

The Active Life Oysterman Triathlon 2025



Dear athletes,

Welcome to the 11th Oysterman Triathlon! I'm truly excited to be this year's Race Director, and I'd like to start by thanking Giles Seaford for his incredible dedication and hard work over the previous years. His contribution has been invaluable in building this special event.

Below is some important information about the race. If this is your first triathlon, don't worry, we're here to support you every step of the way, and you're going to do great. This year, we've got nearly 100 first-time triathletes taking part. And for those returning, keep smashing it like you always do!

This year's event is taking place in August, a slight change from previous years. The weather over the past few days has been a bit unpredictable, with some bright spells and the occasional shower. The forecast for race day looks similar, a mix of sunshine and showers, which we've all come to expect from a UK summer. Hopefully, any rain will hold off, and the sun will continue to warm the sea. We're closely monitoring water conditions, and we'll inform you of any changes.

But the Oysterman Triathlon is about much more than racing. It's about community, coming together to support and uplift each other, whether you're competing, volunteering, or cheering from the sidelines. That's what makes this event so unique.

I'd like to take a moment to thank everyone who has donated or fundraised for our chosen charities this year. Your generosity truly makes a difference.

We are proud to support Porchlight, a charity that works tirelessly to help people who are homeless or at risk of homelessness across Kent and beyond. They offer shelter, mental health support, and long-term assistance to help people rebuild their lives.

We're also supporting RNLI Whitstable, our local lifeboat station. Their volunteer crews are on call 24/7 to save lives at sea, including in the very waters many of you will be swimming in today.

Thank you as well to the University of Kent's Sports Therapy and Rehabilitation students, who will be providing free post-race massage to aid your recovery. We're also grateful to Level Health Physiotherapy for offering professional recovery massage and support. If you need help with tired muscles, make sure to visit them, your body will thank you!

Finally, we're committed to making the Oysterman a plastic-free event. Our suppliers are providing swim caps, timing chips, and medals without individual wrapping. Medals and trophies are made from sustainably sourced wood, and produced here in the UK. The swim cap is yours to keep, but if you don't plan to use it again, please drop it in one of the collection boxes so it can be upcycled.

I wish you all the very best of luck on race day. If you have any questions, please don't hesitate to contact me by email before 3rd August: julio.barros@fusion-lifestyle.com

See you at the start line!

Julio Barros

Julio Barros
Oysterman Triathlon Race Director

1. Venue:

Please make your way to the race pack collection area, located to the east of the café opposite St Anne's Road, on Marine Parade, Tankerton, CT5 2BE. Please refer to the map below.

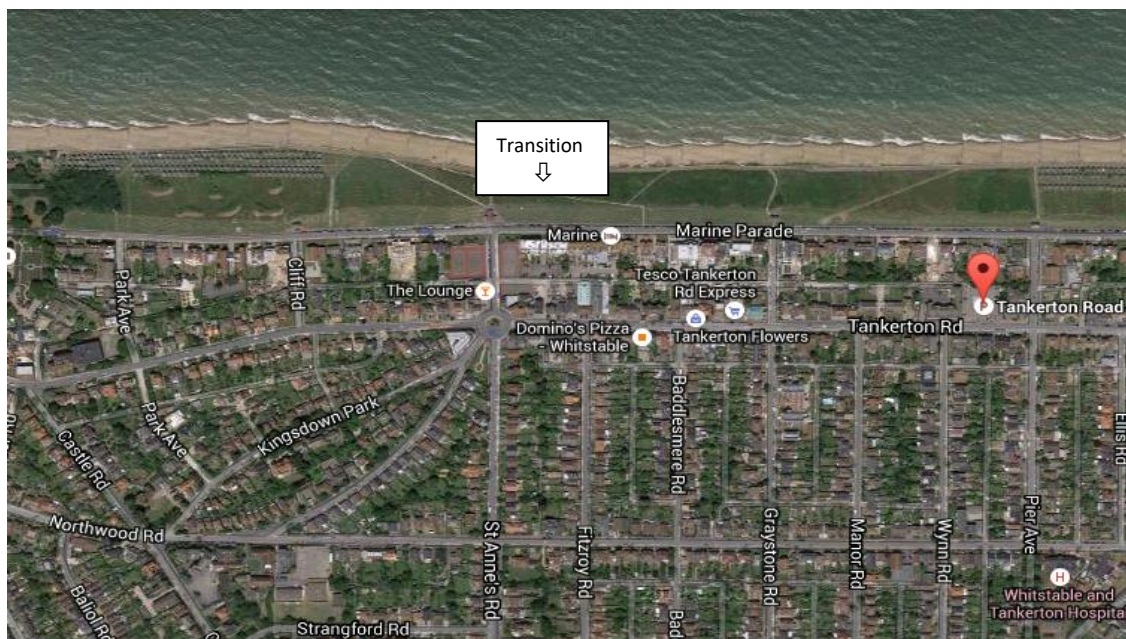
2. Travel:

There is no official car park for the event, but there is plenty of on-street parking along the roads connecting to Marine Parade, all within a short walk to the transition area. Alternatively, nearby public car parks include:

- **Tankerton Road Car Park (CT5 2AS)** – approximately a 5-minute walk to transition
- **Gorrel Tank Car Park (CT5 1LB)** – approximately a 10-minute walk to transition. Please note there is a height restriction barrier at this location.

By train:

- **Whitstable Station** is 0.8 miles away (approx. 17-minute walk)
- **Chestfield & Swalecliffe Station** is 1.2 miles away (approx. 23-minute walk)



3. Race Pack Collection:

Race pack collection will be open on **Saturday evening, 2nd August**, from **18:00–19:30**. We encourage you to collect your pack during this time to ease congestion on race morning.

If you're unable to attend on Saturday, you can collect your pack on **Sunday morning from 05:45–06:45**.

Important: Bike racking is **not permitted** on Saturday evening. You must rack your bike on Sunday morning. However, collecting your race pack early will allow you to go straight to transition the next day.

Before entering transition on Sunday morning:

- Put on your **bike helmet**
- Apply the **two stickers** from your race pack—one on your helmet (small sticker), and one on your bike's seat post (long sticker)
- Proceed to **transition for bike inspection**

You MUST bring PHOTO ID to collect your race pack. NO ID = NO RACE PACK.

If you're a current Triathlon England member, your membership card can be used as your photo ID.

Please collect your race pack according to your swim wave. Swim wave can be found on the Oysterman Triathlon website.

Your race pack includes:

- 1x Timing chip and Velcro band (to be worn on your **left ankle**)
- 1x Coloured swim cap (corresponding to your swim wave)
- 1x Race number with safety pins
- 2x Numbered stickers for your helmet and bike

You will **not receive anything by post**. Your race number will be assigned at collection.

If you pre-ordered a t-shirt during booking, you can collect it at the same time. If you're unsure whether you ordered one, please check your booking confirmation or ask at the t-shirt collection area.

If collecting your race pack on **Sunday morning**, make sure your helmet and bike stickers are in place **before** entering transition.

4. Equipment:

You will be allowed to take a small bag into transition. Please note for safety reasons and in line with British Triathlon rules, no boxes or bags larger than hand luggage will be permitted in transition. The following list might be helpful, but choose what will work for you:

- Swimwear (costume, goggles)
- Wetsuit
- Towel
- Footwear to walk down to the swim start (flip flops, crocs)
- Any specific medication (inhaler etc...)
- Bike (road, mountain or hybrid but must be road legal and not banned by Triathlon England)
- Helmet (this needs to be close fitting so that it won't come off)
- Race belt (you will only receive one race number)
- Bike Shoes, running trainers and socks
- Tri suit or top and shorts
- Transition gear (small towel/anti chafe cream/race belt/sunglasses)
- Water Bottles and energy gels/drinks

Please note that certain items are prohibited under British Triathlon rules. These include MP3 players, mobile phones, and personal video recording devices such as GoPros during the race. We kindly ask that you bring only essential items into the transition area.

Fixed-wheel bikes, which use the pedals to brake, are not permitted in the race. E-bikes are also not allowed.

For full details, please refer to the current [British Triathlon Competition Rules](#). The latest rules, updated in March 2025, can be found in the following PDF: [British Triathlon Competition Rules – March 2025](#).

5. Transition:

Only competitors will be allowed into transition and it will be staffed at all times. Please bring your bike with you on your arrival and have your helmet on your head and strapped up. Your main race number will allow you in and out of transition. You will only be allowed out of transition with your bike at the end of the race with all your race numbers still attached and matching. This is to ensure your bike and helmet goes home with you and not with someone else. Please ensure the end of your handlebars are covered and there is no exposed metal before you arrive at transition. There will be a Triathlon England Technical Official in transition to monitor all competitors. We will not be body marking competitors, if you wish to do so, this can be done inside transition. Racking will be

numbered with odd numbers on one side and even numbers on the other with signs to help direct you to where you need to rack. Bikes should be racked by your seat with the racking number facing towards your handlebars. Once you have set up your kit please take what you will be using for the swim and make your way out of transition to allow others to rack their bike

6. Relay entries:

For those competing as a relay team, only one timing chip will be issued. This chip must be handed over to your teammate **inside transition**.

Once the race has started, no items may be taken out of transition until the last competitor has finished, unless you are wearing a timing chip on your ankle and actively participating in the race.

If you are competing in the **bike leg**, you must wait by your racked bike before collecting the timing chip. If you are on the **run leg**, you must wait until your teammate has racked their bike before collecting the timing chip and proceeding out of the run exit.

There will be only one set of race numbers per team. The number changeover between bike and run legs must be completed **inside transition before leaving**. For the bike leg, your race number should be worn on your **back**, and for the run leg, it should be worn on your **front**.

Race Briefing:

There will be a race briefing for all competitors at 06:45am, taking place between the transition area and the finish gantry. This briefing will cover any important changes or key information that may affect you. Once the briefing is complete, we will invite everyone to proceed to the swim start in their designated swim waves, with each wave entering the water separately.

7. Food/Drink:

You will need to provide your own hydration throughout the event, as there will be no water stations on the course. This is to help reduce our reliance on single-use items. However, a large jerry can will be available inside transition for you to refill your water bottles after finishing.

The on-site café will be open from 6:30am on race day and accepts **cash only**. Whitstable offers a great variety of food options for after the event, but if you're looking for something specific, booking in advance is recommended.

8. Toilets:

There will be two portable toilets inside transition exclusively for participants. However, the public toilets by the café near the swim-in will open at 06:00 and offer significantly more facilities. Please note that there are no changing facilities on site. We recommend arriving wearing your race suit, leaving only your wetsuit to put on when you get there.

9. Spectating:

The setting for the Active Life Oysterman Triathlon is ideal for spectators. There is plenty of space to watch the swim from the slopes or the beach. However, please ask friends and family to keep any dogs on leads and be mindful that some participants may still be starting their run as the first finishers arrive at the finish funnel.

10. Medical information:

If your medical history has changed since registering for this event and could affect you or others, please inform us as soon as possible. Phoenix Medical Services will be on site throughout the morning to assist if needed. They will be stationed near the finish area and will also have a first responder positioned on the bike course.

11. Wetsuits:

We strongly advise all participants to wear a wetsuit, as it improves buoyancy and overall safety—something Triathlon England has consistently emphasised in recent years. We are currently expecting the water temperature on race day to be between 15°C and 16°C. According to the updated British Triathlon Competition Rules (March 2025), wetsuits are mandatory if the temperature is below 15.9°C, optional between 15.9°C and 22°C, and forbidden above 22°C. The final decision will be made by the Triathlon England Technical Official and Race Director, and confirmed during the race briefing.

Please note that the North Kent coast does have jellyfish during the summer months, but most are not capable of stinging humans. Those that can sting feel similar to a mild stinging nettle sensation. Wearing a wetsuit significantly reduces the chances of being stung.

12. The Swim course:

The swim start will be organised in four waves based on the swim times you provided during registration. To ensure a safe and enjoyable race experience, we've aimed to balance the number of participants in each wave and group you with others of similar ability.

Marshals will guide you down to the swim start immediately after the race briefing. Please allow plenty of time to walk to the swim start area, which is a few minutes from transition. Kindly stay on the paths, as Tankerton Slopes is nationally recognised for its rare flora and fauna.

The first wave will start at 07:00, with subsequent waves starting every three minutes. If you need time to acclimatise in the water, you will have a couple of minutes before being called to the start line. Each wave will be counted into the water separately.

The swim hats provided are compulsory and indicate your swim wave. If you are allergic to latex, you may wear your own swim hat underneath the one we provide. Swim hat colours correspond to waves as follows: green for Wave 1, yellow for Waves 2 and 3, and pink for Wave 4.

The swim start will take place in the shallow water along the foreshore, with the starting line marked by two lifeguards standing in the water.

The swim course is 500 meters long and marked with large sighting buoys to help with easy navigation. The swim entry and exit points are separate, so if you prefer not to walk or run barefoot on the pebbles, you may leave footwear at the swim exit. Please be mindful not to block the exit area while putting your shoes on. After exiting the water, you will pass over the timing mat before making your way up the slope to transition.



In the unlikely event of adverse weather conditions or poor water quality, we may need to cancel the swim section of the event and run it as a bike and run only. This decision will be made on the morning of the event by the swim safety team, prioritising your safety. The current forecast is mixed, with an air temperature around 15°C and a gentle north-west breeze, which we hope will create good swim conditions. An update will be provided during the race briefing.

Water quality is regularly tested and will be checked in advance of the event. While the water quality at Tankerton is generally very good, we understand some participants may have concerns due to recent weather conditions over the past few days. To reassure you, [Bathing waters data - sample history](#) from the past 10 years confirms that this bathing area is safe for swimming.

13. Swim Safety:

For many, the swim is the most daunting part of the race, but don't worry! Our water safety team will be there to guide and assist you if needed. If this is your first triathlon, or swimming isn't your strongest discipline, the only swim stroke we ask you to avoid is backstroke. Otherwise, take your time — you won't be asked to leave the water unless it's clear that you are not making progress and haven't done so for a while.

If you get into difficulty, lie on your back and raise your arm; a lifeguard will come to assist you and, if necessary, the safety team will help you to shore. If you hear lifeguards blowing their whistles, it means someone is either in difficulty or drifting far off course, so please check if they are trying to get your attention.

If you don't complete the swim, you may continue the race but your race time will be recorded as DNF (Did Not Finish). If you are in the third swim wave and struggling, you will be permitted to hold onto a kayak briefly to catch your breath.

The Bike course:

Please take your time to study and make a mental note of the bike route, which is the same course as last year. Overall, the condition of Kent's roads is not great, and the bike course is no different. There are some sections of newly tarmacked road, along with a few areas that are well overdue for resurfacing. Any potholes found will be marked with **pink spray** paint and covered with a cone.

A short section along Thornden Wood Road is pitted with many shallow potholes. Additionally, a small stretch of Molehill Road between Chestfield Road and The Drove is quite bumpy and narrow,

featuring some blind corners. Please pay special attention to this corner (**51.35288248684217, 1.089079237696779**) and ensure you maintain a safe speed.

Marshals will be positioned along the course to assist, and signs will indicate any changes in direction. However, **marshals will not be stopping traffic**, so it remains your responsibility to check for vehicles when pulling out of junctions or entering roundabouts, especially at the Chestfield roundabout, which is large and where you must proceed straight ahead.

For those new to the sport, British Triathlon rules emphasize that it is your responsibility to know the course, and this cannot be stressed enough. As this is a fairly technical course, the better you know it, the easier it will be to manage.

Link: [bike course](#)

The bike route is on **open roads** so you will need to adhere to the road traffic act and highway code at all times. Please don't be tempted to cut corners, or ignore a roundabout! Helmets must be worn and fastened before the bike is touched, and remain fastened until the bike is racked at the end of the cycle stage. You will need to display your race number on your back during the bike leg. As you will be provided with just one race number consider buying, borrowing or even making a race belt to make this much easier

Competitors must maintain **12 metres** behind other riders on the bike segment unless overtaking. You will have a maximum of **25 seconds** to pass the bike in front of you, or you will need to return to your position. This is a **non-drafting event** and anyone reported or caught drafting by the marshals or our motorcycle technical officials may face time penalties or disqualification.

Do not mount your bike until you have crossed the mount line and please dismount before you reach the dismount line. Marshals will be giving clear instructions on where to **mount and dismount** and there will also be signage to show you where the lines are.

14. The Run course:

The run is predominantly fast and flat, starting with a long, slightly downhill grassy stretch to the promenade that passes the skate park. You will then be directed to go right around the Swalecliffe Nature Reserve before rejoining the promenade and continuing to the turnaround point by the Seaview Holiday Park.

On the return, you will go straight through the nature reserve before rejoining the promenade all the way to a steady incline back onto the Slopes, leaving only a 300m run to the finish line. Please keep right on the promenade and overtake on the left, taking care to avoid oncoming runners.

You will need to display your race number on your front during the run leg. Please ensure it is visible when you are coming into the finish area, as the timing chips are backed up by video technology to ensure accurate times. We will also be letting spectators know who to cheer for as you cross the finish line, but we can't do this if we can't see your race number. Here is a link to the [run course](#).

The promenade and slopes are open to the public. On a sunny summer's day, there will be walkers and dog walkers along the run course, so please give people and animals a wide berth.

15. Race Finish:

We will help competitors remove their timing chips and place into receptacles. However, we know many of you will just want a bit of space after completing the course so please come back to get your timing chip removed if you need to lie down. Marshals and the timers will keep nagging so

please spare them by dropping it in the boxes once you have crossed the line. Transition will be open as soon as the first finisher crosses the line. The live results will be available on the [Oysterman Triathlon website](#) as you cross the finish line. Any timing queries about your race time should be sent by email to results@racetimingsolutions.co.uk.

Your race medal will be waiting for you at the finish. There will be an award ceremony at approx. 10:00 by the finish area. Trophies will be awarded for the first place relay and the first finisher for each of the 7 age groups for both the Female and Open categories.

The post-race massage will be in the race pack collection tent.

16. Between now and race day:

Unfortunately, it is now no longer possible to defer your entry to next year. We will be contactable by email up until Saturday 2nd August at 9am so if you have any queries please email them over to julio.barros@fusion-lifestyle.com before then. All that's left is to continue to taper your training and unless this is your first time, don't try anything new on race day! If you are still after some tips and like listening to a podcast then have a listen to one of our past entrants [podcast](#) on what to do at your first triathlon.

Good luck with your final preparations, relax and take time to enjoy your race.