

DETAILED EVENT INFORMATION - WEDNESDAY 2 JULY 2014

Please read these instructions very carefully!

Directions to Hever Castle Triathlon Parking

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. Thirty 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). Tonbridge, Hildenborough, Tunbridge Wells and Sevenoaks mainline stations are all within a 20-minute drive of Hever.

Parking for the Evening Sprint Triathlon Series is not in the main Hever Castle Car Park but accessible via the old service road the address for which is Threshers Field, Hever Castle Private Road, Hever, Edenbridge. Kent. TN8 7ND. Yellow correx signage with the words "Hever Castle Triathlon Parking" will direct traffic on all approach roads. Approaching from the North please make your way to the village of Bough Beech and from the South make your way to the village of Markbeech to pick up these signs.

From the A264 approaching from either the east or west arrive at Colestock Cross and head north on the B2026 Hartfield Road signposted to Edenbridge. After 2 miles take the second right opposite the Queen's Arms and signposted to Markbeech.

From Junction 6 of the M25, head south on the A22 for ½ mile and take the 1st exit at the roundabout heading east on the A25 for 3 miles through the town of Oxted and village of Limpsfield. After the second set of traffic lights get into the right hand lane and turn right on the B269 signposted to Edenbridge for three miles. On entering the village of Crockham Hill turn left opposite the Royal Oak pub still on the B269 signposted to Four Elms. After a further 3 miles go straight over at the cross roads in Four Elms and continue for a further two miles before entering the village of Bough Beech.

From Junction 5 of the M25 head south along the A21 for 3 miles before taking the exit signposted to Hildenborough and Hever Castle (Brown Tourist Signs). At the roundabout take the second slip road signposted to Hildenborough along the B245 London Road. After 1-mile turn right towards the village of Leigh (also tourist signs to Hever Castle) and after a further mile pass Hildenborough station on your left hand side. At the next T-junction turn right and stay on this road the B2027 for the next 5 miles. This will take you through the villages of Leigh and Chiddingstone Causeway. After passing under a railway bridge you will drive up a small hill into the village of Bough Beech

Arrival Times and Car Parking

We would recommend that you arrive at least ½ an hour (ideally an hour) before your swim start time (see below). Hever Castle traffic marshals will direct traffic to the parking area on the estate. Please take extra care on the private road as there are a number of young families who live along it as well as it being particularly busy throughout the day with runners, pedestrians and other vehicles.

Please allow sufficient time for your journey, as there is no flexibility on start times due to police and Kent Highway restrictions.

Registration

All competitors need to report to Registration on arrival at the Event Administration Area. (No earlier than 4.30pm) This will enable us to conduct a head count for the swim section, issue you with your chip timing ankle band, your swimming hat and your race number. We will also mark your race number on the backs of your hands and legs at this point. We will **not** be sending anything out to you by post. Children's race registration will commence at 4.30pm.

Race Numbers

Please ensure your race number, which will be given to you in a pre-prepared envelope at Registration, is attached to a race belt or safety pinned to the front of your cycling/ running vest and is clearly visible. There will also be a number for your bike and two for your helmet that will correlate with your race number. Please stick one to the bike frame of your bike and the other two to the front and back of your cycle helmet.

Bike Racking

Transition will open at 4.30pm on the day of your race and will be kept secure until completion of all races. Only competitors in possession of their chip timing device, race number and with their bikes bearing that same number will be able to enter or leave the transition area. The bike racking will not be numbered but each Wave (see below) will have a specific line of racking to use. After completing your race your bike will not be allowed to leave transition unless it is accompanied by you and your race number. Please also bring a plastic box, sports bag or similar to put your equipment in so that we can keep the transition area tidy and safe.

Wave Times and Race Briefing

Race Briefing will take place 10 minutes prior to the start of each wave and take place on the Loggia at the lake end of the Italian Garden. The wave times and associated race numbers are as follows:

5.30pm	Wave 1	Elizabeth 1 (11-12 yrs & 13-15 yrs)
5.45pm	Wave 2	Elizabeth 1 (8-10 yrs)
6.00pm	Wave 3	Anne of Cleves (Sprint 750m/20km/5km)
6.15pm	Wave 4	Anne Boleyn (Super Sprint 400m/20km/4km)
6.30pm	Wave 5	Anne of Cleves
6.45pm	Wave 6	Anne Boleyn
7.00pm	Wave 7	Anne of Cleves
7.15pm	Wave 8	Anne Boleyn

Routes

Swim:

Water temperature will be taken on the Monday prior to race day and sent to you via SMS and also posted on the website. Provided the temperature remains above 14C the wearing of wetsuits will be optional. 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 route is an out and back circuit that will be marked by 50m and 100m swimming buoys. The lead swimmers will be led around the course by a canoeist. Safety is being looked after by Tonbridge Waterways who operate 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 two youngest age group Elizabeth 1 races.

Bike:

Transition to the bike from the swim is via 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 southern end of the fenced area. You will not be allowed to mount your bike until you have passed the first speed ramp on the main entry/exit road to Hever Castle. This ramp demount/ mount point will be strictly marshalled. A line of cones down the centre of this road will split the outgoing and incoming cycle traffic onto and off the estate. Once out on the public road the course will be marked by a combination of race marshals wearing high visibility jackets and race signage (black writing on luminous yellow boards). The cycle route is posted on the race website <http://www.castletriathlonseries.co.uk/en/evening-series-races/>. There will be KM markers all the way around the bike course. Cyclists will complete one loop only of the bike course. On return to transition cyclists will be required to dismount their bikes at the demount speed ramp and then run to the northern end of transition to enter the Transition Area through the Entry Only Gate. All cyclists must wear a cycle helmet (British Safety Standard) and will not be able to leave transition without one properly affixed. 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 (in red) on their way around the course.

Children competing in the Elizabeth 1 races will cycle around the adult run route (Anne Boleyn) 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. All children will do 1 loop of the cycle route.

Run:

Trail running shoes are recommended, the course is mixture of paths, tracks and road. On returning to the Transition Area cyclists will need to re-rack their bikes at their allotted place and then head off through the Run Out Gate (adjacent to the Bike Out Gate) onto the run course around the Hever Estate. The course will be again marked by a combination of marshals and race signage (either luminous green, pink or yellow depending on the course). The run routes are also posted on the race website <http://www.castletriathlonseries.co.uk/en/evening-series-races/>. There will

be KM markers on the course. Those runners doing the Anne of Cleves course will do an additional loop to the North of the River Eden before rejoining the Anne Boleyn run route which circumnavigates the estate grounds.

Children competing in the Elizabeth 1st races will run around the 1.1km course on the estate, which takes in Park Wood. **8-10 year olds will do 1 loop, 11-12 years 2 loops and 13-15 year olds will do 3 loops.**

Facilities and Catering

There will be temporary toilets, which will be situated at the southern end of the Transition Area. There will be no changing facilities available.

There will be hot food served in the athlete's village throughout the race period.

Water Points

Water 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 just before the bridge onto Sixteen Acre Island. Competitors are asked to throw their empties into the bins provided further down the route. Water will also be provided at the finish.

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.

Relay Competitions

Relay team members must also arrive together at Registration so that they can all be correctly body marked. Relay teams will be given one ankle timing device only which will need to be passed from team member to team member. This handover must take place in the vicinity of where the team bicycle is racked in the Transition Area. The team must also hand over the competitor race number from the cyclist to the runner when the timing device is changed over. **All relay team members must attend the briefing on the Loggia prior to the swim start of their particular wave.**

Chip Timing

Chip timing will be used at the event. Your timing device, which will be given to you at Registration along with your swimming hat, **must be attached to your ankle throughout** for you to record a time and place at the event. The onus is on you to ensure it is properly attached. The time mechanism is activated and de-activated by the gun at the start and then running mats in transition and at the finish. This will enable us to record the split timings for the different disciplines. On completion of the race your timing device will be removed from your ankle. This **must** happen at the finish line.

Results

A limited results service will be available from the Event Administration Area on race day. A full results service will be available on the website <http://www.castletriathlonseries.co.uk/en/> during the week after the race.

Prizes, Goodie Bags and Medals

Prizes will be awarded to the first finisher in each race for both male and female competitors (Children, Open and Veterans (over 40 years)). Goodie Bags will be given out to competitors at Registration and medals will be given out at the finish.

Spectators

Spectators are very welcome to watch the triathlon at all points of the race. There is no additional fee for spectators.

Entrance to Hever Castle and Gardens

Due to the late start time of the races there will be no access to Hever Castle or Gardens for competitors or spectators on completion of their respective races.

Our Charities

The Castle Triathlon Series is supporting, on a national level Help for Heroes and locally Hospice In The Weald. 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.

FINALLY, HAVE A GREAT RACE AND ENJOY THE STUNNING SURROUNDINGS!

