

We're delighted to welcome you to the Ripon Triathlon Festival!

2025 marks the second year of The Brownlee Foundation Events partnering with Ripon Triathlon Club to deliver a packed weekend of racing and entertainment. With a full schedule of events, including live music, great food, and activities for kids, there's something for everyone.

Special mention to the 3pm Fun Run with Jonny on Saturday 12th - sign up for free and run either 2km or 4km. Everyone welcome (inc dogs on leads!)

This weekend is a great opportunity for all abilities. Special congratulations go to all the first-timers for making it to the start line. We hope this is the first of many races. And to those seasoned racers, best of luck! We hope you have a brilliant event. Also huge thank you to those volunteers helping to make this weekend a success

This weekend is particularly important to us as all profits raised go towards supporting the Brownlee Foundation. Founded in 2014, the Brownlee Foundation inspires children from all backgrounds to enjoy sport, providing free events in Yorkshire and beyond for primary schools aimed at Key Stage 2 pupils, enabling them to try something new and have fun being active. We've got our own taster sessions on site so pop over to check out what we do.

We look forward to seeing you on the start line, and who knows, you might even spot us out on the course!

Best of luck, and see you in Ripon.

Alistair Brownlee

# RIPON TRIATHLON FESTIVAL PRE-RACE INFORMATION

### **CONTENTS**

- 4 Race weekend timetable
- 7 Site Map
- 8 Parking & Registration
- 11 transtition
- 12 Swim
- 13 Bike
- 15 Run
- 16 Aquabike
- 17 Relay
- 18 Open water swims
- 18 Aid stations
- 20 Photos
- 20 Prizes
- 21 Kit list
- 22 Food & Drink
- 23 Water sports
- 24 Jonny Brownlee Fun Run
- 26 Official Ripon T'shirt
- 27 Camping
- 29 Brownlee Foundation
- 30 Massage
- 30 Safegurading

# RACE WEEKEND TIMETABLE

#### Race Weekend Timetable

- Saturday 12th, 10am Open water swims (750m & 1500m)
  Saturday 12th, 11am Junior races
- Sunday 13th, 9am Sprint (individual, aquabike & relay)
   Sunday 13th, 10am Open water swims (750m & 1500m)
   Sunday 13th, 11am Standard (individual, aquabike & relay)

PLEASE NOTE THERE WILL BE NO CAMPING ACCESS BETWEEN 09:00 - 17:00 FOR VEHICLES ON SATURDAY AS THE BIKE & RUN ROUTES CROSS THE VEHICLE ENTRANCE: IF YOU WANT TO ACCESS CAMPING IN YOUR CAR ON SATURDAY, PLEASE ARRIVE ONSITE BEFORE 0900 ON SATURDAY 12th.

## Friday 11th July

- · 14:00 Site open
- · 16:00 Food & Drinks available on site

## Saturday 12th July

- · 06:00 Campsite open (please note no vehicle access to camping between 09:00 17:00)
- · 06:30 Car park opens
- · 07:00 Catering open on site, available all day
- · 08:00 Registration open (all races)
- · 08:00 Transition open (all Saturday races)

## Sunday 13th July

- · 06:00 Campsite open (please note no vehicle access to camping between 08:00 16:00)
- · 06:30 Car park opens
- · 06:30 Catering open on site, available all day
- · 06:30 Registration open (all races)
- · 07:00 Transition open (all Saturday races)



## **SATURDAY 12TH JULY 2025**

08:00 - REGISTRATION OPENS 10:00 - OPEN WATER SWIM (750M, 1500M)

**JUNIOR RACES** 

11:00 - TRISTART (BORN 2017)
11:15 - TRISTAR 1 (BORN 2015/2016)
11:30 - TRISTAR 2 (BORN 2013/2014)
12:00 - TRISTAR 3 (BORN 2011/2012)
12:00 - YOUTHS (BORN 2009/2010)
13:15 - AWARD PRESENTATIONS

#### **ENTERTAINMENT**

12:00 - LIVE MUSIC 14:00 - WATERSPORTS DEMO 14:30 - WATERSPORTS TASTER

15:00 - JONNY BROWNLEE 2KM/ 4KM RUN

CLUB

16:00 - Q&A WITH ALISTAIR & JONNY BROWNLEE

## **SUNDAY 13TH JULY 2025**

06:30 - REGISTRATION OPENS 10:00 - OPEN WATER SWIM (750M, 1500M)

> **ADULT RACES** 09:00 - SPRINT

750M SWIM / 23.4KM BIKE / 4.4KM RUN (INDIVIDUAL/ AQUABIKE/ RELAY)

11:00 - **STANDARD** 

1500M SWIM / 40KM BIKE / 10KM RUN (INDIVIDUAL/ AQUABIKE/ RELAY)

13:30 - AWARD PRESENTATION

**ENTERTAINMENT** 12:30 - LIVE MUSIC

WWW.RIPONTRIATHLONFESTIVAL.CO.UK

STACKED PANCAKES

BUTE PIZZA DIRTY DUMPLINGS

VINTAGE BARS AND SO MUCH MORE...

## ACCESS TO THE CAMPING IS AT CERTAIN TIMES ONLY FOR SAFETY REASON. THE BIKE & RUN ROUTES CROSS THE VEHICLE ENTRANCE

FRIDAY AFTERNOON ACCESS 14:00 - 22:00

SATURDAY MORNING ACCESS 06:00 - 08:30

SATURDAY AFTERNOON ACCESS 17:00 - 22:00

SUNDAY MORNING ACCESS 06:00 - 08:30

SUNDAY AFTERNOON ACCESS 16:00 onwards

NO ACCESS
SATURDAY BETWEEN 08:30 - 17:00
SUNDAY BETWEEN 08:30 - 16:00

IF YOU WANT TO DRIVE ONTO THE CAMPSITE ON SATURDAY, PLEASE ARRIVE ONSITE BEFORE 0830 ON SATURDAY 12th.

If you arrive after 0830 on Saturday, you will be directed to a holding area where you can park for the day. Once access reopens at 1700, you will be asked to drive to the official camping area.

## SITE MAP



## **PARKING**

Parking is available in the main car park from 06:30, accessed **ONLY** via the main entrance to Ripon Racecourse on Boroughbridge Road, Ripon, HG4 1UG. What3Words - //charge.flopping.dish

Vehicles with athletes who are camping are not permitted on the main site and therefore no access from the Ripon City Wetlands entrance.

The parking fee is £5 with all proceeds being donated to the Brownlee Foundation, Ripon Tri Club and Ripon Guides. Cash or card accepted on the gate.

There is accessible parking available. Please let the stewards know on arrival if you require this.

## REGISTRATION

The Registration building is located in the centre of the main event site, follow signs from the car park through a gate to the main site.

///custodian.mandates.appendix

SATURDAY 12<sup>th</sup> - From 08:00 - 12:00 (all races) SUNDAY 13<sup>th</sup> - From 06:30 - 10:45 (all races)

Please note you can register the day before your race

You will be informed at Registration which swim wave you are in.

Please bring photo ID to show when you register.

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# WHAT TO BRING TO REGISTRATION

## Race Pass (previously BTF Day Licence)

British Triathlon requires all participants who enter a permitted event to become a member of the national governing body, hold a race licence and third-party public liability insurance for the race that they are taking part in. Participants can choose to purchase an annual membership or a single use Race Pass for their chosen race to meet this requirement.

#### BTF members

If you have a valid British Triathlon (BTF) membership, you will need to show it at registration. A digital membership card or screen shot of membership profile is acceptable. The annual membership must be in the name of the participant, at Core or Ultimate level and in date.

If you do not have proof of membership with you, you will need to pay for a Race Pass which will be available to purchase on the BTF website the day before and the day of the event.

#### Non-BTF members

You may have purchased a Race Pass with your entry. If so, this will be registered in the system.

## If you still need to purchase your Racepass: Visit

https://www.britishtriathlon.org/events/ripon-triathlon-festival\_16126

Scroll down to the race you have entered (e.g. Sprint, Aquabike) and there is a button with "Buy race pass"

Click this and follow the instructions.

## On registering you will receive:

- Race numbers this must be displayed on your back while cycling and on your front while running (the easiest way to do this is to attach it to a race belt and move it from back to front when you move from the bike to the run).
- Event swim hat this must be worn on entering the water (this can be worn over your own swim hat)
- Stickers for your bike and helmet (placement instructions will be given on the back of the stickers)
- Timing chip and strap must be worn around your left ankle throughout the event.
- A numbered security wristband this must be worn to gain access to the transition area, and worn throughout the event. At the end of the event, when you remove your bike from transition, your wristband will be cut off your wrist and you will no longer have access to transition. The numbers on your bike and helmet must match the number on the wristband.

# TRANSITION & RACE BRIEFINGS

#### **Transition**

Transition is situated near to registration in front of the lake. Transition will be marshalled throughout the event, only competitors and officials are permitted to enter. Prior to entering please ensure your bike and helmet stickers are correctly positioned to then be verified by an official on entering transition. You must show your security wristband to gain access to and exit from transition.

Please give yourself plenty of time to rack your bike, sort out your kit and get to your race briefing point.

Please note you cannot rack your bike on the night before your race. Transition boxes or large bags will be removed from the racking area. Small bags e.g. Bag for life will be allowed to remain with your kit.

## **Race Briefing**

Race briefings will take place 15 minutes prior to your swim wave start at the Swim entry point. This is a couple of minutes walk from transition so please give yourself plenty of time. You are required to attend as the briefing details important safety and route information.

## THE SWIM

### **Swim Rules**

It is your responsibility to familiarise yourself with, and abide by, the British Triathlon rules which can be found at <a href="https://www.britishtriathlon.org/competitionrules">https://www.britishtriathlon.org/competitionrules</a>

The use of wetsuits will be determined by the water temperature on the day of the race:

- · Wetsuit use is compulsory at water temperatures <15.9°C
- · Wetsuit use is optional at water temperatures between 15.9°C and 22°C (24.6°C for competitors aged 60 and above)
- · Wetsuit use is forbidden at water temperatures above 22°C (24.6°C for competitors aged 60 and above)

It is recommended that wetsuits are worn by all novices and Age Groupers at water temperatures of 22°C and below (24.6°C for competitors aged 60 and above)

The water temperature in the lake at Ripon racecourse is currently around 18-20°C, and is not expected to be significantly higher or lower on race day. Therefore, it is expected that wetsuit use will be optional (but recommended) for all competitors.

You will be notified of any change to this situation at Registration. It is your responsibility to ensure that you have a wetsuit with you in case you are required to use it.

You are expected to treat other competitors with courtesy during the swim: no swimming over other swimmers, no ducking, no unnecessary physical contact. Please be aware of potential crowding close to swim buoys where turns are needed and allow each other as much space as possible.

#### **Swim Route**

The swim route is a single 750m lap (Sprint) or 1500m lap (Standard). Following your race briefing, you will enter the water using the wooden steps alongside the briefing point and be given a few minutes to acclimatise. It is deep water start from between the two start line buoys. You will swim in a clockwise direction, leaving all course marker buoys to your right. The swim exit is a concrete ramp, marked by two buoys.





## THE BIKE

### **Bike Rules**

It is your responsibility to familiarise yourself with, and abide by, the British Triathlon rules which can be found at <a href="https://www.britishtriathlon.org/competitionrules">https://www.britishtriathlon.org/competitionrules</a>

- You must put on your helmet and fasten the buckle **before** you take your bike from the rack in the swim-cycle transition. You must not remove your helmet until your bike has been racked in the cycle-run transition. BTF race rules require that a cycle helmet is worn throughout the bike stage.
- · British Triathlon (BTF) rules on drafting will be followed. Competitors must be 10 meters behind the rider in front unless they are passing which must be done within 20 seconds.
- · Motorcycle marshals will patrol the cycle route and award for penalties, including disqualifications for infringement of the rules. These rules also include dangerous riding which results in automatic disqualification.

After completion of the cycle section of the course, competitors must dismount their bikes at the marshalled dismount line and run into transition.

· Cycles must not be ridden in the transition areas. You must mount and dismount within the designated areas immediately outside the transition zone.

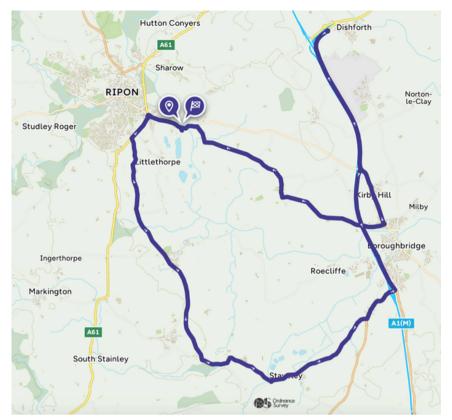
During the event, all roads will be open to normal traffic. You must follow the Highway Code. Cycle on the left: if you are overtaking a slower rider, pull in as soon as you have passed.

Remember that you will not have priority at junctions and must therefore follow all normal traffic signs, especially GIVE WAY and STOP signs. Please be particularly aware of horses and riders: if you do encounter them, please make them aware of your presence by shouting "Rider on the right", then slow down and give a wide berth.

Any cyclist who is reported by marshals, officials, police, other road users, competitors or spectators for riding dangerously or without due care will be disqualified without appeal. Dangerous riding includes (but is not limited to) riding in the centre or on the right side of a road, cutting across the centre white line at a junction, or failing to obey a marshal's instruction.



**SPRINT** 



**STANDARD** 



#### **Run Rules**

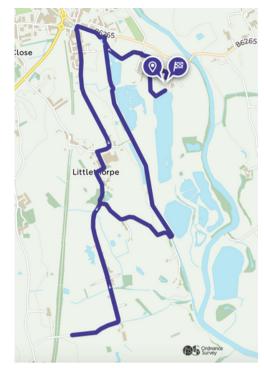
It is your responsibility to familiarise yourself with, and abide by, the British Triathlon rules which can be found at <a href="https://www.britishtriathlon.org/competitionrules">https://www.britishtriathlon.org/competitionrules</a>

Competitors do not have right of way on the run courses. The run routes include sections on the canal towpath and on open roads.

- · Please watch out for pedestrians and other towpath users and follow all marshal instructions.
- · There is a one way system (allowing traffic to move from north to south only along Littlethorpe Road and Pottery Lane) in operation for vehicle users, supervised by traffic management personnel.
- There will be vehicles on the road sections of the run routes and you need to be aware of this and run responsibly with your own safety (and that of other competitors) in mind.

Use of headphones in conjunction with a phone or MP3 player is strictly forbidden and will result in immediate disqualification.





SPRINT STANDARD

## **AQUABIKE**

## Aquabike instructions

Please read the Swim and Bike instructions in the previous pages as that information is relevant to your race.

You will complete the swim and bike as above. When you return to the race course following the bike leg, there will be a small temporary transition for Aquabike just by the railings on the track of the race course. You will rack and leave your bike there and run down to the finish line to complete your race and collect your medal!

We kindly ask that you promptly collect your bike after finishing. You will need to show the marshal your security wristband still on your wrist to access and take your bike. You can then return to the main transition to collect the rest of your belongings.

## **RELAY**

## **Relay Team Instructions**

Note: You must tag each team member at the RACKED bike.

With your registration envelope you will find one swim cap, two body numbers and three numbered stickers. The swim cap is to be worn by the swimmer. No race numbers worn by swimmer. For the body numbers, one is to be worn on the back of the cyclist and the other is to be worn on the front of the runner. Two stickers are for the bike and cycle helmet. These must be placed on the bike (the long sticker around the seat post) and the front of the cycle helmet before these are taken into transition. The third sticker is a spare.

All relay team members will be allowed access to the transition area. You will each receive a numbered security wristband at registration which allows access to transition. However, to avoid congestion in the transition area during the race, while the swimmer is swimming, only the cyclist should be in transition ready for the changeover. Then during the cycle, the swimmer should leave transition and only the runner waits at the empty transition position for the cyclist to return. Therefore there should never be three relay team members in transition at the same time during the race.

**Swimmer**: Wear the timing chip around one ankle (either one) over your wetsuit if ankle length. You wear the swim cap. After your swim, run into transition. At the racked bike tag the cyclist.

**Cyclist**: Wear a cycle helmet fastened on your head. Wear one body race number on your back. Wait for your swimmer at the appropriate racking position. Don't remove your bike from the rack until your swimmer has tagged you. After the cycle, you must rack your bike in its original position and then tag the runner

**Runner**: Wear one body race number on your front. Wait for your cyclist at the appropriate racking position. After the bike has been racked, and you are tagged, then proceed on your run. Make sure your race number is visible on your front as you cross the finish line.

All relay team members will be allowed access to the transition area. But remember, there should never be three relay team members in transition at the same time during the race.

## **OPEN WATER SWIMS**

Our Open Water Swims follow the guidance above for swimming.

When you register for the Open Water Swims, you will be given a swim cap and a timing chip, plus a numbered security wristband. For added safety, we will ask you to make a fist and we will write your race number on the back of your hand using a marker pen. You will also be given a second numbered band to place on your bag.

There will be a couple of gazebos just outside transition that can be used for changing (one female, one open). We kindly ask you to take your belongings from the changing areas and take to the separate swim-bag storage gazebo which will be close to the lake's edge.

The OWS will not be an official timed event. You will wear a timing chip which will monitor your times for safety reasons, however we will not publish results following the swims.

## AID STATIONS

There are no aid or fuel stations on the bike routes for both the standard and sprint races so please ensure you have adequate hydration and nutrition for your race.

There is no aid station on the Sprint distance run route. There are two Aid Stations on the Standard distance run route, at roughly 4km and 6km. These will have water and **truefuels** gels.

Please dispose of any rubbish responsibly. Bins will be provided approximately 100 metres after the run aid stations. The race is held largely on public land and thoughtless littering may impact upon our ability to stage the race again in future. Anyone seen deliberately littering will be disqualified from the race.

There are no toilets on either the bike or the run courses.

## **PHOTOGRAPHS**

Race photographs are available to purchase, to share with your friends and family. Our official photographer, Two26 Photography will be positioned in various locations around the course, so make sure you give a big smile when you see the camera!

Following the event, check out your photos at **photos.two26photography.co.uk** where you will be able to view and purchase.

Please see our photography policy – **here** 



Upon finishing you will receive a finisher's medal, a goodie bag and there will be awards available for:

Sprint Distance Triathlon – 1st/2nd/3rd Female individual

Sprint Distance Triathlon – 1st/2nd/3rd Open individual

Sprint Distance Triathlon – 1st Relay Team

Sprint Distance Triathlon – 1st Female Aquabike

Sprint Distance Triathlon – 1st Open Aquabike

Standard Distance Triathlon – 1st/2nd/3rd Female individual

Standard Distance Triathlon – 1st/2nd/3rd Open individual

Standard Distance Triathlon – 1st Relay Team

Standard Distance Triathlon – 1st Female Aquabike

Standard Distance Triathlon – 1st Open Aquabike

## AgeGroupers:

For the Sprint and Standard individual, there will be an award for 1<sup>st</sup> place, Female & Open for the age groups:

15 - 29 years old

30 - 39 years old

40 - 49 years old

50 - 59 years old

60+ years old

## KIT LIST

Comfort & familiarity is key. We wouldn't advise racing for the first time with any new equipment and nutrition. Ensure your bike and running shoes are comfortable and well-fitted to avoid discomfort or injury.

Here is an initial kit list with some optional extras. It may not be everything you need so please check against your own lists!

#### Swim:

- Wetsuit (available to hire from Huub, see above)
- Goggles
- Swim cap (provided in your race pack at registration)
- Tri suit or swimwear
- Timing chip (provided in your race pack at registration)
- (optional) Body Glide or Anti-Chafe Cream to avoid chaffing
- (optional) Small towel for your feet

#### Bike:

- Bike
- Helmet (mandatory)
- Cycling shoes + sock
- Water bottle and hydration
- Basic mechanical kit (pump, spare inner, bike tool)
- (optional) Sunglasses
- (optional) Race belt (they will be available to purchase)

#### Run:

- Running shoes
- Hat or visor
- Race belt (for your race number)
- (optional) Vaseline
- (optional) Spare socks

#### Other recommendations:

- Crocs/ flipflops for pre-race
- Sports watch
- Suncream
- Warm clothes for post race
- Pre or post race nutrition
- Any medication (inhaler, hayfever tablets etc.)

RIPON TRIATHLON FESTIVAL

## FOOD & DRINKS

You gave us feedback and we've listened. 2025 showcases new and improved catering, you'll be sure to find something that wets your appetite

**STACKED PANCAKES** - Indulge in High Protein Pancakes and Crepes at Stacked! Discover the delicious world of Stacked, specialising in high protein pancakes, crepes, and refreshing protein shakes. Join us for a delightful culinary experience that fuels your day with energy and flavour.

**BUTE PIZZA**. - A Yorkshire-based mobile pizza company serving wood-fired delicious sourdough pizzas. The perfect blend of tradition, flavours, and sustainability.

**DIRTY LITTLE DUMPLINGS** - Fusion Ramen, Bao buns and dumplings

**RIPON GUIDES** - The local guides will be providing a selection of Bacon sandwiches, porridge and as the day goes on, lighting the BBQ for hotdogs and burgers

**VINTAGE BARS** - The eye-catching Airstream offers a wide range of products. It has draught lager, bitter and cider taps, serves wine and fizz, spirits and mixers, soft drinks and cocktails

## **ENTERTAINMENT**

Ripon is a weekend packed with entertainment for the whole family. See below our schedule of events. In addition to this, we will have onsite inflatables, the Brownlee Foundation taster track, and face painters.

#### Saturday 12th July

- · 10:00 Inflatable Assault course (adults & Juniors)
- · 10:00 Brownlee Foundation taster course
- · 12:00 Live music
- · 14:00 Water sports Demo by Ripon Jet ski club
- · 14:30 Water Sports taster (see below)
- · 15:00 Jonny Brownlee 2km & 4km Fun Run Sign up for free here
- · 16:00 Q&A with Alistair & Jonny Brownlee

### Sunday 13th July

- · 10:00 Inflatable Assault course (adults & Juniors)
- · 10:00 Brownlee Foundation taster course
- · 12:00 Live music

## WATERSPORTS

### in partnership with Ripon JetSki Club

## **Water Sports Taster**

The racing finishes, but the festival doesn't.

New for this year's Ripon Triathlon Festival, we've partnered with Ripon Jet Ski Club to bring an afternoon of epic watersports fun and everyone's invited to take part.

At 2:30pm, join the Ripon Jet ski club to try out one of their exciting watersports, all under the guidance of the club. If you've ever wanted to try jet-skiing or wakeboarding or simply fancy getting thrown around the lake on an inflatable tube, here's your chance!

## **Water Sports Line-Up**

## Tubing Inflatable (4-person tubes)

Grab a group, hold on tight, and get flung across the lake on a giant inflatable tube. £10 per person – includes life jackets

## Jet Ski Rides (with a pro)

Jump on the back with a trained pro and tear across the water at high speed. £15 per person for 5 minutes – includes life jackets

## 

New to watersports? Book a 15-minute intro session in your chosen sport — kit and instruction included. £25 per person for 15 minutes

## Ski the Lake — For Experienced Riders

Already know how to water ski or wakeboard? You can now book a full-speed, no-intro session: 3 laps around the lake.

£20 per person – includes life jacket and equipment

#### How to Book Your Slot

Pre-book now to guarantee your time by contacting Christine at the Ripon Jet Ski Club (info@riponjetskiclub.com) or using the contact form on their site.

Walk-ups on the day are welcome too. Just join the queue and go once the pre-booked riders are done. But once spaces are sold out, no more bookings can be made.

# JONNY BROWNLEE RUN CLUB

in partnership with Brownlee Fitness

## Jonny Brownlee Run Club - 3pm, Saturday 12th

Ever wanted to run alongside one of Britain's top athletes? Well, here's your chance.

Join Jonny Brownlee, double Olympic medalist and complete either the 2km or 4km fun run. All ages and abilities welcome. And the best part? It's completely free.

Run around the stunning lake onsite at the Racecourse and earn the bragging rights to say you ran with one of the Greats!

Add yours to your booking here

## Q&A with the Brownlee Brothers - 4pm, Saturday 12th

Join the festival on Saturday afternoon for an exclusive interview and gameshow with two of the sports greatest!

Hear all about their successful careers from the Olympians themselves. And top it off in a Brownlee vs Brownlee gameshow!

## **FINISHER T-SHIRT**

You've done all the hard miles, make sure you brag about it!





Grab yourself one of our limited edition Ripon Triathlon finisher t-shirts. Official Event Finisher T-Shirt - £30

RIPON TRIATHLON FESTIVAL x SPATZWFAR Tridri® Performance Tee

Made from high-quality, lightweight 100% polyester, this performance t-shirt is built for athletes. It's the kind of kit you'll wear long after race day — quick-drying, comfortable, and tough enough for training sessions, gym days or lounging in post-race glory.

- Vibrant colours that stay bright after repeated washes
- Breathable, technical fabric
- Slim fit that looks as good as it performs

Available in adult unisex sizes. Limited edition for the 2025 Ripon Triathlon Festival. Add yours to your booking here

## CAMPING

Want to make the most of your time at the festival? Or reduce the stress of arriving, racing and leaving all in one day?

Camping is available from 2pm on Friday until Sunday afternoon/ closure of the festival. You can book one or two nights.

There are complimentary showers and onsite toilets at the race course in the centre of the Triathlon field (open 24 hours). Pitches are roughly  $8m \times 6m$  and can hold one tent and a car or a camping vehicle, no more than 6 people to a pitch.

One night: £15 (Friday or Saturday) or join us for two nights for £25 per night

We are unable to provide Electric pitches

No BBQs allowed. Dogs are allowed. We kindly ask that they are kept on a lead at all
times and any mess cleared up immediately.

You can book your pitch - Add yours to your booking here

Directions to the camping area will be clear from the road and onsite, pointing you to the entry point. Vehicle access to camping is via the wetlands entrance at the Racecourse. This will be clearly signposted from the road and onsite.

# CAMPING ACCESS

Directions to the camping area will be via the Wetlands entrance. (See site map)

ACCESS TO THE CAMPING IS AT CERTAIN TIMES ONLY FOR SAFETY REASON. THE BIKE & RUN ROUTES CROSS THE VEHICLE ENTRANCE

FRIDAY AFTERNOON ACCESS 14:00 - 22:00

SATURDAY MORNING ACCESS 06:00 - 08:30

SATURDAY AFTERNOON ACCESS 17:00 - 22:00

SUNDAY MORNING ACCESS 06:00 - 08:30

SUNDAY AFTERNOON ACCESS 16:00 onwards

NO ACCESS
SATURDAY BETWEEN 08:30 - 17:00
SUNDAY BETWEEN 08:30 - 16:00

IF YOU WANT TO DRIVE ONTO THE CAMPSITE ON SATURDAY, PLEASE ARRIVE ONSITE BEFORE 0830 ON SATURDAY 12th.

If you arrive after 0830 on Saturday, you will be directed to a holding area where you can park for the day. Once access reopens at 1700, you will be asked to drive to the official camping area.

## THE BROWNLEE FOUNDATION

After the Olympics in 2012, Jonny and Alistair Brownlee realised the positive impact they could have on inspiring people to be active.

The brothers started the Brownlee Foundation to harness and maximise this impact. To allow as many young people as possible to experience Triathlon. A sport which they are passionate about and continue to enjoy.

Brownlee Foundation events provide a fantastic vessel to expose young people to swimming, cycling, running and triathlon. The brothers would be delighted if each event inspires only a handful of people to take up regular activity. In a nut shell, this is the aim of everything we want to achieve with the Brownlee Foundation.



Inspiring children from all backgrounds to enjoy sport, encourage them to lead active lifestyles and benefit from the opportunities sport provides.

How to get involved: Volunteer or Donate. Check out the website to see how you can support the charity and inspire the next generation of Triathletes. Find out more <u>here</u>

## **MASSAGE**

Across the weekend, we will have two therapists providing a range of services including taping, pre-race loosening work and post race massage.

Find them in the Expo and book direct. Slots will vary in length depending on your requirement and can be paid for directly with the therapists.

## SAFEGUARDING AND WELFARE

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

In the event of any safeguarding concerns on the day, please report to Event Control at Race HQ which is situated on the main site.

## Safeguarding Officer for the event:

Charis Palmer-Smeaton charis@thebrownleefoundation.org

Missing child policy – **link** <u>here</u>

Event safeguarding policy (BTF) and commitment statement – **link here** 

All athletes are expected to adhere to the British Triathlon Code of Conduct as part of the

Competition Rules – <a href="https://www.britishtriathlon.org/competitionrules">https://www.britishtriathlon.org/competitionrules</a>

