

RACE PACK

HEVER CASTLE

28-29 SEPTEMBER 2024



 **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.

Onsite mobile reception may be weak. Please ensure you download all necessary information before leaving home.

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](#)

[Event Information Page / Updates](#)

[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 Licence – [all triathlon multisport](#) (including each member of a relay team) are required to present their licence on arrival. Licence information [here](#); [overseas participants](#) note relevant section!

Members – 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 race pass licence here](#). Bring your paper confirmation or take a screenshot.

Check BTF – [rules](#), [highlights](#), [drafting explained](#).

Video Briefing – before event day please watch the **two** short briefing videos accessed via our website. One video details the process throughout the day, the other is specific to your course.

[Watch Race Briefings](#). [View your course route](#).

Race Fuelling – Please provide your own race nutrition. On Saturday, there will be no feed stations, but there will be a water station on the 20k cycle route and run routes. On Sunday a fully stocked feed station is available on the cycle for Gauntlet and Middle Distance Duathlon athletes, and on the run route for all. There are 3 water stations, depending on your course. Find out about [course nutrition advice here](#).

Kit – please check all equipment and kit well in advance of the event. A limited bike maintenance facility is available by the exit of Transition in the main event field. Changing facilities and bag drop are also located by Transition. [Wetsuit hire](#). [Bike hire](#).

Venue Entry Fee – Discounted spectator tickets can be purchased online in advance of the event. Children in the 9-16 junior triathlon races are permitted to bring ONE Adult spectator in for free. Campers receive spectator entry as part of their booking. [Book discounted spectator tickets before they sell out!](#)

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



Race Fueling

- [PF&H products](#) will be at our Sunday 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



Photography

- There will be official photographers positioned around the course, finish line, event village and podium ready to capture you in action – just don't forget to smile!
- Pre-order photography and get [25% discount here](#)



British Bike Hire

- [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.
- OYB will be located at the Transition Exit to help with any of your bike maintenance needs.



Wetsuit Hire

- [TRI WetsuitHire](#) offer 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](#).
- [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,

RACE DAY
28-29 SEPTEMBER 2024

ARRIVING AT THE VENUE

Directions - As you near the Castle, please stop using Sat Nav and follow the yellow 'Castle Race Series Car Park' signage to ensure you end up in correct car park. Beware, the country roads around Hever are very narrow at times!

Event Car Park - The car parks are situated in the estate fields, 5 minutes walk to the Event Village. Please plan your journey time, allow for busy road and ensure ample time to access the car park, get all your equipment together, plus a few minutes to get to the **Entry Check Point**.

Disabled Parking - if you can manage the uneven terrain, please ask the event car park marshals for direction to the designated space (250m to event village) . Alternatively [Hever Castle estate has Blue Badge disabled parking](#) (550m to event village), accessed via their main gate from 10.30am.

Entry Checkpoint / Licence check – Before proceeding to the Registration tent for your race pack, [triathlete and multisport](#) participants must present their Membership Card or Day Race Pass confirmation. We recommend taking a screenshot in case you cannot access the 4G.

QR Code - ALL participants need to show their confirmation email QR code to obtain an event stamp.If you arrive early please proceed into the Event Village and return to the Entry Checkpoint at your allotted time.

Arrival Time – You will have been assigned a start time and wave number. Our marshals use Wave Numbers to organise the entry point. [Triathlete and multisport](#) participants need to arrive at the **Entry Checkpoint** area no later than 1hr,15 minutes before start time. Those in the [Run and Swim Series](#) should arrive at this area around 45 minutes before given start time. Once here you should have everything you need to race.

Spectators - will have their tickets checked at this Entry Point and be directed on to the Event Village.



START TIMINGS

- Find your specific Start Time [here](#).
- This table shows the start timings of each race distance.

2024 HEVER CASTLE TRIATHLON AND MULTISPORT FESTIVAL			
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 given a start time of 08:30, the Arrival Time to Holding Area of 07:15.	EXAMPLE:
START TIMES	SATURDAY 28TH SEPTEMBER	SUNDAY 29TH SEPTEMBER	START TIMES
FROM:	Sunrise at 06:56	Sunrise at 6.57am	FROM:
06:45	CAR PARKS OPEN	CAR PARKS OPEN	06:15
07:15	ENTRY STAMP POINT OPENS	ENTRY STAMP POINT OPENS	06:45
08:30	SPRINT PLUS	GAUNTLET	08:00
09:00	DUATHLON SPRINT (BTF -2025 EUROPEAN QUALIFIER)	DUATHLON MIDDLE	08:45
09:30	SPRINT (3 WAVES)	DUATHLON STANDARD	
10:30	AQUABIKE SPRINT	MARATHON	09:00
	AQUATHLON SPRINT	STANDARD (3 WAVES)	09:30
11:00	SUPER SPRINT	AQUABIKE STANDARD	10:30
11:30	STARTER TRI	AQUATHLON STANDARD	
12:00	5K SWIM	1/2 MARATHON	11:00
12:15	2.5K SWIM	10K	11:30
12:30	1 MILE SWIM	15-16 YRS	13:30
14:30	9-10 YRS (4 WAVES)	13-14 YRS (2 WAVES)	13:45
15:15	FINAL WAVE START	11-12 YRS (3 WAVES)	14:15
		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 - supporters will be marshaled towards the Event Village and Finish Area. Once athlete proceed through Registration and on the Transition / Bag drop areas, they can reunite with their supporters in the Event Village. [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!

We recommend downloading or taking a screengrab of the QR code and BTF Licence info, as mobile reception cannot be guaranteed onsite.



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.
- Timing Chip, to be placed on your **left ankle** (Triathlon, Multisport and Swim Series).
- Timing Strip, attached to the Race Bib (Run Series).
- 1 x Numbered Label Strip of 3 sticky labels ; 1 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 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, usually located by the Transition Area.



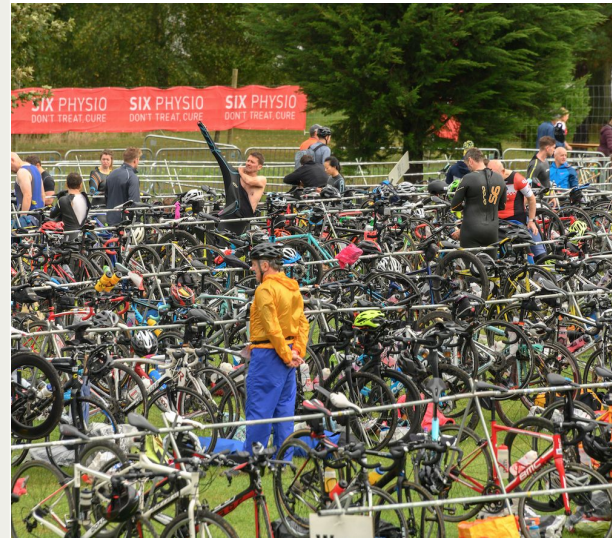
TRANSITION

General Transition information - On arrival at Transition there will be a quick equipment 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 and changing area 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 / flipflops. There will be a feed station on 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 - Wetsuit requirements for triathlon / multisport participants 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 and Middle Distance Duathlete participants will have access to a fully 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

Pre-order your Hever Castle Finisher T-shirt online to guarantee your size requirement, save on postage and simply collect from the merchandise store on Event Day. [Adults](#) / [Juniors](#)

View all Castle Race Series merchandise [here](#).

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

Limited Edition Hever Finisher T



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.

Photography - Pre-order you race photography today and get [25% discount](#). Photographers will be positioned around the course, finish line and event village ready to capture you in action – just don't forget to smile! Be sure to share your photos using [#CastleRaceSeries](#) so we can see you in action.

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 2025 race place**. All finishers can also obtain a special 'Race Again' discount if they'd like to take part in our Commando obstacle event at Hever Castle, 12/13th October 2024.



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](#)

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Follow us on [Twitter](#)

Join our club on [Strava](#)

