



Sevenoaks Triathlon

Sunday 28 April 2024 – Competitor Information
(final)

Dear Competitor

Thank you for entering the 7Oaks Triathlon organised by 7Oaks Tri Club. All the information you need to have a safe and enjoyable race can be found in this information sheet. Your start time and race number will be sent to you by email 1-2 weeks before race day.

If this is your first race of this kind, or this is your first time at our event, please do not hesitate to seek out any of the marshals for advice. The marshals, all of whom are triathletes, have been briefed to look after your requirements and to ensure that you enjoy your day.

This information is potentially liable to change – please review it again just before race day (though we will notify you of material changes by email).

New for 2024

We are delighted to report that the Leisure Centre re-opened soon after our event last year, so we are able to revert to the triathlon format we have used historically.

We are sorry to report that with effect from 1 April 2024, Sevenoaks DC has introduced Sunday parking charges – see further below.

Under new BTF procedures, if you are not a BTF member, you should have obtained a Race Pass from the BTF when you registered for our event. See [Race Pass – British Triathlon](#). Please come with evidence of either your BTF membership, or your purchase of a Race Pass.

The run route in Knole Park has changed slightly – see further below. To improve the flow of runners, runners will be asked to keep right at all times, rather than keep left as in previous years.

The cycle route remains unchanged.

A few reminders

1. There will be no bag drop, so please bring the very minimum kit with you. Boxes won't be allowed in transition. The British Triathlon Federation (BTF) will only allow boxes to be used to bring equipment into transition but once unloaded they must be removed. Smaller soft sided bags or rucksacks may remain as long as they aren't in the way.
2. There is a **compulsory foot down spot** on the bike course. At approximately 8 miles, at the junction of Hildenborough Road and A227 at Shipbourne, riders will be asked to stop and put one foot on the ground before turning left on A227. The A227 is a busy road, especially later in the morning, so please do take extra care here. Please make sure you are in an appropriate gear before you restart, as you start climbing almost immediately. There will be two marshals at this point and warning signs in advance so please do put a foot down; otherwise you will be disqualified.
3. Competitors must stick to their allocated start times. We expect competitors to have registered 45mins to an hour before their race start time. No one will be allowed to plan on swimming breaststroke in the pool after 7:30am. They will have been issued start times accordingly.

Parking & Directions

The Buckhurst Lane multi-storey car park (TN13 1LW) will provide ample parking on Sunday next to the race start. Drive past Sevenoaks Library and turn left onto Buckhurst Lane. Continue to the car park despite the No Entry sign. **Please note the height restriction and do not drive into the car park with a bike on your roof. With effect from 1 April, Sevenoaks DC have introduced Sunday parking charges, so unfortunately you will have to pay for your parking.** MiPermit is the parking app if you want to download it before you come. There is free Sunday parking for around 140 vehicles in the car park behind the Council offices on Argyle Road Sevenoaks TN13 1HG which is about 10 minutes' walk from the Leisure Centre. Please be prepared to park where requested by the marshals. Please take extra care while parking and leaving as there may be cyclists and tired competitors around.

Don't forget that local residents may not share your enthusiasm for early mornings – please be especially quiet if arriving before 08:30hrs. The Leisure Centre is at postcode **TN13 1LW**.

Race Rules

The 7Oaks Triathlon has been sanctioned by the BTF - a copy of the race permit can be seen on the club website and will be on the notice board at registration. The race will be run in accordance with BTF Competition Rules. Competitors are expected to be familiar with these rules. They can be viewed on both [our website](#) and the BTF website. There will be a BTF appointed Race Officer who will be able to help on the day with any questions regarding race rules, but who will also ensure strict compliance with the Rules.

Registration & Information

Registration opens at 6.00am and is located inside the Leisure Centre. You will be told in an email from us the window of time within which you should arrive. Please do not arrive earlier so that we may avoid any congestion in the registration area. All racers should bring ID. BTF members must produce a valid BTF membership card. Non BTF members should produce evidence that they have paid for a BTF Race Pass.

If you have any sort of medical issue that the medical team should know about, please let the marshals at registration know – they will take the necessary details.

You will collect your race pack which will include your race numbers, timing chip, helmet sticker and bike sticker at the registration desk.

1. **Race chip** - please fit the chip to your left ankle as soon as you open the envelope. This will not affect your timings when crossing timing points while racking your bike.

2. **Two race numbers** - these should be pinned to the outer piece of clothing in which you will be running and cycling. Please ensure they are visible by fixing the front one in the centre of your chest and the rear one in the small of your back. If you are using a race belt then you can fix just one number to the belt. There will be an example at registration. Your race number **MUST** be on your back for the bike ride and on your front for the run.
3. **Sticker sheet** will have the following:
 - 1 long label to wrap around your seat post so that your number can be seen from both sides
 - 1 long label to wrap around the handle of your kit bag that you will use in transition
 - 1 number to stick on the front of your helmet
 - 2 numbers to give to your supporters showing that they are supporting you
4. **Race number markings** – will be applied with a marker pen

Male and female changing facilities with showers can be found downstairs in the Leisure Centre. Lockers are available – using your credit card, you will need to buy a token for this (cost 25p) from a machine in the changing rooms. No other bag supervision will be available. Competitors are reminded of the no nudity rule for the transition area. Any infringement of this will result in disqualification. Toilet facilities can also be found in different places within the Leisure Centre which will be indicated by signs.

There will be a number of marshals wearing fluorescent bibs. If you need information, please ask a marshal. There will also be a PA system in and around the finish area.

Medical

There will be medical facilities near the Transition Area.

Bike Racking

Once you have registered, you will be able to rack your bike in the transition area which will be in the Leisure Centre car park (the numbered sticker given to you at registration corresponding to your race number must have been stuck around the seat post of your bike so that your number is visible from both sides). Only competitors will be allowed into transition.

You are responsible for ensuring your bike is roadworthy (limited emergency mechanical supplies can be found at the finish area provided by [The Bike Warehouse](#)) and that your helmet complies with current BTF requirements. **All competitors must wear a BTF approved helmet.** A marshal will make certain checks of your equipment. If it is still considered unsuitable then you will not be allowed to compete – no refunds will be given.

You will then be directed to your allocated racking area by the transition marshal. Please do not take up more room than is necessary so your fellow competitors have enough space. Ensure that you have taken the time to familiarise yourself with the layout of the transition area so that you know where the exits are for the cycle & run legs and where you will be returning to into transition. Once you have racked your bike please then proceed to the pool.

Race Briefing

Please ensure you attend the briefing before you commence your swim. Please arrive at the briefing point 15 minutes before your start time. The briefing will be held on the upper floor of the pool area in the corridor at regular intervals. Follow signs or ask a marshal if in doubt where to go. You will be given a stamp on your hand once you have attended the briefing. You cannot race without a hand stamp. You will then proceed directly to poolside.

Swim Section

Competitors' start times must be strictly observed. **Please do your very best to be there for your allotted start time.**

Please do not wear calf guards in the pool as they are not permitted.

As long as you have arrived in time for the briefing you will arrive poolside in sufficient time for your allocated swim start time. Your race chip must be fitted to your left ankle by now. You will be directed by the Chief Swim Marshal to one of six lanes and given a swim hat to wear (this must be worn so that the swim marshals can identify you to count your lengths). When you are waiting on poolside, there will be a sheet about 'Pool etiquette' for you to read. Even if you are a regular triathlete, please ensure you have read this.

You will be counted down from 10 seconds and then told to commence your swim; there may be up to 3 others in your lane with you. Please swim in your lane in the direction indicated by the marshals allowing faster swimmers to overtake you when appropriate (please do not hog the middle of the lane). If you wish to overtake the swimmer in front of you, a gentle tap on their feet will let them know. Overtaking in the swimming pool should only take place at the end of the lane, unless

it is safe to do so otherwise.

You will swim 16 lengths in total (400m). At the end of your 14th length, a 'two-lengths to go' board will be lowered into the water by a swim marshal to inform you that you have two lengths left to swim. Please note that it is your responsibility to ensure you have swum the correct distance. When you have completed your swim, exit the water, leave your hat, turn right at the end of the pool and go to the transition area. You will pass over a timing mat to activate your electronic timing chip before entering the transition area.

Cycle Section

Please take care in the transition area. Before un-racking your bike, you **must** ensure that you are wearing your helmet with the strap fastened. Proceed with your bike to the bike start mount line (no cycling is allowed in the transition area) where you will be instructed to mount your bike and begin cycling by a cycle marshal. You **must not** wear anything that impedes your hearing at **any time** during the race (e.g. any form of earphones, headphones, mobile phones, etc).

The cycle route is approximately 15 miles / 25 kilometres of undulating terrain – the race route can be seen on the club website: [7 Oaks Triathlon cycle route](#)

Competitors must at all times obey the Highway Code and give way to traffic when required (you will be disqualified if you do not). There will be cycle route marshals along the route. **Please listen carefully to any instructions they give. They are there to assist with your safety but are not responsible for it.** The route is on the public highway where the roads are not closed. There are sets of pedestrian lights on the way out along Sevenoaks High Street and pedestrian crossings at a couple of other locations. If the lights are red you must stop. If you jump a red light you will be disqualified. You won't lose time – see below about the neutralisation zones.

There is no drafting allowed on the bike route and there will be a BTF approved draft buster on the route. Riders deemed to be drafting will incur a one minute penalty for the first violation and disqualification for the second. Any time penalty will be added to the competitor's overall time.

Please be aware that the condition of the road in places is poor and that there are a number of potholes. Ride with appropriate caution.

As you cross the timing mat heading out of transition you will enter the first neutralisation zone. This then extends until after you turn left onto the High Street at the traffic lights. There will be a further neutralisation zone as you reach the end of the bike route. This starts just before the traffic lights on the High Street and ends as you cross the timing mat into transition. The effect of these neutralised zones is that the clock stops when you are in them. Please note that unless in an emergency or because they have to stop for the lights, competitors should proceed through the neutralisation zones without stopping. Any competitor who is deemed by a marshal to have stopped unnecessarily may receive a time penalty.

Please remember the "foot down zone" as explained earlier. This is after 8 miles at the junction of Hildenborough Road and A227.

We have retained the King and Queen of the Mountain stage we introduced last year. This is a timed section which covers the majority of Shipbourne Hill. We will be allocating a gold, silver or bronze category with the fastest male/open and female being crowned King and Queen of the Hill, respectively.

When completing the cycle leg you will be directed by a marshal into the transition area. On reaching the dismount line you will be instructed to dismount your bike by the dismount marshal. Please do not remove your helmet until your bike is safely racked. Once you have safely racked your bike, proceed to the run section exit from transition.

Once the last competitor is on the bike course, a sweep car will follow to ensure that no one is in difficulty and to offer assistance if needed. If you have any mechanical problems during the bike leg and are unable to fix them yourself, please ask a competitor to notify the next marshal they see to inform the race control that you are in difficulty. If you notice anyone in difficulty, mechanical or otherwise, please notify a marshal giving as much detail as possible.

Run Section

The run section of the race is approximately 5 kilometres in length on tracks and trails around the beautiful Knole Park. Please familiarise yourself with the transition area to identify where you need to exit transition to begin your run. A layout plan can be seen at [7oaks Tri Club - Transition Details](#).

Please familiarise yourself with the run course which can be seen at: [7 Oaks triathlon run route](#). Out of transition you will descend through the Environmental Park, **be aware of tree roots and low hanging branches**. You will then enter Knole Park via a kissing gate. Follow the grass path across the valley, after a short but steep climb, run along the ridge of the valley.

You will then turn right and run two laps of a tarmac section. You will pass both the turn point at the top of the hill and the turn at the water station twice. You will be required to collect a wrist band at the turn around point at 2.5km. You will not be directed into the finish stretch without a band. After completing two laps of the tarmac section you will retrace your way back to the start/finish.

Please be aware that the ground underfoot is uneven and may be slippery.

Marshals will be in place to direct you on the run. Runners will be heading in both directions along the length of the run route. Please keep RIGHT at all times (this is different to last year). Please listen carefully to marshal directions especially at the central passing point first reached at 0.7km.

A drinks station with water is on the run course at about 1.3 km and 3.7km

You **must not** wear anything that impedes your hearing at **any time** during the race (e.g. any form of earphones, headphones, mobile phones, etc).

Litter

Please be obsessive about ensuring that you drop no litter at all, anywhere on the course. There will be bin bags at transition and the finish. If you have gel packets or other litter with you on the bike or run, please carry them with you to the finish or transition. The bike and run courses go through our beautiful countryside and we do not want it spoilt by race related litter. If you see any other race related litter and are able to pick it up as you go, that would be appreciated as well! ***Your help to ensure that we leave 'no trace of the race' is essential.***

Finish Area & Timing

Having passed through the finish arch and over the timing mat, your timing chip will be removed and you will be presented with your finisher medal. Water will be available. You will also have the opportunity to have a photograph taken by Sussex Sports Photography (with family or friends if you wish). Your timing chip will have been detected at various points around the course and as you cross the finish line. **Please ensure that you return this timing chip at the finish area.**

Results will be displayed on a screen by the timing vehicle in the small car park by the Leisure Centre entrance and published to the 7Oaks Tri Club website as soon as possible. **Once you have finished, please collect your bike from the transition area as soon as you can.** Only competitors displaying race numbers will be allowed into the transition area. Your race number and bike sticker will need to match and then you will be allowed out of the transition area with your bike.

Lost Property

Any lost property should be handed in to/ claimed from the PA desk.

Prizes, Results & Photography

We plan to hold the prize-giving ceremony will take place as soon as possible and are aiming for not later than 12 noon in front of the Leisure Centre entrance.

Trophies will be presented to the following categories for both Open and Female based on age at 31 December 2024:

- 1st, 2nd & 3rd Overall
- 1st Junior (Under 20)
- 1st 20 - 29
- 1st 30 - 39
- 1st 40-49
- 1st 50-59
- 1st 60-69
- 1st 70-79
- 1st 80+

The person who won the Garmin watch as a result of our prize draw will also receive their prize.

We are following the BTF's Transgender Policy, which mandates two gender categories – Female Category (for those who

are the female sex at birth), and an Open Category, (for all individuals including male, transgender and those non-binary who were male sex at birth).

If there are no competitors in an age group then no prize will be presented. Should an individual qualify for more than one prize then the overall prize will be awarded to that individual first and the age group prize will be awarded to the next fastest finisher in that category.

We will also be presenting prizes for the King and Queen of the mountain.

Photographers from Sussex Sport Photography (www.sussexsportphotography.com) will be taking photos throughout the event. **These will all be free for you to download.** We will send you an email detailing how this can be done a few days after the race. Please let us know by emailing race@7oakstriclub.co.uk should you not want your photo taken on the day.

Safeguarding

We are committed to ensuring our club marshals show respect and understanding for the safety and welfare of others. We have adopted all aspects of the BTF guidance on safeguarding and the protection of children and vulnerable adults relevant to our activities. Similarly, we expect competitors to follow a code of conduct which include the key principles:

- All competitors must play within the rules and respect officials and their decisions
- All competitors must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion

Our safeguarding officer is Alan Lewis. Please ask a marshal to contact him on the day with any safeguarding issues.

Lost child policy - If you come across a lost child/vulnerable adult you should notify the nearest marshal and if no one is available, if practical accompany the person to the PA desk.

Any abuse verbal, physical or emotional must be reported to the Safeguarding Officer. Please observe the following and in the first instance, make contact with the nearest marshal:

- Recognise – any potential signs of abuse
- Record – makes notes of what you have seen
- Report – share information in a timely fashion
- Refer – to safeguarding officer

Finally

Thanks as always to our sponsors [Bat & Ball Sports](#), [The Bike Warehouse](#), [Brebners](#), [Enduo Sports](#), [KIMS Hospital](#), [Kingdom](#) and [Knocker & Foskett](#).

Please listen carefully to all announcements during the event as there may be unforeseen circumstances that could affect the race in some way.

ENJOY YOUR RACE - HAVE A GREAT DAY!

Jeremy Winter – Race Director

Pre-Race Checklist

- ID, BTF membership card, or evidence of payment for Race Pass
- Race clothing – tri-suit, or swimsuit, t-shirt and shorts
- Swim goggles
- Towel
- Race belt (not mandatory)
- Bike (in roadworthy condition)
- Bike Helmet (which conforms to BTF regulations)
- Bike Shoes
- Bottle of drink for the bike
- Running shoes
- £20 note for emergency taxi and/or after race beers ☺
- Clothes to change afterwards

Before you go into registration:

- Do you know your race number? (on website and outside registration)

After registration:

- Did you tell the registration marshal about any medical issues?
- Do you know where to put your race numbers and stickers?
- Are your race numbers clearly visible for the race?