

**2 fantastic Tri  
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open water  
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**Thanks for entering the 8th Bewl Triathlon & OWS.** As athletes ourselves we think the venue offers everything you would want from a race. The Bewl Water reservoir offers a great swim course with good visibility for your spectators. The bike course is a rolling rural 20km loop (x 2 for standard!) and the run is loops (2 for sprint / 4 for standard) of stunning 2.5km course which includes a 800m downhill, 400m hill and a return along the dam overlooking the reservoir. The open water swim events on the Saturday have separate race information, this can be found on the final page of this info.

We must say a huge thanks to Bewl Water Estate and Southern Water for allowing us to base the Triathlon within their grounds. Please do remember at all times we are their guests and we hope to keep a great event and relationship here over the future years.

Please read the following race info thoroughly and make yourself aware of the race routes on the website and BTF rules at [British Triathlon](#) before race day. The Race Briefing will take place **for both** the sprint and standard distances at 6.55am and will highlight some key safety points of the event. We won't have time to explain the race routes in briefing.

Race HQ – Bewl Water, Bewlbridge Lane, Lamberhurst  
Kent TN3 8JH

The Registration, transition and finish is returning to the Large Open space as you enter Bewl. Please see map further down the race info. Camping details are at the bottom of the race info.

Arrive from 5:30am for registration and transition. Registration and transition will close at 6:50am for ALL athletes in both sprint and standard so please make sure you arrive at race briefing by the swim start in plenty of time.

Athletes who have entered as BTF affiliated are required to provide proof of BTF licence at registration, without proof you will be required to buy a day licence for £5. (Sure all you affiliated athletes are aware of this!)

**Race Start Times – One Race Briefing for ALL (standard & sprint athletes) at 6:55am by the swim start.** Transition will be closed so no returning after race briefing, as sprint distance athletes will be racing.

**Sprint Distance 7-7:15am (after race briefing)- Past 2 years this has been split into a male and female wave start, around 5 mins apart.**

**Standard Distance –** once all sprint athletes have clear water and the water safety crew are in place, standard will start. Around 15 mins after sprint. - **Past 2 years this has been split into a male and female wave start, around 5 mins apart.**

**If any mist reduces visibility, the start will be delayed until it clears. The race won't start until Bewl Water are happy with visibility and give us the go-ahead, and it will be obvious on race morning!**

**Awards / Results – Triathlon** There are trophies for 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> Male & Female overall plus trophies for age group winners in 5yr cats. Results are uploaded live from the event, the web address will be available at the finish line.

#### **Litter**

Please no litter dropped at all during the event by athletes or spectators, inside or outside the Bewl Water grounds. We would like to be invited back each year to put on this event! If athletes need to discard anything please do it at a marshal position who will happily collect your rubbish!

**Bewl Entry – Free for entrants cars before 7am.** Any spectator cars after 7am will pay the normal £4 per car. **Entrants if you could leave a form of note of entry on your displayed on your dashboard. You do not need to pay at the car park machines. If there is any issues with this, it can easily be resolved after the event.**

**Transition** - Open from 5:30am – 6:50am

Marshals will need to see number stickers on the bike, helmet fastened and your race number to enter transition. You **MUST** show your race number each time you return to transition.

Competitors only allowed into the transition area. Please make sure you are familiar with BTF triathlon rules before race day, any information can be found at [www.britishtriathlon.org](http://www.britishtriathlon.org)

**Please keep clothing, bags and boxes to a minimum in transition. It creates a safer and simpler transition area if you only keep what you need to race. It will also help you as athletes to keep it simple, less to think about when racing! You will be asked to remove boxes and bags, we will allocate a bag drop tent.**

Race number will be required to collect your bike after the race. The collection of your bike is allowed as soon as it is safe, decided by organisers and referees on race day.

### **Bikes and Helmets**

Your bike and helmet must be road worthy and safe to be able to compete. Both brakes must work, bar ends and tri bars must be plugged. Helmets must comply with BTF guidelines. Again for full information on bike and helmet guidance please refer [to BTF RULES 2019](#)

### **Refreshments**

Bewl has its own café by race HQ, and we have requested they open early for our competitors and spectators.

### **Toilets**

There will be portaloos on the Race HQ Field, and also Bewl Water have Venue toilets located by the waterfront CAFÉ, 2 mins walk from the RACE HQ.

### **Teams**

Relay teams changes will be at the bike in transition. The swimmer enters transition, swap your timing chip onto the cyclist's ankle, when the cyclist returns to your position in transition your runner is waiting and swaps the timing chip onto the runner's ankle

### **Medical**

Wealden medical will be present at the event. At the Venue, and an ambulance vehicle out on the bike course.

### **Massage**

DW Sports Therapy will supply Massage will be available at transition and at the Finish area. A fee will apply independently to the therapist

### **Finish, Chip Timing & Return**

Chip is collected at registration. **CHIP TO BE WORN ON YOUR LEFT ANKLE** (Safety! opposite side to your bike chainset). You will receive splits for swim, bike, run and separate splits for both transitions. As you cross the finish line you will enter the finish zone. Athletes only in this area. As you leave the finish zone marshals will ask you to remove your ankle chip strap and place into the bucket. If you retire from the race please find a marshal to return your chip. Missing chips will have to be charged at £25, please don't forget!

### **Rules**

BTF Rules do carry a time penalty if broken, the rules are there to make it safe and fair, don't break them!

Please note this is a non-drafting race —see 10m rule on [BTF RULES 2019](#)

BTF Referee will be present.

You must wear a helmet during the cycle section, this helmet must be on your head and fastened before you take hold of your bike and must remain so until after you have racked your bike.

You must mount and dismount at the designated line on the road. No riding in transition.

On the bike route normal Highway Regulations must be obeyed at all times. Marshals will not slow the traffic for you they are there to give you directions only.

The use of headphones including MP3 players or mobiles whilst racing is dangerous and is prohibited (DQ offence).

It is the responsibility of the athlete to know the route and complete the specified course.

Remember signs may be tampered with etc.—the Race Organiser takes no responsibility for such occurrences. NB: All of our Marshals are volunteers, please be friendly, they are getting up very early to help you!

## Race Day Timing – Bewl Triathlon

Time	
5:30am	Gates to Bewl Water open, registration opens for All Athletes. Relax and be patient, this wont take long for our registration team! FREE entry for all entrants cars, display race confirmation on dashboard.
6:30am	Water safety should be in place so you are welcome to warm up in the reservoir once they are agree.
6:55am	Race briefing by the swim start for <b>All Athletes</b> .
7am -7:15am	<b>SPRINT</b> distance athletes start, after race briefing. Male wave and female waves, same as previous years. (standard athletes stay out of the water )
7:15-7:30am	Standard distance race starts. Male wave and female wave same as previous years
8am-8:15am	1 <sup>st</sup> Sprint athlete expected to finish
9:30am	1 <sup>st</sup> Standard athlete expected to finish.
12-12:30pm	Event expected to be completed.

The swim safety crew plan to be on the water for 6:30am, once the safety crew are on the water athletes are permitted to warm up, only in the area outlined by safety team on race morning. All athletes must be out of the water by 6:50am for race briefing. Standard Distance athletes **may NOT** swim in the reservoir while the sprint race is taking place, please support the sprint athletes and prepare for your event on the lawns overlooking the reservoir.

## Bewl Water Registration

Registration for all opens at 5:30am. The Registration will be by transition, see map.

When you register for the triathlons on Sunday Aug 4<sup>th</sup> from 5:30am all you need to know is your surname. If you registered BTF affiliated you need to show proof of BTF license, unfortunately if you have no proof you must purchase a BTF day license for £5. You will receive your race pack which will include.

- Swim Hat
- 2 x Race Numbers – One printed main number, and 1 plain number (if using a race belt, you only need to use the coloured printed number)
- 2 x Stickers ( 1 x for bike / 1 x front of helmet)
- If you ordered one your T-shirt will be in your registration bag.

# Bewl Race Layout Overview



Entry, Please leave note on dash of car confirming you are a race entrant. **No need to pay the car park machines.**

Registration, transition & Finish  
Car parking,

Café & Toilets

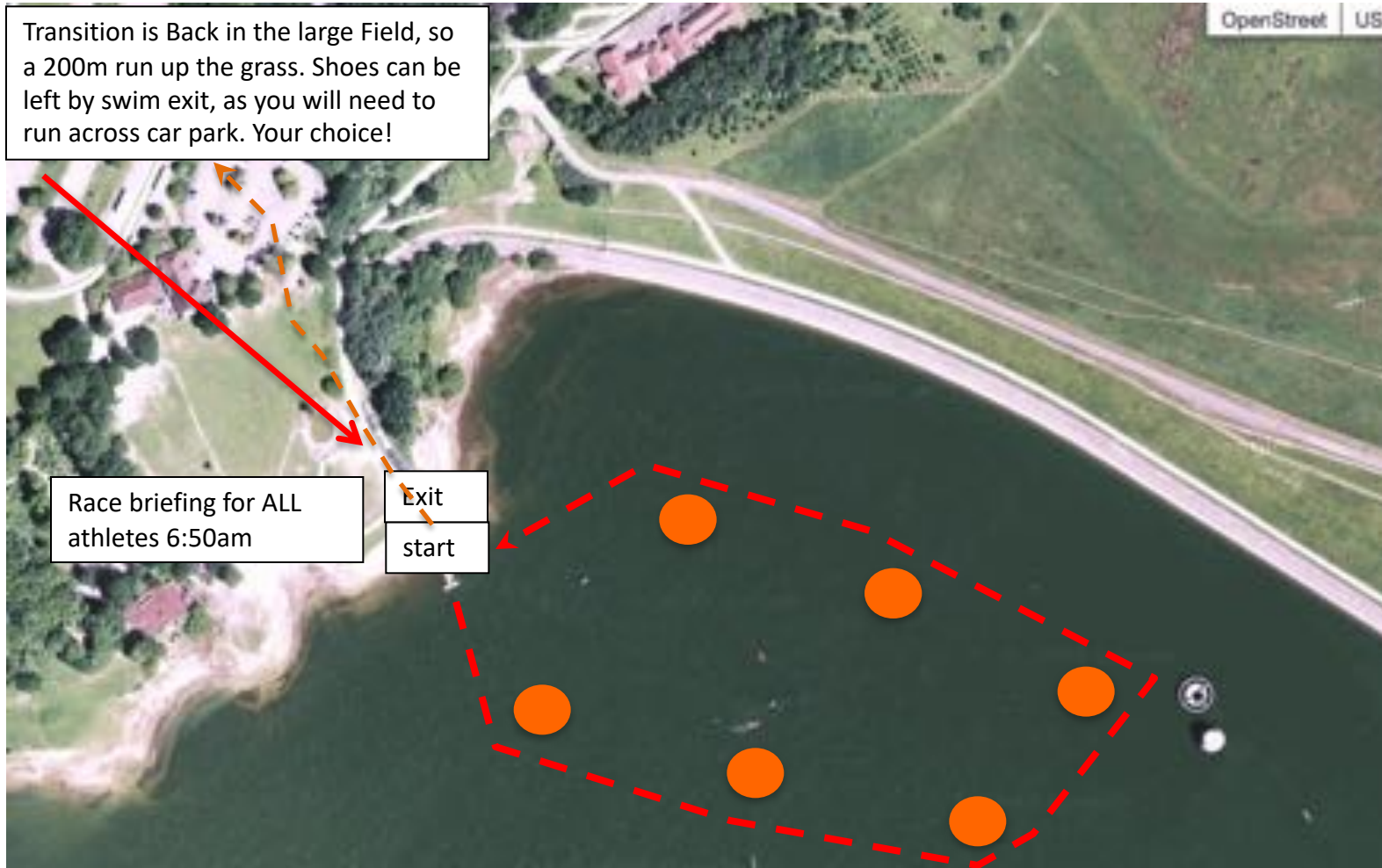
Camping

Race Briefing at swim start.

SWIM

## Bewl Triathlon Swim overview - Sprint 750m (1 lap) Standard 1500m (2 laps)

Transition is Back in the large Field, so a 200m run up the grass. Shoes can be left by swim exit, as you will need to run across car park. Your choice!



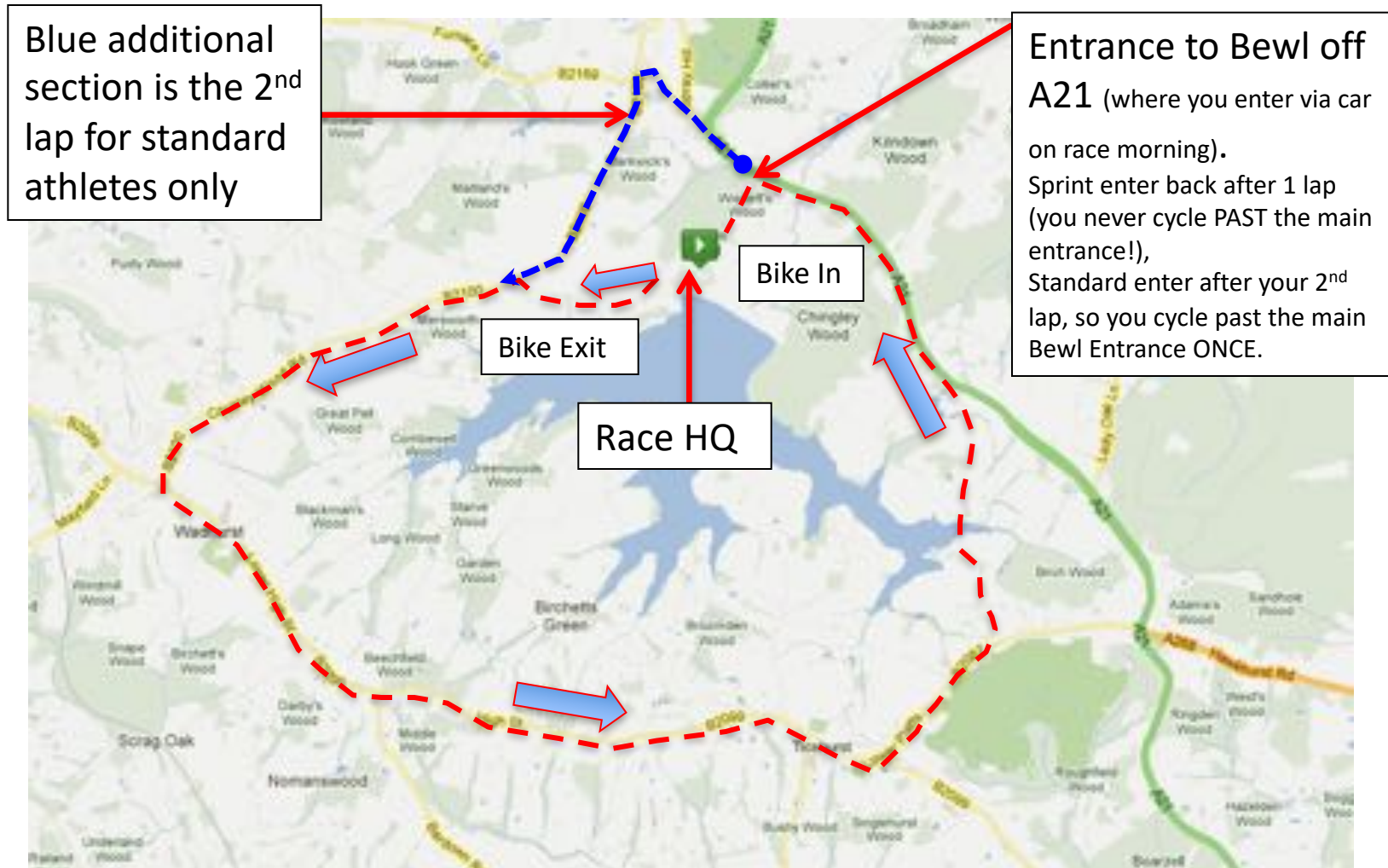
Race briefing for ALL athletes 6:50am

Exit start

Wetsuits are optional if the water temperature is between 15 degrees and 22 degrees. The decision to be either Wetsuit Optional or Non-wetsuit can only be made 60 mins prior to race start under the BTF permit. At this time of year if we have a dry hot summer there is always a chance of non-wetsuit. Please come prepared for both!

Sprint do 1 x lap, standard do 2 x laps marked by red dotted line above. Final layout briefing will be given in race briefing on race morning, layout could change due to Bewl water activities. Please do not cut any turns. If you encounter any problems during the swim turn on your back and raise your arm, a safety team will be with you.

## Bewl Bike course – Sprint 1 lap 20km / Standard 40km 2 laps



Please ensure you know the bike course, link on race site. Both distances exit Bewl the same way via a small lane and follow the same route for lap 1. After 1 lap Sprint athletes re-enter Bewl off the A21, Standard distance athletes CONTINUE past up to complete an additional loop shown above before completing another 2<sup>nd</sup> lap and then re-entering Bewl off the A21. It will be marshaled and signed but please be familiar with the course. Please take care on the open roads, keep left. There is a **COMPULSORY FOOT TOUCH DOWN** joining the A21 for the final 1.5 miles. Rosemary Lane (before you get to the A21) is narrow in places so you will need to slow down and take care. SAFE racing please!

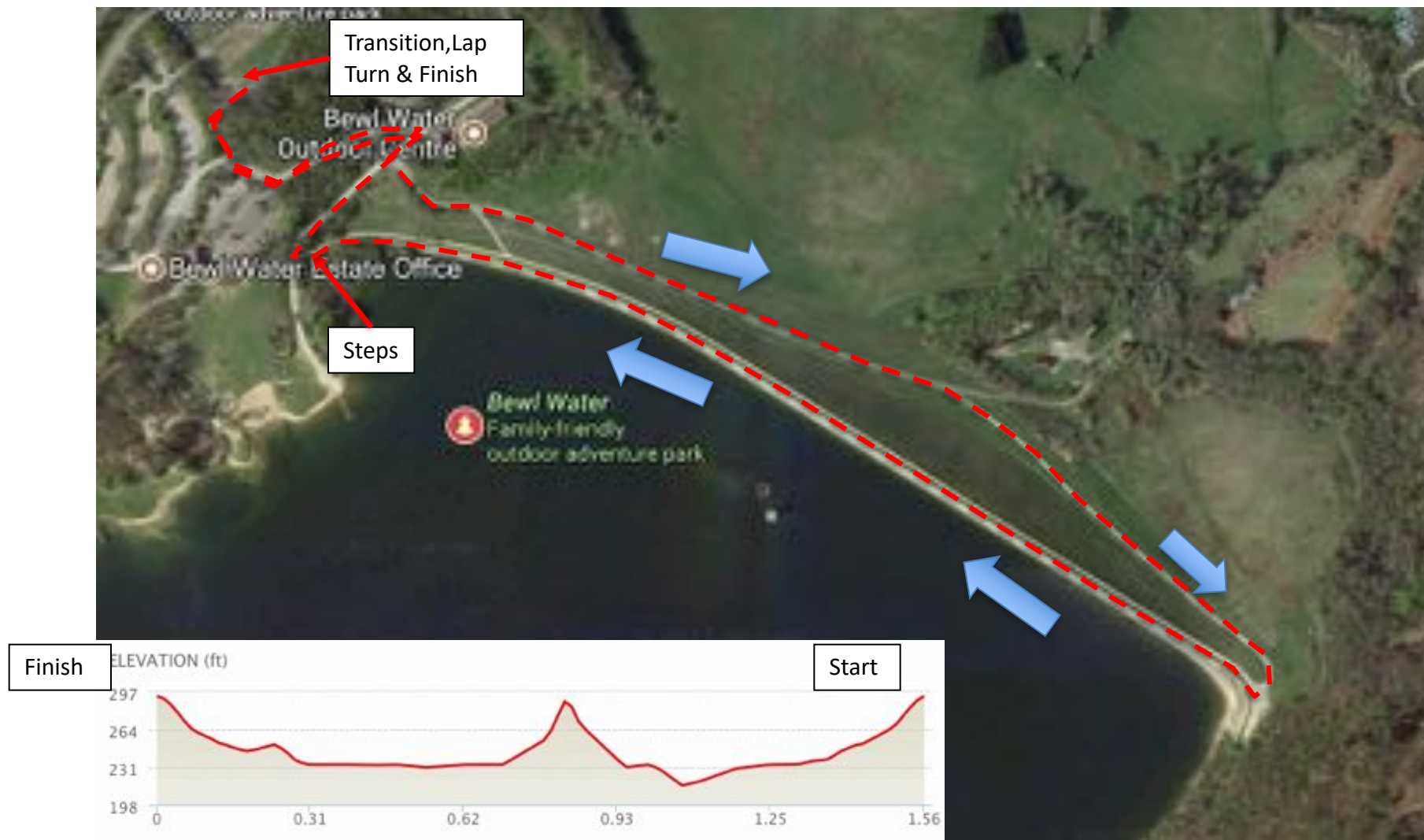
## Compulsory Foot Down!!

At the junction where cyclists join the A21 from Rosemary Lane for the final 1.5 miles back to Bewl main entrance there is a **compulsory touch down rule**. This means you must STOP and take one foot off the pedals and touch the floor before joining the A21. If you don't come to a complete STOP and do not touch your foot your race number will be taken and you will be disqualified from the race. This point will be well marshaled. There will be no excuse or reason. If the marshal has to take your race number for not stopping / touching down the race and BTF officials will have to disqualify you. We don't like to be hard as racing should be fun, BUT this is for your safety! Since introducing this we have had NO disqualifications, which is great.





## 2019 Bewl Triathlon Run Course – Sprint = 5km (2 laps). Standard = 10km (4 laps)



The run course is 2.5km. Sprint complete 2 laps and standard 4. The first 800m is fast, downhill behind the Dam wall, you then have a 400m climb back up to the Dam level, before returning along the Dam and the 100m incline back to the turn point by transition. Please be aware of other runners, general public and dogs! You will have a water station as you leave transition and therefore every 2.5km ( if weather is very hot extra water will be placed at the far point of the run course (1.25km). 15 steps towards the end of each lap ( see map above). They are wide so will not cause any problems ( just maybe for the quads!) **IT is each athletes responsibility to count your laps.**

2019 Bewl Triathlon Run Turn / Transition Layout



- The run course is 2.5km.
- Sprint complete 2 laps
  - Standard 4 Laps
  - The Turn for each run lap will be back in the transition (SEE Map)
  - On final lap proceed to Finish Gantry
  - Check Transition Layout & Run Turn when you register on race morning
  - Ask Marshals to clarify



## Camping

Bewl Water now offer public camping.

Please visit <https://www.bewlwater.co.uk/camping/> and confirm your camping arrangement direct with Bewl Water.

# Open Water Swims – 1.9km & 3.8km (Saturday 3rd August)

Returning for 2019 at Bewl Water Triathlon weekend is the two Open Water Swim Events.

These swims ( 1.9km and 3.8km) take place on Saturday 4th August 2018.

OW swimmers please arrive from 6am. Entrance to Bewl Water is included in the swim fee for athletes cars arriving before 7am, please leave race entry confirmation on the dashboard of your car. You do not need to pay the car park fee at the machines.

Wetsuits are optional (using BTF water temperature guidelines), but there will be only one set of results for each distance, no separate category for wetsuits and non-wetsuits.

Collect swim hat, timing chip on race morning. Registration will be based by the water and will be signposted from the car park. Water safety team will be in place by 6:30am so you are able to get into the water to warm up. All swimmers must be ready and at the swim start by 7am where we will do a quick compulsory race briefing, before starting you.

Wetsuits are not compulsory but are allowed. Please ensure you are confident in open water swimming for this event.

Prizes will be awarded (top 3 Male / Female in each distance) asap after all swimmers are finished. You can then relax and enjoy the Bewl Water grounds for the day!

In past years the course was 2 laps for 1.9km and 4 laps for 3.8km. The course will be confirmed on the morning of the event as it does depend on which part of the reservoir Bewl require us to use. It will be straight forward so don't worry!

There is no better setting for an open water swim!

As you run out of the water and under the Finish Gantry to collect your bespoke medal.

Please do ensure you are confident with open water swimming and confident with the distance before you commit to entering. You should be confident to swim the distance with or without a wetsuit.