

BRIGHTON & HOVE

TRIATHLON AND MULTISPORT FESTIVAL

SATURDAY 5th SEPTEMBER 2026

SCOOTATHLON ATHLETE GUIDE



IMPORTANT

There will be no race briefing on the day. It is compulsory to read this briefing document before the race.

Please note, during the week leading up to the event we will be on site setting up and we will not be able to respond to emails. For any last-minute queries, please visit the help desk at registration.



Event Schedule

To avoid delays on race morning, we ask **where possible, you should register and collect your race pack on Saturday afternoon between 1:00pm to 6:00pm**. This will allow you to proceed directly to transition for racking on Sunday morning.

Saturday 5th September

13:00 Registration Open

15:00 Scootathlon Races (ages 3-7)

18:00 Registration Closed

! **IMPORTANT:** Bikes will not be left in transition overnight. There will be **NO BIKE RACKING ON SATURDAY**. Please register on Saturday and proceed directly to bike check-in on Sunday morning.

Sunday 6th September

06:00 - 10:00 Registration Open

06:00 Transition Open

07:30 TriStart Start

07:40 TriStar 1 Start

07:50 TriStar 2 Start

08:00 TriStar 3 Start

08:30 Super-Sprint Start

09:00 - 09:30 Sprint Distance Waves Start

09:30 Sprint & Standard Duathlon Start

09:40 - 11:10 Standard Distance Waves Start

15:00 Age Group Awards Ceremony



The event takes place at
Hove Lawns, Kingsway, Hove BN3 2FR

Parking

There is no specific designated parking for the event, but there is on-street parking on the roads in the area. Please scan the QR code for details of parking zones and charges. We recommend parking to the West of the event, further from the town centre. You may need to walk or cycle some distance, so plan to arrive early to give yourself plenty of time to find a parking space and walk/cycle from your car to the race venue at Hove Lawns. **Please note, the A259 Kingsway will be closed from 6am to 3pm between Wish Road and Western Street.**



! **CAUTION:** If arriving after 7:30am on Sunday, please avoid crossing the bike course on the A259 Kingsway. If you need to cross, please do so beyond the turn point at Western Street, near the Peace Statue.

Registration

To avoid delays on race morning, we ask **where possible, you should register and collect your race pack on Saturday afternoon between 1:00pm to 6:00pm**. This will allow you to proceed directly to transition for racking on Sunday morning.

- Registration is situated on **Hove Lawns**
- **Saturday from 1:00pm to 6:00pm**
- **Sunday from 6:00am**, only for those unable to register on Saturday
- At registration you will be asked for **your last name**

BTF Members

Where possible we will check the validity of BTF Race Licences in advance, however, please be prepared to show your digital Race Licence.

BTF Non-Members

If you are **not** a BTF member you will have purchased a Race Pass when you signed up for the event. There is no need to bring this to the event.

Once we have checked your details you will be handed your race pack. Your pack will contain a numbered wrist band. **This must be worn throughout the event and must not be removed until after you have collected your bike from transition at the end of the event.** The wrist band shows your race number and will be used to identify you in case of a medical emergency and to collect your kit from transition after the race.

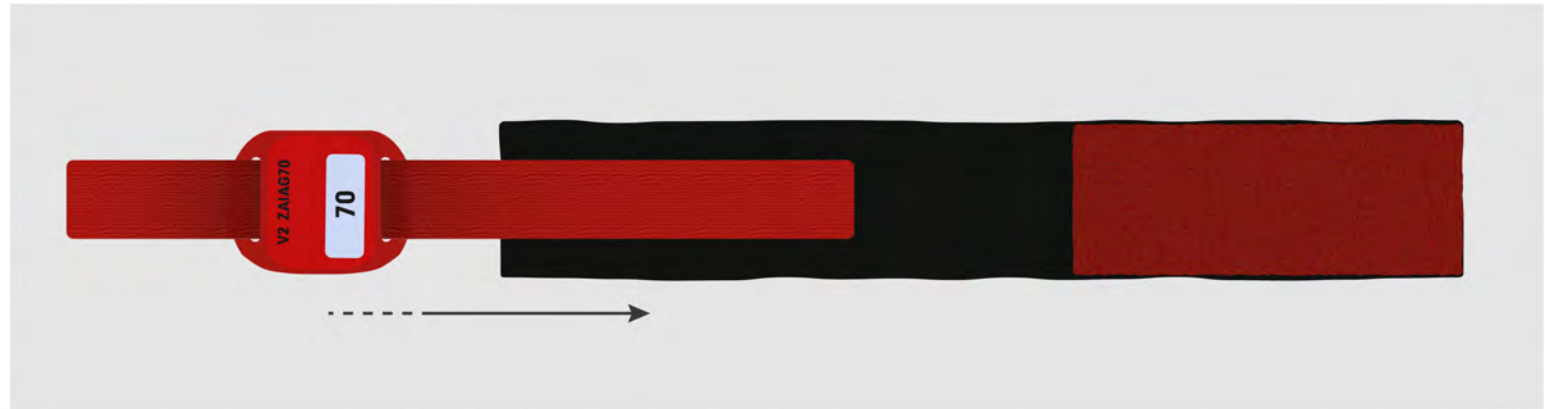


Chip Collection

Once you have collected your Race Pack you will be directed to the chip collection desk. Here you will show your race number printed on the front of the race pack envelope you just collected.

You will be asked to confirm your name, and you will then be handed your timing chip and a Velcro ankle strap.

You must wear your timing chip around your **left ankle**. Make sure it is attached securely. No timing chip, or incorrect use of the chip will mean you will not appear in the results. There will be a £40 charge if you fail to return your timing chip at the end of the race. **If you register on Saturday, don't forget your timing chip on Sunday morning.**





Numbered Wrist Band

Must be worn throughout the event and must not be removed until after you have collected your bike from transition.

Sticker Sheet

Includes helmet sticker which must be stuck to the front of your helmet and a long bike number which you must stick around your seat post.



Race Number

Must be on your **back during the bike** and on the **front during the run**. Fix the number to an elastic number belt (available to buy from the TriBourne Shop on Saturday) and don't forget to spin your race belt around as you leave the bike to run transition, so your number is on the front.



Swim Cap

You must wear the swim cap provided. The colour of the swim cap will identify your starting wave.



Timing Chip

You must wear your timing chip around your **left ankle**. Make sure it is attached securely. No timing chip, or incorrect use of the chip will mean you will not appear in the results. There will be a £40 charge if you fail to return your timing chip at the end of the race. **If you register on Saturday, don't forget your timing chip on Sunday morning.**

Scootathlon

The Scootathlon takes place from 3pm on Saturday afternoon and is a Scoot, Bike, Run event for children aged 3 to 7 years. This event is non-competitive and as such results will not be published. All children will receive a finishers t-shirt and medal.

Wave 1 (3pm): 3-year-olds (accompanied by a parent/guardian).

Scoot 100m, bike 100m, run 100m

Wave 2 (3:10pm): 4-year-olds (accompanied by a parent/guardian).

Scoot 200m, bike 200m, run 200m

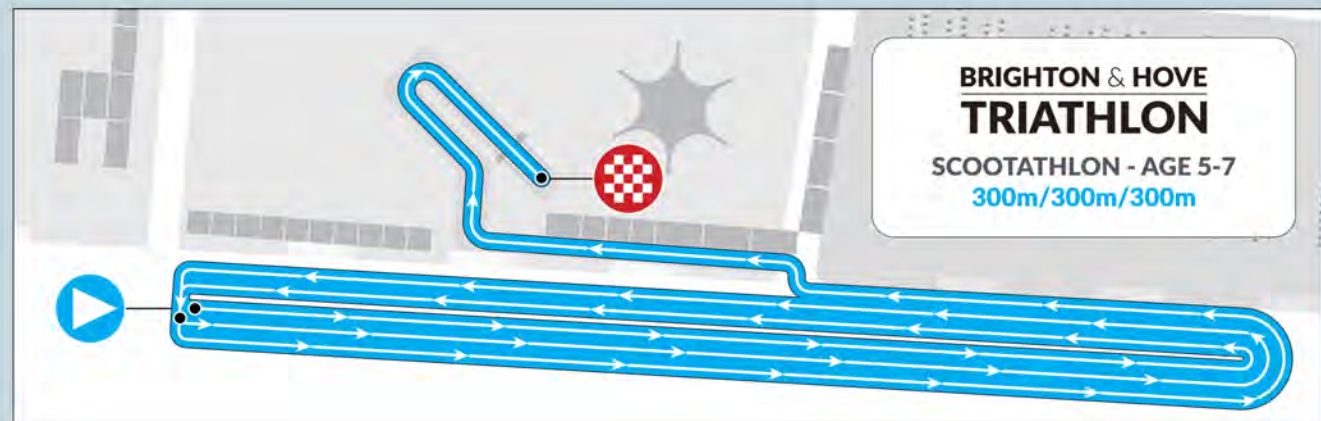
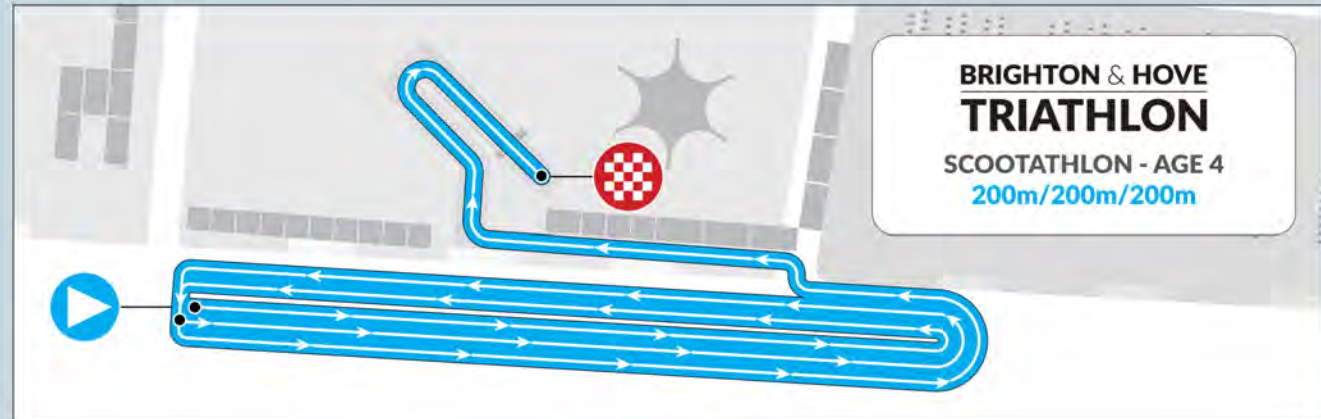
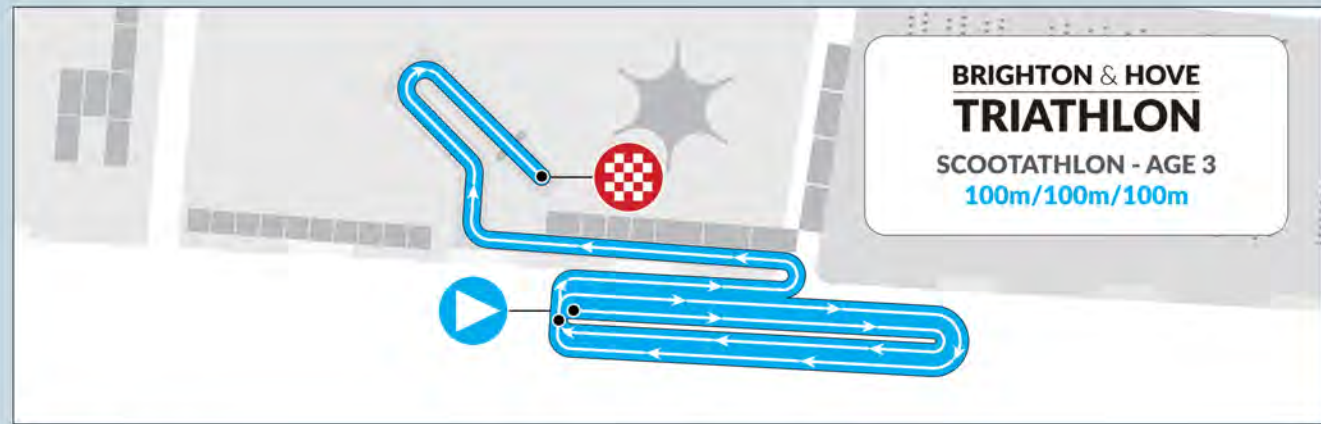
Wave 3 (3:20pm): 5 to 7-year-old boys.

Scoot 300m, bike 300m, run 300m

Wave 4 (3:30pm): 5 to 7-year-old girls.

Scoot 300m, bike 300m, run 300m

A parent/guardian must be available to help your child transitioning between disciplines.



HIGH 5

SAVOUR
EVERY MILE



The Finish

Once you have crossed the finish line, you will be presented with your medal, and a volunteer will take your timing chip. There will be water and HIGH5 Energy Drink available.

Once the last cyclist in your wave has finished the bike leg, you will be allowed to return to transition to retrieve your bike and other kit and belongings. **We want to create an amazing atmosphere for our last finishers so please stay around the finish area after your race.**

Post-race massage is available from Beachside Sports Therapy.

We will once again have a bar and food vendors on site serving alcohol, pizza, fish & chips, ice-cream and more. **Please stay after the race and enjoy a social lunch on the Hove Lawns.**



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Medical Considerations

Our event medical team, Event Ambulance Services will be on standby for any first aid or medical treatment. Their main treatment facility will be located near the finish line and medical teams will be stationed or mobile at various places on the course.

Medical Advice

You should discuss any medical problems with your GP before competing in the triathlon. This advice is in addition to anything he or she says. If you have a medical condition, put a cross on the front of your race number. If you have told us in advance about a medical condition, you may be given a different coloured swim cap to help identify you to the swim safety team.

Cardiac Assessment and Screening

Sometimes an individual may have a cardiac abnormality without any symptoms. Screening with an electrocardiogram (ECG) is aimed at identifying people with conditions such as heart muscles disorders or electrical faults of the heart. Cardiac Risk in the Young (CRY) believe all young people aged 14-35 should have the opportunity to be screened. Scan the QR code to find out about a free screening in your area.



On the Day

Do not compete if you feel unwell or have recently been unwell. This advice applies even if you are raising money for charity. If you feel feverish, have had diarrhoea or been vomiting or had any chest pains DO NOT RACE! Many medical emergencies occur because people who have been unwell but do not want to miss the event.

Hydration

Drinking a sensible fluid intake is necessary for a triathlon. Your thirst is the best and safest guide to how much to drink during the event. You should start the race adequately hydrated and then drink small amounts as your thirst dictates. Avoid drinking too much fluid before, during or after the race, as it is possible to get ill from drinking too much fluid (this applies to water or sports drinks).

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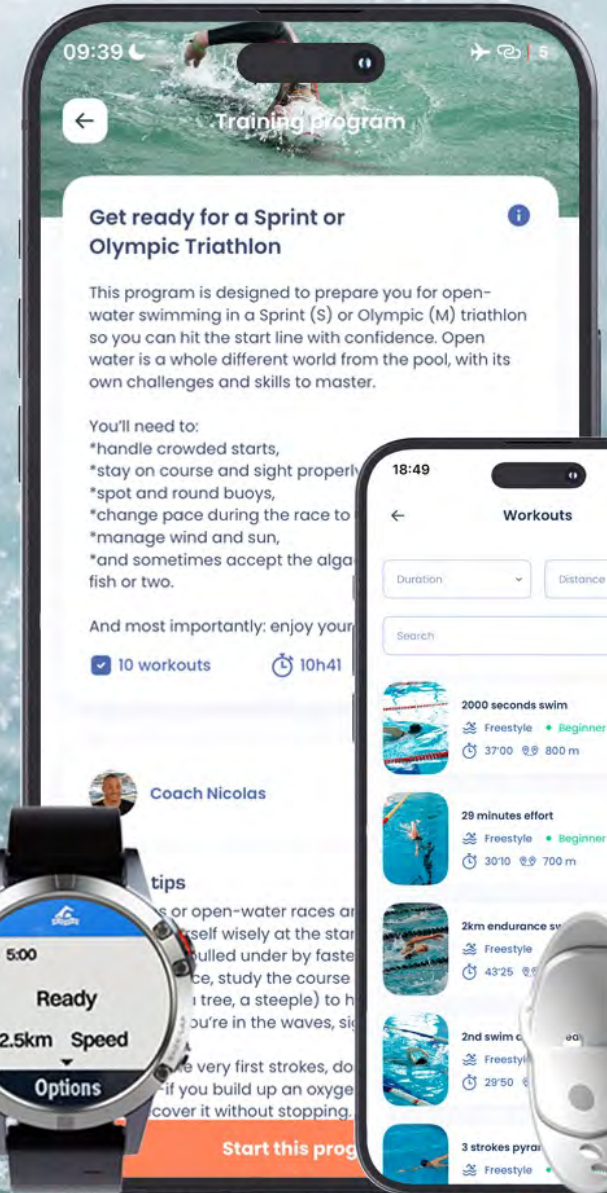
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