

EVENT INFORMATION

28th - 29th May 2022 | Please read carefully

**BLENHEIM
PALACE
TRIATHLON**

28th - 29th May 2022

VISIT OUR WEBSITE FOR MORE INFORMATION

HUUB

wahoo

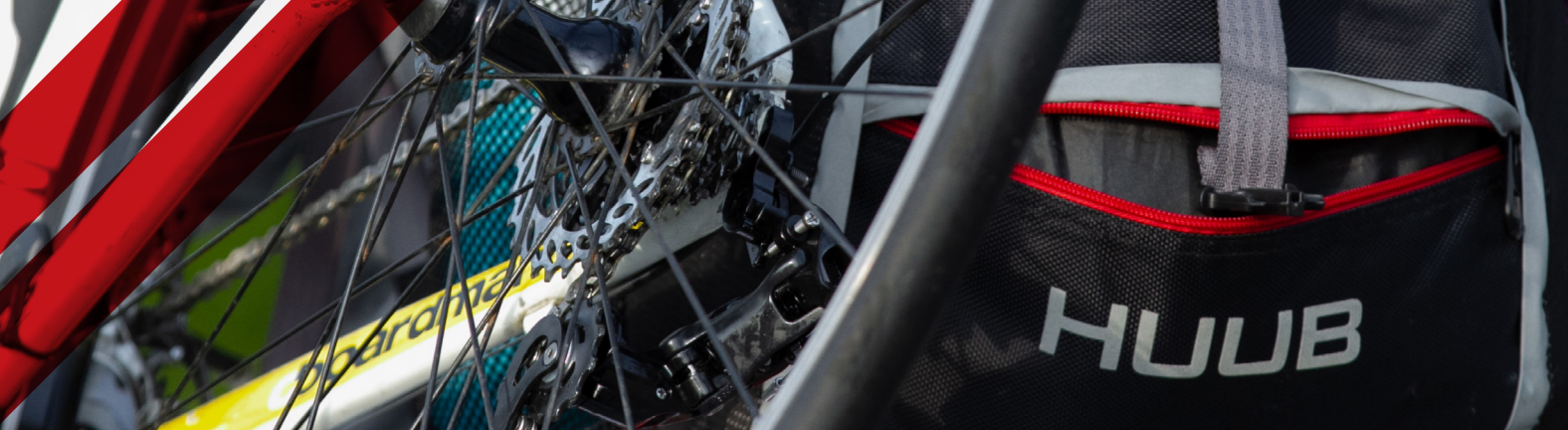


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WELCOME

LimeLight Sports Club are delighted to welcome you to the Blenheim Palace Triathlon 2022.



LimeLight Sports Club is very proud to be organising the Blenheim Palace Triathlon, the UK's most stunning triathlon. This is the 19th year the event has been held in the beautiful grounds of Blenheim Palace; 1 of only 31 UNESCO World Heritage Sites in the UK. Our thanks as always goes to the team at Blenheim Palace for this long-standing partnership.

who are fundraising for Cancer Research UK at the 2022 Blenheim Palace Triathlon. Your support is helping to fund lifesaving research and supporting Cancer Research UK's vision to bring forward the day when all cancers are cured. You're all heroes! A further thank you to the amazing marshals and volunteers who are integral to making the event an incredible experience.

On behalf of everyone at LimeLight Sports Club, I would also like to thank our stakeholders, partners, sponsors, suppliers and volunteers who help to make the Blenheim Palace Triathlon the world class event that it is. At this year's event, over 30% of you are competing in a triathlon for the first time. A very warm welcome to the sport. You can rest assured that you have chosen a fantastic event to begin your triathlon journey. For those of you returning for another year, welcome once again and thank you for your continued support. Good luck to each and every one of you!

To ensure you arrive fully prepared for your triathlon challenge, there are a few things you need to know and do. All the information you need is included within this event booklet. Please take the time to read all the information provided as it should answer any questions you may have.

We wish you the very best of luck with your remaining days of training and we look forward to seeing you on the start line on 28th – 29th May 2022.

An enormous thank you goes to our sponsors, without whom none of this would be possible: HUUB, Wahoo and Cano Water. We would also like to thank our official charity partner Cancer Research UK for all their support – if you would like to help this amazing charity please see [here](#) for more information. A huge thank you to all our incredible participants

James Robinson
LimeLight Sports Club Managing Director

LimeLight.
sports club

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COVID GUIDANCE AT 2022 BLENHEIM TRI



CLEANSING AND HYGIENE

- Additional cleansing teams will be on site and touch point areas will be sanitised regularly (i.e. Transition, racking, toilets etc).
- Hand sanitisation stations will be located throughout the site.
- No changing facilities will be available, please come event ready.



TO PROTECT YOURSELF AND OTHERS

- Please make sure you follow the current government guidance, including;
- Wash hands - keep washing or sanitising your hands regularly.
 - If you are feeling unwell, get a test and follow government guidance. If you test positive DO NOT attend the event

Please note, the Blenheim Palace Triathlon is a British Triathlon Federation sanctioned event. We are working closely with the BTF and following all guidance provided in addition to further advice from the Government and Public Health England. As with many other areas of our lives currently, the above advice is subject to change. We will keep in regular contact with you regarding any such changes.



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GETTING THERE

Blenheim Palace is situated in the picturesque and historic town of Woodstock, 8 miles north west of Oxford on the A44 Evesham Road and approximately a one hour drive from the outskirts of both London and Birmingham.

BY CAR

Approaching Oxford on the M40, exit at junction 9 and follow signs to Blenheim. From other directions take the A44 exit from the Oxford by-pass.

There are car parking facilities for cars and coaches. Car parking is free for competitors, although it is important to pre-book any spectator access tickets for your supporters via the Blenheim Palace website before midnight on the day before the race.

You can buy them now on the [Blenheim Palace website](#).

BY PUBLIC TRANSPORT

The nearest British Rail main line station is New Oxford Parkway. The S3 bus runs from Oxford to Woodstock at approximately 30 minute intervals. Please check before travelling with a bike that any modes of public transport allow bikes on board as this may vary.



RACE DAY

OPENING TIMES:

Saturday: 07:00 – 17:30 **Sunday:** 07:00 – 15:00

WAVE TIMES

- Participants will be allocated a wave time on their chosen day. In order to manage participant flows, we will unfortunately not be able to accommodate requests for wave changes.
- Pulse Start – participants will be pulsed out on by one at the swim start, instead of a mass start with everyone together in the water. Timing chips will register individual start times.

YOUR EVENT PACK

Your event pack contains all the essential items for your event, and you will pick this up on the day from the Chip Collection area after you have parked your car. You will receive a QR code via email and text prior to the event, you will need to display this on either your phone or a printout to enter the event village. This QR code is unique to you and will need to be shown at chip collection to receive your race pack.

IN THE PACK YOU WILL RECEIVE:

SECURITY WRISTBAND

This must be attached to your wrist and should not be taken off until you have retrieved your bike from Transition after the event.

TWO BIKE NUMBERS

Before heading to the Transition area, stick

one number to your helmet and the other to the handlebars of your bike with the number facing forward (see picture opposite). These should not be taken off until you remove your bike from Transition after the event.

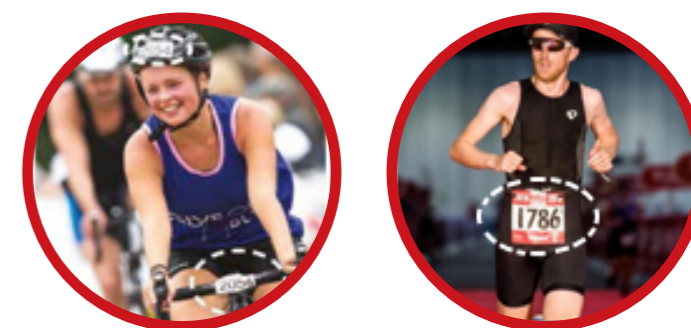
NB: THE BIKE NUMBER AND YOUR SECURITY WRISTBAND MUST MATCH FOR YOU TO REMOVE YOUR BIKE FROM TRANSITION.

BIB NUMBER

The bib number must be displayed on your back during the bike phase and on your front during the run phase. We advise you to attach this to a race belt (see picture below). This will give you the flexibility to switch clothing and to easily swap the number from back to front.

NB: PLEASE COMPLETE THE MEDICAL DETAILS FORM ON THE BACK OF YOUR BIB NUMBER IN PERMANENT PEN BEFORE HEADING TO TRANSITION.

BIKE AND BIB NUMBER POSITIONS



VISIT OUR WEBSITE FOR MORE INFORMATION

VISIT OUR WEBSITE FOR MORE INFORMATION



RACE DAY

TIMING CHIP

For 2022, all timing chips are reusable, and these will be given to you at the same time as your race pack. There will be places to hand in your chip once you cross the finish line. Any timing chips not returned will be charged at £25 per chip to the participant.



In the preparation area in the Event Village, to attach your timing chip, peel off the sticker and fasten around your ankle. When your timing chip is attached please don't remove it until you have completed your Triathlon. If you do remove it and try and reattach, the sticker will be less adhesive and may come off during the event. We advise that you put your wetsuit over the timing chip strap. This will help to keep it secure in the water and prevents you from having to remove the strap in Transition.

NB: YOU MUST WEAR YOUR TIMING CHIP AROUND YOUR LEFT ANKLE TO AVOID IT GETTING CAUGHT IN YOUR BIKE CHAIN/GEARS.

SWIM CAP

Your swim cap will be picked up at the swim assembly point before you start your swim. Please note, your cap may not be the same colour as your race bib.

TEAM RELAY

If you are competing in the Team Relay the team captain will pick up your race pack on the day of your event. The bike numbers must be correctly attached to the bike and helmet to be used by the cyclist. You will have one timing chip that will act as a baton between team members and must be passed over to the next team member in transition, the timing chip will be an ankle chip.

When you have collected your event pack, make use of one of the preparation areas in The Event Village to attach your wrist band, numbers and timing chip before heading to Transition. When ready, head to Transition which is in the Palace Courtyard. Please wear your helmet upon entering Transition, ready to be checked. Rack your bike in the row relevant to your event wave. Place your bike, helmet and equipment at any marked position on your designated row.

We will NOT provide each competitor with a numbered racking position so make sure you remember where you racked your bike. Ensure your bike and event equipment are left neatly on the marked position.

NB: YOUR APPROVED CYCLE HELMET MUST BE ATTACHED TO YOUR BIKE WHEN YOU RACK IT.

Once you have racked your bike, please make your way to Swim Assembly.

KEY RULES

Transition access will only be given to those competitors wearing security wristbands. No family (this includes children), friends or pets will be allowed into the Transition area. Once you have racked your bike and helmet, only you with your triathlon clothing will be allowed in before, during and after your event. Your wristband must match your bike number to be able to leave after the event - **DO NOT TAKE IT OFF!**

You should only bring into Transition what is required as there is limited space. To keep Transition tidy and reduce cross contamination, participants will be permitted to bring in a small rucksack or small box (maximum size of 50cm x 40cm x 25cm). This will help to avoid participants misplacing their items and needing to move about Transition whilst searching. The bag or box must be placed within the width of your bike handlebars and cannot impede the progress or space of any other competitor. All your items must be contained within either of these. For security reasons you are not allowed to pass bags/items out of Transition. This year, to help identify your racking position, participants are able to:

1. Put your helmet on the end of your handlebars to make it obvious where your position is.
2. Put a towel on the floor with your running shoes on top. Your towel will act as a marker for you to spot.

Please do not bring any valuables into Transition; we cannot be held responsible for any lost or stolen items.

On entry to Transition, technical officials will conduct a visual assessment of your bike. You will be asked to demonstrate that your front and back brakes are working, and to show that your handlebars or tri bars are appropriately plugged or taped at the ends.

NB. PLEASE NOTE A LIMITED AMOUNT OF CHANGING ROOM SPACE WILL BE AVAILABLE TO THOSE IN A RELAY TEAM OR PART OF A CORPORATE GROUP IN THE EVENT VILLAGE.



VISIT OUR WEBSITE FOR MORE INFORMATION

VISIT OUR WEBSITE FOR MORE INFORMATION

YOUR RACE DAY CHECKLIST

Directions to Blenheim Palace

QR code to collect your race pack

Spectator tickets

Wetsuit - **COMPULSORY**

Goggles

Collect event pack & timing chip upon arrival

Race belt (used for easily switching event number from back to front)

Hand sanitiser

Towel

Water bottle for Transition post swim

Bike & Bike helmet

Bike insurance (optional)

Bike water bottle

Cycle shoes (if you have them)

Running shoes

Run water bottle

Small bag or box, max size 50cm x 40cm x 25cm (optional)

Energy bar / snacks

Sun cream

Warm clothing for afterwards



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BLenheim PALACE

BRITISH TRIATHLON

KNOW THE RULES

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

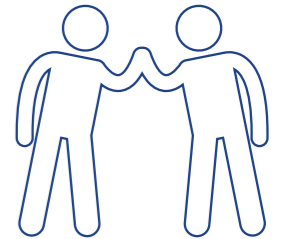
RULE 2.1 Littering



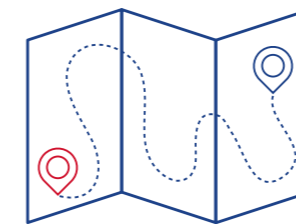
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

RULE 2.1 Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



RULE 2.1 Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

RULE 2.9 Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



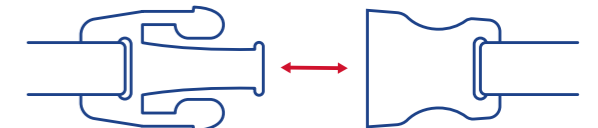
RULES 4.10 | 5.2 | 6.4 Illegal Equipment

Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



RULE 5.2 Helmets

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



RULE 5.5 Drafting

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.

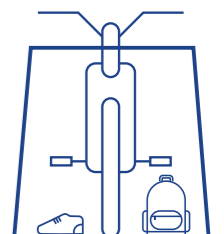


In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

RULE 7.1 Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



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Available to download from www.britishtriathlon.org

TRIATHLON ENGLAND

TRIATHLON SCOTLAND

WELSH TRIATHLON CYMRU



YOUR EVENT

SWIM

SWIM START

You should arrive at the HUUB Swim Assembly area a minimum of 20 minutes before your wave start time. It will take approximately 10 minutes to walk from Transition to the HUUB Swim Assembly.

Please note wetsuits are compulsory.

Once you are within the HUUB Swim Assembly Area you will collect your swim cap and receive your event briefing. Please follow all instructions and signage. Your event will be conducted in a time trial format; participants will be pulsed out one by one. You will start swimming once you have descended the pontoon ramp into the water. Timing chips will register individual start times.

Please take your time entering the water via the pontoon ramp. Should you need a short time to acclimatise to the water temperature before you start swimming, please move slightly to the left to allow other swimmers to pass from behind.

The route will be marked by buoys. Kayakers will be on hand to guide each participant. 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!

SWIM EXIT

The swim exit pontoon dips into the water so you can swim onto it before standing up. Be on hand to help you out if required. Once you have exited the water, you will need to cover 400m on foot uphill back to Transition.

The route back to Transition is narrow. Please run on the left to give space for overtaking on the right-hand side.

THE LAKE

The water is tested against EU bathing standards; however we would still advise you to be in good health and try to avoid swallowing the lake water. Some swimmers may be more susceptible to infection through immune suppression. We also recommend sanitizing your hands after the swim.

In open water swims there are no walls to push off every 25m, so practice swimming the event distance accordingly prior to event day.

NB: Wetsuits are COMPULSORY for all participants. Water temperatures will be monitored on the morning of the event and if it is deemed too hot to wear your wetsuit due to the temperatures you will be provided with a tow float that will be compulsory to swim with.

SWIM SAFETY

For many, the swim is the most daunting part of the event, but don't worry! Our water safety team will be there to guide you and help if required. The

team, provided by Swim Safety Ltd, consists of fully qualified lifeguards in kayaks and rescue boats as well as bank-based lifeguards on the pontoons. All lifeguards are members of either the BCU Lifeguards or Surf Lifesaving GB. If you do get into difficulty, lie on your back and raise your arm in the air, a kayak will come to you and if necessary, arrange a safety boat to take you to the water's edge.

SWIM STROKES

Most people use front crawl or breaststroke. **Backstroke in the swim is not allowed** because it can be confused with someone indicating they are in difficulty.

BIKE

TRANSITION TO BIKE (T1)

Make sure you know your route through Transition when switching between disciplines as well as where you racked your bike. Getting lost in Transition will add seconds to your finish time that you have been training for months to reduce!

RULES AND REGULATIONS

The event is governed by British Triathlon Federation Referees. Visit www.britishtriathlon.org for all rules and regulations.

KEY RULES ARE

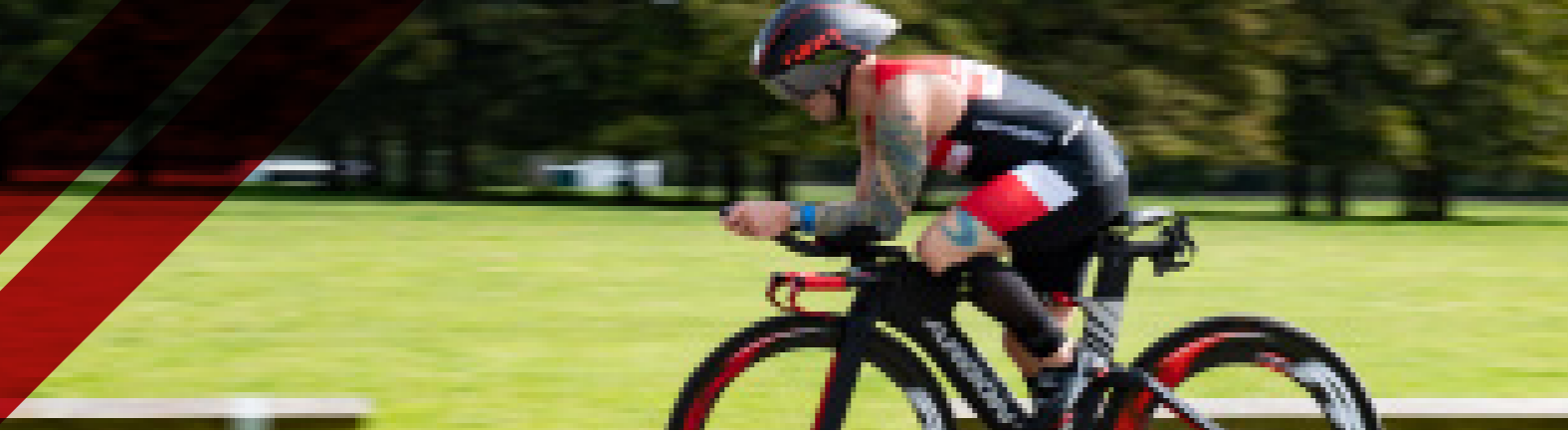
- Bicycles and equipment must be placed in the

same position at the start and finish of the cycle leg.

- No cycling is allowed in the Transition area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the bike course. You will be given a time penalty if you do not comply with this rule.
- No headphones may be worn during any phase of the event and will result in either a penalty or disqualification.
- Mobile phones are not permitted to be used during your race, please ensure you do not use these within Transition.
- Nudity is not permitted within the Transition area.
- Appropriate event attire must be worn for the duration of the event. For more information, please see the 'Event Attire' section in the A-Z of information.
- Any littering on any part of the course and in Transition will result in either a disqualification or a penalty.
- Time penalties will be issued at the finish line.

VISIT OUR WEBSITE FOR MORE INFORMATION

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THE COURSE

Make sure you know the route! It is your responsibility to navigate the course successfully and safely, and to count your own laps.

The bike course can get very slippery when wet, please take extra care. Do not mount your bike until you go over the mount line fully.

BLOCKING

Always keep to the left hand side of the course and do not create a blocking incident. Blocking is where a competitor who is behind cannot pass due to the leading competitor being poorly placed on the course.

DRAFTING

No drafting is allowed i.e. taking shelter behind or beside another competitor during the cycling leg of the event. The draft zone of one competitor must not overlap the draft zone of another competitor. For more details, see the BTF website [here](#).



DRAFTING AND NOT DRAFTING

The 'bicycle draft zone' will be 10 metres long measured from the leading edge of the front wheel. The draft zone of one competitor must not overlap the draft zone of another competitor.

Competitors may enter the draft zone of another competitor for the purpose of overtaking, but must be seen to be progressing through that zone.

A maximum of 20 seconds is allowed to pass through the draft zone of another competitor.

When a competitor is passed by other competitors, it is his/her responsibility to move out of the draft zone of the overtaking competitor within 5 seconds. Failure to do so may result in an official caution or time penalty.

A competitor is passed when another competitor's front wheel is ahead of his/her front wheel.

If a competitor is frequently passed by, or seen to be frequently passing the same competitor, this will be seen as working with or drafting off that competitor and will be subject to the same penalty as drafting.

Motorcycle and static British Triathlon Federation Referees will patrol the course to enforce the no drafting rule.

RETURN TO TRANSITION (T2)

Once you return to Transition after completing the bike course, please make sure you return your bike to the same position it was in at the start of the event. Do not remove your helmet until you have re-racked your bike. Not doing either of the above will result in a penalty.

There will be British Triathlon Federation Referees in Transition and on the course to monitor all competitors.

RUN

Make sure you know the route! It is your responsibility to navigate the course successfully and safely, and to count your own laps.

You should run on the left at all times (with the exception of when overtaking when you can move to the right, overtake and then rejoin the left hand side). Be aware of other competitors trying to pass you and take care when passing other competitors.

No mobile phone, smart devices or headphones are permitted during the course of the event.

On the run route, there is a footbridge. Please take extra care when running over this footbridge.

There will be a water station on the run route. This station will be stocked with drinks to help keep you fuelled and hydrated. Bins will be provided and for safety reasons we ask participants not to litter. There will be a water station near the transition exit that will be passed by all runners on each lap. If you require extra water, please carry your own bottle with you.

Once you have crossed the finish line you must return your timing chip. Once you have done this, please head straight back to Transition to collect your belongings. Repatriation with your spectator can take place in the Event Village once you have removed all of your belongings from Transition. The event finish is adjacent to the Event Village.

TEAM RELAY

TEAM RELAY RACE RULES

1. SWIM COURSE

The swimmer must wear the timing chip on their ankle and should do so under their wetsuit. When they exit the water they make their way to where the bike is racked in Transition, here the swimmer must pass the timing chip to the cyclist for them to fasten it to their ankle BEFORE leaving transition.

2. BIKE

The cyclist must wear the big race number on their back. The cyclist must wait at their bike, which must be racked until they have been handed the timing chip by the swimmer and secured the chip to their ankle. The competitor on the bike should be ready to go, with helmet on, ready for the swimmer to come in. Upon completing the bike course the cyclist must make their way back to their original position in Transition, re-rack their bike. Once they have re-racked their bike the cyclist must pass the timing chip over to the runner.

3. RUN

The runner must wear the big race number on their front. They must wait by their racking location until the cyclist has re-racked their bike and they have been handed the timing chip by the cyclist and secured the chip to their ankle. There will be a 'Team Relay Meeting Point' 100m from the finish line, should teams wish to run into the finish together which will be clearly signed.

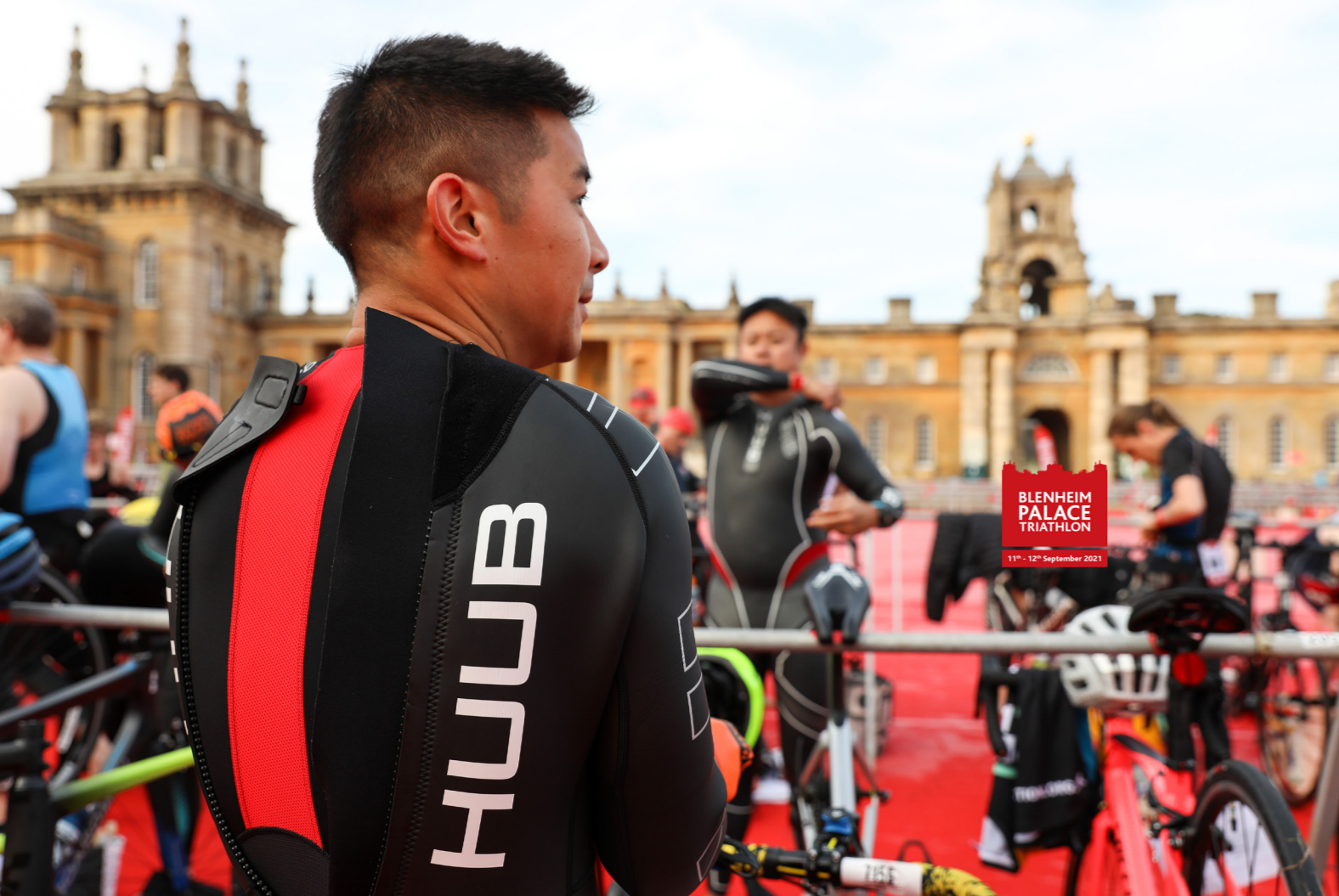
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REMOVAL OF EQUIPMENT

You will be able to remove your bike from Transition after the event. The marshals will check the bike number against the wristband number before it is released. Please make sure that you take the correct wetsuit with you as most are black and look similar.



ROUTE MAP

Check out our stunning route, which allows you to swim, cycle and run right around the beautiful grounds of Blenheim Palace. The course consists of a fresh water lake, open water swim, a gently undulating bike course and a picturesque run route around the Queen's Pool.



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HUUB

START TIMES

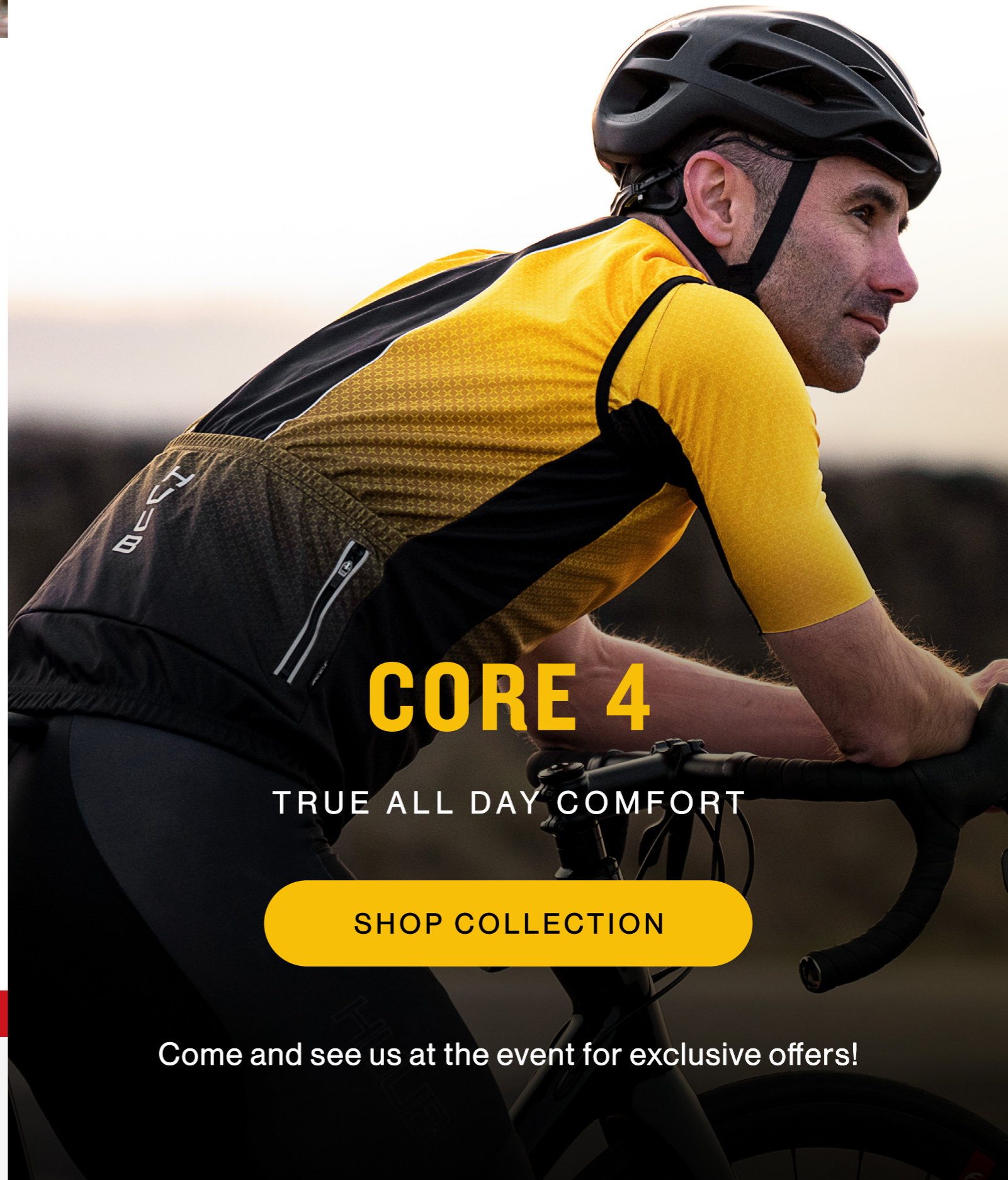
We strongly advise that you arrive at Blenheim Palace 90 minutes before your start time. It will take time for you to park, walk to Transition, rack your bike, set up prior to your event and to familiarise yourself with the course.

EVENT TIMES

We will confirm your wave start time on the website by mid May. Please ensure you check this prior to event day at: <https://run.limelightsports.club/event/blenheim-palace-triathlon-2022>. All competitors are required to arrive at Swim Assembly 20 minutes before their start time for the safety briefing. Please take note of your Transition check-out times.

SATURDAY			SUNDAY		
Leg	Category	Distance	Leg	Category	Distance
Swim	SPRINT DISTANCE	750m	Swim	SPRINT DISTANCE	750m
Bike		19.8km (3 laps). As you approach the Palace for the 3rd time you must slow down to enter the Transition Zone (Palace Courtyard)	Bike		19.8km (3 laps). As you approach the Palace for the 3rd time you must slow down to enter the Transition Zone (Palace Courtyard)
Run		5.4km (2 laps)	Run		5.4km (2 laps)
Swim	SUPER SPRINT	400m	Swim	SUPER SPRINT	400m
Bike		13.3km (2 laps). As you approach the Palace for the 2nd time you must slow down to enter the Transition Zone (Palace Courtyard)	Bike		13.3km (2 laps). As you approach the Palace for the 2nd time you must slow down to enter the Transition Zone (Palace Courtyard)
Run		2.9km (1 lap)	Run		2.9km (1 lap)

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CORE 4

TRUE ALL DAY COMFORT

SHOP COLLECTION

Come and see us at the event for exclusive offers!

SATURDAY WAVE STRUCTURE

Arrival time: We strongly advise that you arrive at Blenheim Palace 90 minutes before your start time. It will take time for you to park, walk to Transition, rack your bike, set up prior to your event and to familiarise yourself with the course.

Wave & Racking Row	Category	Start	Check In Time
1	Premium Mixed Sprint	08:30	07:00**
2	Weekend Warriors	08:40	07:10
3	Male Sprint 1	09:00	07:30***
4	Male Sprint 2	09:20	07:50
5	Male Sprint 3	09:40	08:10
6	Male Sprint 4	10:00	08:30
7	Mixed Sprint 1	10:20	08:50
8	Mixed Sprint 2	10:40	09:10
9	Mixed Sprint 3	11:00	09:30
10	Mixed Sprint 4	11:20	09:50
11	Mixed Sprint 5	11:40	10:10
12	Mixed Sprint Team Relay	12:00	10:30
13	Female Sprint 1	12:20	10:50
14	Female Sprint 2	12:40	11:10
15	Corporate and Charity Sprint	13:00	11:30
16	Male Super Sprint	13:30	12:00
17	Mixed Super Sprint	13:50	12:20

**Check Out Time - 11:50:00AM

***Check Out Time - 12:20:00PM

SUNDAY WAVE STRUCTURE

Arrival time: We strongly advise that you arrive at Blenheim Palace 90 minutes before your start time. It will take time for you to park, walk to Transition, rack your bike, set up prior to your event and to familiarise yourself with the course.

Wave & Racking Row	Category	Start	Check In Time
1	Premium Mixed Sprint	08:30	07:00
2	Weekend Warriors	08:40	07:10
3	Mixed Sprint 1	09:00	07:30
4	Mixed Sprint 2	09:20	07:50
5	Mixed Sprint 3	09:40	08:10
6	Mixed Sprint 4	10:00	08:30
7	Corporate Sprint Team Relay & Sprint	10:20	08:50
8	Female Sprint	10:40	09:10
9	Mixed Super Sprint	11:10	09:40
10	WW Only (Super Sprint) - Open swim entry	11:30 - 12:30	

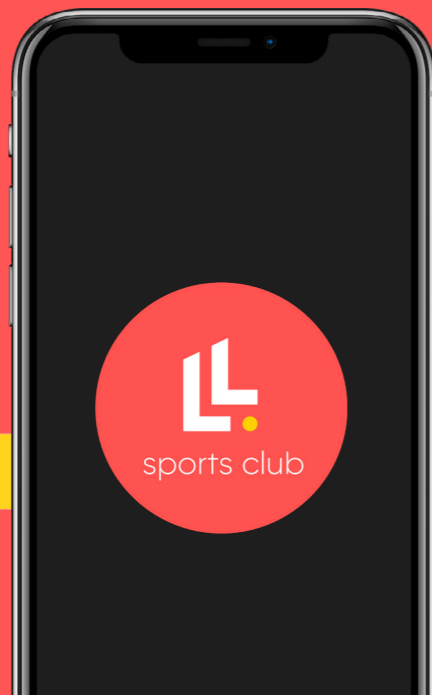


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This year you will be able to track participants by downloading and following a link in our LimeLight Sports Club app.

The app is called 'LimeLight Sports Club' and can be downloaded for iOS and Android devices.



VISIT OUR WEBSITE FOR MORE INFORMATION



1 in 2 of us will get it.



All of us can help beat it.

In the last 40 years our research has helped double cancer survival in the UK. Donate now to help us discover more ways to prevent, diagnose and treat cancer.

Donate now at cruk.org/donate



Registered with FUNDRAISING REGULATOR
Ahmad AS et al, British Journal of Cancer, 2015.
Registered charity numbers 1089464, SC041666, 1103 and 247.



CANCER RESEARCH UK

Together we will beat cancer



MEDICAL ADVICE

Our event medical team includes sports doctors and nurses from SportsMedics, along with first aiders and paramedic ambulances from Acute Ambulance and Medical Services. They will be on standby for any first aid or medical treatment throughout the weekend. Their main treatment facility will be located at the Finish Line. There will also be various medical posts along the route and moto doctors and ambulances will be able to respond when needed.

MEDICAL ADVICE

If you test positive for Covid-19 or feel unwell with any symptoms of Covid-19 pre event, please do not attend. You must follow the government guidelines which can be found [here](#).

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. On the back of your event number, please write an emergency contact number of someone who is not taking part.

CARDIAC ASSESSMENT AND SCREENING

If you have a family history of heart disease or sudden death or you have any symptoms of possible heart disease, i.e. chest pain during exercise, sudden shortness of breath, or rapid palpitations, you should see your GP who can arrange for you to have a proper cardiac assessment.



SPECTATOR INFORMATION

We are delighted to welcome spectators back to The Blenheim Triathlon this year. Blenheim Palace is a World Heritage Site and all spectators must pay an admission fee. Entry to the grounds will be free of charge to our competitors. Spectators will be required to pay a discounted rate.

To secure the discounted rate, spectator tickets must be pre-booked via the Blenheim Palace [website](#) before midnight the day before the race. This will give access to the Blenheim Palace Park grounds.

Blenheim Palace will be open for Palace tours throughout the weekend. For access to the Palace and The Palace Gardens you will need to purchase a Triathlon Palace, Park & Gardens Ticket. Annual Pass ticket holders will be permitted free access to the event.

Once you have arrived and entered the event village there will be different walking routes signposted for participants and spectators when you exit the village and head towards transition. Spectators will still be able to cheer you on at the swim start or on the bike or run routes. You will also be able to meet up again with participants in the event village once they have completed their event.

The Triathlon is a great day out for spectators as well as participants – make sure you bring your friends and family along.

Blenheim Palace is a World Heritage Site and all spectators must pay an admission fee. Entry to the grounds will be free of charge to our competitors. Spectators will be required to pay a discounted rate.

Dogs are permitted on site. However please note dogs must be kept on leads at all times for the safety of the triathletes. All dog walkers must follow the dedicated dog walking and spectator route. Spectators that bring dogs will not be allowed in the transition area.

NB: COMPETITORS GAIN ACCESS TO THE GROUNDS FREE OF CHARGE ON RACE DAY. WRISTBANDS MUST BE WORN.

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INFORMATION A-Z

BAG STORE

There will be no facilities for storing bags or valuables at the Palace. You are permitted to place a small soft-sided bag (such as a rucksack) or box (max size 50cm x 40cm x 25cm) into Transition. Your bag or box must be placed within the width of the bike handlebars and cannot impede the progress or space of any other competitor. All property is left at the owner's risk.

BIB BOBBLE HATS

If you want to be bold, be bright and be seen make sure you give big bobble hats a visit to pick up your own. We will be located in the event village on both Saturday and Sunday.

BIKE

It is your responsibility to bring a bike that is road worthy and complies with the BTF rules (visit www.britishtriathlon.org for more information). We recommend that you have your bike serviced before event day. Bike hire is available through [British Bike Hire](#).

- Your handlebars must not have bare open metal ends. Please obtain stoppers to plug them before coming to the event
- Approved cycling safety helmets of ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors. (NOTE: a CE mark is NOT an approval mark)

NB: ANY HELMET BOUGHT IN RECENT YEARS WILL COMPLY BUT CHECK FOR DAMAGE WHICH WOULD STOP IT PROTECTING YOU PROPERLY.

- Fixed wheel bikes (bikes that use the pedals as a brake) are not permitted in the event.
- Our BTF Referees will be on site to stop anyone from using a bike that does not comply with the BTF rules.

NB: CYCLING IS NOT PERMITTED AROUND THE GROUNDS OF BLENHEIM PALACE UNLESS WHILST TAKING PART IN THE EVENT.

CHANGING FACILITIES & SHOWERS

There are no changing facilities or showers on site. We recommend you arrive ready for the event and bring some warm clothes for afterwards.

NB: UNLESS YOU ARE IN A RELAY TEAM OR PART OF A CORPORATE GROUP.

CLINIC4SPORT

Clinic4Sport are the official physiotherapy providers for the Blenheim Palace Triathlon 2022, with over 20 years' experience at major sports events.

Services on race day:

Injury treatment • Massage Therapy • Taping
Stretching • Foam Rolling

Located in the Event Village, there is no need to pre book, simply turn up and payment can be taken on the day by cash or card.

Clinic4Sport is also happy to help you stay injury free whilst you train so come and see us at our London Clinic locations (W4&TW11).

VISIT OUR WEBSITE FOR MORE INFORMATION

HUUB

wahoo

CANOWATER

LUCKY SAINT

CANCER RESEARCH UK

JustGiving

british bike hire

BLENHEIM PALACE



INFORMATION A-Z

CORPORATES AT BLENHEIM PALACE

Blenheim Triathlon always hosts teams made up of corporate companies who take on the challenge alongside their colleagues and this year is no different. 2022 will see 20 teams with 400 participants on the course across the weekend, and for those who aren't taking part in the race, will be cheering on from the side lines in the corporate VIP area. If your company is looking for ways to enhance the standard entry offering to ensure employees have the best event experience, please contact Teams@limelightsports.club for information on 2023 bespoke offering.

ENTERTAINMENT

There will be a Cancer Research UK cheer point halfway round the bike route as well as on the run route!

EVENT ATTIRE

A wetsuit is compulsory and it is your responsibility to ensure you have one on event day. The wetsuit will not only keep you warm, but will also help you to swim faster as it provides you with extra buoyancy. If you haven't already done so, the easiest way to hire or buy a wetsuit for the day is to visit the event's official swim partner [HUUB](#). Please note, wetsuits will not be available for hire on the day.

Surf and shortie wetsuits are allowed, but these are totally different to a triathlon specific wetsuit, which is designed for swimming and fits like a second skin.

NB: WE STRONGLY ADVISE YOU TO SWIM IN YOUR WETSUIT BEFORE THE EVENT.

This is normally possible by asking at your local pool or by finding one of the many places that allow you to swim in open water around the country. Please note that there is NO swimming allowed in the Blenheim Palace lake except during the event. It is good to practice getting out of the wetsuit too! Top tip: a non petroleum based lubricant (e.g. baby oil) on the wrists and ankles will help in Transition to take your wetsuit off.

EVENT RULES

You are recommended to familiarise yourself with the British Triathlon Federation rules and regulations, otherwise you may be penalised for breaking a rule.

For further information visit the British Triathlon Federation website: <https://www.britishtriathlon.org/competitionrules> or call them on 01509 226 161.

FOOD GLORIOUS FOOD

There will be catering outlets located in the event Village; serving a selection of hot and cold food & drinks. These units will be in operation during the event village opening hours on both Saturday and Sunday.

FUNDRAISING

JustGiving makes raising money simple and fun. You can set up an online page in a few quick steps and instantly spread the word via email and social media. We'll also send your donations directly to your chosen charity so all you need to worry about is your training. www.justgiving.com.

INFORMATION A-Z

HYDRATION – DRINKING SAFELY

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

There will be refill points in the event village so please be sure to top up your bottles before heading into transition! There is a water station on the run route, it is located approximately 500m after exiting transition, and water will be available as you cross the finish line.

ITAB

The world's leading medal personalisation experts. Born in 2007, iTAB partner with over 500 races worldwide to help millions of participants commemorate and celebrate their amazing running achievement. So, whether you're taking part in your first ever triathlon or are a seasoned racer chasing a new PB, mark that special moment in time with a personalised medal engraved with your name and time. To order your iTAB, visit www.itab.us.com and search for Blenheim Triathlon on the event page.

KID'S DUATHLON

Bring the children with you to the Blenheim Palace Tri and let them take part in their own run-bike-run challenge in a safe environment cheered on by the family, with all finishers getting their own medal and certificate.

Suitable for ages 4-14, just need to be able to ride a bike. Sign up at: <https://activetrainingworld.co.uk/event/blenheim-palace-childrens-duathlon-challenge-28th-29th-may-2022/>

LITTER

Please use the bins provided. If using nutrition products during the event, please do not drop them on the floor, take them back with you. Penalties including disqualification, can be issued for littering. Rule 2.1 a.) xi

LIMELIGHT SPORTS CLUB TRACKING APP

For live tracking at the Blenheim Palace Triathlon 2022 download the mobile app. Available in the [Apple App Store](#) and on Android in the [Google Play Store](#). Tracking will be available for the weekend from morning of Saturday 27 May.

Through the app, spectators and fellow triathletes can follow and track their friends and family around the Blenheim Palace Triathlon course in real time and participants can immediately access their times after finishing.

LOST PROPERTY

Please hand any items found to the competitor Help Desk in the Event Village. We will hold onto any event lost property for 6 weeks after the event. Visit the Help Desk during the event to claim lost items or alternatively you can email hello@blenheimtriathlon.com after the event.

VISIT OUR WEBSITE FOR MORE INFORMATION

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Actively doing the right thing.

As a purpose driven business, we are proud of the positive impact that LimeLight Sports Group has each year. We create and deliver campaigns that enable hundreds of thousands of people to be active, providing charities with fundraising opportunities that generate millions of pounds for good causes.

What are we, LimeLight Sports doing to be more sustainable?

- In 2021 we published our Sustainability Manifesto with a commitment to operate in a way that is good for people and the planet.
- In 2022 we published our first Sustainability Report, used to measure the impact of our sustainability initiatives, track our progress and hold ourselves to account.
- Implementing changes to all aspects of the event environment including how we operate as a business, how we deliver our campaigns and how we work with clients and educate them on best practice within the industry.
- Working with local suppliers and staff where possible, helping to support the local community.

What can you do as a Blenheim Triathlon participant to help create a more sustainable event weekend?



Be self-sufficient en route by using refillable bottles



Travel smarter by cycling to the event if you are staying locally, or carpool with other riders



Go paperless by having all your event information, tickets and QR codes on your phone rather than printed out



INFORMATION A-Z

LSC MEMBER ACTIVATION

Join us in our exclusive members stand. It's not too late to get in! Sign up here <https://limelightsports.club/membership>

MECHANIC

There will be a bike mechanic tent in the event village where you will be able to take your bike for a check over or if you think you have an issue with your bike. This will be run by British Bike Hire and will be available on both Saturday and Sunday.

MERCHANDISE

We have a fantastic range of 2022 Limited Edition Blenheim Palace Triathlon merchandise, designed exclusively by HUUB. The range includes 2022 technical t-shirts, technical long-sleeved tops and hoodies. You can browse the full range of merchandise on the HUUB website [here](#).

MYOMASTER

Myomaster, the home of sports recovery, will be onsite with their products for all participants to try combined with a quick massage post-race.

ON THE DAY...

Do not compete if you feel ill or have recently been unwell. This advice applies even if you are raising money for charity. If you feel feverish, have had diarrhea, been vomiting or had any chest pains **DO NOT TAKE PART!** Taking part in a triathlon when you are unwell can significantly increase the risk of experiencing a medical emergency during the event.

In the swim, please do not use washing up liquid to prevent your goggles from steaming up – this can irritate your eyes. We also advise not putting your wetsuit on fully until you are about to enter the water on warm days. This is to keep you as cool as possible – over heating in them is a common problem seen by the medical team.

If the weather on event day is warm or humid do not try for a personal best but rather take it easy and enjoy the day. Serious heat related medical problems are common, even in the triathlon. If you are feeling warm, slow down and stop in a safe and sheltered area to cool off – if you still feel unwell please flag down a steward or a passing event vehicle to ask for medical help and we will come to you.

PELOTAN

Pelotan is high-performance sun protection designed specifically to improve performance, maximise comfort and allow athletes around the world to avoid costly sunburn. Meet the team in the event village over the weekend to pick up your product.

PENTIRE

Whether you are a spectator or participant – Pentire will be serving their non-alcoholic gin made from unique plants native to the Cornish coastline in the village for you.

VISIT OUR WEBSITE FOR MORE INFORMATION



INFORMATION A-Z

PHOTOGRAPHY & VIDEO

Our friendly photographers at Marathon Photos will be taking your snaps on course, as well as at the finish line. Look out for the “smile for the camera” signs and be sure to give the photographers a wave or thumbs up if you’re feeling the love. We will send you an email with a link to your photos to purchase in the days after the race or purchase them now and experience the perks of LIVE photos.. Every time you pass a [MarathonPhotos Live](#) photographer, you could have photos online within seconds! Photos will be LIVE from the start of the race.

PRIOR TO EVENT DAY...

In order to get the most out of your bike, and reduce the likelihood of an injury, we recommend that you have a specialist bike fitting assessment. Bikes that are not set up properly can lead to overuse injuries and may affect your event time, or lead to you pulling out during the event.

Having correctly fitting trainers is also important to prevent injuries. Trainers take some breaking in and also have a shelf life of between 300-400 miles. If in doubt head to a specialist running shop or sports podiatrist for a gait assessment. Feet change over time so it’s important to do this regularly as you may require different types of shoes to previous years. If you are planning on using gels or snacks during the event, try training with them before hand to make sure they agree with you when exercising.

PRIZES & RESULTS

A medal will be given to every participant who completes The Blenheim Palace Triathlon. You must collect your medal on event day. Results will be sent via SMS text message service if we have been provided with a British mobile number.

TOILETS

There are toilet facilities available in the Event Village, on the west side of the Palace and on leaving the Transition for the swim start.

VOLUNTEERING

Volunteering at the Blenheim Triathlon is a truly inspiring experience. If you, your friends, family, or a group you are part of would like to get involved next year you’ll be warmly welcomed!

To thank volunteers for helping at Blenheim Triathlon there is the opportunity to get a free or discounted place at next years event or another LimeLight Sports Clubs event. Register via <https://limelightsports.rosterfy.eu/login> or email volunteers@limelightsports.

Join the club!

Just **£39.98** for the year or **£1** for under 25s! Access incredible benefits including:



Early bird access and savings for 2023 entries



Up to 50% off LSC Originals events



Discounts and giveaways from brands such as Wahoo, SportsShoes.com and Brownlee Fitness



FREE places to Europe’s most sought-after events

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sports club



LONDON DUATHLON

OXFORD HALF



Elite Caledonia

asics London 10K

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Visit the website to find out more



THANK YOU

A huge thank you from everyone here at the Blenheim Palace Triathlon and LimeLight Sports Club for choosing to join us at the 2022 event. We hope you enjoy every moment as you swim-bike-run your way to glory around the spectacular grounds of Blenheim Palace. Good Luck!

We look forward to welcoming you again in 2023.

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