

RACE PACK

HEVER CASTLE

23-24 SEPTEMBER 2023



 **CASTLE
RACE SERIES**

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! Bring your QR code (found on the confirmation email) with you for check-in. **Recommended! Take screenshots of any necessary documentation to avoid issues with 4G access**

TO DO

[FIND YOUR START TIMES](#)

[Check your Booking: mobile, DOB, etc](#)

[Watch your briefing](#)

[View your course maps](#)

[Buy your BTF licence](#)

[Water Temperature Update](#)

[Race fuelling Advice](#)

[Merchandise](#)

[Race Information Page](#)

[Buy Spectator Tickets](#)

[Camping Information](#)

[Book Camping](#)

[Competitor Photography](#)

BTF information (p4)

KIT LIST

Confirmation email with QR code for check-in

Membership Card / Day Licence (Tri/Multisport)

Water bottle

Wetsuit & Goggles

Towel/changing towel

Bike helmet

Cycle shoes

Running shoes (trail runners if wet weather)

Nutrition for the course

Warm clothes for after the event

Bag cover to keep your gear dry

Card / Cash for Event Village

PRE-RACE PREPARATION

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BTF Race License – All triathlon, multisport (including each member of a relay team) are required to present their licence on arrival. Licence information [here](#) and [FAQ's here](#).

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 – please buy a day licence [here](#). Bring your paper confirmation or take a screenshot.

Check BTF rules [here](#). **Highlights** [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](#). Know your course see [here](#).

Race Fuelling – We ask you to provide your own race nutrition. On Saturday, there will be no feed stations on the run course, but there will be a water station. On Sunday, there will be fully stocked feed station on the cycle and run course. There are 3 water stations, depending on your course. Find out more about course nutrition [here](#).

Kit – Please prepare all kit and check all equipment in advance of the event. There will be changing facilities on site.

Spectators – Spectator 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. Please book tickets [here](#).

Youth and Juniors event 9-16 years – Parents ensure your children's bike are in good working order with tried and tested breaks. Bike courses takes place on a multi terrain bike course therefore off-road tyres advisory!



PREPARATION PARTNERS



Precision Fuel & Hydration

- [PF&H products](#) will be at our feed stations alongside water and other goodies like bananas, flat Coca-Cola and jelly babies
- PH 1000 is a strong electrolyte drink designed to help replace the electrolytes you're losing in your sweat
- PF 30 Gels contain 30g of carbohydrate
- PF 30 Chews contain 30g of carb in 2 bite-size chews per serving
- Use their free [Fuel & Hydration Planner](#) to create a race nutrition plan for your race
- If you plan to carry your own fuel, use the code **CASTLE** to [get 15% off their products](#)
- Dial in your hydration plan with a PF&H [Sweat Test](#) Use code [SWEAT-HEVER-20](#) to save 20%



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!
- Get 50% off when you pre-order photography [here](#).



On Your Bike

- On Your Bike offers three different types of bikes for hire. Takes the stress and hassle out 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. Get your [10% off today with discount code CASTLE23](#)
- OYB will be located at the Transition Exit to help with any of your bike maintenance needs.



Wetsuit Hire

- TRI WetsuitHire offer an affordable solution for making sure you have a high-performance wetsuit for race day.
- Enter the discount code CASTLE10 to claim a [10% discount here](#).
- Book your event day hire [here](#).
- Yonda wetsuits are built with technical neoprene panels, the right balance of flexibility and buoyancy and will aid your swim style.
- Buy a new Yonda wetsuit with code CASTLE15 to claim a 15% discount [here](#).



Tri Training Harder

Coaching advice and more for all

- Tri Training Harder coaches are on hand to offer useful insights, deliver top tips and calm any last minute nerves, see [here](#).
- Visit the TTH stand in the Event Village, They will also be offering the Precision Fuel and Hydration Sweat Testing service!
- Dial in your hydration plan with a PF&H [Sweat Test](#) and get 20% off Book now and use code [SWEAT-HEVER-20](#).

RACE DAY
23-24 SEPTEMBER 2023

EVENT VILLAGE

Here are some of the many attractions that will be on offer over the weekend. Listen out for announcements of the RAF flypast, explore the [beautiful grounds](#), including adventure playground. Or simply lay back in one of the deck chairs and enjoy the live music!



Meet our Health Insurance Partner WPA and their outdoor gym. Learn more about their industry leading insurance packages.



The team at Echelon will host various challenges in the outdoor gym using their connected bikes and treadmills. Take part and you could be in with the chance of winning some fantastic kit!



For the mini climbers and crawlers, we will host our famous Commando obstacle course taster! While your loved one is making their round their course, the kids can get stuck into the obstacles!



UK Bike Hire Partner On Your Bike will have bikes to rent and bike services on offer in the event village. Rent a bike [here](#). They will also be offering bike maintenance.



Need any information? Head straight to the BULK SMS Information Point! Here is the place to also get special discounts on future events.



Bat & Ball Sports is Kent's leading sports specialist, providing you with an extensive range of products from all the major sports brands. From sports equipment to footwear and clothing, they've got you covered.



Want some Castle Race merch? Check out Scimitar's tent and purchase the latest kit! Scimitar also have our online shop [here](#).



Coaching Partner Tri Training Harder will be onsite to offer valuable insight for all your training queries. Visit their tent throughout the weekend for any training, pre and post event advice.



Hot and cold therapy is amazing for easing muscle soreness, boosting recovery and relaxing the mind after strenuous activities. Please pop over to Ember Pop Up Sauna & Cold Baths for a chat and book in for your post race recovery with us. All you need to bring is swimwear, towel and drinking water.



Support your gut health with Bennets Kombucha 365. Visit their tent for more information and special event day deals.



There will be plenty of tasty food concessions including: pizza, coffee, hog roast, pasta, wraps, pies and burgers! We will also have Beerfest providing the bar, making sure you can celebrate with a drink in hand!

ARRIVING AT THE VENUE

Directions - As you near the Castle, please stop using Sat Nav and follow 'Castle Race Series' signage to be directed to the correct car park.

Car Park - The car parks are situated in the estate fields and there is just a 5 minute walk to the Holding Area. If you require disabled parking, and can manage the uneven terrain, please ask the Event carparkers for direction to the designated space. Alternatively the Hever Castle estate has Blue Badge disabled parking which can be accessed via their main gate from 10.30am.

Arrival Time – **Triathlete and multisport** participants need to arrive at the **Holding Area** 1hr,15 minutes before your start time (eg. 10:00 for those with a start time of 11:15). **Swim and Run** Series should arrive no later than 30 minutes before your start.

Holding Area – Please allow ample time to access the Car Park and get all your equipment out of the car, plus a few minutes to get to the Holding Area. Once at the holding area you should have everything you need to race. Spectators will be directed off to the main event area at this point.

Start Time and Wave Number – You will be assigned a start time and wave group number. Our marshals will use this number to organise the Holding Area and you will only be allowed to enter the Holding Area at your allocated time. If you arrive early please proceed onto the Event Village area and return to the Holding at the relevant time.

Licence Check – **Triathlete and multisport** participants will need to present their Membership Card or Day Licence Confirmation. We recommend taking a screenshot in case you cannot access the 4G.



START TIMINGS

- View your Start Time [here](#).
- This table shows the start timings we expect each distance to cover given our expected forecasts of participants.

HEVER CASTLE TRIATHLON AND MULTISPORT 2023 EVENT			
Wave groups assigned every 15 minutes. Mass start waves. 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 08:30, the Arrival Time to Holding Area of 07:15.	
START TIMES	SATURDAY 23RD SEPTEMBER	SUNDAY 24TH SEPTEMBER	START TIMES
FROM:	Sunrise at 06:48	Sunrise at 6.49am	FROM:
06:45	CAR PARKS OPEN	CAR PARKS OPEN	06:15
07:15	HOLDING AREA FOR REGISTRATION OPENS	HOLDING AREA FOR REGISTRATION OPENS	06:45
08:30	SPRINT PLUS	GAUNTLET	08:00
09:00	DUATHLON SPRINT	DUATHLON MIDDLE	08:30
09:15	SPRINT (4 WAVES)	DUATHLON STANDARD	08:45
10:30	AQUABIKE SPRINT	MARATHON	09:00
10:45	AQUATHLON SPRINT	STANDARD (4 WAVES)	09:30
11:00	SUPER SPRINT (2 WAVES)	AQUABIKE STANDARD	10:45
11:45	STARTER TRI	AQUATHLON STANDARD	
12:15	5K SWIM	1/2 MARATHON	11:00
12:30	2.5K SWIM	10K	11:30
12:45	1 MILE SWIM	15-16 YRS	13:45
14:30	9-10 YRS (4 WAVES)	13-14 YRS	14:00
15:15	FINAL WAVE START	11-12 YRS	14:30
		FINAL WAVE START	15:00
17:00	EVENT CLOSE	EVENT CLOSE	17:00

REGISTRATION

Race Pack - Registration has 2 stages; you will first collect your numbered race pack envelope with a full instruction included. At the second stage, your confirmation email QR code will be scanned to apply that race number to your name. (Screenshot recommended)

QR Code - The confirmation email QR code can be produced on your phone or as a printout. Many participants are taking part in more than 1 event this season, please check to ensure the scanners apply your race number to the correct event!

Juniors - 1 adult can accompany a junior participant through Registration.

Spectators - En-route to Registration, spectators will be marshaled towards the Event Village and Finish Area. [Spectators can print the schedule here.](#)

Swim Series participants – Please re-confirm in Registration whether or not you will be wearing a wetsuit.

After Registration ALL participants will be directed to their respective Transition / Bag Drop areas. These will be large uncovered areas, please come prepared for all weather.



RACE PACKS

Depending on your race, your race pack will include the following items:

- 2 x Numbered Wristband, 1 to be worn throughout the event on your wrist and 1 for your bag. (9-10 year racers get an extra wristband for one of their Adults)
- 1 x Swim Hat, colour specific to your wave.
- 1 x Race Number Bib, colour specific to your distance. To be visible on your **back during the cycle** and on your **front during the run**. [Race belts](#) (not included) are recommended for Tri and Multi participants.
- Safety Pins, to attach your Race Bib to.
- Timing Chip, to be placed on your **left ankle** (Triathlon and Multisport)
- Timing Strip, attached to the Race Bib (Run and Swim Series)
- 1 x Numbered Label Strip, 3 sticky labels - for the front and back of cycle helmet and 1 for the front of the bike
- **Check all the numbered items in the pack agree with the number on the front!**
- Relay team need only get 1 pack per team, however they will be given an extra numbered bib and wristbands for their members from the Help Desk at Registration.

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

There will be changing facilities available on site.



TRANSITION

General Transition information - On arrival at Transition there will be a quick check before being directed to your specific racking point. All wave groups will be racked in the same part of transition. You will have about 25 minutes to prepare yourselves in transition before being asked to move towards the Briefing Area for the start of your race. There will be toilets close to transition.

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. Bag drop is available, ensure you apply the other wristband from your pack to your bag. For security reasons it is not permitted to pass bags/items out of Transition.

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 in the afternoon races.

Parents in Transition (9-10 years) - 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!



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

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

The following pages detail information specific to your race discipline.

We hope you enjoy your race, feel supported, have fun, encourage fellow participants and thank the volunteers.

Give it your best!



DUATHLON, RUN SERIES AND SWIM SERIES

Wristbands : At registration you will be given two numbered wristbands. Please securely attach one band to your wrist and the other to your bag. Bag Drops will be large uncovered areas, please come prepared for all weather

All Multisport and Run competitors : Follow triathletes into Transition. Bag Drop is in Transition.

Swim Series competitors : Your Bag Drop Area is located in the main Transition area. Changing tents will be close by. There will be an area near the swim start to leave a towel / dryrobe. There will be a feed station by the loggia steps for those doing laps in the Swim Series.

Run Series and Duathletes : 10 minutes before start time, you will be led from Transition/Bag Drop to the briefing area by the Run Start for further instruction. After the first run, duathletes enter transition via the “Swim In” entrance which will have a separate “Duathlon In” channel.

Swim Series : 10 minutes prior to your start time, please head to the briefing area on the Loggia. The Swim Manager will give an orientation briefing on the swim buoys and where you will need to swim to. All swim races will be mass starts. Finishers will receive their medal and have a buffet of prepared drinks and light snacks.

Swim Series participants – Wetsuit rules do not apply to swim series participants. Please confirm in registration if you are swimming with or without a wetsuit.



SWIM COURSE

Triathlon/Multisport participants - 15 minutes before your start time, you will be led from transition to the briefing area by the lake. The Swim Manager will give an orientation briefing on the swim buoys. All races will be mass starts. Any last-minute changes to the cycle and run courses will be detailed and the Swim Manager will reaffirm the signage to follow and the numbers of laps that you must complete.

Wetsuits & Water Temperature - Triathlon / multisport participants wetsuits requirements will be updated [here](#). There will be [wetsuit hire](#) at the event, book [here](#). Use CASTLE10 for a 10% discount.

Swim Safety - The route is clearly marked by buoys. 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! Drafting is allowed, so long as you do not impede or obstruct another swimmer's movement. 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. See BTF open water swim advice [here](#).

Exiting the water - Marshals 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.

Water Quality - Water quality tests will be taken regularly and published online. See water quality information [here](#).

Course information - Watch the brief [here](#), view Course maps [here](#).



CYCLE COURSE

Non-drafting Race - This is a non drafting race, and this will be strictly enforced out on the course. Please review the BTF rules with reference to drafting [here](#). Motorcycles and static British Triathlon Federation Referees will patrol the course to enforce the no drafting rule.

Cycle Support - We will provide mobile cycle support on the course.

Medical Support - Medical support on course will be provided. 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.

Race Fuelling - Ensure you're carrying adequate fuel. Find out more [here](#). On Saturday there will be a water station on route. On Sunday, Gauntlet participants will have access to a full stocked feed station. All Sunday cyclists will pass a water station. Limited cups, bottle exchange available.

Course Information - Watch the Cycle Course Brief [here](#), view Course maps [here](#).



THE RUN COURSE

Left-hand Side - 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.

No Smart Devices - Triathlon and multisport participants are not permitted listening devices during their race at any time. See BTF Rules [here](#). There are many different courses taking place at the the same time and it is important to be aware of fellow participants and marshal guidance.

Run Support - We will provide mobile run support on the course.

Medical Support - 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 aid fellow athletes.

Race Fuelling - On the Saturday of racing there will be no Feed Station on the course but Water Stations are available. On the Sunday there will be 2 fully stocked Feed Stations and 2 Water Stations.

Course Information - Watch the Run Course Brief [here](#). View Course maps [here](#).



RELAY TEAMS

How does the relay work? This is where the swim, bike and run legs are completed by different team members. 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 or abilities within the teams (children/junior relay participants must be of an age that falls in line with their race category).

Registration - At registration, a team will receive 1 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, wristbands for each members. The timing chip, worn on their left ankle, must be passed between members at their allocated place 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 alongside each other.

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.

Course Information - Watch the Brief [here](#). View Course maps [here](#).



POST-RACE CELEBRATION

MERCHANDISE

Our merchandise partner, Scimitar Sports sell a wider range of kit including race belts!

See the special bundle offer here, [Adults & Juniors](#) or view the full Castle Race Series range [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.

If your muscles need some TLC after the race, be sure to check out this product by Nuasan. Nuasan's mission is to keep people moving & feeling great with products that complement & support everyday activity as well as intense sport.

The popular CBD Muscle Gel combines the power of CBD with plant extracts and provides instant, warming relief to aches and pains. [Click here](#) to find out more and use discount code CRS10 for 10% off.

MERCHANDISE

Discount off on Hever bundle



POST-RACE CELEBRATION

Finish line - Athletes will be welcomed over the finish line by our commentators and finish line staff. You will be awarded your iconic Castle Race Series medal and invited to refuel from the buffet tables. Aquabiker's will be directed to the finish shoot at the end of their event. Swim Series will have their own Finish area close to swim exit.

Results - We will be timing all competitors and a full set of results will be texted to you after your race, available from the Results tent and can to view online. Look for Results and Tracking posters around the event to access via a QR code.

Prize giving - There will be Prize Giving Ceremonies throughout the day for each distance race, listen out for announcements. In accordance with the latest BTF updates, prizes will be awarded to Female and Open Categories.

Event village – Enjoy the live music, peruse the trade stands, stock up on Castle Race Series momentos. Choose from a selection of food concessions, visit the drop-in free yoga, quench your thirst at the bar. Visit the children's entertainment area and explore the castle grounds: [Attractions](#) and [Gardens](#)

Join Us Again - Head to our Information Tent to get an exclusive weekend discount on your 2024 race place. All finishers are can also obtain a special 'Race Again' discount if they'd like to take part in our Commando event 14/15th October 2023.



THANK YOU

CONTACT

If you have any questions or would like any further information please do not hesitate to get in contact with our amazing team: support@castleraceseries.com

JOIN OUR COMMUNITY NOW

Find out more on our [website](#)

Like us on [Facebook](#)

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Join our club on [Strava](#)

