THE GAUNTLET COMPETITOR GUIDE

Hever Castle Triathlon

National Charity Partner:

We Are Macmillan, Cancer Support

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Dear Competitors,

Congratulations on rising to the challenge of The Gauntlet and signing up for the half iron distance race at The Hever Castle Triathlon. You will be one of 7,000 competitors taking part at this iconic venue, at what is now Europe’s largest family festival of triathlon!

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

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 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 the beautiful scenery around this Castle.

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
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**What will you hear from us?**

- We will be in touch with 3, 2 and 1 month emails before the event with preparation information.
- Full race details will be uploaded on the specific castle race information page of our website. (2 weeks before).
- Individual wave times will be sent out via email two weeks prior to the race.
- Water temp/wetsuit/weather info via text message (sent shortly before your race).

**Equipment**

- Ensure that you either have a wetsuit or have a rental/purchase of one lined up – please see our hiring page [here](#).
- Adults; road/hybrid bike is recommended
- We also have bike hire options available, see our equipment page [here](#) for more information.

**Accommodation and travel**

- Camping is available at all venues (this can be booked through the [online shop](#) apart from the Chateau in France.
- We have a comprehensive list of alternative accommodation [please see here](#).
- There are specific directions on how to get to the Castle on our [website](#).

**Race day information**

- The latest race admin is uploaded 2 weeks before the event, visit this page for up to date info about your race.

You might find it helpful to sign up for a triathlon training package with our partner [thetrilife.com](#) who provide you with a bespoke plan and emails answering any of your questions.

Please look at our website for details of [training days](#) at our castle venues.

The key thing is to be comfortable cycling on an open road and if possible we would recommend a practice swim in the open water with your wetsuit on before the event.

**Training**

- We offer training plans and training days. We would recommend training in preparation for any event, but how much you do, and how you do it is down to you.

**Fundraising**

- If you would like to fundraise and are looking for a charity to support, we support a number of [local and national charities](#).
All for that taste of Taylor’s

As our farmers know all too well: no pain, no grain.

They say nothing worth having comes easy. Unfortunately for our farmers that’s true of the barley we use to brew our beers. We use a classic variety called Golden Promise, grown to our own unique specification. The biscuity, golden malt it produces is the perfect partner to our natural spring water, and is vital to Landlord’s depth and delicate balance of flavour. It’s also a type of barley that’s notoriously hard to grow, and our exacting specification makes it even more difficult. Which makes it a costly ingredient and a real challenge even for experienced farmers. Luckily we can offer some liquid therapy.
Registration

Signs from the Car Park will lead you to registration. Registration for The Gauntlet competitors opens on the Saturday afternoon (time tbc). If you are unable to attend, registration will be open on the morning of your race as well (opens 1.5 hours before each race start). We will provide you with a race pack including:

- An individual coloured race number to be worn during the cycle and the run.
- 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 wristband to be worn on your wrist identifying you as a Gauntlet competitor.

If you choose to register on race morning please arrive 1.5 hours before the wave start.

Our staff at registration will body mark you.

There is no facility for overnight racking at Lough Cutra Castle.

Due to safety and security of equipment no friends or family will be allowed in the Transition area with you.

The Gauntlet briefing will commence 30 minutes before your wave time at the lakeside.
Always have your cycling helmet on and fastened before you remove your bike from the racking in transition.

Transition tips

After you have been through registration, head for transition and the athlete prep zone. Here you will be able to drop a bag in our bag drop facility, go to the toilet and change. The team will then guide you to your transition spot.

Please ensure that your numbered labels (in your race pack) are attached to the front of your bike and helmet before entering the transition area. The transition team will check your bike helmet, bike bar ends and your bike brakes before you will be allowed to rack up.

You will not be able to leave transition with your equipment at any point unless the number on you and your bike matches.

1. Be organised
   When setting up transition, only take the essentials in with you. Anything you know you won’t need, leave with family & friends or at home. This will help you get in and out of transition quicker with minimal fuss and stress!

2. Visualise
   Transition can often be a busy and sometimes a confusing place on race morning. Make sure you know your swim exit, bike out & in and run out to help gain those precious seconds!

3. Practice!
   A great way to save easy seconds and even minutes of your time is in transition. Practice jumping on and off your bike, mounting and dismounting with your shoes already clipped in (very much an ITU style mount/dismount and probably for the more experienced). A good tip is to use elastic bands to keep your shoes in a horizontal position to make this easy. Practice running up to your kit and how you are going to put your sunglasses, helmet and shoes on quickly. What’s the best set up for you? For example, my sunglasses go inside my helmet, with the arms open so they can be put on straight away and then my helmet over the top.

4. Walk through transition
   Familiarise yourself with the path you will take from swim to bike and out, and then from bike to run. Look out for something visual near where you bike and kit is set up, so that it’s easy to spot when you are running to your bike. For example, is there a tree that stands out? Or count the number of fences, or is there an advertising sign near by that you can easily identify?

5. Talcum Powder is a triathlete’s best friend
   Use it sparingly in your bike & run shoes to help slip your feet in easier & reduce the chance of mid-race rubbing.

6. Setup your bike
   Make sure your bike is set up in the right gear to start your race. If you have a hill out of Transition you probably want to start in an easier gear, so not struggling in the first few meters of the race when you try to pedal.

Race bag
Space is limited in transition. Under BTF, TI & FFT rules, boxes are not allowed in transition. A small soft-sided bag such as a rucksack may be allowed to remain in transition, though it must not impede the progress of another competitor. A bag drop is available adjacent to transition.
Relay teams
Where the swim, bike and run legs are completed by different team members

How does the relay work?
For each distance there is the option to enter as a relay team. Either in a group of two (one of the team will do two disciplines), or a group of three (where you do a discipline each).

These teams can be all male, all female or a mixed gender team. There is no specification on ages (junior relay participants must be of an age that falls in line with their race category) or abilities within the teams.

Registration
At registration, ideally the whole relay team arrives together for body marking and receiving the race pack. If this is not possible, one team member can pick up the race pack for the other or others (the relay team will be registered under the person who made the booking).

However, the other relay members will still need to go via registration once they arrive.

Chip timing
The chip (attached to a strap) given out at registration, to be worn on the left ankle, acts as a relay baton and must be passed between team members in transition, for the next part of the race.

Race number
Within your race pack, you will be given two separate numbers - the cyclist is to wear one on their back, and the runner is to wear the other on their front. The swimmer is not required to wear a race number, but will have their number written onto one hand.
Zone3 are offering an exclusive 20% discount to Castle Triathlon Series participants.

Enter code ‘CASTLE2019’ to benefit from this great offer!

*Coupon available until 31/12/19 and can only be used once per user. For full T’s & C’s, see website.
Zone3 are offering exclusive wetsuit hire for the 2019 Castle Triathlon Series.

To hire your suit for the month or season, head over to the Castle Triathlon Series hub on our website at:
zone3.com/pages/castle-triathlon-series-hub
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 via a ramp and floating pontoon.

The swim course will take triathletes out to the far end of the main lake before turning around a buoy and turning right into the River Eden tributary. The swim follows the river around the Castle’s 16 Acre Island passing the water maze and under two wooden 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 return back into the main lake at the front of the loggia. There is a boat ramp, covered in rubber matting, to aid your exit with a helping hand from the swim support team.

Swim buoys will be placed at 100m, 200m, 300m, 400m, 500m, 600m, 700m, 900m, 1100m, 1300m and 1500m. A swim gate at 500m will be designated by an additional orange buoy next to the red buoy.

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

Safety is at the heart of the event – we have safety boats and 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 a boat or kayak at any time during the race is acceptable with no implication on your race timings.

Swimmers will be electronically counted into and out of the water for additional safety.
The swim course

All our events provide a stunning open water swim opportunity in unique Castle lakes. Wetsuits will always be advisable, but sometimes compulsory depending on the temperature.

A wetsuit will not only keep you warm, but it may help you swim faster as it provides you with extra buoyancy.

For the dedicated triathlete, Zone 3 offer a stunning range which you can see [here].

### Top Swimming Tips from Zone 3

- **Choose your environment**
  Swim in safe and controlled environments such as warm shallow pools which are supervised by lifeguards, or in supervised swims at your local lake or swimming pond. Training with a friend will also help to keep motivated through your swim sessions.

- **Make use of training aids**
  Using training aids is a great way to mix up your sessions, as well as to target specific areas of your swim. For example, if you need to work on your arm technique, try using a pull buoy to isolate your legs so you can really concentrate on getting your stroke right.

- **Breathing right**
  Before you go swimming, do some deep breathing – especially if you’ve had a particularly stressful day. You work better in the water when you’re more relaxed.

- **The right gear**
  Ensure you are prepared with the right kit for your race, practice with these items and ensure you are comfortable with everything. It may seem obvious but don’t wait to try out any new kit at the race itself!

### On the day

- **Confidence is key**
  If you’re not a confident swimmer or this is your first triathlon it’s a good idea to start at the back of the pack for the swim start. This will allow you to ease into your rhythm and avoid the mayhem of the swim start.

- **Putting training into practice**
  If you’ve done all the training and know you can swim the distance, but something goes wrong on the day, try swimming a bit of breaststroke to help you catch your breath a bit, or increase your bilateral breathing so that you swim three strokes then take a breath, swim one stroke and take a breath and repeat.

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*If you are dipping your toe in the triathlon water, you may prefer to hire, see [here](#) for more details including weekly and season Zone 3 wetsuit hire and purchase.*

### Swimming checklist

- Wetsuit
- Goggles
- Towel
- The Castle Tri team will provide you with a swimming hat on the day

### Swim length

<table>
<thead>
<tr>
<th>Swim length</th>
<th>Wetsuit forbidden above</th>
<th>Mandatory below*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 1500m</td>
<td>22°C</td>
<td>14°C</td>
</tr>
<tr>
<td>1501 – 3000m</td>
<td>23°C</td>
<td>15°C</td>
</tr>
<tr>
<td>3001 – 4000m</td>
<td>24°C</td>
<td>16°C</td>
</tr>
</tbody>
</table>

*when mandatory, the wetsuit must cover at least the torso.
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If you’d like to keep your bike longer than the event, long term hire available. We offer 15% off your second event if you attend both events.
The cycle course

Once competitors have finished the swim leg, the route to transition is 200 metres up an inclined grass bank to transition. Bike Out will be at the opposite end of transition and take competitors out of the Hever Castle estate and on to the public road. This estate includes 4 large speed bumps in the vicinity of the estate cottages so please take care!

You will experience an impressive 4,790ft ascent over two laps. We have looked at other bike ascents over 12 half iron distance races across Europe and this is up there as the second toughest. Total ascent expected over the 2 lap course is 1,460m/4,790ft.

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 around a two loop course. Having completed the first loop of the 45k course, cyclists will pass the front of the Castle entrance and carry on for a second loop. Do not come back down the estate road at this point. After repeating the second lap 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! They are also on a different course so do please don’t be tempted to follow them.

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

Relay teams must ensure they pass the timing chip between team members during each transition. This must take place adjacent to your bike location on the bike rack.

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

Competitors must not drop litter out on the course. If caught littering you will be asked to pick it up and if caught again you will be disqualified.
The cycle route

See the GPX file [here](#).
Cycle course tips

Please take note of the following 11 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 called Cowden Pound directly opposite a famous local pub called the Queen’s Arms.

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 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 26 (27.3K)**
   Point 25 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.

   Point 26 is a mini roundabout. Please take care as you approach, particularly as traffic joining from your right may be hidden.

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 and 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 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). There is also a pinch point at the narrow bridge shortly after this junction. Beware of queuing traffic.

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.
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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.

Competitors must not drop litter out on the course. If you are caught littering you will be asked to pick it up and if it happens again you will be disqualified.

Overall the run elevation is 80m per lap so a total of 160 metres.

Runners who have not started their 2nd lap 8 hrs 30mins after race start will not be allowed to head out around the 10.5km loop for a second time but will instead be directed down the finishing chute.

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

Feed station 1 (1.3K)
As you run along the footpath handrailing Park Wood you will approach Feed Station 1. Pass the feed station and then turn immediately left, following the signs that say Gauntlet Route and head towards the public road at Marshal Pt 3.

Marshal point 3 (1.3K)
This is a road crossing on a country lane. It will be double marshalled but please remain vigilant as you approach the junction.

Marshal point 3 to 4 (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 point 5 (2.5K)
50m before entering the hamlet of Hill Hoath you will turn right and head uphill, initially on a path through the horse rider’s cross country course and then onto a public footpath. Run along here for 500m before arriving at the Water Station and Marshal Pt 7.

Marshal point 8 (3.6K)
At the bottom of sliders wood take care as you descend to the babbling brook on a greasy path and likewise as you head back uphill to regain the edge of a wood and farmer’s field.

Marshal point 12 (5.2K)
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 feed station and the East gates of Chiddingstone Castle. Please be careful of walkers and motorists in the High Street.

Marshal point 13 (5.5K)
This is a narrow bridge across the lake at Chiddingstone Castle. There will be marshals here to ensure there are no head-ons with members of the public visiting the castle.

Marshal point 14 (6K)
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 one) for the next 200m.

Marshal point 3 (7.1K)
You will re-cross the public road again at this point. It is marshalled but please exercise caution.

Feed station 1 (7.2K)
You will re-join the main Hever route here and may well be joined by cyclists from the childrens’ events (that will have started at 2pm) as you head down the hill through Park Wood towards the eastern end of Hever Lake.

Marshal point 28 (9.7K)
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 29 (10.2K)
Cross over a tarmac road by some ticket huts and you will see the main event village in front of you. Watch out at the various pedestrian crossing points as you circumnavigate transition passing the finish chute off to your right. Next time around you will be the one crossing the line!
Race nutrition

The Castle Triathlon Series will be working together with nutrition sponsors, High5 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 volunteers will have a selection of food and drink available for you including the following:
• Water
• High5 Energy Source Isotonic Drink
• High5 Energy Gels
• High5 Energy Bars
• 1/2 Bananas

Drinks from these stations will be handed out in bike specific drink bottles. Each station will be preceded by a large container ready to catch your empty bottles or litter. Furthermore, there will be a water station at 35.5km, manned by 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. There will also be a waste bin approximately 50 metres before the aid station.

On the run
There will be 2 feed stations. The 1st feed station will be at 1.5K at the South East corner of Park Wood. You will pass this at 1.5, 6.5, 13 and 19.5K. A 2nd feed station will be placed just inside the Castle gates by The Castle Inn in Chiddingstone High Street. This is 6K into the run. You will therefore pass this twice, once at 6K on your first lap and again at 16.5K on your second lap.

Each feed station will have a team of 3 volunteers, and both will have an identical selection of food and drink available for you as per the bike feed station including the following:
• Water
• High5 Energy Source Isotonic Drink
• High5 Energy Gels
• High5 Energy Bars
• 1/2 Bananas (peeled)
• Sweets (varies)

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 the Castles!

There will be two additional water stations, one at Stock Wood, at 3.5k and one in the field opposite the rear of the castle at 9.5k. You will pass these again on your second lap at 14k and 20k. Please note that all of these aid stations will also be used by Olympic distance competitors.
Carbohydrate is your high-energy fuel for endurance events. It will help you go faster and further. Unfortunately, you only have a limited amount stored in your body and it’s depleted after less than two hours of swimming, cycling or running. Carbohydrate re-fuelling will substantially extend your endurance by providing the extra energy you need. You’ll enjoy your event more and feel stronger, particularly later on. You can consume energy bars, gels and drinks for carbohydrate.

You lose fluids and electrolytes when you sweat. If you don’t replace these, then you become dehydrated which can really affect your performance. Sport drinks contain electrolytes to enhance the absorption of water and help you re-hydrate.

These guidelines are based on the latest science and real world feedback from thousands of athletes to help you perform better and enjoy your race more. Research shows that by simply following these guidelines on the day of an event, athletes were able to maintain their pace 26% longer1. This was compared to their existing brand of nutrition consumed as normal2.
**BREAKFAST**

An ideal pre-race breakfast is light and high in carbohydrates with a little bit of protein too. Porridge, toast and rice pudding are good options for carbohydrate. A poached egg or omelette would be a good source of protein.

**BEFORE THE SWIM**

Take two Energy Gel sachets with 200-300ml water or ZERO around 15 minutes before the start. This is your fuel for the swim.

**CAFFEINE**

Caffeine gives you both a physical and mental boost. When taking part in tough sport events like a middle distance triathlon, it helps to increase your endurance performance and capacity. This means you can go faster than before without any extra training.

The scientific research has shown an effective dose is 3mg caffeine per kg bodyweight for increased endurance performance. Below you can see how much caffeine you need to take depending on your body weight and an example of what you could take to get there.

<table>
<thead>
<tr>
<th>Bodyweight</th>
<th>Amount &amp; source of caffeine</th>
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<tbody>
<tr>
<td>50kg</td>
<td>150mg 550ml Energy Drink Caffeine Hit</td>
</tr>
<tr>
<td>60kg</td>
<td>180mg 650ml Energy Drink Caffeine Hit</td>
</tr>
<tr>
<td>70kg</td>
<td>210mg 750ml Energy Drink Caffeine Hit</td>
</tr>
<tr>
<td>80kg</td>
<td>240mg 500ml Energy Drink Caffeine Hit + 1x Energy Gel Aqua Caffeine Hit</td>
</tr>
<tr>
<td>90kg</td>
<td>270mg 750ml Energy Drink Caffeine Hit + 2x Gel Caffeine</td>
</tr>
</tbody>
</table>

In a middle distance event, take caffeine at the start of the bike leg so that you can benefit from it for the rest of the race.

Your body removes caffeine from your bloodstream over time. Once you have loaded up with caffeine, you should top up with 30mg every hour. Energy Gel Caffeine contains exactly 30mg caffeine per sachet.

**DRINKING ON THE BIKE**

A middle distance triathlon is often won or lost in terms of nutrition during the ride. Start to drink and eat as soon as you have settled down into your rhythm after transition to keep your stores topped up. You might not feel it straight away but it will make a difference later on. How much you can drink on the bike often depends on the weather conditions. In warm or hot conditions, the scientific 2:1 fructose and electrolyte formulation in Energy Drink means that you can drink up to one litre per hour. This will provide fluids, electrolytes and carbohydrate for hydration and energy. If the weather is cool and you drink less, your carbohydrate intake will be less and you will need to boost it with gel or bars. If you drink the following amounts of Energy Drink each hour, you can take the number of gels or bars shown.

- **800ml Energy Drink or more:**
  - No gel
- **750ml Energy Drink:**
  - 1 x gel sachet or 1/2x Energy Bar per hour
- **400ml Energy Drink:**
  - 2 x gel sachets or 1 x Energy Bar per hour

When running, it’s easiest to get your carbohydrate from gel. You can take up to three sachets of Energy Gel per hour. This will give you around 60g of carbohydrate per hour. If you have caffeine loaded, then one gel should be the Caffeine variant to keep you in the caffeine performance zone. Any remaining gel should be standard gel with no caffeine.

To stay hydrated, drink water or ZERO. If you drink coke, then you should reduce your gel intake by one for every 400ml that you drink, starting with the caffeine gel. In hot conditions you might also want to take some salt tablets as these are easy to carry and gels do not contain a high level of electrolytes.

**WHEN YOU FINISH**

When we exercise our muscles become energy depleted and break down. In a tough triathlon, you really push your body to the limit so expect soreness and stiffness afterwards. Consuming protein and carbohydrate afterwards help to replenish your muscle energy stores and kick start the repair and recovery process.

Drink 400ml Recovery Drink as soon as you finish. This contains a unique blend of whey protein isolate and carbohydrate. It gives you the time to have a shower and relax a bit before eating a balanced meal one to two hours later.

**AVAILABLE ON COURSE**

- **ENERGY DRINK**
  - 2:1 Fructose and electrolyte sports drink
  - For endurance performance and hydration
- **ZERO**
  - Zero sugar electrolyte sports drink
  - For hydration
- **ENERGY GEL**
  - Use for an instant energy boost
  - Real fruit juice for a light refreshing taste
You will receive a timing chip in your race envelope at registration which is to be attached around 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 may 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 out on the course – 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.
The Rules

The UK venues are permitted by British Triathlon and as such British Triathlon rules are in place for all competitors, these can be found here, or see the next page for an overview of the BTF rules.

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 12m from the back wheel of the nearest cyclist.

It is the responsibility of all competitors to read these notes and listen to the briefings given on the day.

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 should you need them.

Competitors must not drop litter out on the course. If caught littering you will be disqualified. Bins will be provided on the course, and in and around transition.

It is the responsibility of all competitors to read these notes, understand the rules laid out on our website and listen to the briefings given on the day of the race.
**Know the Rules**

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

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**Rule 2.1 Littering**

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

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**Rule 2.1 Racing Conduct**

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

---

**Rule 2.1 Know the Course**

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

---

**Rule 2.9 Race Numbers**

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

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**Rule 2.1 Illegal Equipment**

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

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**Rule 5.2 Helmets**

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

---

**Rule 5.5 Drafting**

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

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**Rule 7.1 Transition**

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

IT’S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE

DISTANCES

- SPRINT & STANDARD: 10 METRES
- MIDDLE & LONG: 12 METRES

DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

⚠ DRAFTING BIKE

LEAD BIKE

You must keep to the left hand side of the course and not block another competitor trying to pass you.

MAKING A PASS

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

- SPRINT & STANDARD: 20 SECONDS
- MIDDLE & LONG: 25 SECONDS

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

OTHER VEHICLES

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

 PENALTIES

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<td>5 MINS PENALTY</td>
<td>DISQUALIFICATION</td>
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Motorcycle Officials do not have to provide a warning about drafting for safety reasons.
Get set for your next challenge
Find us in the event village – Free post race massage

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OFFICIAL PHOTOS
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HEVER CASTLE TRIATHLON

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Your Digital Photos for just £15
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- Bundle price rises to £30 after the event.
- Buy BEFORE Race Day to get the deal.

Here's the Deal:
- You will get ALL of your Tagged Digital Images from the event (a minimum of two - guaranteed or your money back, no questions asked).
- You must complete the race to qualify for the refund.
- This offer is only available before the race. On race day, the bundle price increases to £30, and single images will be £15 each, so we recommend you get in early and save - this is the best deal you'll get, full stop.

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BOOK NOW

OFFICIAL HOTELS

• EXCLUSIVE DISCOUNTED ROOM RATES
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• TO BOOK VISIT: https://castletriathlon.booking-rates.eu/HeverSept

• LIMITED ROOMS AVAILABLE •

CROWNE PLAZA LONDON - GATWICK AIRPORT

MERCURE TUNBRIDGE WELLS HOTEL

SANDMAN SIGNATURE LONDON GATWICK

HALLMARK HOTEL CROYDON AERODROME
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 Guthrie pavilion by the lake and presenting the wristband worn during the race).
- A free massage from one of our SixPhysio sports masseurs.
- The opportunity to shower in the campsite showers.
- Bespoke medal
- Bespoke Gauntlet technical t-shirt

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

1st place – £600  2nd place – £300  3rd place – £100

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

By pledging to raise £500 you are supporting the 2.5 million people living with cancer in the UK.

Thank you for your support – Team Macmillan
LOUGH CUTRA CASTLE
25/26 May 2019

CASTLE HOWARD
20/21 July 2019

CHOLMONDELEY CASTLE
22/23 June 2019

CHÂTEAU DE CHANTILLY
24/25 August 2019

FESTIVAL OF ENDURANCE
HEVER CASTLE  7 July 2019

HEVER CASTLE
28/29 September 2019

Multisport festivals for all

w: castletriathlonseries.co.uk  f: Castletriathlonseries  @: @CastleTriathlon
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 Festival Village whilst you register and rack.

**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 as they 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 enjoy the grounds of Hever for an hour or so or follow the signage for the Gauntlet run route (1 small section of road the rest on 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 co-located by the Run Feed Station which is just within the gates to Chiddingstone Castle. 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!
01. Can I bring spectators to the event?
Yes, spectators are very welcome to each castle (please see our website for details on spectator fees).

02. Are there toilets available for competitors?
Yes, there are plenty of toilets available at each castle for spectators and competitors; these are normally situated by registration/transition.

03. Can I compete in the same wave as friends/family?
Yes, there is an option to create a ‘unique code’ that can be entered during the registration process. If you have already registered and haven’t done this, log in to ‘my events’ in Active (click here to do so) and add in your unique code.

04. If I am injured can I just complete one or two of the disciplines rather than the whole race?
Yes, you are very welcome to do the disciplines you are comfortable with (e.g. just the cycle and run). Obviously this will make you ineligible for prizes but you are welcome to complete your race like this.

05. Can I change distance once I have booked?
Yes, if you make your booking and then decide to change your race distance, you can contact the office to arrange this (support@castletriathlonseries.co.uk). Please note: if you drop down to a shorter distance, we cannot refund the difference, and if you upgrade to a longer distance, the difference will need to be paid.

06. Can I hire a bike or wetsuit?
Yes, we do offer bike and wetsuit hire, please see our Equipment page here.

07. Can I bring dogs into the Castle grounds?
Yes, as long as they are well behaved and on a lead (don’t forget your poop bag)!

08. I can no longer compete; can I get a refund for my race?
This depends on when you booked your race. See our T&C’s. Please email the office on support@castletriathlonseries.co.uk.

09. If I bring spectators will there be much for them to do while I’m racing?
We pride ourselves on offering plenty of activities for spectators along with access to the Castle grounds. The event village offers a festival atmosphere with plenty of places to watch those racing.

10. How do I find out about the water temperature for race day?
The water temperature will be taken two weeks, 48hrs and 24hrs prior to the race. In the online registration process we ask for your mobile phone number so we can text all participants this information via Bulk SMS text. This is a free service. This will also be available on the website on the race info page.
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.

castletriathlonseries.co.uk
+44 (0)1892 870 681
support@castletriathlonseries.co.uk

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Best of luck and look forward to seeing you at Hever Castle Tri!
Start by doing what is necessary; then do what’s possible; and suddenly you’re doing the impossible.

Saint Francis of Assisi