Dear Triathlete

**PLEASE READ THIS RACE BRIEF.**

Thank you all for entering the 2025 Bridge Triathlon

To help keep the entry fee as low as we can we ask you to bring your own swim cap.

We will test the water at 5am to confirm the water temperature this will be at registration.

**If you are able to help at the water station on the run can you, please let me know. It's going to be hot on Sunday so will need to give out extra water to everyone.**

**Race Location & Parking Area.**

The race is focused in and around the Bridge Development by the Dartford Bridge just off the M25.

Keep to the right hand side of the slipway. When coming from the south. When coming from the north keep right at the second roundabout. Go on to the Bridge Development site and follow the parking signs to the car park area.

**Race Parking**

All parking for the children only will be in the Crosswater car park Lake View House, Rennie Dr, Dartford DA1 5FU.

We only have room for 140 cars so please car share.

We are very lucky that we are allowed to use their car park so please stay off the plants and take your rubbish home with you.

**Crossing the road**

As you get close to the race site you will need to cross the bike track. Please take care if you are arriving after the race has started.

Registration Will open at 5.30am Sunday and will stay open till 8.45am

We suggest you get there one hour before your race start.

Go to your table to register and you will be given 2 race numbers.

One to wear.

One numbers to go on your bike

We will mark on your hand your race number this will tell us the race you are in.

Another reminder please bring your own swimming cap.

If decide to not wear a wet suit you must tell them when you register so we can inform the water safety team.

**Water stations**

**Sunday id going to be hot so drink lots of water before you race**

There will now be 3 water stations,

1 At the swim start

2 On the run turn point on the run

3 At the finish.

It's very important that you keep drinking before you start the race.

**Racking your bike**

All the bike racking is numbered

Every competitor must ensure that his or her cycle is in a safe and roadworthy condition and conforms to the specifications laid down in the technical rules.

Helmets must be fastened before the competitor's cycle is moved from its allotted place in the transition area and must remain fastened until the cycle is returned to this position at the end of the cycle section of the race. Failure to do so may result in a time penalty.

Competitors are ultimately responsible for their own safety and for the safety of others.

During the cycling phase, a number must be displayed to the rear.

During the running phase, a number must be displayed to the front.

A parent or guardian must be present during the race.

**Electronic Race Timing**

This event uses electronic chip timing. Once issued with your chip at registration ensure you do not lose it or get it mixed up with someone else's. Please ensure you only cross timing mats whilst you are racing, or when instructed to by a marshal at the swim start. If you cross timing mats when you shouldn't your results could be affected.

Return your timing chip to the marshals in the finish area at the end of your race, or if you drop out for any reason to a member of the event crew.

Competitors who fail to return their timing chip will be charged £25

Estimated start time for each age group. This may change slightly on race day.

Tri-Start age 8- 9.30am

Mix Tri-Star 1 – 9/10- 9.10 am Mix

Tri-Star 2 – 11/12- 8.45.am Girls

Tri-Star 2 – 11/12 -8.20 am Boys

Tri-Star 3 – 13/14 -7.55 am Girls

Tri-Star 3 – 13/14 -7.25 am Boys

Youth – 15/16 -17/18 -7.00am Girls

Youth – 15/16 -17/18 -6.30 Boys

The race is run under BTF Rules you are recommended to familiarise yourself with the BTF rules and regulations. They can be found on the BTF web site www.britishtriathlon.org or contact the BTF on 01509 226161

**Drafting**

There will be 3 marshals in radio contact on the bike course watching for anyone that may be drafting. You will be given a time penalty if you are found to be drafting.

**Children's races distances**

Tri-Start age 8 - Swim: 50m – Bike: 1.5k (1 lap) -Run: 500m (1 lap)

Tri-Star 1 - 9/10 - Swim: 150m – Bike: 3k (2 laps)– Run: 1.2K (3 laps)

Tri-Star 2 - 11/12 - Swim: 200m – Bike: 6k (4laps) – Run: 1.6k (4laps)

Tri-Star 3 - 13/14 - Swim: 300m – Bike: 7.5k (5 laps)– Run: 2k (5laps)

Youth 15/16 Swim 400m – Bike 9k (6laps) – Run 2.4k (6 laps)

Junior 17/18 Swim 400m – Bike 9k (6laps) – Run 2.4k (6 laps)

**No overtaking Zone**

There is a section as you go past the mount and dismount line. Please do not overtake at this point as the road will be narrower

**Race Start**

Please bring a swim hat with you.

**Race start and Brief**

Please be at the race start holding area 15 minutes before your start time. This can be found to the right of the race start by the lake.

There will be a short race brief before each race to go over the distances.

Withdrawing during the race if at any point during the race yours feel the need to stop and pull out of the race please do not hesitate to do so. Find the nearest marshal who will help you get back to the event village.

Marshals can also call for medical support should it be needed. It is important that if you withdraw you tell us you have done so; we want to know you're safe!

**Spectator Information**

The race will be run the same as the last 3 years as we believe this works.

The course for all races is designed to be as spectator friendly as possible using a multi-lap format. There are plenty of areas from which to watch the action.

Please be aware of other people racing at all times.

All we ask is can you please keep the noise down if you are near any housing. There will be an area to the right of Registration near the lake that you can go to.

Removal of bikes will only be allowed by the registered competitor on production of their race number. Remove your bike as soon as possible after finishing.

Care should be taken when removing your kit not to impede any racers.

Presentation will be after as soon as we can after each race.

Unfortunely we do now have a tea wagon this year due to the size of the race.

We hope you all enjoy the event and have a safe race.

If you have any questions, feel free to ask.

This is your race so if you have any comments on how we can improve the race please let us know.

Good luck to everyone and have a great day.

John