



Race Briefing 2025

Important information is contained within this briefing pack, please ensure you read it fully. There is one transition area in this race in the main leisure centre car park, please familiarise yourself with all entry and exit points.

General information

Date: 5th October 2025

Venue: The Reef Leisure Centre

Address: Weybourne Rd,
Sheringham
NR26 8WD

Registration: Saturday – Open between **15:30-17:00hrs**
Sunday - Open between **06:15-07:20hrs**

Transition: Open between **06.15-07.30hrs**

Race Briefing: Starts prompt at 07.40hrs (ALL competitors must attend)

Parking: Due to limited parking spaces, athletes may park at the Reef Leisure Centre and spectators are asked kindly to park in town at public car parks and available parking on roads. The Reef Leisure Centre is a short walk from town.

Registration

- Registration will take place in the reception area of the Reef Leisure Centre. At registration, please give your full name to the staff member and they will give you your race pack.
- Included in your race pack are: Race numbers, safety pins, race number stickers, swimming cap and a bottle of water and snack.
- At registration you will also be marked up for your swim.
- Please be aware that for the Bike and Run stages, you need to display both your race numbers, one on your front and one on your back and race number sticker on your seat post of your bike.
- The first swimmer goes off at 08.00hrs, so please familiarise yourself with the pool, exit, transition area and set up your bike and associated equipment.

Race Briefing

- The race briefing will take place outside the swimming pool by transition at 07:40hrs prompt, unless the weather is inclement and then will take place inside the reception area where registration is.
- The race briefing is compulsory and will cover all the race details and any further important information and occurrences on the day.
- The route will be explained to you including any restrictions and potential hazards on the course itself.
- The event has been risk assessed to identify potential hazards. Control measures are in place with marshals to direct competitors. It is your responsibility to respect the public highway, and you have the sole responsibility for your own health and safety. **Abuse of safety measures may result in disqualification from the race for safety reasons.**
- Please be aware that if instructed by a marshal to stop, you must do so immediately, this is for your own safety as well as those around you.

Race Penalties:

Race penalties will be in place but not limited to, as follows:

- 2 minute penalties will be issued for - Helmet violation, riding in and out of transitions, traffic violation, drafting.
- Disqualification for; any abusive behaviour towards the public, other competitors and race officials'; receiving outside assistance; and failing to wear footwear during the run phase.
- The decision of race officials is final, any verbal dispute will result in an automatic disqualification and any time penalties will be adjusted at the end of the race.
- **Time credits will be issued** to any competitor who must stop for safety reasons.

Electronic Timing

- Each competitor will be supplied with their own chip-timing tag, which is to be worn around the ankle for the duration of the race and handed in to the finish line co-ordinator at the end of the race to receive your final times and race medal.

Race Numbers

- Large race numbers can either be worn on a race belt where the number must be visible from the back on the cycle and front on the run, or should be attached to your top, front and back, with the safety pins provided, so that your number is clearly visible to the race referee and marshals.

Transition Area

- Transition will be barriered off and **only accessible by athletes and event marshals** once the first bike has been racked in transition and once the athletes have started to deposit their equipment.
- Transition timings are strict. **No** racking will be allowed once transition has closed before the event starts.
- When entering transition after registration to setup your equipment you must show the race official your helmet clips up and visible helmet and bike stickers.
- Be aware at all times when un-racking/racking your bike that the race is in progress, do not get in other competitors' way, be courteous and vigilant at all times as it could be you being held up. Deliberately holding up a fellow competitor **will result in disqualification**.
- The racking of bikes and your equipment in transition is on a first come-first serve basis. Make sure you keep your equipment within your allowed area. Do not leave any belongings outside of the racking as this may cause a trip hazard etc. for other competitors and **could result in a penalty and/or disqualification**.
- Please be aware that you **cannot use visual aids** to identify where your bike is racked, so please ensure you know where your bike is and look for your race number sticker on your seat post. All bikes are to be racked securely, either by the seat or by the handlebars. You will be advised of how to rack by a race marshal.

SWIM 300m

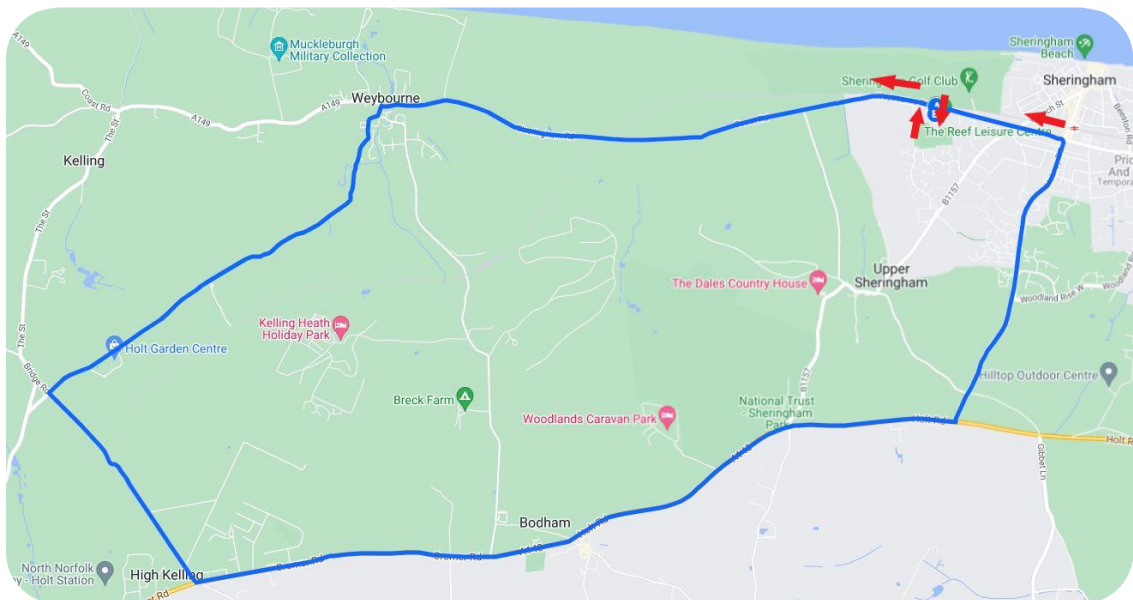
- The swim will take place in the 6 lane 25m pool at Reef Leisure Centre (no wetsuits allowed).
- All competitors will line up on poolside along the windows on the roadside of the pool in race number order, ready to start from the deep end. You will be called up by the pool marshal/starter, and when told, enter the water 10secs before your swim starts.

- You swim two lengths in each lane, go under the lane ropes into the next lane, swim two lengths, and go under the lane ropes and so on, until you have completed two lengths in every lane (totalling 12 lengths/300m).
- You will then exit the pool from the side doors, clearly marked, exit over the timing mat into transition where you will find your bike and race clothing.

TRANSITION 1

- Before removing your bike from the rack, you **MUST put your helmet on and secure it.**
- Exit transition over the timing mat, do not mount the bike until you have passed the 'foot-down' line, which will be clearly marked, approx. 20m from transition.
- Remember that when you are leaving the leisure centre and join the A148, you are on public roads, so you must abide by public highway law and give way to traffic.
- The left turn after the rugby club, back onto the A148, is a **COMPULSORY FOOT-DOWN.**
- This event is a **non-drafting** event. You must leave 10m gap between yourself and the person in front.

BIKE 17km



- When leaving the Reef Leisure Centre, you turn left on the main road and head towards Weybourne.
- When you come down the hill into Weybourne, you will turn left at the bottom by the church where a marshal will direct you. Around this

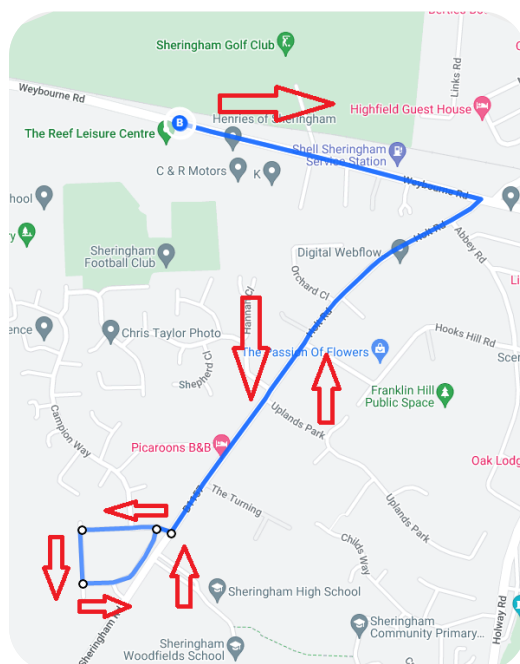
corner the road bends around to the right with a junction on the left, make sure you keep going around to the right.

- Follow to road up Holgate Hill through Kelling Heath for 3.2km, where you then turn left at the crossroads onto Bridge Road.
- Along this road you will head over a small bending blind bridge, so take care for oncoming traffic. The other side of the bridge you will pass Holt Rugby Club.
- When you get to the end of the road, you are then turning left re-joining the A148. Take care for main road traffic. This junction is a mandatory **FOOT DOWN** junction.
- You will bike along the A148, through the village of Bodham.
- After passing the entrance to Sheringham Park, continue for another $\frac{3}{4}$ mile before turning left down Holway Road into Sheringham.
- When you reach the roundabout at the bottom of the hill, you will turn left and head west along Weybourne Road until you reach the Reef Leisure Centre.
- When you enter the leisure centre, please be aware for other athletes, and remember to dismount your bike at the foot-down marker before re-entering transition area.

TRANSITION 2

- On entering transition 2 you will pass over the timing mat.
- You will then locate your designated position and rack your bike **FIRST** before removing your helmet.
- Once the bike is racked, prepare yourself for the run and exit through the clearly marked zone over the timing mat.
- Ensure your race number is visible from the front on the run if you are wearing a race belt.

RUN 3km



- You will exit the transition area at the opposite end to the bike entry/exit and follow the arrows.
- Turn right from the Reef Leisure Centre and head East towards Sheringham town along the footpath.
- When you reach a right turn, Holt Road, turn right heading up towards the High School.
- The majority of this is on footpath, with small sections on road. Please remember to follow highways rules and face oncoming traffic for these sections.
- When you reach Churchill crescent opposite the high school, you turn right and go around the roads anticlockwise, returning to Holt rd again.
- At this point you re-join the road and head back towards Sheringham town, turning left on the coast road and back along the footpath to the Reef Leisure Centre.

Presentation

- We aim to carry out the presentation within a few minutes of the last competitor finishing the event.
- For the event we have several presentation categories in line with British Triathlon guidelines, they are as follows:
- Overall Open and Female 1st, 2nd, 3rd
- Age Groups:
 - All age groups will have a 1st Open and Female trophy:
 - 16-19 1st
 - 20-29 1st
 - 30-39 1st
 - 40-49 1st
 - 50-59 1st
 - 60-69 1st
 - 70+ 1st

Spectators

- Spectators and supporters are very much welcome to come along and enjoy the event, as it all adds to a great atmosphere.
- We ask competitors to remind family and friends not to enter the transition areas or block entry and exit points etc. and to always consider others around them.
- Please always adhere to any requests from race marshals and officials.
- If family/friends are coming to spectate and support, we strongly request that they arrive before the event starts, so as not to disrupt the entrance to the leisure centre as cyclists will be coming out frequently and fast.

Results

- All results will be provided by Chip Timing Solutions precision electronic chip timing. These results will be available very quickly to competitors once they have crossed the finish line.
- Once you have crossed the finish line and collected your finisher's medal, please hand back your electronic timing chip to a finishing marshal.

Changing and Toilet Facilities

- There are changing and toilet facilities inside the Reef Leisure Centre along with lockers for personal possessions.
- Please make sure you have collected any belongings from the lockers by midday, as the centre is then back open to the public.
- Toilet and shower facilities will be open inside the centre.

Refreshments

- As well as refreshment in your race packs, refreshments will also be available for family, friends, and athletes to purchase.
- These will be available in the reception area where registration is held and will include tea, coffee, soft drinks, sandwiches, cakes and other food.

Please feel free to take a look around the Reef Leisure Centre facilities and talk to their friendly staff about current membership offers.

Thank you very much for taking the time to read this and familiarise yourselves with the event organisation.

Should you have any queries please do not hesitate to email the race organiser on: leisureandlocality@north-norfolk.gov.uk

FAQs

This is my first event, what do I need for a pool-based triathlon?

Swimming costume/tri-suit (not wetsuit)

Goggles (recommended but are optional)

Swim cap (this is supplied in your goodie bag, recommended but optional)

Road worthy bike

Cycle helmet (compulsory)

Trainers

I don't think I am good enough to take part?

These events are set up to encourage new people into the sport and 'give it a try'. You never know what you can achieve until you try. Every event in the last three years we have had a minimum of 26% first timers. We make sure the events are fun and enjoyable, but with safety and support of staff and marshals as a top priority.

What do I do with my race number?

You are given two race numbers at registration and can also get safety pins to pin a number to the front and back of your top although we would recommend using a race number belt.

A race number must be visible at all times. Your race number needs to be on your back whilst riding and on your front whilst running.

If you have a race belt, then you only need to use one number as you can spin the belt around, so the number goes from your back to your front.

What is transition?

Transition is the section of the race between the swim and bike and the bike and run. The transition area is the barriered area where you rack your bike and leave your essential race items like your helmet, shoes and anything else you need.

Only participants and event officials are allowed within this area.

Why have I got two small stickers with my race number on?

These must be stuck on your bike (crossbar or seat post) and your helmet. They must be visible and are used to check you in to and out of the transition area at the start and end of the event by an official to make sure you are with your own bike and helmet.

Am I timed?

Yes - On poolside when you are arriving for your swim, you are given an ankle tag with a timing chip inside. This must be worn on your left ankle (for safety reasons) and this will connect with the timing mats in and out of the transition area and finish line to give you split times of your swim, bike and run.

Is there medical cover?

Yes - We have two paramedics at the event who can respond to any medical queries and emergencies at the centre and around the bike and run routes if

required. This is along with the leisure centre lifeguards who will cover the swim element of the event.

How do the swimmers get set off?

Swimmers are set off in two groups, female first then open group. Participants in each group are set off every 30 secs from fastest to slowest.

Why do swimmers get set off fastest first?

This is to eliminate any congestion and problems in the pool, minimising unnecessary overtaking and so you are swimming with people of a similar speed. This is why we ask for an accurate 300m swim time when entering.

Can I use any stroke for the swim?

Due to the safety of other competitors, backstroke is not allowed, front crawl and breaststroke are normally used.

Can I update my estimated swim time?

Yes of course, we want everyone to have an accurate swim time on the day to help with a smooth event. You can contact the event team on leisureandlocality@north-norfolk.gov.uk to update your swim time up to a week before the event.

I'm worried I don't have a good enough bike to take part.

As long as your bike is roadworthy you can use any bike. We have had everything from a top level carbon road bike to a shopper bike with a basket.

What if I get lost as I don't know the area?

Both the bike and the run routes are clearly marked with direction signs so that you don't get lost. Every junction where you need to make a turn has bright yellow signage to let you know as you approach the junction. Along with signage there is a marshal on every junction too.

If you are biking/running along a road and there is a turning left or right and you aren't sure if you should take it, unless there is a sign and marshal, you keep going straight on.

Are there prizes?

Absolutely! There are 1st 2nd and 3rd place trophies for overall female and open categories. There are age group trophies for each age group. There are also spot prizes for some lucky participants!

Can I listen to music during the triathlon?

Sorry but no. In line with BTF rules any device that is used for music is not permitted in an event for safety reasons.

I can no longer take part in the triathlon, what do I do?

Unfortunately, participants are not able to defer or transfer their place to someone else under BTF policy.

We do have a refund policy which is outlined on the entry system terms and conditions but is date restricted.

A BIG THANK YOU TO ALL PARTIES WHO HAVE BEEN INVOLVED, HELP ORGANISE AND RUN THE INAUGURAL REEF TRIATHLON 2022:

- EveryoneActive – Reef Leisure Centre
- North Norfolk District Council
- Chip Timing Solutions
- MedPTS - Medical Support
- All volunteers/marshals

We wish you all good luck for the event,
Race Hard and Race Safe!

Working in partnership

