**Greetings to everyone coming down this Sunday to race in Kents oldest established Half-Iron triathlon which also hosts our popular Standard distance tri.**

**Our venue is Herons Park Lydd TN29 9JH, it’s right down Dengemarsh Road, next to the Go-Kart track and will be signposted all the way from the A259 Romney Road as will your own car parking area.**

**Registration will be open from 6.30am and will be in the same area as the swim start, finish line and post-race BBQ .**

**The Half swim will start at 7.30am and will be 2 x 700m laps and a 500m lap.The Standard swim will be 2 x 600 m laps and a 300m lap.**

**You are wecolme to wear your favourite swim cap!**

**Water temp will be around 19-20 degrees. We have found that it cools very rapidly overnight so will not exceed the non-wetsuit 22 degrees when we start.**

**Once you exit the water it’s just 30m to transition then from transition to bike mount another 30m.**

**The lane is quite narrow for the first 1km so caution is advised. Once you reach the main road we have signs and marshals at every turn point. The first roundabout you reach (Robin Hood) will have a large sign on the approach, Standard Distance bike is just one lap of the route so it’s straight over the first time, next time you see it your comp should be 43k approx, turn 180 degrees and head back up the road.**

**Half distance is 2 laps so the first two times it’s straight over, the 3rd time your comp should read 87k approx, again turn 180 degrees then head back.**

**We have one right turn on the course (which has its own filter lane) which is at East Guldeford and takes you to Camber, we will have 2 marshals here and multiple signs so caution is advised. Camber Sands also gets very busy on a warm day so please look out for both wandering cars and pedestrians, particulary on the 2nd lap of the route which may be mid-morning.**

**For those of you who want to re-plenish water bottles on the bike we will have water in 500mm bottles at the right turn in Lydd (by the police station) or you can give us your spare drink bottle at registration and it will have your race number put on it so you can collect it from the same place.**

**Once back in transistion it’s run gear on and out on the 5k route, 2 laps for the Standard and four for the half. There will be a water station just outside transition and another half way round, these will be stocked with 330mm sports cap bottles which you take - DO NOT throw them anywhere except at these two stations.**

**Once at the finish there will be plenty more water and once you’ve relaxed you can come to the BBQ  where we have bacon, sausage, burgers, cold filled rolls to order, tea, coffee, cola, energy drinks, and pastries - all included in your entry fee.**

**We have trophies for the overall top 3 men/ladies in each race and age group winners which may see some 5 year bands merged.**

**A lot of comment about why there are only 80 people racing (even split 40-40), multiple reasons, confidence, lack of swim training, no Iron Man events to train for (not in Europe anyway ), possibly a few more reasons, the important  bit is though we have a race for you to take part in so come down and enjoy the day, stay safe, be aware of other road users and cross the line smiling!**

**As I will be quite busy between now and race day I won’t be checking e-mails so if you have any questions just call me on 07980 705961.**

**Yours in sport,**

**Mike Hawkins - Race Director**