THE GAUNTLET
COMPETITOR GUIDE
Hever Castle Triathlon
Having raced some of the toughest and most iconic races the UK has to offer, The Gauntlet at Hever Castle more than holds its own. With a unique swim comprising both lake and river followed by a brutally beautiful bike course and a run through the stunning castle grounds this event comes with serious bragging rights and you might even make it on TV! Put this in your diary for 2014!

Karl Alexander
The Gauntlet at Hever Castle 2013 Winner

Event dates in 2014:

Lough Cutra Castle, Galway (Ireland)
Sunday 25th May 2014

Cholmondeley Castle, Cheshire (UK)
Sunday 29th June 2014

The Bastion, Kent (UK)
Sunday 13th July 2014: Full Iron Distance at Hever Castle

Castle Howard, York (UK)
Saturday 26th/Sunday 27th July 2014

Chateau de Chantilly, Chantilly (France)
Saturday 23rd/Sunday 24th August 2014

Hever Castle, Kent (UK)
Saturday 27th/Sunday 28th September 2014
Dear Competitors,

Congratulations on rising to the challenge of The Gauntlet and signing up for the second half iron distance race at The Hever Castle Triathlon. You will be one of 1,000 competitors taking part in this iconic and ground-breaking event.

You will be joined by triathletes from various backgrounds and with different motivations, but all with the shared goal of completing the admirable race distance on arguably the most beautiful triathlon course in the UK.

The Gauntlet is a natural extension to our current competitor offering; we want there to be a race for everyone at our stunning castle venues nurturing the growth of the sport.

For those of you who don’t know the rationale for the race name, it was chosen in keeping with our castle theme. The Gauntlet not only symbolises a protective glove used as a form of armour during historical battles, but celebrates the two idioms ‘running the gauntlet’ (originally running the gantlope), which means running between two confining rows of adversaries and ‘throwing down the gauntlet’, which was an old fashioned way of challenging someone to mortal combat!

As we appreciate your armour for the day will be made of lycra rather than steel, we hope you can enjoy the historical landscape you will be competing in with the course taking in two prestigious castles (Hever and Chiddingstone).

This guide aims to provide you with more details about key aspects of the event to help you prepare for the day. I have no doubt you will have a memorable race and look forward to seeing you at the finishing line.

Good luck and most importantly enjoy!

Regards,

Brian Adcock
Race Director
Castle Triathlon Series
Parking

You will be parking in Car Park A as shown on the map above. Please follow the yellow AA style signs that will direct you to the triathlon Car Park.

It is a 10 minute walk from the car park to Registration. You are in the first waves to go off on Sunday so will not need to worry about cyclists on the 20K cycle route shown on the map.

If you do come on the Saturday afternoon to register (between 5 - 6pm) then please watch out for the children’s races that take place around the estate.
Registration for The Gauntlet competitors opens at 17.00 on the Saturday before the event (27th September) until 18.00. If you are unable to attend this, registration will be open from 6.15am on Sunday (28th September) where we will provide you with a race pack including:

- An individual coloured race number that is worn during the cycle and the run (safety pins are provided if you don’t have a race belt)
- Three numbered labels – one for the front of your helmet, one for the back of your helmet and one for the bike frame
- A coloured swim hat (the colour relates to the wave that you are in)
- A timing chip device to be worn around your left ankle – this must be worn throughout all 3 disciplines and will need to be handed in at the finish line
- A bike timing device which is attached by a sticker underneath your saddle
- A wrist band to be worn on your right wrist identifying you as a Gauntlet competitor

There will be two Gauntlet waves – the first wave will brief at 7.30am (for an 8am start) and the second wave will brief at 8am (for an 8.30am start)

Our staff at registration will provide you with a race number and will body mark your hand.

Wetsuits will be mandatory for this race.

There is no facility for overnight racking at Hever Castle.

No friends or family will be allowed in the Transition area.

The Gauntlet wave briefings take place on the loggia by the lake.
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Transition

Transition Guide

Transition is located next to the registration tent so a clear flow of traffic from receiving your race pack to putting your bike in transition. You will be sharing transition with Olympic competitors who will be starting in later waves than yourselves.

There will be allocated racks for your race but not numbered places.

Before entering transition you should have placed your numbered labels on the bike and bike helmet. Transition staff will check your helmet and brakes for optimum safety.

Bike helmets should be placed on the bike handle bars in transition. Bring a box to avoid losing your gear.

It’s recommended that you name your property so any lost items can be returned to their owner.
The swim course

The course is a 1.9km loop. The start and finish will be at the Hever Castle loggia.

Race Director, Brian Adcock, will brief all competitors on the course and safety at this point. If you are in a relay team, please ensure the whole team comes to the briefing.

The entry point will be down the loggia steps. Please take care as these steps can be slippery.

Theswim course will take triathletes out to the centre of the main lake, around the furthest buoy and left into the River Eden tributary. The swim continues in this river around the Castle’s 16 Acre Island passing the water maze and under two quaint and pretty bridges that link the island to the mainland. Spectators will be able to follow the river section of this route from 16 Acre Island and cheer you on.

The final leg of the swim will see you wrap back into the main lake at the front of the loggia. There is a boat ramp, covered in rubber matting, in the water which will help you get out with a helping hand from a team of helpers.

Swim buoys will be placed at 100m, 200m, 300m, 400m, 500m, 600m, 700m, 900m, 1100m, 1300m and 1500m. The first 8 buoys that you pass will be orange and the last 4 yellow.

Wetsuits will be mandatory for this race. The swim cut off will be 75 minutes.

Safety at the heart of the event – we have 3 safety boats and 12 kayaks manned by fully trained life safety representatives out on the lake for your swim. If you feel that you are in trouble please roll on to your back and raise your arm and someone will be with you immediately. Resting on the boat or kayak at any time during the race is acceptable with no implication on the race qualification.
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The cycle course

Once competitors have finished the swim leg, the route to transition is 200 metres up an inclined grass bank to transition. The bike out will be opposite ends of transition and take competitors out of the Hever Castle estate. The road leading to the public roads includes three large speed bumps so please take care.

At the end of the estate road after approximately 500m you will reach an open set of large wooden gates where cyclists will turn left onto the cycle course. Once out on the public road cyclists are reminded that the roads are not closed to traffic and that you must follow the rules of the Highway Code at all times.

The Gauntlet cycle route will take cyclists on a two loop course. Once completed the first loop cyclists will come back to the front of the castle entrance and carry on for a second loop. After repeating the second loop cyclists should then return to transition via the estate road.

Towards the end of your first lap or on the early part of your second lap you may well be joined by other cyclists from the Olympic Distance race. They will have different coloured race numbers and also no seat post stickers so please do not be demoralised if you are suddenly overtaken by a bunch of fast moving bicycles with fresh legged riders!

The cut off time for the bike leg is 5 hours 45 minutes. In other words, if you are not back in transition 7 hrs after race start you will not be allowed to continue out onto the run section.

There will be feed and water stations out on the bike course. Please see the nutrition page (page 20) for more detail.

Relay teams must ensure they pass the timing chip between team members during each transition.

An automatic 2 minute penalty will be issued to triathletes if any litter is dropped on the course!
The cycle route
Cycle course tips

Please take note of the following 10 key junctions/points of interest on the cycle course:

1. **Marshal point 2 (0.5K)**
   This is a sharp left hand turn approached at a decent speed. There is a Traffic Management marshal there who will hold traffic for you on a STOP/GO board – please control your speed and do not swing into the opposite lane as you turn the corner.

2. **Marshal point 3 (2.7K)**
   This is a right hand turn at a junction. Again traffic will be controlled with STOP/GO signs but please exercise caution and make sure that you follow the same route for the second lap and do not accidentally follow any Olympic Distance competitors around the shorter distance 20K loop.
3. **Marshal point 15 (4K)**
This is a sharp left hand turn at a junction. It will again be traffic controlled with a STOP/GO board but please control your speed to avoid crossing over the carriageway into the oncoming traffic.

4. **Marshal point 17 (8K)**
This is an offset cross-roads where you will turn left initially, cycle for 30 yards and then turn right across the potentially busy A264. The road will be traffic controlled with STOP/GO signs but please be vigilant as this is a fast piece of a road.

5. **Marshal point 18, 18a, 18b (11.3K)**
Point 18 is a right turn at a junction after a steep little climb into the village of Hartfield. This will be traffic controlled with STOP/GO signs but again please exercise caution. Points 18a and 18b are road pinch points which will both be traffic marshalled. Point 18a is not your right of way but 18b is as you exit the village.
6. **Marshal points 25 (26.7K) and point 26 (27.3K)**
This is a right hand turn at a junction after a small climb that passes under a railway bridge. It will be traffic controlled with STOP/GO boards but please exercise caution turning onto the Withyham Road.

7. **Marshal point 29 (29.3K)**
This is a right turn off the A264. It will be traffic controlled with STOP/GO signs but please exercise caution when crossing the carriageway. It immediately follows a sharp left hand turn off the Groombridge Road.

8. **Marshal point 31 (32K)**
This is a narrow bridge that crosses the River Medway. It is marshalled and it is your right of way but be careful of speeding an unsighted motorists coming in the opposite direction over the bridge!
9. Marshal point 7 (34.4K)
Beware other cyclists joining from the left at this junction. You have right of way and will be given the priority over cyclists joining the straight road that you are on but beware queuing traffic on your second lap when the roads will be at their busiest with other competitors doing the shorter distance cycle (20K).

10. Marshal point 10 (38.5K)
This a right turn just after a small incline onto the B2027 which is the main road between Tonbridge and Edenbridge. Cars travelling East to West are unsighted as they approach the junction due to a small hill about 50 yards from the junction. This will be traffic controlled with STOP/GO boards but please exercise caution.

11. Marshal point 11A (41.6K)
This is a narrow bridge which goes underneath the railway. As you approach at speed you will be faced with a sharp left hand turn which, if you are going too fast, will throw you into the middle of the road. Traffic coming in the opposite direction often moves into the middle of the road so please be careful! Marshals on either side of the bridge will wave red warning flags to alert competitors and motorists alike of the dangers.
The run course

After competitors leave T2 they will begin the run course which consists of two loops of 10.5km totalling 21km.

A large proportion of the run route is off road with many competitors choosing to wear trail or multi-terrain run shoes.

Please exercise caution when running along all sections of the route as there may be other walkers, people on horseback and motorists using the same tracks, bridleways, paths and roads.

Any person seen littering on the course will be given an automatic 2 minute penalty.

The finishing line is situated by the event village next to the Castle lake where a host of refreshments and drinks will be on offer.
The run course

You can download maps here.
Run course tips

Marshal points 1 to 2 (0.5K)
This is a bit of an uphill slog on an uneven track. Underneath the pedestrian footbridge it is always a bit mucky but it is only for approx. 15m.

Marshal point 3 (1.3K)
At the time you are running along the top of Park Wood towards marshal point 3 you may well be mixed in with other runners competing in the Olympic Distance race. Please make sure you turn right here and follow the signs that say “21K Route”.

Marshal point a (1.3K)
This is a road crossing on a country lane. Will be double marshalled but please remain vigilant as you approach the junction.

Marshal points a to b (1.3-1.8K)
You will be running for 500m along a country lane – please keep tucked in to the left hand side of the road.

Marshal points d and e (2.5K)
You enter the small hamlet of Hill Hoath about 50m before Point d. Turn right at Point d and then left at Point e. – please be vigilant as there may be cars from these houses moving on the road.

Marshal point i (3.7K)
Here you will emerge from a public footpath and turn left along Chiddingstone High Street. Please keep to the left of the cones that will lead you down to the water station and the East gates of Chiddingstone Castle. Please be careful of walkers and motorists in the High Street.

Marshal point j (4.1K)
This is a narrow bridge across the lake at Chiddingstone Castle. There will be marshals at both ends to ensure there are no head-ons with members of the public visiting the castle.

Marshal point l (4.3K)
These are the western gates of Chiddingstone Castle and you will turn left once you have passed through them. It will be marshalled but beware you are now back on the public road (albeit a quiet cul-de-sac) for the next 200m.

Marshal point a (5.7K)
You will re-cross the public road again at this point. It is marshalled but please exercise caution.

Marshal point 3 (5.7K)
You will re-join the main Hever route here and may well be joined by other Olympic distance runners as you head down the hill through Park Wood towards the eastern end of Hever Lake.

Marshal point 5 (6.7K)
Follow the signs for the “21K Route” at this marshal point which will take you off to the right of the main track that heads back towards Hever Castle itself. Do not be tempted to go straight on at this point!

Marshal point 6 (7.6K)
Again follow the signs to the right that say “21K Route” which will see you run around the edge of a large field called Big Top. Do not be tempted to go straight on at this point as you will be following the Olympic Distance runners and going the wrong way.

Marshal point 15 (9.8K)
Nearly there! One last steep gravelly hill of around 50m length and then you have 300m of grassy, finely mowed, downhill before you have completed your first lap.

Marshal point 17 (10.3K)
You will see the finish line in front of you but you must turn immediately right passing through the ticket huts and continue along the 200m road section before heading up the muddy lane for the start of your second lap. Second time round you can sprint for the line from this point.

Run course elevation
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Race nutrition

The Castle Triathlon Series will be working together with nutrition sponsors, High Five to provide you with comprehensive food and drink stations.

**On the bike**
A feed station will be placed at Black Hill Car Park on the Ashdown Forest (pretty much the highest point on the course) at 18K into the bike route. You will pass this feed station twice, once at 18K and then again on your second lap at 63K.

The team of 8 volunteers will have a selection of food and drink available for you including the following:

- Water
- High 5 Energy Source Isotonic Drink
- High 5 Energy Gels
- High 5 Energy Bars
- Cake/ Jelly Babies
- 1/2 Bananas (peeled)

Drinks from these stations will be handed out in bike specific drink bottles. Each station will be preceded by a football net ready to catch your empty bottles or litter.

Furthermore, there will be a water station at 35.5km, manned by 3 volunteers, in the layby in the village of Penshurst, which again you will pass at 80.5K on your second lap. Please note that this water station will also be used by Olympic distance competitors.

**On the run**
A feed Station will be placed just in front of the Castle Inn in Chiddingstone High Street. This is 4K into the run. You will therefore pass this twice, once at 4K on your first lap and again at 14.5K on your second lap.

The team of 4 volunteers will have an identical selection of food and drink available for you as per the bike feed station, including the following:

- Water
- High 5 Energy Source Isotonic Drink
- High 5 Energy Gels
- High 5 Energy Bars
- Cake/ Jelly Babies
- 1/2 Bananas (peeled)

Drinks from these stations will be handed out in cups. Please use the bins provided further along the course for your empties rather than dropping them in the grounds of Chiddingstone Castle.

Again there will be a water station at 6.5km, manned by 3 volunteers, at the eastern end of Hever Lake, which again you will pass at 17K on your second lap. Please note that this water station will also be used by Olympic distance competitors.
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Race timing

You will be timed during the race using electronic chip timing technology. The timing devices, of which there are 2 being utilized, will be given to you in registration.

The first is an ankle worn, Velcro attached, chip that you need to secure to your left ankle. Throughout the course you will pass over a series of mats that record your chip’s signal and update the central timing computer. This will be used to give you your split timings on all sections of the course and ensure that you have completed the requisite number of laps.

In addition you will be given a seat post timing device that you must attach to the seat post of your bike. This will give you split timings out on the bike course. The Transmitter/receivers for this timing chip will be up by the main entrance to Hever Castle and at the feed station situated by the Black Hill car park, Ashdown Forest – there are no mats for these devices. This will enable us to give you a more detailed breakdown of your cycle lap times across the course as well as ensuring that everybody completes the entire course.

After the race you will be able to get a print-out of these times at the Results tent in the Event Village and all results will be posted on-line on the evening of the race.
Please read these instructions very carefully!

Your wave start time will be emailed out and uploaded on our website two weeks prior to the event.

Directions to Hever Castle Triathlon
By road - Hever Castle is located 30 miles from Central London. 3 miles SE of Edenbridge, off the B2026, between Sevenoaks and East Grinstead. Exit M25 junctions 5 or 6. 30 minutes from Gatwick. 1 hour from Heathrow. 1.5 hours from Folkestone and Dover.

By Rail - London Victoria/London Bridge to Edenbridge Town (3 miles from castle - taxis available at Edenbridge Cars on 01732 864009 or Relyon Cars on 01732 863800) or Hever Station (1 mile rural walk from castle - no taxis).

Arrival Times and Car Parking
Parking for the triathlon is not in the main Hever Castle Car Park. Yellow AA style signage with the words “Hever Castle Triathlon” will direct traffic on all approach roads Please do not follow sat navs. The Car Parks will be open at 6.45am Saturday and 6.15am on Sunday. Due to high demand for the event, we recommend that you arrive at least 1 hour before your swim start time (see below predicted timings). There is a 10-minute walk from the Car Parks to the Event area. Competitors are encouraged to travel in one car only if being accompanied by their families due to the restricted nature of the parking areas. Please allow sufficient time for your journey, as there is no flexibility on start times due to police and highway restrictions on the cycle routes.

Predicted Wave Times
We predict the following quantity and timings of waves in 2014. NB. THESE ARE SUBJECT TO CHANGE. FINAL CONFIRMATION OF WAVE TIMING WILL BE EMAILED OUT AND UPLOADED ON OUR WEBSITE TWO WEEKS PRIOR TO THE EVENT. Saturday 27th September

‘Henry VIII’ Sprint Plus
3 waves every 20 minutes
08:00–08:40
The first wave will be Competition ‘Opt-in’ wave

‘Anne Boleyn’ Super Sprint
10 waves every 15 minutes
09:00–11:15
The first three waves will be Competition ‘Opt-in’ wave including a female only wave

‘Elizabeth 1’ 8-10yrs
12 waves every 15 minutes
14:00–16:45

Sunday 28th September

‘Gauntlet’ half iron
2 waves every 30 minutes
08:00–08:30
Both Competition waves

‘The Hever’ Olympic
10 waves every 15 minutes
09:00–11:15
The first three will be Competition ‘Opt-in’ wave

‘Elizabeth 1’ 13-15yrs
4 waves every 15 minutes
14:00–14:45

‘Elizabeth 1’ 11-12yrs
6 waves every 15 minutes
15:00–16:15

Race Briefing takes place 15 minutes (30 minutes for Gauntlets) prior to the start of each race on the Loggia (all competitors, including relay members must attend)

Due to time constraints, only competitors in the “Opt In” waves will be eligible for prizes on the day, see below for prize giving. Click here for more info on Competition ‘Opt-in’ Waves.

Relay teams go off in the last wave of their chosen distance.

Registration Tent
Please follow the signs to ‘Registration’ to collect your race pack and be numbered up. NB. YOU WILL NEED TO KNOW YOUR WAVE NUMBER ON ARRIVAL AS WE REGISTER COMPETITORS IN WAVE ORDER.

Registration Opening Times: Please arrive at least 1 hour before your given start time.

Saturday:
Adults 06.45 – 10.45.
Children 12.45 – 16.15.
Gauntlets pre race day registration 17:00-18:00

Sunday:
Adults 06.15 – 07.30
Children 12.45 – 15.45 (13-15yrs first)

Transition and Bike Racking
DON’T GET LOST IN TRANSITION - KNOW YOUR WAVE NUMBER.

There is no overnight bike racking facility. Help get the queue down, you will only be able to enter transition with all labels attached and your cycle helmet secured! Transition will be kept secure until the completion of the race at around 6pm. All adult competitors please remove your bikes and equipment within an hour of completion of your race, so that we can make space for the children’s race. Only competitors in possession of their race number and with their bike bearing that same number will be able to enter or leave the transition area.
The bike racking will be not be numbered and competitors will be directed to their racking locations by transition marshals.

**Transition Boxes**

At Hever Castle Triathlon we are asking all competitors to bring Transition boxes for the transition area. This is for your own security and safety of belongings as well as creating better access along the rows. Castle Triathlon Series will NOT supply a box but these can be purchased online or from any major home wares retailer from as little as £3.

**The dimensions of your Transition box should not exceed:**

- 19 inches or 50 cm long
- 16 inches or 40 cm wide
- 10 inches or 30 cm high

One box, one bike please! Where possible all other belonging should be removed from transition and left with a friend/relative during the race. There will be space alongside the fences of transition to store such belongings but these belongings will not be securely monitored in the same manner as your bike on the rack.

**How to set up your transition area:**

Your bicycles will be racked alternately which means you will have the opposing end of your neighbours cycles facing you. You should lay out your belongings with your towel and trainers on one side of your wheel and your box behind it. To help avoid loss of property keep your belongings on one side only. This allows you space to remove your bike from the rack safely without clashing with your own kit/another athletes bike.

**Returning kit during the race:**

As you return to your space during transitions, every effort should be made to put your own kit back into your box and not leave it around your racking space for others to make a mistake of mixing your kit with theirs and it becoming a trip hazard.

Please respect other athletes space in transition and use a transition box as stated above to increase everyone’s enjoyment of their race and the security of your kit.

**Transition is a busy place with limited space - please be mindful of competitors racing to and from their positions. In particular, parent helpers of the 8-10 years age group – please make your presence discrete and whilst in transition stay in the vicinity of your child’s racking position.**

**Listening Devices**

The wearing of MP3 players, iPods or other music devices is strictly prohibited due to safety considerations.

**First Aid**

Mobile First Aid facilities will be available at all points around the swim, bike and run course. Route marshals will have 2-way radios and be able to call upon First Aid to attend a location anywhere on the course at short notice. Additionally, there will be First Aid at the Finish and in the Event Administration Area.

**Routes**

**Swim:**

Water temperature will be taken on the Friday prior to race day and will be posted on the website. Due to the time of year we predict that the water temperature will be below 15C and therefore the wearing of wetsuits will be mandatory at this year’s event. After the race briefing swimmers will be invited to enter the water via the Loggia steps. The start line, which is in standing depth water, will be some 20m off the steps. The swim will be started by cannon. Saturday’s swim routes and all children’s swim routes are an out and back circuit that will be marked by 50m and 100m swimming buoys! On Sunday all adult competitors will swim a 1-lap course that takes in the River Eden section of the lake. The lead swimmers will be led around the course by a canoeist. Safety is being looked after by Tonbridge Waterways who operate boats on the lake through the season. Exit from the swim is via a concrete (matting covered) boating ramp. If at any point you find yourself in difficulty please stop in the water and put your hand up and you will be immediately rescued! As an additional safety feature adult swimmers (life saving qualified) with flotation devices will swim alongside the children in the Elizabeth 1 races.

**Bike:**

Transition to the bike from the swim is a 100m run up a grassy path. Once you have transferred onto your bike you will leave the Transition Area via the Bike Out Gate at the south east corner of the fenced area. You will not be allowed to mount your bike until you have passed the Bike Mount point. This Mount/ Demount point will be strictly marshalled. A line of cones down the centre of the estate road will split the outgoing and incoming cycle traffic. Once out on the public road the course will be marked by...
Important race day information

Continued...

a combination of race marshals wearing high visibility jackets and race signage. The 20k and 45k cycle routes are posted on the Race Admin Page of our website. There will be KM markers all the way around these bike courses. Those cyclists doing the Gauntlet, Hever and the Henry VIII do 2 circuits of their respective cycle routes and are not required to re-enter the grounds of Hever Castle after their first loop but are to stay on the public road. On return to transition cyclists will be required to dismount their bikes at the demount speed ramp and then run to the northwest end of transition to enter the Transition Area through the Cycle In Gate. All cyclists must wear a cycle helmet (British Safety Standard) and will not be able to leave transition without one properly affixed.

Gauntlet competitors will follow the existing 20K course for the first 3K and then re-join it at 8K just outside Penshurst (37K in to the 45K loop). See Gauntlet Competitors Guide.

Children competing in the Elizabeth 1 races will cycle around the adult 4k run route and as such will not leave the estate. Due to the off-road nature of the surfaces we recommend the use of either a mountain bike or a cycle-cross bike.

Drafting is NOT allowed at any point and will be enforced by both marshals and the motorcycle referees out on the cycle course.

NO part of the course will be subject to any closure notices and the cycle course is wholly on the public highway. Cyclists must therefore comply throughout with The Road Traffic Act and Highway Code. Race marshals will not have any authority to stop or direct traffic at any time. Cyclists should listen to and obey all marshal commands and look out for race warning signage on their way around the course. In addition to the large number of marshals we employ a traffic management company to manage the key junctions on the course. Operatives will wear distinctive hi-visibility orange tops. They will endeavour to safely and smoothly traffic manage every single competitor through each junction they are covering with the use of Stop/Go boards. This means that, if directed through, we have effectively over-ridden the Give Way and cyclists can proceed without stopping. However, it is imperative that every competitor is aware that this cannot be guaranteed. If our marshal asks you to slow or stop, it will be because it is that it is not safe for you to proceed. Wherever possible (95%+) we will feed you smoothly around the circuit.

Drafting is NOT allowed at any point and will be enforced by both marshals and the motorcycle referees out on the cycle course. NO part of the course will be subject to any closure notices and the cycle course is wholly on the public highway. Cyclists must therefore comply throughout with The Road Traffic Act and Highway code.

Run:
On returning to the Transition Area cyclists will need to re-rack their bikes at their allotted number and then head off through the Run Out Gate onto the run course around the Hever Estate. The course will be again marked by a combination of marshals and race signage. There will be KM markers throughout the course. Those runners doing the Gauntlet, Hever and the Henry VIII course will run twice around the same loop. After the first lap there will be no requirement for them to return into the Transition Area they will just be marshalled back onto the same footpaths for their second lap. The run routes are posted the Race Admin page of our website.

Juniors taking part in the 13-15yrs age group race will do two laps of the 4K run route and be given a wristband at the beginning of their second lap.

Gauntlet competitors will complete 2 laps of a 10.5K course (see Gauntlet Competitors Guide) that follows the existing 5K course for the first 1.3K and then re-join it at the same point (5.6K in to the 10.5K loop).

Water Points and Feed Stations
Water and gels will be available at the 10K point of the cycle course in the lay-by at Penshurst and also at the 2K point of the run at the Eastern end of the lake. Competitors are asked to throw their empties into the bins provided further down the route. Water and other refreshment will also be provided at the finish.

For the Gauntlet competitors only, there will be Feed Stations at the 18K point of the cycle and the 4K point of the run, both if which will be passed twice on their respective courses. See the Gauntlet Competitors Guide for the constituent parts of the feed station.

Competitors must not drop litter out on the course. If caught littering a 2-minute penalty will be instantly issued. Bins will be provided on the course and in and around transition.

Facilities, Entertainment and Spectators
There will be temporary toilets as well as male and female changing tents situated near registration. Please do not use the toilets as a changing facility. There will be more toilets in the ticket hut area behind the main stage, on the way to the swim. There are also toilets within the Guthrie Pavilion Restaurant and more in the building beyond that. The Guthrie Pavilion Restaurant and outdoor catering facilities in the village area will be serving.
Important race day information

Continued...

breakfast and lunch and food throughout the event.

All competitors get free entry to the event and castle grounds. This also applies to one parent/guardian of a child competitor. There is spectator fee of £7.50 for adults, £3 for children (aged 5-15) and free for under 5’s. The entry fee (heavily discounted on normal castle entrance costs) will allow access to all areas of the estate and award winning gardens. (If you’d like to enter the castle itself, there is an additional fee for that).

As well as supporting their family and friends, spectators can enjoy live music, free archery and climbing wall. There will also be a traditional fair ground and inflatables as well as numerous retailers and a choice of food outlets. The discounted entry in to the stunning castle grounds of Hever Castle, the childhood home of Anne Boleyn, offers loads to do for all the family including a yew maze, water maze, adventure playground and stunning gardens.

All spectator money collected on the day is being used to help improve the estate for the benefit of the triathlons next year. It is advisable to bring cash to the event.

Read more about Hever castle and gardens here.

Prize giving
The scheduled times for prize giving are:

Saturday:
All Adult races - Midday
Children 8-10yrs - 5.30pm

Sunday:
Olympic - Midday
Gauntlet - 2.30pm
Children 11-15yrs - 4.45pm
Prizes will be awarded to the 1st three competitors (male and female) in each race as well as prizes for +40’s Veterans, +60’s Super Veterans and +60’ Ultra Veterans. Additionally a relay prize will be awarded to the fastest relay team in each race. The overall Series prizes will be awarded at the same time if the winner is present on the day.

Inter Schools Competition
All children who are competing will be automatically entered for inter-schools competition. The competition will run for each of the three age groups and each age group will be independent of the others.

To qualify for the prizes each school must have at least three individual competitors entered into the race. Relay teams do not count towards the competition. The prizes are not gender specific and the winning team will be the one with the lowest total number of points, where points are awarded to correspond with overall finishing place (e.g. 1st place = 1 point, 2nd place = 2 points……10th place = 10 points and so on). If teams are tied on points then the team with the highest placed finisher will be the winners.

Camping
New campsite area for 2014!
Pre-booked camping is on offer again in 2014. The campsite will be open from 4.00pm on Friday 26th September. All campers are to make their way to the campsite entrance (Off Hever Road, postcode TN8 7NJ) and follow the signage to the campsite when they get on the estate. On arrival please register with the Campsite Manager to pick up your wristband to allow access to the grounds as spectators on Saturday and Sunday during the Event. There will be showers, toilets and running water available. Up to date camping information can be found on the Race Admin Page of our website.

The entrance has been widened and improved so vehicles of all sizes (including large campervans) will be able to access the campsite from Hever Road. There is no electrical hook up. The access gate between the Camping Field and the Hever Estate will open from 6.15am to 7.00pm.

The local pub, the Henry VIII, is a 5-minute walk from the campsite. BBQs (that keep their coals and ash off the ground) are permitted but fires are prohibited. You will be able to walk to registration (10 minutes) from the campsite. There are a number of families staying on site so a strict no noise policy will be enforced from 11.00pm each evening.

Our Charities
The Castle Triathlon Series is supporting, on a national level Help for Heroes and locally through the children's races Jigsaw South East. Both are hugely worthy charities and we would ask you to support them with your fundraising if at all possible. We will have bucket collectors in the car park and around the event administration area and finish and would ask you to make a donation.
The rules

Although we run our events to British Triathlon Federation (BTF) safety and procedural rules we are an independent event that hopes to break down barriers to entry and relax the competitor’s experience.

This is a non-drafting race. Penalties will be issued to all competitors who are caught drafting out on the course. Unless overtaking, you must remain more than 7m from the back wheel of the nearest cyclist.

Any wrong turnings onto the wrong course will be penalized with a DNF. It is the responsibility of all competitors to read these notes and listen to the briefings give on the day of the race.

Please stop if you see an injured fellow competitor and find help from the nearest marshal reporting their race number, location and nature of injury. We know it is a race but your safety and that of your fellow competitors comes first.

There is a team of cycle support representatives on the road. If you have a mechanical fault and would like help, please flag them down with no penalty to your time or race qualification.
Dig Deep... Do Your Bit!

To find out more and fundraise for Help for Heroes contact the Running Team on 01725 514124 or email us running@helpforheroes.org.uk

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Prize money and rewards

Each Gauntlet competitor will receive the following:

- A well-earned warm meal on completion of the race. (This can be claimed by entering the Gauntlet competitor’s marquee and presenting the wristband worn during the race).
- An exclusive Gauntlet Buff © designed especially for competitors.
- A free massage from one of our sports masseurs.
- A free rucksack with various CTS and sponsored goodies to take home.
- The opportunity to shower in the campsite showers.
- Bespoke medal.
- Speedo swim towel.

The open category podium winners will receive a trophy along with prize money with each winning male and female receiving:

1st place – £1500  
2nd place – £750  
3rd place – £250

All Gauntlet competitors can have a free shower, massage, and hot meal (in the Gauntlet competitor’s marquee by showing their wristband).

There will also be Age Group trophies for 40+, 50+ and 60+ first places along with prizes for all positions.

The prize giving will take place at approximately 2.00pm in the main event village on the north lawn.
Spectators view

Many of you will be bringing spectators to watch your herculean efforts. Our recommendation for your supporters, based on a 6 hour completion time for the race would be to do the following:

0700
Go and have a coffee in the Athlete’s Village whilst you register and rack.

0730/0800
Make their way to 16 acre island (see swim map) to watch the swim. This is accessed via the Italianate Gardens at the back of the Loggia - follow the signs to the Water Maze. Just before you come to the water maze you will cross over the river via a footbridge and this is 16 Acre Island.

0800 - 0840
Watch your swimmer circumnavigate 16 Acre Island - great viewing spots all the way around and you can literally touch them as they swim down the river section!

0840
Run back to the swim exit point so you can watch your swimmers climb out of the water and run back up the hill to transition.

0845
Walk over to the Bike Mount Point and cheer them off on their cycle.

0845 - 0940
Enjoy the Athlete’s Village and other entertainment we have put on for you.

0940
Walk, via the public footpath (same one as you walked in on from the Car Park), to the main entrance of Hever Castle (10 mins). From there watch and cheer on your competitor pass the main entrance of the castle after completing their first lap of the cycle.

1030
Walk back, via the same footpath, and then either amuse yourself within the grounds of Hever for an hour or so or follow the signage for the Gauntlet run route (1 small section of road the reston footpaths and bridleways) and walk to the village of Chiddingstone (approx 4k).

1200
Have an early lunch and a pint at the Castle Inn in Chiddingstone which is colocated with the Run Feed Station. Should be lots of excitement and music etc. Watch your competitor run past the pub and Feed Station, 4K into their 21K run.

1300
Make your way back to the Finish Line (3K in distance) but don’t follow the Gauntlet Run Route signs once you get back onto the Hever Estate - just retrace your steps back along the public footpath but watch out for runners coming in the opposite direction. You should catch your competitor just starting out on his second lap of the run.

1400
Arrive at the Finish Line and cheer your competitor across the Finish Line.

Please note that we expect the winner to complete the race in around 4 hours and 30 minutes. Please be mindful of runners on the course and give them plenty of room. If you have small kids then a slightly less ambitious day on the Hever estate might be a better plan - there will still be loads for them to do!
More information

We hope that this competitor guide has answered any questions that you may have had, but please don’t hesitate to contact the office if you have any further questions.

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Best of luck and look forward to seeing you at Hever Castle Tri!
Triathlon festivals for all levels, from first-timers and children to elite performers.

Register now for 2015

Sunday 24th May 2015

Sunday 28th June 2015

Sunday 12th July 2015: Full Iron Distance at Hever Castle

Saturday 25th/Sunday 26th July 2015

Saturday 29th/Sunday 30th August 2015

Saturday 26th/Sunday 27th September 2015

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The harder the hill, the steeper the climb, the better the view from the finishing line.

Paul Newman