transition area if you have any questions.



RACE BRIEFINGS

- There will be no mass briefing on the day. All the information you need is in this pack, which you can find on our website <https://www.egtriclub.com/triathlon/info> and will be emailed to you.
- If there are any last-minute changes, these will be sent to you by email the week before the race, and also updated in this race pack on the website – **IT IS YOUR RESPONSIBILITY TO CAREFULLY READ THE INFORMATION WE SEND YOU SO THAT YOU ARE AWARE OF ANY LAST MINUTE CHANGES**
- A short update covering any key information on the day will be given to small groups at the swim start entry point.



THE RACE

WHAT SHOULD I WEAR?

- As the name suggests, a Tri suit is designed exactly for a triathlon. The material they are made from allows drag-free swimming and they are quick to dry. Most have a small amount of seat padding for on the bike, and are comfortable to run in too. They are available for a range of prices from a range of retailers.
- If the weather is cool you may wish to add another layer on top of your Tri suit, just make sure your race numbers are visible.
- An alternative to a tri-suit is a normal swimming costume that you can then put a t-shirt and shorts over the top of.
- Shoes – for the bike you can race in bike shoes with cleats that clip in, or normal trainers, and for the run, trainers are advised. Socks are optional!
- If you have a race belt this is useful to attach your race numbers too, otherwise race numbers should be pinned to your clothing.
- Please see the end of this race pack for an example kit list.

THE SWIM

- Your estimated start time will be listed here: <https://www.egtriclub.com/triathlon/info> by the Thursday before the race. It is your responsibility to check what start time you have been allocated.
- You should arrive at the Swim Start area ready to swim in either your swimming costume or your Tri suit.
- There are toilets available poolside and in the King's reception.
- 15 minutes before your start time you should go to the Swim Start assembly area. This is at the bottom of the car park and will be signposted.
- You will collect your timing chip in the assembly area outside the pool and then be queued in small groups to enter the pool.
- Fix your timing chip to your **LEFT** ankle with a wide Velcro strap (both provided). This is the only way that your time will be registered so please make sure it is secure.
- When called forward you will be given a swim hat if you don't already have one or if your colour is already in use by someone else in your lane.
- When you are called forward by the race starter, they will tell you which lane to enter and which direction to swim in, then set you off when both you and they are ready. There will be a lane counter who will tell you when you have two lengths to go before completing the swim.
- **It is your responsibility to count your lengths as well.** If you feel there is a discrepancy in the number of lengths you have swum, tell the lane counter and then continue with your race. Details will be taken so it can be resolved afterwards, to avoid wasting time during your race.
- Tumble turns are not permitted.
- Backstroke is not permitted.
- Under BTF rules compression socks or calf-guards cannot be used in pool-based swims.
- Be courteous to fellow competitors, especially if you find yourself swimming at a different speed to others in your lane. Follow these simple guidelines:



- If you are tapped on the foot, stop at the end of the pool to allow the swimmer behind you to safely pass.
- If you are faster than the swimmer in front of you, tap their foot to signal that you would like to pass them at the end of the pool.
- On completion of your swim, take off your cap (if it was given to you) and leave it with your lane counter. Exit the pool via the fire doors and follow the route into transition. **BE CAREFUL, the pool side area will be slippery.**
- Sprint Triathlon and Aqua bike participants will swim 400m (16 lengths x 25m).
- Try-a-Tri and Youth participants will swim 200m (8 lengths x 25m).

TRANSITION

You will run approximately 100m to transition. You may leave trainers outside the pool area if you don't want to run in bare feet, however most competitors don't bother. We sweep the tarmacked part of the run route and rest of it is on grass. Always follow the marshals' directions.

- In transition make sure you **PUT YOUR CYCLING HELMET ON AND FASTEN IT BEFORE you touch your bike and make sure your race number is visible on your back.**
- Follow the marshals' instructions to exit transition and **PUSH** your bike to the mount point on Moat Road. There will be a marshal at the mount line area, and they will indicate where you can mount. **It is your responsibility to ensure the road is clear and it is safe for you to start cycling. This is a busy road so exercise caution.**

THE BIKE

THE RULES OF THE HIGHWAY CODE MUST BE FOLLOWED. THERE ARE A NUMBER OF PEDESTRIAN CROSSINGS ON THE COURSE AND A RED LIGHT MEANS STOP! FAILURE TO DO SO WILL MEAN DISQUALIFICATION.

- The bike routes are well signposted. Try-a-Tri and Youth races will follow **purple** signs and Sprint and Aquabike races will follow **yellow** signs. There are marshals at all the key points.
- Both the Try-a-Tri, Youth, Aqua bike and Sprint routes use the same mount point on Moat Road and head towards the T-Junction with the A22. **THIS IS A BUSY ONE-WAY ROAD. YOU MUST MAKE SURE THE WAY IS CLEAR BEFORE YOU TURN LEFT ONTO THE A22.**
- For competitors that are starting the bike later on in the morning, there may be **cars queuing** outside McDonalds (50 m from the junction), so please take care when turning particularly if there is queuing traffic. Also watch out for the pedestrian crossing.
- After 200m keep left at the fork to stay on the A22 and head down to the underpass and up to the Sackville roundabout where you turn left, staying on the A22.
- If you are doing the **Try-a-Tri** or **Youth Tri** you will exit the A22 left into Ashurst Wood onto Hammerwood Lane – this is signposted with **purple** Try-a-Tri route signs.
 - You will then take the second left at the War Memorial and 100m on, just past the church, you will take the left turn into Maypole Road and continue down through Ashurst Wood village, take care with parked cars and pedestrians, until you come to the T-junction with the A264 Holtye Road.



- Turn left ensuring that the way is clear as there can be fast moving traffic on this road. At this point you are re-joining the main Sprint Tri route. Continue on the A264, past the Queen Victoria Hospital, until you come to a roundabout, you go straight across this into Blackwell Road for the last push until you see the Kings Centre on your left – turn into Kings and marshals will tell you where to dismount.
- If you are doing the **Sprint Tri** or **Aqua bike** you will continue past Ashurst Wood, down into Forest Row taking the downhill bends on the A22 **with caution** – they are sharper than they look. Watch out for the pedestrian crossing at the bottom of the hill.
- Once in Forest Row, at the roundabout take the second exit to the B2110 Hartfield Road. **EXTREME CAUTION: SLOW DOWN AND GIVE WAY** on entering Forest Row and Hartfield villages where traffic-calming measures are in place, there are pedestrian crossings, parked cars and the road is narrow.
- **Note that at the traffic calming at the entry to Hartfield YOU DO NOT HAVE RIGHT OF WAY AND MUST GIVE WAY TO ONCOMING TRAFFIC.** A marshal will record if you are delayed by oncoming traffic and you will be credited for time lost, including an allowance for slowing down and getting back up to speed. If in doubt, you are better off taking a breather and getting a time credit.
- Once through the final traffic calming measure you will turn left onto the B2026 Edenbridge Road for a gradual climb up to a T-Junction where you will turn left onto the A264. **THIS JUNCTION IS ONTO A MAJOR ROAD AND YOU MUST GIVE WAY TO ONCOMING TRAFFIC, MARSHALS WILL BE CHECKING THIS AND YOU WILL BE DISQUALIFIED IF YOU DO NOT COMPLY.** You then follow the A264 all the way back to the Kings Leisure Centre. Watch out for the 2 pedestrian crossings as you enter the residential area.
- **YOU MUST OBEY THE TRAFFIC LIGHTS AT THE PEDESTRIAN CROSSING JUST BEFORE THE END OF THE BIKE ROUTE OUTSIDE THE KINGS CENTRE.** A marshal will record if you are delayed. **You will be disqualified if you ignore the lights or the marshal's instructions at this point.** There may also be a BTF Race Official monitoring this point.
- **Equally, if you cause a hazard to other road users, you will incur a penalty or even disqualification.**
- This is a non-drafting race. Therefore, you MUST be a minimum of 10m behind the bike in front of you unless you are overtaking. If you are overtaking you must complete this manoeuvre within 20 seconds.

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.





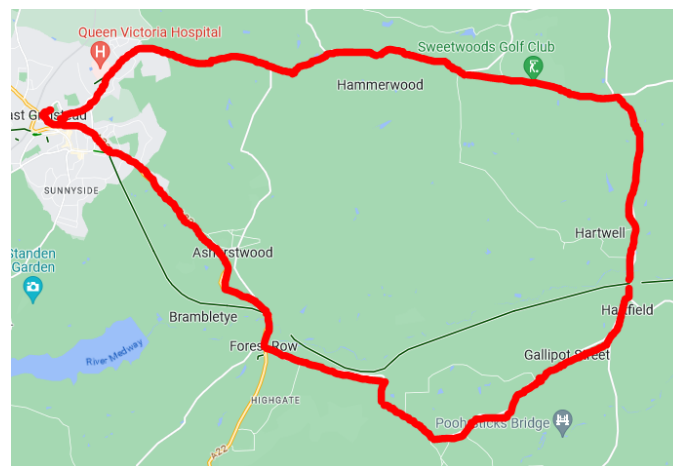
- **NOTE: Marshals are there to direct you and cannot stop traffic.**
- There will be marshals and signs directing you back into the event field once you have completed your bike section.
- They will indicate the “**dismount line**” to you. You must have dismounted your bike by the time your front wheel crosses the line. There is plenty of room to do this but be aware of others around you and approach the dismount line with caution.
- Run into transition, rack your bike first **BEFORE** you remove your helmet. **TAKE YOUR HELMET OFF LAST.**
- Head toward the **RUN OUT** flag to complete the last section of your race.

The Sprint Tri and Aqua bike route is one lap and is here:

<https://www.plotaroute.com/route/388436>

A video showing key points on the route can be watched here:

<https://www.egtriclub.com/copy-of-run-route-video>



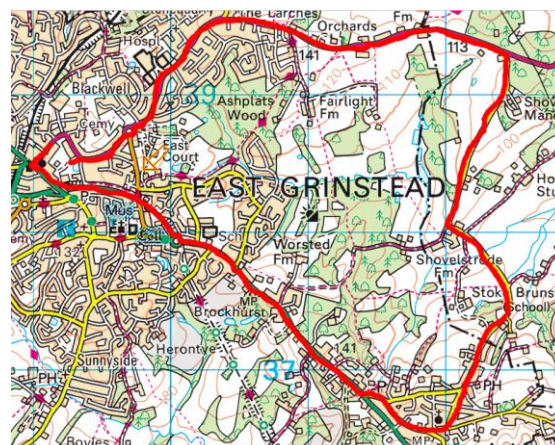
Sprint Tri Bike Route

The Try-a-Tri and Youth bike route is one lap and is here:

<https://www.plotaroute.com/route/1601925?units=km>

A video showing key points on the route can be watched here:

<https://www.egtriclub.com/copy-of-sprint-bike-video>



Try-a-Tri & Youth Bike Route



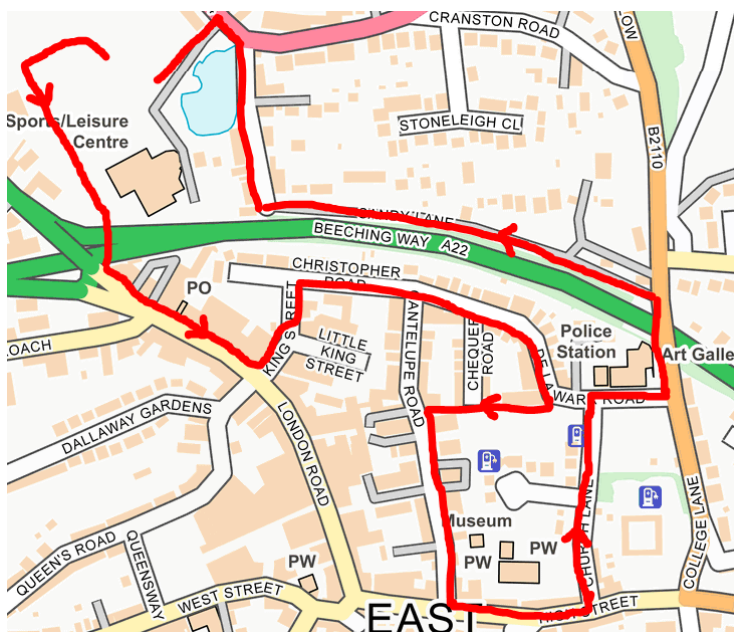
AQUA BIKE

- You will follow the Sprint Tri bike route. When returning to the Kings Centre car park after completing the bike route, keep right and rack your bikes on the racking provided at the dismount line.
- Once racked you may remove your helmet and run to the finish arch where you time will be stopped.
- Please watch out for other competitors as you leave your bike and make your way to the finish. You may do the run to the finish on the field in your bike shoes, bare foot, or leave a pair of trainers by the racking to change into.
- Once clear of the finish line, and before leaving the finish enclosure please **surrender your timing chip**. You will need to remove this and place it in the bucket. Lost timing chips will be charged to the competitor.

THE RUN

- There are signs and marshals to direct you on the run route. Both races use the same route.
- The Sprint Triathlon will be **2 laps** of the run route.
- The Tri-a-Try and Youth Tri will be **1 lap** of the run route.
- It is your responsibility to know if you have done 1 or 2 laps!! (Yes, we do get asked!)
- Part of the route along London Road has bollards and other street furniture. There are several road crossings which are mainly with smaller roads. Particular care should be taken in crossing these roads, especially at King Street beside the cinema as there may be traffic exiting from the car park on the left.
- In places pavements are quite narrow, and on part of Church Road and the whole of Sandy Lane there are no pavements at all, so please take care.
- If overtaking, please give other competitors plenty of room.
- On your final lap as you head back onto the Kings Centre field, head through the finishing arch – Congratulations you have completed the East Grinstead Triathlon!

The run route can be found here <https://www.plotaroute.com/route/388538> and is shown below (2 laps Sprint, 1 lap Try-a-Tri and Youth):





THE FINISH

- You will finish in front of the pavilion area and your time will be taken when you cross the finishing line.
- Once clear of the finish line, and before leaving the finish enclosure please **surrender your timing chip**. You will need to remove this and place it in the bucket. Lost timing chips will be charged to the competitor.

Once you have finished your race:

- There will be water and fruit at the finish line for you to collect.
- Leave the finish area as quickly as you can and recover on the open areas of the field.
- We hold an awards ceremony after all competitors have finished. Award categories will be 1st, 2nd & 3rd in Sprint Tri, Female Try-a-Tri and Open Try-a-Tri, 1st open and female in the Aqua Bike, Youth Tri. We will also award 1st place in the under 30's 30-39's, 40-49's, 50-59's and 60-69's and 70+ in the Sprint Tri, for both open and female categories.

PENALTIES/DISQUALIFICATIONS/APPEALS

- You will be advised of any penalties against you by way of a coloured card, either blue for drafting, yellow for other infractions or red for disqualification.
- Any appeals relating to penalties applied to you or any swim discrepancy claims, must be directed to the BTF Chief Technical Official, not the race organisers or marshals, by competitors only, after completion of their race.
- You must report to the Technical Official within 15 minutes of finishing or posting of penalty, whichever is later. Each appeal will then be reviewed.
- Harassment of race officials or marshals by competitors or their supporters / spectators will result in a penalty or disqualification of the competitor.

OTHER SERVICES

Photography

- There will be 2 photographers on the course capturing the action shots.
- Free digital downloads are included in your entry fee.
- Please check our website 24 hours after the race for a link to the online gallery to relive the glory! Alternatively, you can check out the Epic Action Imagery website.
- Please take note of our photography policy in our terms and conditions ([Terms and Conditions – British Triathlon](#)) and contact the race director with any questions.

Event Village

- There will be refreshments on site serving hot and cold drinks and snacks (Scrumptious Little Bakery & Coop's Coffee).
- We also have a bike mechanic from East Grinstead On your Bike, for any last minute mechanical issues and they will also have a small stock of helmets, race belts, bar ends and race nutrition for sale.

Results

- Results will be produced by Stuwweb (live) and a link published on our website and British Triathlon shortly after the event. You can check your results approximately 15 minutes after you finish at [StuWeb Race Timing](#).



A FEW BASIC RULES

- Please find all rules at [Competition Rules – British Triathlon](#), which includes a Code of Conduct that we expect all competitors to abide by (page 5).
- Please find our Terms and Conditions with further info at [Terms and Conditions – British Triathlon](#)
- Below we have included a few of these rules for your convenience:
 - Know, understand, and follow the British Triathlon Competition Rules.
 - Practice good sportsmanship at all times.
 - Treat other competitors, organisers, Technical Officials, volunteers, other road users (including but not limited to drivers, non-competing cyclists, horse riders and pedestrians) and spectators with respect and courtesy.
 - Inform a Technical Official and Event Organiser after withdrawing from the race.
 - Compete without receiving assistance other than from event personnel and officials.
 - Follow the prescribed course.
 - Ensure that the equipment to be used in the race complies with the safety standards and it is in proper condition.
 - Competitors may not use communication devices of any type, including but not limited to mobile phones, smart watches, and two way radios. This includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs, or using as a one- or two-way radio communication.
 - Cycling helmets must be worn and fastened when cycle is in use.
 - Race number must be visible at all times, on your back for cycle and on your front for run (it's how you are identified in photos!)
 - Only competitors are allowed in the transition area.
 - No nudity in transition.
 - Do not drop litter or gel packs anywhere at any time.
 - No dangerous riding and please be considerate of other road users and pedestrians.
- Youth competitors must have parental/guardian consent to enter and participate. A parent or guardian must accompany the Youth to registration and be present on race day.
- If you have any concerns for anyone's safety throughout the day, please contact the **Race Director** or the **Safeguarding Officer**. They will be wearing high vis jackets with their respective titles written on the back. If you are unable to find them, please head to the finishing arch and speak to the person on the PA system who will be able to help, or to registration if it is still open. Please let your spectators know who to contact should they need to.
- Please find the BTF adult safeguarding commitment statement here [fgr032-british-triathlon-safeguarding-adults-policy-statement.pdf \(britishtriathlon.org\)](#)



EXAMPLE KIT LIST

- Tri suit or swim costume + t-shirt/shorts
- Swimming goggles and swim hat (optional) (hair tie for those with long hair)
- Bike helmet
- Bike shoes
- Bike
- Extra layer for run/cycle weather depending
- Run shoes
- Socks (optional)
- Race belt or safety pins for race bib numbers
- Race numbers and stickers from race envelope provided at registration
- Small race bag to put kit in
- Small towel for transition (to stand on)
- Extra layers for before and after the race
- Money for a post-race drink or snack
- Water bottle for the bike (and run if required)