

RACE PACK

HEVER CASTLE

25 – 26 SEPTEMBER 2021



 **CASTLE
RACE SERIES**

Please read this document carefully
to ensure we keep each other safe
whilst preparing and taking part in
our race.



Hever Castle 2021

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INTRODUCTION

Due to the impact of the pandemic,
athletes and spectators need to
remain socially distanced at all times.



COVID-19 AND SOCIAL DISTANCING

5 Principals of Safe Racing

- To plan and run the event, we are guided by the following five principals referred to throughout this document.
- Education Communication
- Density Reduction
- Touch Point Reduction
- Athlete Self Reliance
- Hygiene Emphasis

Density Reduction

- The event capacity has been reduced and the length of day has increased to allow 2m of space for all participants on site (including 2m between each Transition racking).
- As with all current social protocols, we ask you to observe 2m social distancing at all times

Reducing contact with event staff

- Event packs are pre prepared 1 week prior to the event and will only be picked up by the competitor.
- All participants to arrive event ready prior to entering the event site.
- Participants must plan to be self sufficient with hydration and fuelling on route. See Nutrition page for more details.

Spectators

- Unless you are camping with us, you MUST pre book your spectator tickets online [here](#).
- Please note, you will not be able to purchase spectator tickets on the day.
- Once you have arrived and entered the event village there will be two separate 'journeys' for participants and spectators when you exit the Holding Area and head to Registration.
- Spectators will still be able to see you in Transition, cheer you on at the swim start or on the run, cycle routes and finish line. You will also be able to meet up again in the event village once you have completed your event.

COVID-19 AND SOCIAL DISTANCING

Hygiene Emphasis

- Additional cleansing teams will be on site and touch point areas will be sanitised regularly (transition, racking, toilets etc).
- Hand sanitisation stations will be located throughout the site.
- Increased number of toilets spaced out on site.
- No changing facilities will be available, please come event ready.

Health Check Form

- All participants will be required to complete an online Health Check 10 days prior to the event, log into your [Active Account](#) and sign the Health Check Waiver
- Information provided in the Health Check Form will be used for the NHS track and trace if requested.

Personal Protection Equipment

- Staff & volunteers may be required to wear masks when 2m social distancing is not possible. Please note, this is a British Triathlon Federation sanctioned event. We are working closely with the BTF and following all guidance provided in addition to further advice from the Government and Public Health England.

To protect yourself and others

- Please make sure you follow the current government guidance, including;
- Wash hands - keep washing or sanitising your hands regularly.
- Cover face - wear a face covering over your nose and mouth in enclosed spaces.
- Make space - stay 2 metres away from other participants and event staff.
- We advise you take a Lateral Flow test prior to the event and follow government guidance if you are in any doubt as to your current health.
- Is it not an event requirement for participants or supporters to wear PPE. However we ask that you bring your own PPE in case you find it necessary to wear some. Eg. In one of the Venues Cafés

PRE-RACE PREPARATION

All the information you need to make
sure you reach the start line in the
know.





have not been unwell with any of the following symptoms:

A high temperature

A new, continuous cough

A loss of, or change to, my sense of smell or taste

If I (or someone I live with) have demonstrated any of the above symptoms, I will follow NHS and PHE guidance on self-isolation and not attend the event.

I also confirm that in light of recent restrictions on movement I am suitably fit and able to attend the event.

The information in this document is held subject to the event organisers' privacy policy and will be shared with NHS Test and Trace upon request. More information about NHS Test and Trace (England) can be found at <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

NHS Test and Protect (Scotland) can be found at <https://www.nhsinform.scot/campaigns/test-and-protect>

NHS Test, Trace, Protect (Wales) can be found <https://gov.wales/test-trace-protect-coronavirus>.

I declare that all the information given in this form is accurate and correct.

Race Licenses

- All triathlon, multisport and every member of a relay team are required to have a license to participate. Members please ensure your licence is in date, if it doesn't have a photo please bring photo ID and if it is a digital licence please take a screenshot so it is easy to view. Non-members buy a day license [here](#).

Video Briefing

- In advance of the event, you are required to have watched two videos that can be accessed on our website . One video will detail the process throughout the day, and one will be specific to your race.
- Watch Race Briefings [here](#).

Live Q&A Webinar

- Thursday 23rd September 2021 at 6pm.
- We will host a pre-event live webinar to answer any questions you may have on our [Facebook Page](#).

Self Declaration

- All participants will be required to complete a health questionnaire. Log into your [Active Account](#) and sign the Health Check Waiver. This will state that you are not travelling to the event with any of the published COVID 19 symptoms and the information provided will be used for the NHS track and trace if requested.

ATHLETE SELF-RELIANCE



Registration and Race Pack

- Physical race packs are not sent out by post, instead you will pick this up from Registration on the day of your race.
- Registration crew will scan your QR Code and assign a race number to your name.



Nutrition

- We ask you to provide your own nutrition where possible.
- On Saturday, there will be no feed stations on the courses, if the weather is very hot there will be a water station on the run courses. On Sunday there will be fully stocked feed and water stations on both the cycle and the run course.



Kit

- Please prepare all kit and check all equipment in advance of the event, as you will have limited time on site to try and sort out any problems that may arise.
- **There will be no changing facilities** on site please come dressed to race.



Spectators

- There are no restrictions on spectators. However, tickets must be purchased online in advance of the event (unless you are camping with us).
- Children in the 9-16 junior triathlon races are permitted to bring ONE Adult spectator in for free but must still go through the online booking system.
- Please book tickets [here](#).

PREPARATION PARTNERS



High 5

- Optimise your performance with High5's complete product range made from the very best ingredients, tested by scientists in the lab and trialed and used by world-class athletes.
- Use the code TRAINCASTLE for a very generous 40% off a training nutrition bundle [here](#).



British Bike Hire

- Hiring a bike with British Bike Hire takes the stress and hassle of travelling with your bike out of race weekend. They will have a freshly cleaned and serviced bike delivered to the event ready for collection. Once there you can collect your bike from one of their team of mechanics who will be on hand for any fitting adjustments.
- Find out more [here](#).



Yonda Wetsuits

- Yonda wetsuits are built with technical neoprene panels, the right balance of flexibility and buoyancy and will aid your swim style.
- Buy a new wetsuit with code CASTLE15 to claim a 15% discount [here](#).
- Hire a wetsuit with code CASTLE10 to claim a 10% discount [here](#).



AWOL Adventure Photography

- There will be official photographers positioned around the course, finish line and event village ready to capture you in action – just don't forget to smile!
- You can pre-order photography [here](#).

Look the part when you're training for your race and buy a Castle Race Series tshirt [here](#).

You can also pre-order your Finisher t-shirt [here](#) so that you can let everyone know you've conquered Hever Castle.

Don't forget to share your photos using [#CastleRaceSeries](#) so we can see you in action.

MERCHANDISE



All athletes must be familiar with the rules, have bought relevant race licences and be aware of cut-off times associated with their race before race day.

- Learn more [here](#).
- Check BTF rules [here](#) and watch BTF briefing [video](#).
- Triathlon, multisport and relay competitors please buy your day race licence [here](#).

RULES

KNOW THE RULES

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

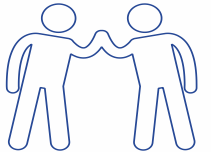
RULE 2.1 Littering



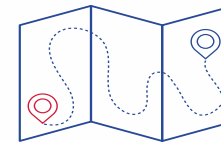
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

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!



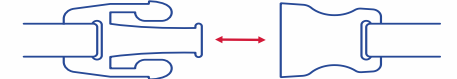
RULES 4.10|5.2|6.4 Illegal Equipment

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.

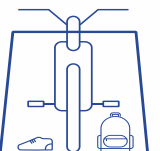


In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

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.



RACE DAY
25/26 SEPTEMBER 2021

ARRIVING AT THE VENUE

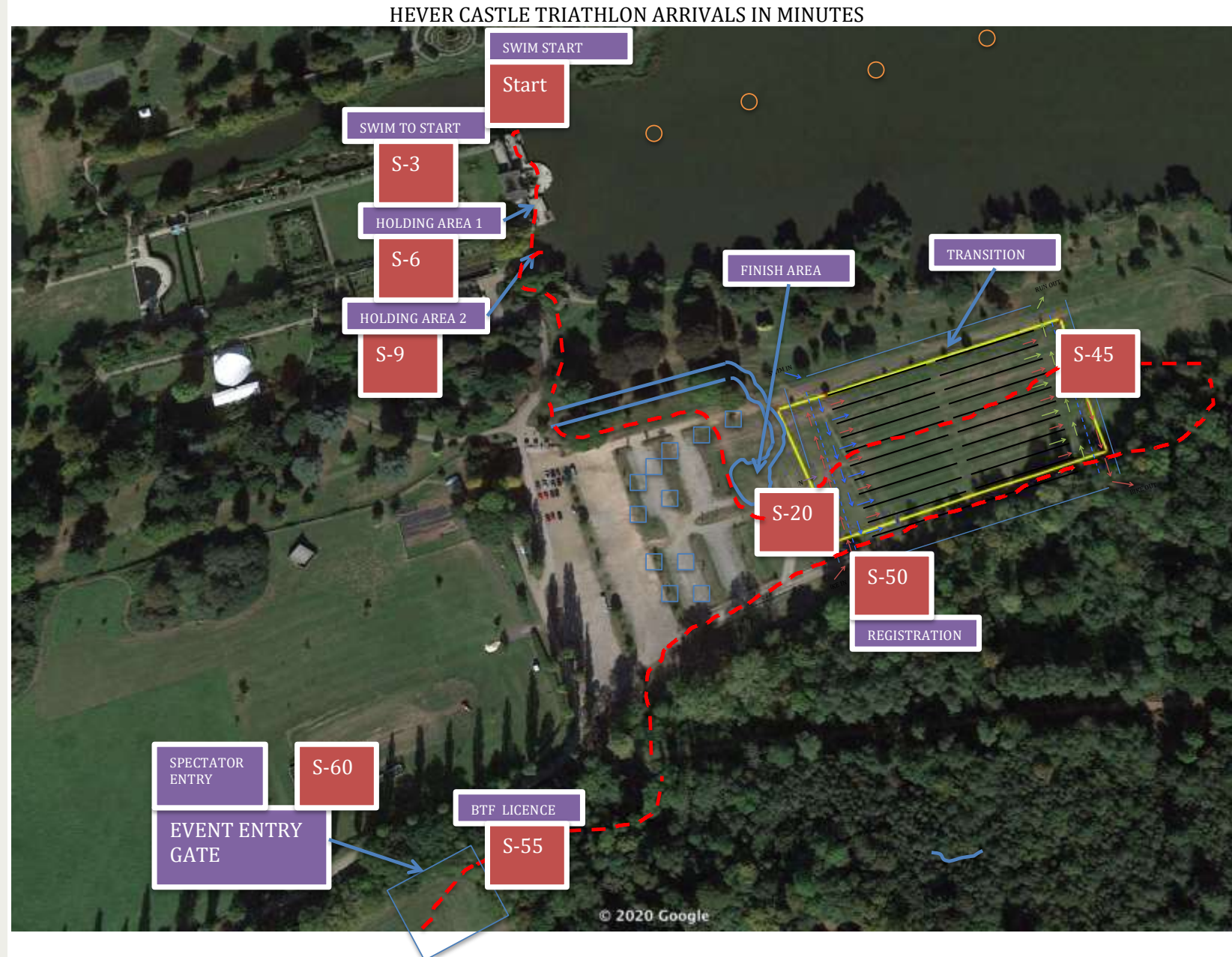
- **NOTE:** We are still operating the recognised BTF COVID-protocols at all our events
- **Directions** - As you near the Castle, please stop following your Sat Nav and follow 'Castle Race Series' signage to ensure you're directed to the correct car park.
- **Car Park** - The car parks are located just 5 minutes walk from the Holding area and Event Village.
- **Arrival Time** – You need to arrive at the Holding Area 1 hour and 15 minutes before your start time (eg. 12.00-12.15 will be the window for those with a start time of 1.15pm)
- Please allow ample time to access the Car Park and get all of your equipment out of the car, plus a few minutes to get to the Holding Area.
- **You will be sent your specific wave group number relating to your Start Time.** Our marshals will use this number to organise the Holding Area and you will only be allowed to enter the Holding Area in your allocated 15-minute slot time.
- At the end of the 15-minute window time you will be allowed, along with rest of your wave group, to enter the Event Area. You will then make your way up to Registration. Your Spectators can proceed to the Event Village.

CAR PARKS: B,C,D & E. Remember the letter of your Car Park!



ON SITE TIMINGS

- You need to arrive 1 hour and 15 minutes before your start time at the Holding Area. Please allow enough time to get from your car to this area (about 3-5 minutes).
- A system of colour coding and synchronised event clocks will help you to remain with your initial group and to move through the preparation phase on time whilst remaining socially distanced.
- Transition and event staff will help keep you to your correct timings.
- You will need to be organised and have your kit prepared in advance as you will only have limited time in transition to get things ready.
- You will be led to your start (swim or run) by a member of the team.



START TIMINGS

- We will be operating starts of 1 participant at a time. This table shows the start timings we expect each distance to cover given our expected forecasts of participants.
- Participant will be sent a Wave Start Time, these can also be viewed [here](#).

Wave groups assigned every 15 mintues. 60-90 participants per wave with a rolling start. Colours refer to the race bib colour.			
Participants must arrive at the Holding area 1hr15min before their given start time.			
EXAMPLE: For Sprint Plus participants who are give a start time of 08:00, the Arrival Time to Holding Area of 06:45.			
START TIMES FROM:	SATURDAY 25TH SEPTEMBER Sunrise at 06:53	START TIMES FROM:	SUNDAY 26TH SEPTEMBER Sunrise at 6.54am
08:00	SPRINT PLUS	08:00	GAUNTLET
09:00	DUATHLON SPRINT	09:15	DUATHLON STANDARD
09:15	SPRINT	09:45	MARATHON
11:00	AQUABIKE SPRINT	10:15	STANDARD
	AQUATHLON SPRINT	12:30	AQUABIKE STANDARD
11:30	SUPER SPRINT	12:45	AQUATHLON STANDARD
12:30	STARTER TRI	13:00	1/2 MARATHON
13:15	5K SWIM	13:30	10K
13:30	2.5K SWIM	14:30	15-16 YRS
13:45	1 MILE SWIM	14:45	13-14 YRS
14:30	9-10 YRS	15:30	11-12 YRS

REGISTRATION

RACE PACKET PICK UP FOR ALL PARTICIPANTS

- A short walk into the event village area will see you arrive at Registration (S-50).
- Only Competitors will continue straight on to Registration, this is where all participants will collect their race pack. Please adhere to the socially distanced queueing system.
- 1 adult can accompany a junior participant through Registration.
- En-route to registration, spectators will be marshaled towards the left, and into the Event Village and Finish Area.
- Please have your QR CODE ready (found on your Confirmation Email) when approaching registration.
- **On arrival at a Registration desk, please produce your QR CODE for scanning to collect your pack and be assigned a race number**
- The QR CODE can be produced on your phone or as a printout. Your batch of race packs will be in open boxes on the registration tables, and you will be directed to the correct pack. There will be hand sanitiser stations at Registration.



RACE PACK

Your race pack (pre-packed 1 week before the event), will include the following items (items vary depending on requirement for your race);

- 2 x Numbered Wristband 1 to be worn throughout the event on wrist and 1 for your bag
- Swim Hat Colour specific to your wave
- Race Number Colour specific to your distance. To be visible on your back during the cycle and on your front during the run
- Safety Pins / Race Belt to attach your Race Number to
- **Timing Chip to be placed on your left ankle**
- Numbered Label strip 3 Sticky labels for the front and back of cycle helmet and 1 for the front of the bike

There will be no body marking on this event

Please apply helmet and bike labels before going into transition and have your helmet on and fastened.



COURSE MAPS, GUIDES AND BRIEFINGS



Course Maps

- Familiarise yourself with your course ahead of your race.
- View [here](#)



Competitor Guides

- The Gauntlet Guide is for our half iron distance competitors and gives detailed route and nutrition information. View [here](#)
- View general guide [here](#)



Event Briefing

- For ALL participants. This briefing contains details about arriving at the event, useful orienteering information about the venue and new social distanced event set up format.
- It is imperative that you watch both this brief before the event to ensure you have a good race day experience.
- Watch event brief [here](#)



Race Specific Briefing

- These race briefings guides you through your specific race.
- Due to the new layout, there will not be a pre-race brief on event day, and it is therefore imperative that you watch this online race brief before the event.
- Watch race brief [here](#)

DISCIPLINE INFORMATION

At this event there will be races across six disciplines; triathlon, duathlon, aquabike, aquathlon, swim only and run only.

This means individuals and their families compete and complete races together.

The following pages detail information specific to your race discipline.



DISCIPLINE SPECIFIC INFORMATION

SWIMMERS

- At S-20, you will be asked to make your way down to the first of two holding areas at the swim arriving there at S-9.
- There will be a holding pen that will allow all wave group to remain socially distanced.
- At S-6, sections of your wave group will be called through to the 2nd holding area.
- The Swim Manager will then give an orientation briefing on the swim buoys and where you will need to swim to, to complete your distance. He will also brief you on any last-minute changes to the cycle and run courses (if necessary) and reaffirm the signage to follow and the numbers of laps that you must complete.
- Finally, at S-3 you will move over to the lake to begin your race. Your time will start as you walk over the timing mat. No diving is permitted due to the shallowness of the lake at this point.
- There will be approximately 6 seconds between each competitor entering the water. If you have a slow swimmer in front of you, please overtake on the right and leave ample distance between you.



SWIMMERS

Swim Course

- The route is clearly marked by buoys. Canoeists will be on hand to guide and help where required. Once in the water, you should identify tall landmarks that can keep you on course and help avoid weaving and swimming further than you need to!
- Competitors are not allowed to draft in the swim and must maintain social distancing even when overtaking.
- Watch the brief [here](#). View Course maps [here](#).

Wetsuits & Water Temperature

- Wetsuits are optional but advisable as they not only keep you warm, but also help you swim faster as they provide you with extra buoyancy.
- There is no wetsuit hire at the event this year. But you can hire a wetsuit here using code CASTLE10 for a 10% discount [here](#)
- Leading up to the event, we will place updated water temperature information on our website.
- See water temperature information [here](#)

Swim Length	Wetsuits	
	Forbidden above	Mandatory below*
Up to 1500m	22°C	14°C
1501 – 3000m	23°C	15°C
3001 – 4000m	24°C	16°C

* When mandatory, the wetsuit must cover at least the torso

Water Quality

- Water quality tests will be taken bi-weekly starting mid May. A further test will be taken on the Monday prior to the event and published online.
- See water quality information [here](#).

Swim only participants

- Water Temperature rules do not apply to swim only participants
- Swim only participants must confirm in registration if they are swimming with or without a wetsuit.

Swim Safety

- The water safety team consist of fully qualified lifeguards in kayaks and rescue boats as well as bank-based lifeguards. If you get into difficulty, lie on your back and raise your arm in the air, a kayak will come to you and if necessary, arrange a safety boat to take you to the water’s edge.
- See BTF open water swim advice [here](#)

Exiting the water

- Marshalls will be on hand if required but we ask that you attempt to exit the water without assistance.
- Once you have exited the water, you will need to cover the 600m on foot on grass back to Transition.

CYCLISTS

- Watch the Cycle Course Brief [here](#). View Course maps [here](#).
- The Cycle Leg of your race will be conducted in the normal way except the drafting distance will be 10m for all distances up to the Standard distance, and 12m for the Middle distance, unless overtaking.
- This is a non drafting race, and this will be strictly enforced out on the course. Please review the BTF rules on drafting zone [here](#).
- Overtaking is allowed but please keep to a minimum social distance of 2m where possible.
- Motorcycles and static British Triathlon Federation Referees will patrol the course to enforce the no drafting rule.
- We will provide mobile cycle support on the course, but the mechanics will only be able to provide verbal instruction to competitors who require assistance.
- Medical support on course will be provided in the usual way. If you pass an accident, please tell the next marshal on the course that there is a problem, and our medics will be contacted by radio.
- Unless there is a medical emergency, competitors should not provide assistance to fellow athletes.
- On the Saturday of racing there will be no feed on the cycle course. On the Sunday we will provide a Feed Station for the Gauntlet competitors, and a Water Station for all.



RUNNERS

- Watch the Run Course Brief [here](#). View Course maps [here](#).
- The Run Leg of your race will be conducted in the normal way except the drafting distance will be 2m for all competitors unless overtaking.
- You should run on the left at all times, except when overtaking, where you should move to the right and then rejoin the left-hand side afterwards. Be aware of competitors trying to pass you and take care when passing other competitors.
- Overtaking is allowed but please keep to a minimum social distance where possible.
- **No mobile phones, smart devices or headphones are permitted during your race at any time.**
- We will provide mobile run support on the course but will only be able to provide verbal instruction to competitors who require assistance.
- Medical support on course will be provided in the usual way. If you pass an accident/injured athlete, please tell the next marshal on the course that there is a problem, and our medics will be contacted by radio.
- Unless there is a medical emergency, competitors should not provide assistance to fellow athletes.
- On the Saturday of racing there will be no Water Station on the course. On the Sunday there will be 2 self service Feed Stations and 2 self service Water Stations



DUATHLON, RUN ONLY AND SWIM ONLY

- There will be no changing facilities on site, please come ready to race.
- All multisport competitors: to follow triathletes into transition.
- Duathletes begin their race with rolling starts from Run Start. The Run Start is adjacent to the der fence but on the lake side. After their first run, duathletes enter transition via the “Swim In” entrance which will have a separate Duathlon In channel.
- Run Only and Swim Only competitors: At registration you will be given two numbered wristbands. Before you enter the Bag Drop area, please securely attach one band to your bag and the other to your wrist.
- After Registration you will go directly to your respective Bag Drop / Holding areas. Bag Drops will be large uncovered areas, please come prepared for all weather.
- The Run Start: is adjacent to the Stage.
- Run Only and Duathletes : At S 20 you will be asked to make your way to the Holding Area near the Run Start. This must all be done in a socially distanced way. This Area will allow all wave group to remain socially distanced.
- Swim Only: will be asked to make your way to the holding areas at the swim start
- Swim only: finishers will have a self-service buffet with prepared drinks and light snacks. Please take what you need but then move on out of the Finish Area to prevent a build up of competitors around the swim exit.

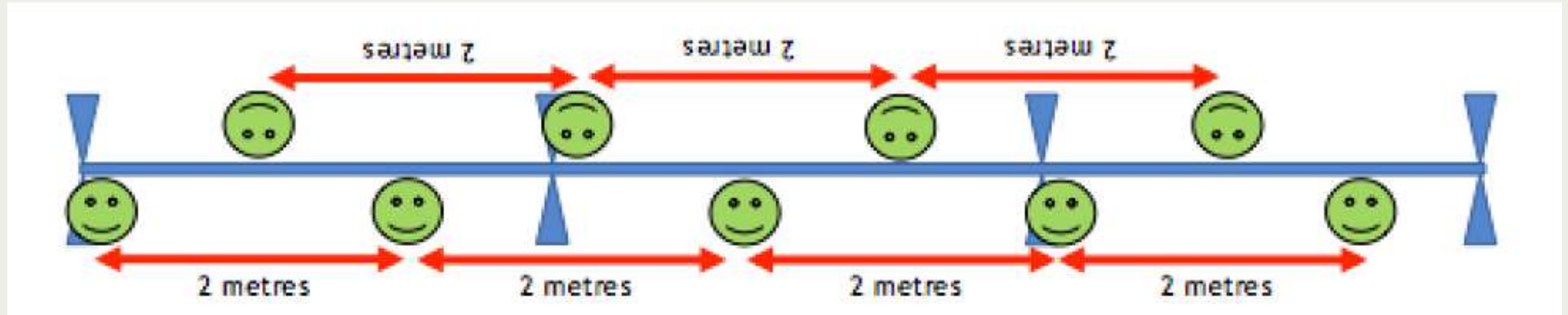


RELAY TEAMS

- This is 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 team. There is no specification on ages (of course children/junior relay participants must be of an age that falls in line with their race category) or abilities within the teams.
- **Registration.** At registration, each team member will receive their own Race Pack. Check all the numbered items agree with the number on the front of the pack! The Race Pack includes: a Bib Number for the Runner and the Cyclist, a set of 3 sticky labels for the Cyclist to attach to the front and back of their helmet and one for the front of their bike, a timing chip for each member to wear on their left ankle, a band for each members' wrist and another band for any bags in transition. Team members only need to use the relevant items in the pack for their part of the race.
- **Transition.** When entering Transition, tell the marshal you are part of a relay team, and you will then be directed accordingly to your rack space along side each other. Apply your Race Pack items and listen out for your Wave call. Children in the 9-10 years event may be accompanied by 1 parent in transition – Parents, please be mindful of other participants in transition!
- **Start/Relay Handover.** Your relay team must attend the short brief at the start of the race by the water's edge incase there have been any last-minute changes to the course. You will need to confirm with Transition staff where the change over of team members will occur. There will be no requirement to make contact at handover. Parents of children in the 9-10 years event, you may help them take off the wetsuits and lift the bike on and off the rack, but the rest is up to them.



TRANSITION TRIATHLON AND MULTISPORT



Bags not boxes

- Space in transition is limited, please bring a suitable sized transition bag (not a box) to keep your gear together, dry, and safe at your racking space. A small ruck sack is permitted and must be kept within the width of your bike handlebars.
- For security reasons it is not permitted to pass bags/items out of Transition.

No bag drop

- There will be no bag drop and no changing area so please come dressed to compete.

Kit removal

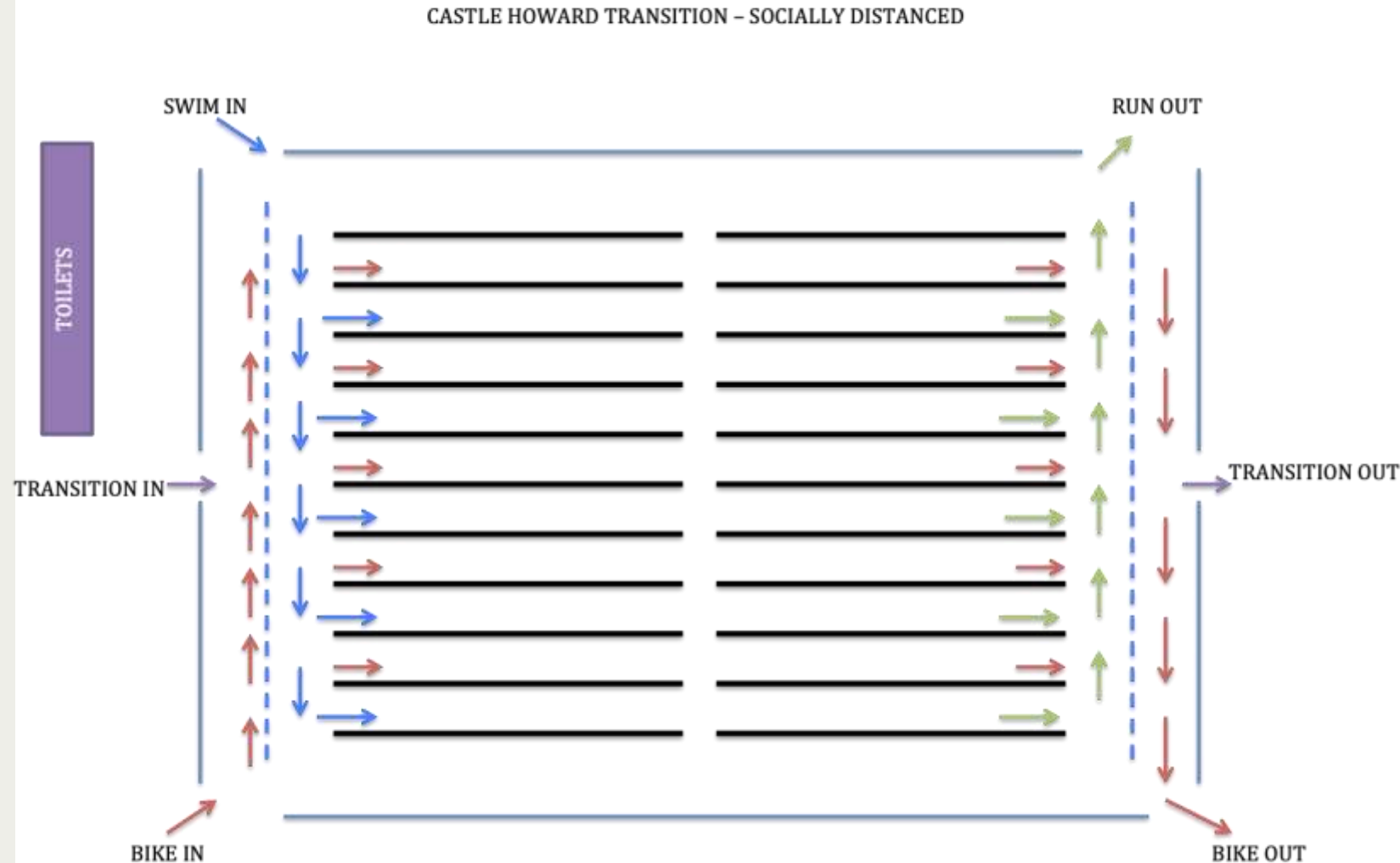
- Please remove your bike & gear straight after the completion of your race. Your cooperation is greatly appreciated by our transition team and other competitors.

Parents in Transition

- Please stay by your child's racking position! One adult per child is permitted in transition for the 9-10yrs races only.
- Please respect fellow competitors in the transition area; stay by your child's racking position. You may assist with the removal of a wetsuit and racking the bike, but that is it the rest is up to them!

TRANSITION

- You will arrive at Transition at S-45 and have a visual check only of your kit and equipment before being directed to your specific racking point.
- All wave groups will be racked in the same part of transition and the rack spacings socially distanced.
- You will have 25 minutes to prepare yourselves in transition before being asked to move down towards the Swim Holding Areas before the start of your race.
- There will be toilets and hand sanitiser stations adjacent to the entry of transition
- There is a one-way flow through Transition, which you must follow on your way to the race start and also once your race is completed.



POST-RACE CELEBRATION

FINISH LINE

- To keep everyone safe, the Finish Area will be a little different from previous years.
- There will be a self-service buffet, please take what you need swiftly to prevent a build up of competitors.
- Our staff will be keeping all stations clean at all times.
- Please make use of the hand sanitiser stations.
- There will be limited seating and limited space for recovery.
- Unless you physically need to please don't try and loiter in the Finish Area.



PRIZE GIVING

- Timings for Prize giving ceremonies will be announced throughout the day
- In the **Starter Tri, Super Sprint, Sprint, Sprint Plus, Standard & Gauntlet triathlons**, only participants in the 'Competition Waves' will be considered for prize giving. These waves include those who 'opted-in' during registration as well as fastest estimated finish times.
- We will be timing all competitors and a full set of results will be texted to you after your race and available to view online.
- There will be no screen facility to view or print out your results.
- Look for Results and Tracking posters around the event to access via a QR code.



EVENT VILLAGE AND CASTLE GROUNDS

- Our merchandise partner, Scimitar will be based in the event village, make your way to their tent to collect any pre-ordered items or shop on the day
- There will be a number of other trade stands and food concessions at the event.
- There will be a Castle Race Series Information tent to assist with any questions and help you book your 2022 race place with a special at-event discount price.
- Wind down after your race with a sports massage from Six Physio and listen to our fantastic house band.
- Get the kids excited with our fairground rides, climbing wall and bouncy castle!
- Explore the beautiful castle grounds for free with your ticket!



Celebrate with our official Festival Partner. Timothy Taylor's is an independent, family-owned brewery based on the Knowle Spring in Keighley, Yorkshire. They have 160 years of brewing experience and are renowned for the quality of our cask conditioned, award-winning beers.

Find out more [here](#).

Shop your beers [here](#).

FESTIVAL PARTNER



10% OFF

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AT CHECKOUT

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CHECKLIST

CHECKLIST

We are looking forward to seeing you at Hever Castle and we wish you the best of luck for your race.

On arrival, ensure you know your wave number and arrival time and bring your QR code (found on the confirmation email) with you for check-in.

TO DO

- [Check your booking: mobile, DOB, etc](#)
- Check the pre-event pages (p10 and p11)
- [Sign your health check form](#)
- [Watch your briefing](#)
- [View you course maps](#)
- [Buy your licence](#)
- BTF information (p14)
- [Water temperature update](#)
- [Nutrition advice](#)
- [Merchandise](#)
- [Race information page](#)
- [Camping information](#)
- [Competitor photography](#)
- [Book spectator tickets](#)

KIT LIST

- Conf email with QR code for check-in
- Race Documentation
- Running shoes (trail runners if wet weather)
- Water bottle
- Wetsuit
- Googles
- Towel/changing towel
- Bike helmet
- Cycle shoes
- Nutrition for the course
- Warm clothes for after the event
- Bag cover to keep your gear dry
- Hand sanitiser and face mask

2021 AND BEYOND

EVENT 1
ARCTIC
MONKEY
JANUARY

EVENT 2
POLAR BEAR
FEBRUARY

EVENT 3
MARCH
HARE
MARCH

EVENT 4
SPRING
CHICKEN
APRIL

EVENT 5
LOUGH CUTRA
CASTLE
4-5 JUNE

EVENT 6
CHOLMONDELEY
CASTLE
18-19 JUNE

EVENT 7
PENSHURST
PLACE
26 JUNE

EVENT 8
HEVER
CASTLE
2-3 JULY

EVENT 9
CASTLE
HOWARD
23-24 JULY

EVENT 10
CHATEAU DE
CHANTILLY
27-28 AUGUST

EVENT 11
HEVER CASTLE
24-25 SEPTEMBER

EVENT 12
HEVER
CASTLE
15-16 OCTOBER

TRIATHLON | DUATHLON | AQUAS | SWIM | CYCLE | RUN | COLOUR | OBSTACLE

2022 RACE CALENDAR

Next year's Hever Castle event
will take place on Saturday 24th
and Sunday 25th of September
2022.

Will you be joining us?

Book your race place [here](#).

Find out more about the event
[here](#).



We are thankful for our 2021 series partners who have helped us to ensure we can host industry-leading races for all ages and all abilities across the UK, Ireland and France.

Find out more about our partners [here](#).

OUR PARTNERS



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If you have any questions or would like any further information please do not hesitate to get in contact.

CONTACT

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support@castleraceseries.com

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THANK YOU

