



THE 1066 TRIATHLON

RACE INFO

SUNDAY 10TH SEPTEMBER 2023



EVENT INFO

EVENT TIMINGS

Your event swim start time is listed below. You must be registered, racked and ready to swim 15 minutes before your swim start time.



Race Registration Open – 06:00

Transition Open – 06:30

Middle Distance - Race/Safety Briefing & Transition Close – 07:15

Middle Distance - Swim Start – 07:30

Standard Distance - Race/Safety Briefing & Transition Close – 08:15

Standard Distance - Swim Start – 08:30

Race Registration Closed – 08:45

Sprint Distance - Race/Safety Briefing & Transition Close – 09:00

Sprint Distance - Swim Start – 09:15

Race Registration:

De La Warr Pavilion (Lawns),
Bexhill-on-Sea,
East Sussex,
TN40 1DP

 what3words ///rice.called.really

Parking:

There is limited parking available at the De La Warr Pavilion.

There is additional parking along De La Warr Parade and on the surrounding residential roads.



RACE HQ & PARKING

Please arrive with plenty of time; the less rushed you are before the race, the less stressed you will be!

EVENT INFO

RACE REGISTRATION



At race registration you will be given your race pack, **nothing will be posted to you in advance**, this will contain:

- Race number
- Bike and helmet stickers
- Baggage label
- Swim cap
- Timing chip (to be worn on your left ankle)

You will also be given a wristband to help us easily identify who should be in transition.

We would ask that you save any questions for the marshals around the transition area to keep race registration flowing smoothly.

Only competitors are allowed in the transition area.

As you enter transition you must be wearing your helmet, fastened up, and show our marshals that your brakes are working.

Your race number will correspond to your racking position, our marshals will be on hand to help direct you.

Only the items you need for your race can be left in transition.

Any other items should be secured in a bag and taken to the baggage tent, where they can be stored for the duration of your race.

Remember you will need your race number after the event to collect your bag.

Check out this video from Global Triathlon Network for tips on how to set up your transition area – [Click here](#)



TRANSITION & BAGGAGE

SITE PLAN



RACE LICENCES



BTF MEMBERSHIP

If you are a British Triathlon Home Nation Member you will be required to show proof of your membership at Race Registration.

This can either be your membership card or your e-membership card.

The e-membership card can be on your phone, as a screenshot or your profile, or a printout copy, providing they are in date.

If you are unable to provide this proof, you will be required to purchase a Day Membership at a cost of £6 to participate.



DAY MEMBERSHIP

If you are not a British Triathlon Home Nation Member you will have been required to purchase a Day Membership when you registered for the event.

A copy of the Day Membership will be emailed to you prior to the event, we have a record of who purchased a Day Membership, so you do not need to bring this with you on the day.

Full details of your Day Membership cover can be found on the British Triathlon website

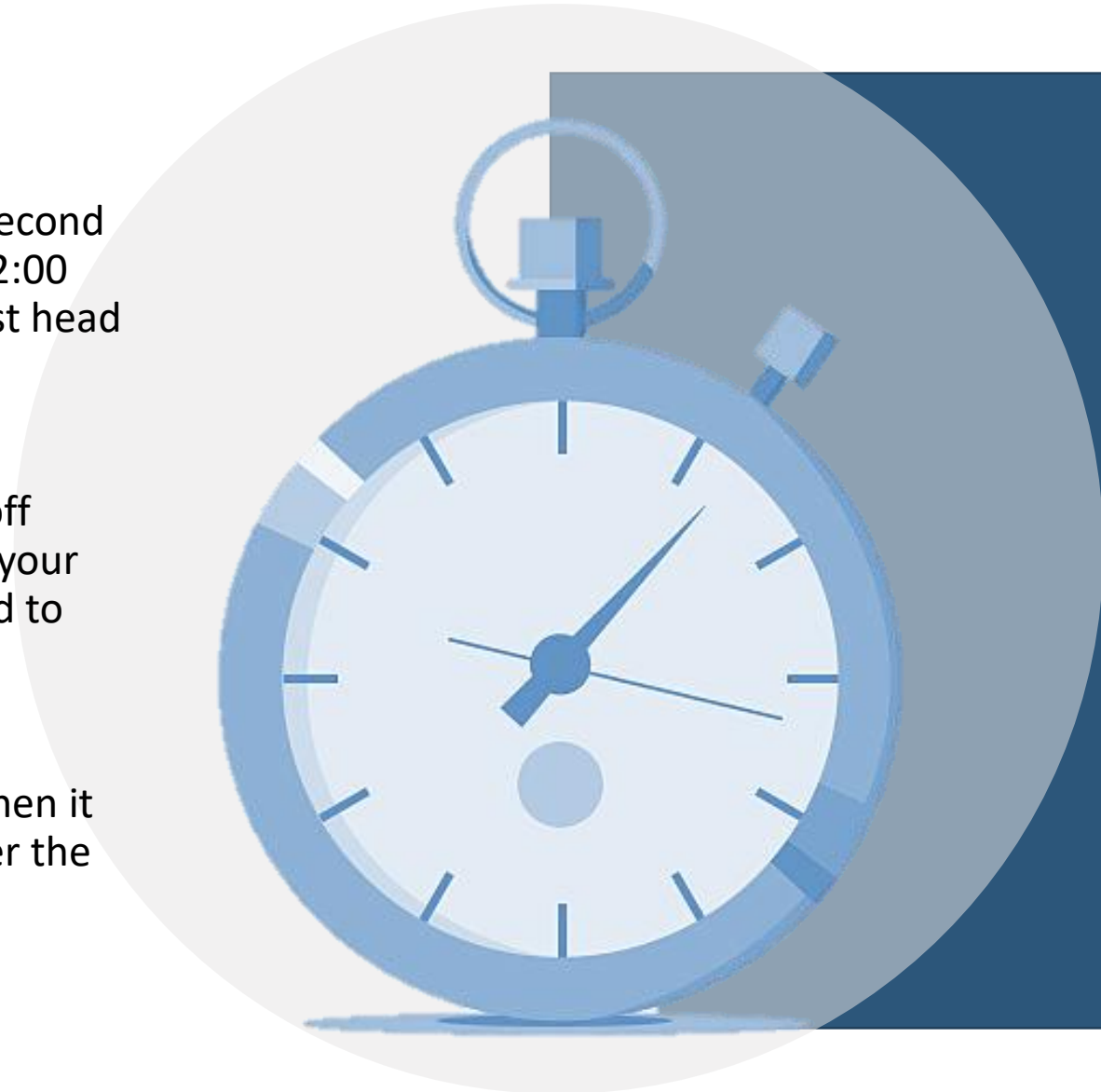
<https://www.britishtriathlon.org/day-membership>

CUT OFF TIMES

The Middle will have a bike cut off time for the second lap, if you have not started your second lap by 12:00 you will not be able to complete the lap and must head back to transition.

Sprint, Standard and Middle will have a run cut off time for the final run lap. You must have started your final run lap by 15:00 otherwise you will be asked to head to the finish line.

We will always try to be as flexible as possible when it comes to cut off times, but we must also consider the welfare of our volunteers and marshals.



RELAY TEAMS & AQUABIKE

If you are competing as part of a **RELAY TEAM** please ensure you still read the whole of the race info section relevant to the distance you are racing.

You will be assigned one timing chip for your relay team, this will serve as your baton and you must only swap this over in transition by you racking space.

There will only be one race pack for the team but all members must register and collect a wristband to be able to enter transition.

Teammates will be able to join their team runner at the finish line to cross the line together.

If you are competing in the **AQUABIKE** your finish time will be from the point you re-enter transition after the bike leg.



EVENTS & DISTANCES

EVENT	SWIM	BIKE	RUN
Sprint	750 m	21 km	5 km
Standard	1500 m	44 km	10 km
Middle	1900 m	88 km	20 km

COURSE DESCRIPTIONS

Click below to skip to your relevant race section.



[SPRINT](#)



[STANDARD](#)



[MIDDLE](#)

SPRINT



750 m

21 km

5 km

SWIM

SPRINT



COURSE DESCRIPTION

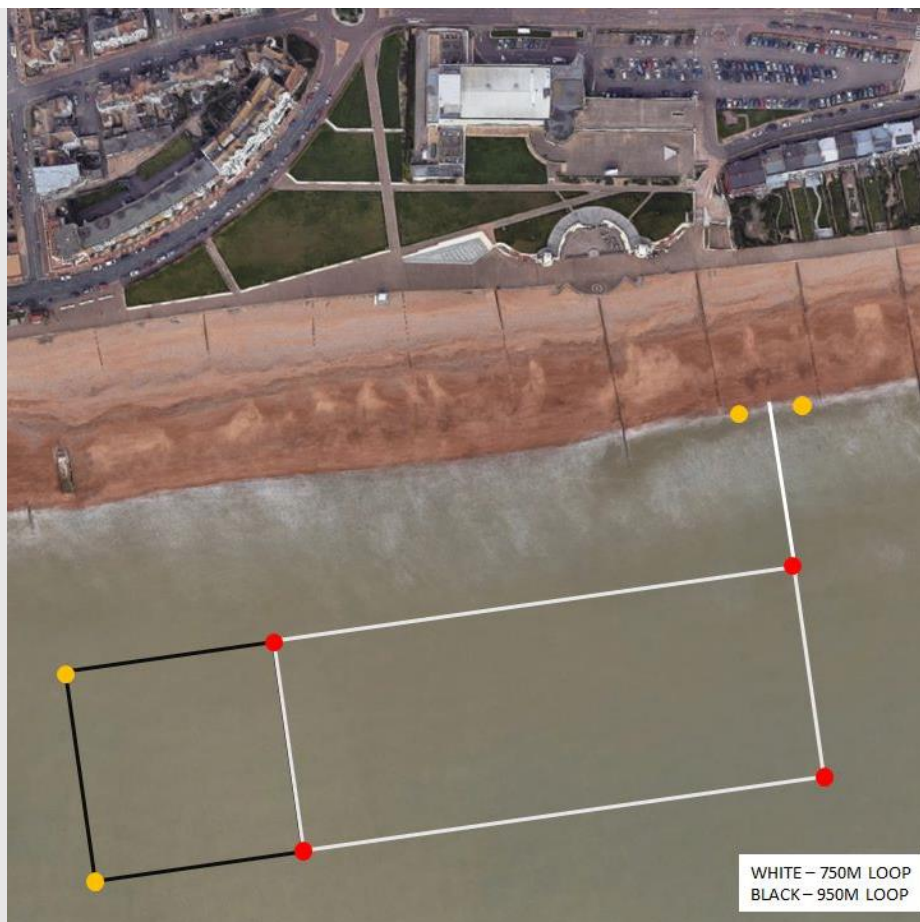
The sea swim will take place adjacent to the Race HQ (De La Warr Pavilion)

The Swim Start will be in front of the De La Warr Pavilion.

The swim will be one clock-wise loop, with a beach start.

First heading out to sea, then turning parallel to the shore heading west, before turning back towards the shore and then turning parallel to the shore again heading east.

The final turn will be back to shore for the Swim Exit on the beach in front of the De La Warr Pavilion.



WHITE – 750M LOOP
BLACK – 950M LOOP



Please note you will be swimming into the sun after the final turn, we would suggest you wear mirrored/smoked goggles to help you see.

Please also bear in mind as this is a sea swim in British waters it highly likely to be a wetsuit compulsory swim.

Before you head down to the Swim Start check you have your race issued swim cap, timing chip and goggles.

If you encounter any issues during the swim and need support from the water safety team, roll onto your back and wave one arm in the air and shout for help. You will then be escorted back to shore; you will not be allowed to continue if you are extracted from the water. You are also not permitted to use the safety water teams boats for resting during the swim.

We will have a water safety team from Hastings Voluntary Lifeguard Club and onshore medical support from GLS Medical Services.

TRANSITION 1

SPRINT

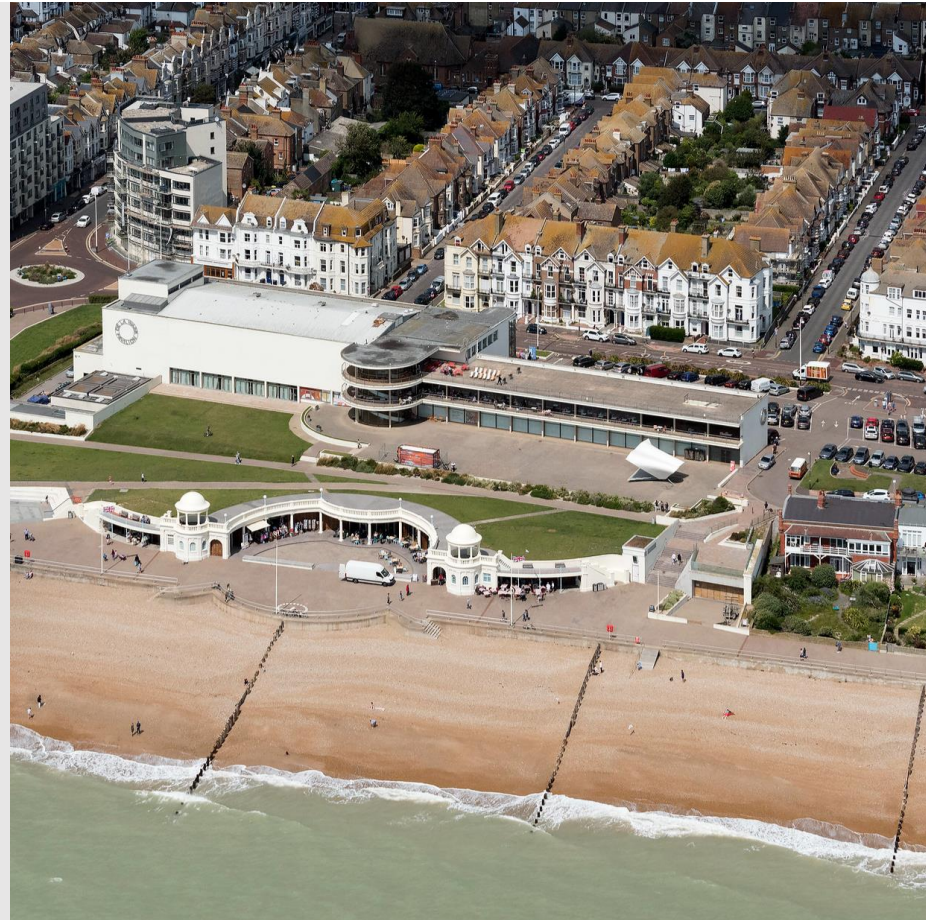


STEPS

After you exit the swim and make your way up the steps from the beach to the Promenade you will need to continue up the next set of stairs to transition entrance.

Please take care for cyclists and pedestrians on the promenade and steps.

Please listen to any instructions given by our marshals, they are there for your safety.



TIMING

Your swim time will stop at the point you enter transition, please take care when you exit the water onto the beach.

The beach in Bexhill-on-Sea is stoney, we will lay down carpet on the beach but bear in mind there are stones under this carpet so it may be uneven.

Take care when coming up the steps from the beach as these may become slippery from wet competitors before you.

After you leave transition for the bike leg take care as you will be exiting through a car park.

BIKE

SPRINT



COURSE DESCRIPTION

After exiting transition through the De La Warr Pavilion carpark, you will turn left onto Marina road and take the first left at the roundabout.

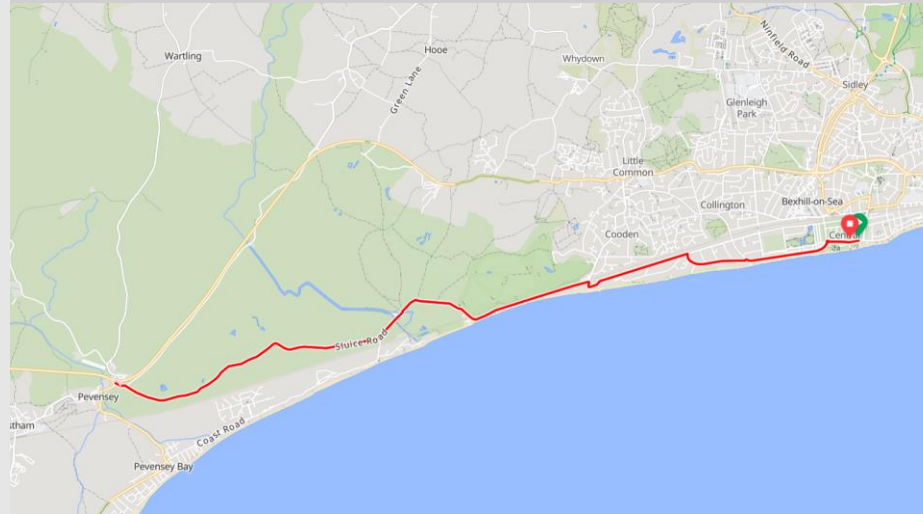
You will then make your way out of Bexhill-on-Sea following the coast towards Normans Bay.

You will then turn inland following Sluice Lane over the level crossing towards the Pevensey roundabout.

At the Pevensey roundabout you will go all the way round and take the exit back onto Sluice Lane.

You will then retrace your route back to transition. Once in Bexhill-on-Sea you will pass the transition exit and take the next right to come behind the De La Warr Pavilion carpark and head back into transition.

[Click here](#) to view the detailed bike course.

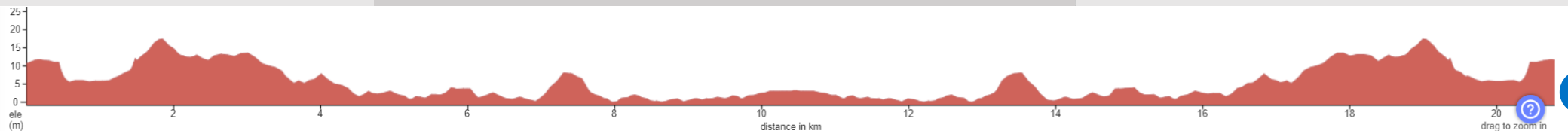


WARNINGS

As with most British roads there are potholes and poor-quality surface sections, there will be signage to highlight the worst sections of the course.

There will be a 10m drafting rule enforced, this will be explained later in the race info.

We will have marshals and motorbike officials out on course for your safety and to ensure British Triathlon rules are followed.



BIKE

SPRINT



MOUNT/DISMOUNT



You will take your bike and exit transition, you must not mount your bike until you reach the mount line and sign on Marina Court Avenue.

There is a curb and bollards after you exit/before you enter transition. Please take extra care here.

After you complete the cycle and return to Marina Court Avenue you must dismount your bike before the dismount line and sign.

You must not touch your bike in transition until you have your helmet fastened up.

You must ensure you have your race number on your back.

Remember to be prepared and have all the nutrition and hydration you require for the duration of the bike leg.

You must follow the Highway Code at all times, we will have motorbike officials out on course to ensure these are followed.



REMEMBER

BIKE

SPRINT

OUT & BACK

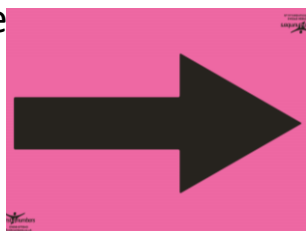


The sprint distance bike course is an out and back from transition to the Pevensey roundabout.

At the roundabout you will follow the pink signs which are exclusively for the sprint distance event, these will overrule the yellow signs at the Pevensey roundabout for the sprint distance.

The pink signs will direct you around the roundabout and back down Sluice Lane towards Bexhill-on-Sea.

When you return to Bexhill-on-Sea, the roundabout by the De La Warr Pavilion will have a sign with laps/transition. For the sprint distance you ignore the laps and follow the signs to transition.



Please take care when exiting transition as this will be through the De La Warr Pavilion carpark, although we expect this to be quiet on a Sunday morning.

On Sluice Lane you will cross over a level crossing, please take care with the change of surface and also pay attention to the warning lights. If you are stopped we will have a marshal timing so your time can be corrected.

Anyone caught ignoring the warning lights will be immediately disqualified from the event.

As you head back into Bexhill-on-Sea there are a few right turns on residential streets, please take care here. The final right turn is to head back into transition. You will pass the exit you took to start the bike course and go past the carpark and turn right. This will bring you behind the carpark and back into transition.



CAUTION

TRANSITION 2

SPRINT



PROMENADE

After you exit transition to start the run you will follow the signs to the Promenade to start the 5km loop.

Whilst you are actively racing at this point please listen to the marshals along the Promenade and be conscious of others.

After you complete the required number of laps for the run you will head back towards transition to the finish line.



RUN

SPRINT



COURSE DESCRIPTION

The run will be an out and back along the Promenade approximately 5km.

The turn around points will be clearly signed and marshalled.

When you have completed the run lap you will head back towards transition where the finish line will be located.

[Click here](#) for the run course.



REMEMBER

As the run course is along the Promenade this will be shared with members of the public, please be courteous to other users.

There will be one water station located halfway along the out and back stretch, you will pass this every 2.5km.

You must ensure that your cups and any nutrition wrappers are placed into the bins provided, there must be no littering on course.

STANDARD



1500 m

44 km

10 km



SWIM

STANDARD



COURSE DESCRIPTION

The sea swim will take place adjacent to the Race HQ (De La Warr Pavilion)

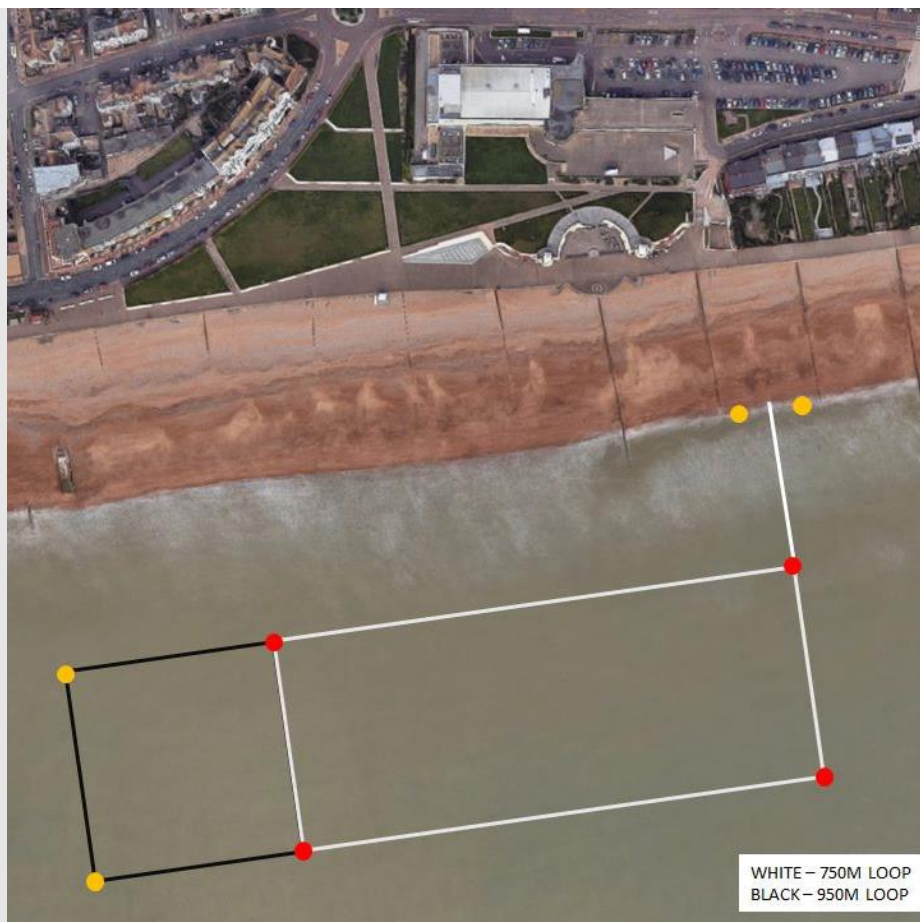
The Swim Start will be in front of the De La Warr Pavilion.

The swim will be two clock-wise loops, with a beach start.

First heading out to sea, then turning parallel to the shore heading west, before turning back towards the shore and then turning parallel to the shore again heading east.

You will then turn right heading back out to sea again and repeating the same course for the second lap.

The final turn will be back to shore for the Swim Exit on the beach in front of the De La Warr Pavilion.



Please note you will be swimming into the sun after the final turn, we would suggest you wear mirrored/smoked goggles to help you see.

Please also bear in mind as this is a sea swim in British waters it highly likely to be a wetsuit compulsory swim.

Before you head down to the Swim Start check you have your race issued swim cap, timing chip and goggles.

If you encounter any issues during the swim and need support from the water safety team, roll onto your back and wave one arm in the air and shout for help. You will then be escorted back to shore; you will not be allowed to continue if you are extracted from the water. You are also not permitted to use the safety water teams boats for resting during the swim.

We will have a water safety team from Hastings Voluntary Lifeguard Club and onshore medical support from GLS Medical Services.

TRANSITION 1

STANDARD



STEPS

After you exit the swim and make your way up the steps from the beach to the Promenade you will need to continue up the next set of stairs to transition entrance.

Please take care for cyclists and pedestrians on the promenade and steps.

Please listen to any instructions given by our marshals, they are there for your safety.



TIMING

Your swim time will stop at the point you enter transition, please take care when you exit the water onto the beach.

The beach in Bexhill-on-Sea is stoney, we will lay down carpet on the beach but bear in mind there are stones under this carpet so it may be uneven.

Take care when coming up the steps from the beach as these may become slippery from wet competitors before you.

After you leave transition for the bike leg take care as you will be exiting through a car park.

BIKE

STANDARD



COURSE DESCRIPTION

After exiting transition through the De La Warr Pavilion carpark, you will turn left onto Marina road and take the first left at the roundabout.

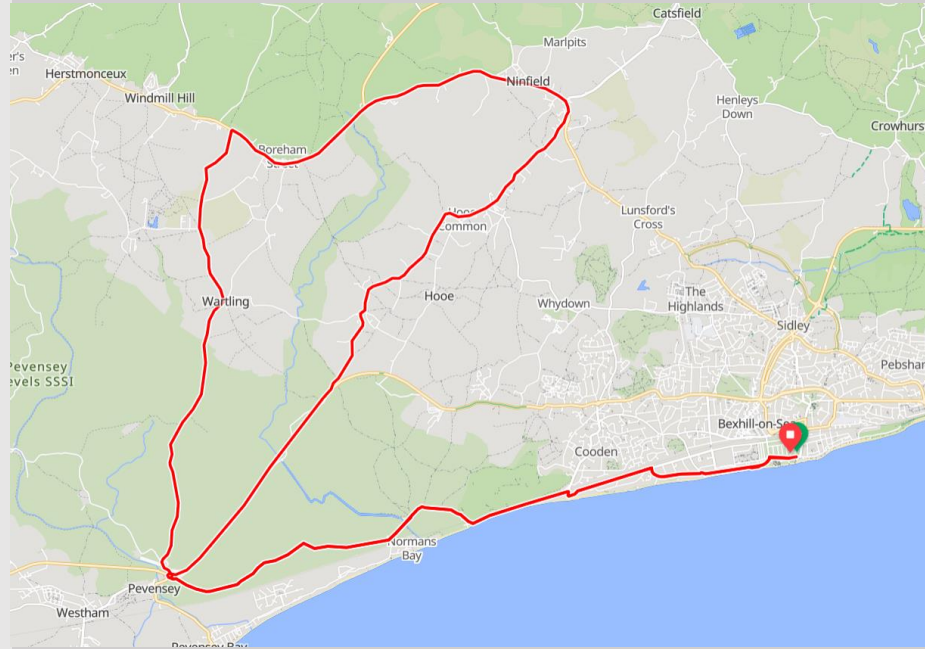
You will then make your way out of Bexhill-on-Sea following the coast towards Normans Bay.

You will then turn inland following Sluice Lane over the level crossing towards the Pevensey roundabout.

At the Pevensey roundabout you will take the 1st exit onto the Ninfield Loop. After completing the Ninfield Loop you will be back at the Pevensey roundabout, this time taking the 3rd exit onto Sluice Lane.

You will then retrace your route back to transition. Once in Bexhill-on-Sea you will pass the transition exit and take the next right to come behind the De La Warr Pavilion carpark and head back into transition.

[Click here](#) to view the detailed bike course.

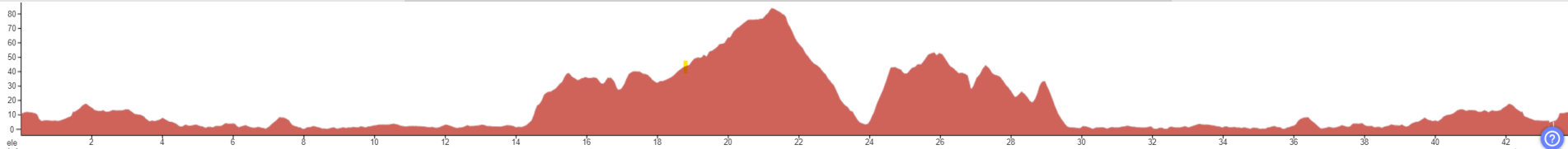


WARNINGS

As with most British roads there are potholes and poor-quality surface sections, there will be signage to highlight the worst sections of the course.

There will be a 10m drafting rule enforced, this will be explained later in the race info.

We will have marshals and motorbike officials out on course for your safety and to ensure British Triathlon rules are followed.



BIKE

STANDARD

MOUNT/DISMOUNT



You will take your bike and exit transition, you must not mount your bike until you reach the mount line and sign on Marina Court Avenue.

There is a curb and bollards after you exit/before you enter transition. Please take extra care here.

After you complete the cycle and return to Marina Court Avenue you must dismount your bike before the dismount line and sign.

You must not touch your bike in transition until you have your helmet fastened up.

You must ensure you have your race number on your back.

Remember to be prepared and have all the nutrition and hydration you require for the duration of the bike leg.

You must follow the Highway Code at all times, we will have motorbike officials out on course to ensure these are followed.



REMEMBER

BIKE

STANDARD



COURSE NOTES



The standard distance bike course heads out to Pevensey roundabout and then takes the 1st exit onto Marsh Road to complete the Ninfield Loop.

There will be yellow signs to direct you onto the Ninfield Loop, ignore the pink signs, these are for the sprint distance and will take you back to transition.

When you complete the Ninfield Loop you will be back at the Pevensey roundabout, you will then take the 3rd exit onto Sluice Lane and follow the course back to transition.

When you return to Bexhill-on-Sea, the roundabout by the De La Warr Pavilion will have a sign with laps/transition. For the standard distance you ignore the laps and follow the signs to transition.

Please take care when exiting transition as this will be through the De La Warr Pavilion carpark, although we expect this to be quiet on a Sunday morning.

On Sluice Lane you will cross over a level crossing, please take care with the change of surface and also pay attention to the warning lights. If you are stopped we will have a marshal timing so your time can be corrected.

Anyone caught ignoring the warning lights will be immediately disqualified from the event.

As you head back into Bexhill-on-Sea there are a few right turns on residential streets, please take care here. The final right turn is to head back into transition. You will pass the exit you took to start the bike course and go past the carpark and turn right. This will bring you behind the carpark and back into transition.



CAUTION

TRANSITION 2

STANDARD



PROMENADE

After you exit transition to start the run you will follow the signs to the Promenade to start the 5km loop.

Whilst you are actively racing at this point please listen to the marshals along the Promenade and be conscious of others.

After you complete the required number of laps for the run you will head back towards transition to the finish line.



RUN

STANDARD



COURSE DESCRIPTION

The run will be an out and back along the Promenade approximately 5km.

The turn around points will be clearly signed and marshalled.

When you have completed the run lap you will head back towards transition where the finish line will be located.

[Click here](#) for the run course.



REMEMBER

As the run course is along the Promenade this will be shared with members of the public, please be courteous to other users.

There will be one water station located halfway along the out and back stretch, you will pass this every 2.5km.

You must ensure that your cups and any nutrition wrappers are placed into the bins provided, there must be no littering on course.

MIDDLE



1900 m

88 km

21 km



SWIM

MIDDLE



COURSE DESCRIPTION

The sea swim will take place adjacent to the Race HQ (De La Warr Pavilion)

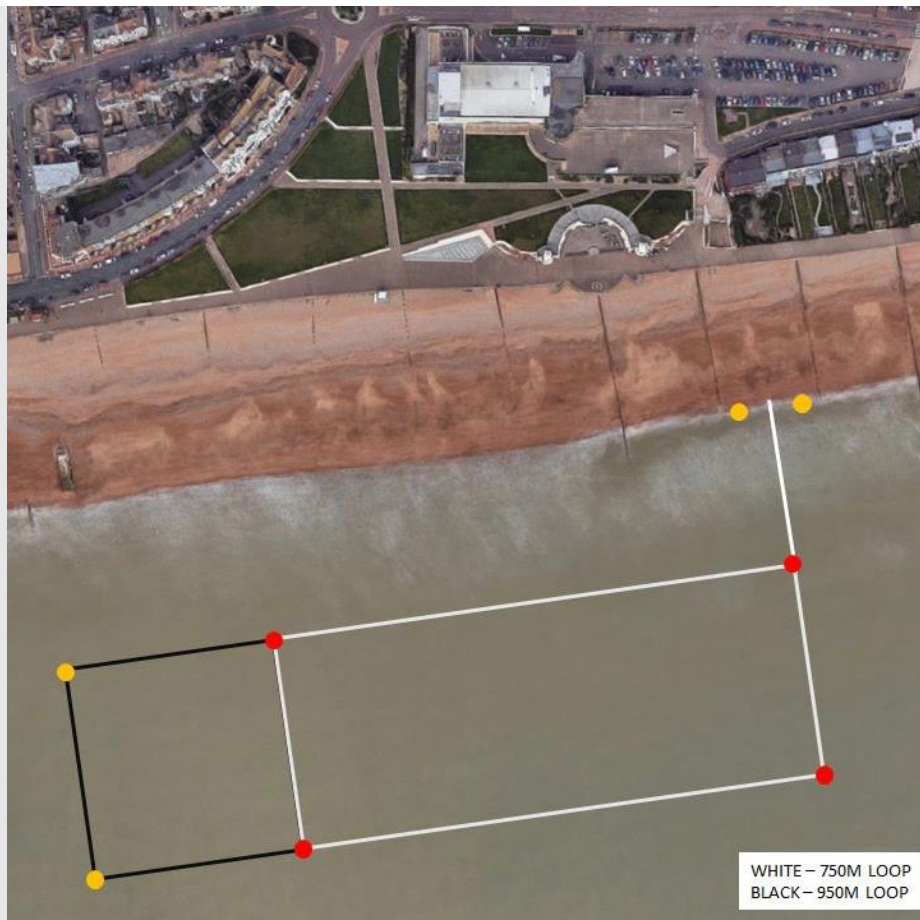
The Swim Start will be in front of the De La Warr Pavilion.

The swim will be two clock-wise loops, with a beach start.

First heading out to sea, then turning parallel to the shore heading west, before turning back towards the shore and then turning parallel to the shore again heading east.

You will then turn right heading back out to sea again and repeating the same course for the second lap.

The final turn will be back to shore for the Swim Exit on the beach in front of the De La Warr Pavilion.



Please note you will be swimming into the sun after the final turn, we would suggest you wear mirrored/smoked goggles to help you see.

Please also bear in mind as this is a sea swim in British waters it highly likely to be a wetsuit compulsory swim.

Before you head down to the Swim Start check you have your race issued swim cap, timing chip and goggles.

If you encounter any issues during the swim and need support from the water safety team, roll onto your back and wave one arm in the air and shout for help. You will then be escorted back to shore; you will not be allowed to continue if you are extracted from the water. You are also not permitted to use the safety water teams boats for resting during the swim.

We will have a water safety team from Hastings Voluntary Lifeguard Club and onshore medical support from GLS Medical Services.

TRANSITION 1

MIDDLE



STEPS

After you exit the swim and make your way up the steps from the beach to the Promenade you will need to continue up the next set of stairs to transition entrance.

Please take care for cyclists and pedestrians on the promenade and steps.

Please listen to any instructions given by our marshals, they are there for your safety.



TIMING

Your swim time will stop at the point you enter transition, please take care when you exit the water onto the beach.

The beach in Bexhill-on-Sea is stoney, we will lay down carpet on the beach but bear in mind there are stones under this carpet so it may be uneven.

Take care when coming up the steps from the beach as these may become slippery from wet competitors before you.

After you leave transition for the bike leg take care as you will be exiting through a car park.

BIKE

MIDDLE



COURSE DESCRIPTION

After exiting transition through the De La Warr Pavilion carpark, you will turn left onto Marina road and take the first left at the roundabout.

You will then make your way out of Bexhill-on-Sea following the coast towards Normans Bay.

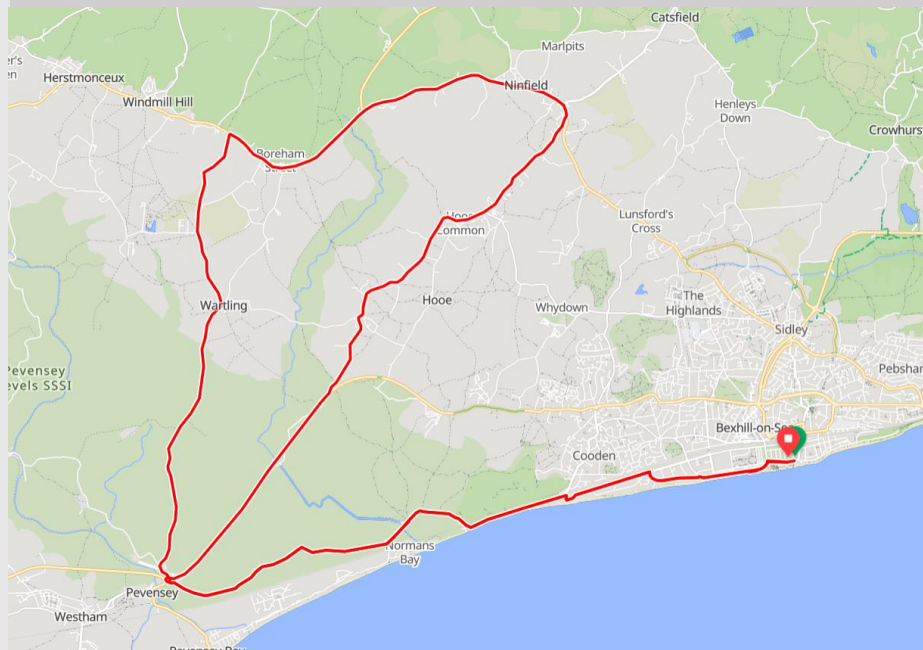
You will then turn inland following Sluice Lane over the level crossing towards the Pevensey roundabout.

At the Pevensey roundabout you will take the 1st exit onto the Ninfield Loop. After completing the Ninfield Loop you will be back at the Pevensey roundabout, this time taking the 3rd exit onto Sluice Lane.

You will then head back to Bexhill-on-Sea and at the De La Warr Pavilion roundabout head back out to the Pevensey roundabout repeating the Ninfield Loop.

After this second lap you will then retrace your route back to transition. Once in Bexhill-on-Sea you will pass the transition exit and take the next right to come behind the De La Warr Pavilion carpark and head back into transition.

[Click here](#) to view the detailed bike course.

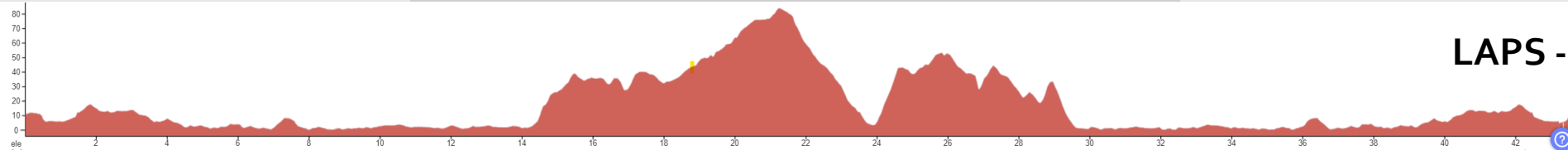


WARNINGS

As with most British roads there are potholes and poor-quality surface sections, there will be signage to highlight the worst sections of the course.

There will be a 12m drafting rule enforced, this will be explained later in the race info.

We will have marshals and motorbike officials out on course for your safety and to ensure British Triathlon rules are followed.



LAPS - 2

BIKE

MIDDLE

MOUNT/DISMOUNT



You will take your bike and exit transition, you must not mount your bike until you reach the mount line and sign on Marina Court Avenue.

There is a curb and bollards after you exit/before you enter transition. Please take extra care here.

After you complete the cycle and return to Marina Court Avenue you must dismount your bike before the dismount line and sign.

You must not touch your bike in transition until you have your helmet fastened up.

You must ensure you have your race number on your back.

Remember to be prepared and have all the nutrition and hydration you require for the duration of the bike leg.

You must follow the Highway Code at all times, we will have motorbike officials out on course to ensure these are followed.



REMEMBER

BIKE

MIDDLE



COURSE NOTES



The middle distance bike course heads out to Pevensey roundabout and then takes the 1st exit onto Marsh Road to complete the Ninfield Loop.

There will be yellow signs to direct you onto the Ninfield Loop, ignore the pink signs, these are for the sprint distance and will take you back to transition.

When you complete the Ninfield Loop you will be back at the Pevensey roundabout, you will then take the 3rd exit onto Sluice Lane and follow the course back to Bexhill-on-Sea.

When you return to Bexhill-on-Sea, the roundabout by the De La Warr Pavilion will have a sign with laps/transition. For the middle distance first lap you will follow the signs back out to the Pevensey roundabout and Ninfield Loop to complete a second lap.

Please take care when exiting transition as this will be through the De La Warr Pavilion carpark, although we expect this to be quiet on a Sunday morning.

On Sluice Lane you will cross over a level crossing, please take care with the change of surface and also pay attention to the warning lights. If you are stopped we will have a marshal timing so your time can be corrected.

Anyone caught ignoring the warning lights will be immediately disqualified from the event.

As you head back into Bexhill-on-Sea there are a few right turns on residential streets, please take care here. The final right turn is to head back into transition. You will pass the exit you took to start the bike course and go past the carpark and turn right. This will bring you behind the carpark and back into transition.



CAUTION

TRANSITION 2

MIDDLE



PROMENADE

After you exit transition to start the run you will follow the signs to the Promenade to start the 5km loop.

Whilst you are actively racing at this point please listen to the marshals along the Promenade and be conscious of others.

After you complete the required number of laps for the run you will head back towards transition to the finish line.



RUN

MIDDLE



COURSE DESCRIPTION

The run will be an out and back along the Promenade approximately 5km.

The turn around points will be clearly signed and marshalled.

When you have completed the run lap you will head back towards transition where the finish line will be located.

[Click here](#) for the run course.



REMEMBER

As the run course is along the Promenade this will be shared with members of the public, please be courteous to other users.

There will be one water station located halfway along the out and back stretch, you will pass this every 2.5km.

You must ensure that your cups and any nutrition wrappers are placed into the bins provided, there must be no littering on course.

RULES

The event will be held under the British Triathlon Competition Rules, it is your responsibility to know the competition rules.

We will have British Triathlon Federation Officials to ensure rules are adhered to including Motorbike Officials on the bike course.

British Triathlon Competition Rules – [Click here](#)



RULES

RULE 2.1 Littering



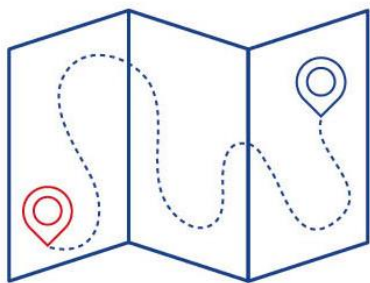
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

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!



RULES

RULES
4.10|5.2|6.4

Illegal Equipment

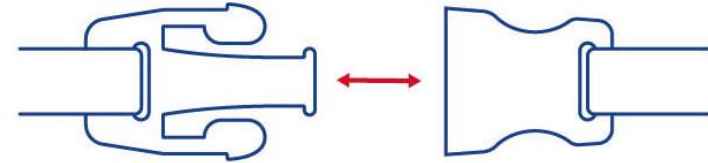
Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



RULE
5.2

Helmets

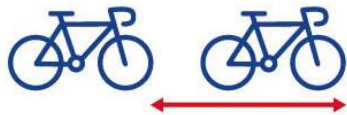
Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



RULE
5.5

Drafting

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



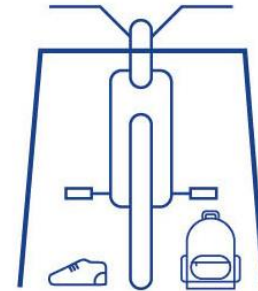
In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

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.



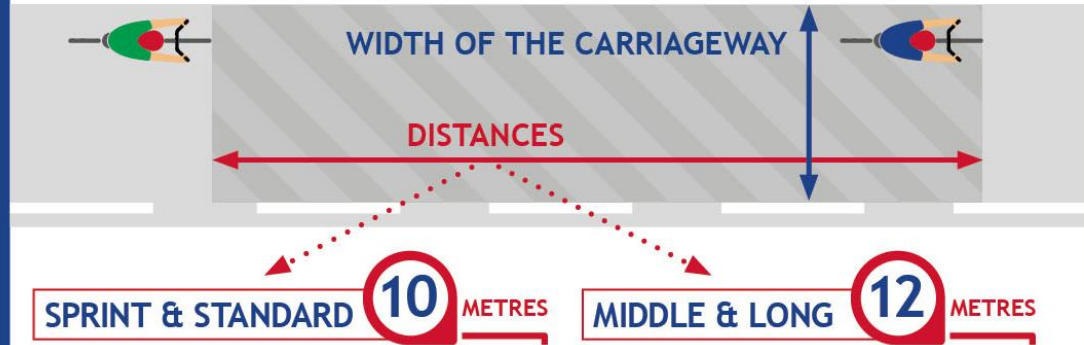
DRAFTING RULES EXPLAINED

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



PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

DRAFTING RULES EXPLAINED

DRAFTING & NOT DRAFTING

✓ NOT DRAFTING



⚠ DRAFTING BIKE



LEAD BIKE



⚠ BLOCKING

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



MIDDLE & LONG



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.

RESULTS & PRIZES

RESULTS



Please ensure you wear your timing chip on your **LEFT** ankle.

Results will be posted online at
<http://results.eventchiptiming.com/>

Please make sure you keep your wristband on after you finish to be able to collect your possessions from transition, also ensure you have your race number to hand on exiting with your bike as these numbers will be checked.

You will also need your race number to collect any baggage left at the baggage tent.

All finishers will receive a unique 1066 themed medal!

There will be 1,2,3 overall prizes

These will be vouchers and emailed out to the winners after the event.



PRIZES

TEAM



JAMES MITCHELL



LIAM GRIGGS



LAURA ADDIE



MARSHALS

James, Liam and Laura are the Event Organisers of the 1066 triathlon from First Stride Events.

We will be easily identifiable on the day with blue hi-vis jackets, if you have any questions on the day feel free to ask us or if you need any last-minute advice in the lead up to the event drop us an email, as keen athletes ourselves we're more than happy to share advice and tips!

Our marshals do a fantastic job of keeping you safe out on the course and are full of enthusiasm to encourage you throughout your race.

They're easy to spot with their bright orange hi-vis jackets so be sure to give them a smile, wave and "thank you!"



THANK YOU

PLEASE CONTACT US WITH ANY QUESTIONS



INFO@FIRSTSTRIDEEVENTS.COM



[HTTP://WWW.THE1066TRIATHLON.CO.UK](http://www.the1066triathlon.co.uk)