

Dartford and White Oak Triathlon Club

Competitor Information – Sprint Event

Dartford White Oak
Triathlon
Sprint

Sunday 7th June 2026



Swim 400m, Bike 22km, Run 5km
Individual 18+

Dartford White Oak Triathlon - Sprint

Dear Competitor

Thank you for entering the Dartford White Oak Triathlon organized by Dartford & White Oak Triathlon Club.

All the information you need to have a safe and enjoyable race can be found in this information sheet. Most importantly, please check your start time and race number which can be found on the [Race Website](#) from Thursday 4th June.

As the race is based on a staggered start format, competitors will need to keep to their allocated start times.

Please be on time, you need to register at least ½ hour before you compete and be poolside 10 minutes before your time slot.

If you are a first time triathlete or this is your first time at Dartford White Oak Tri, please do not hesitate to seek out one of our Club marshals for advice if needed. This is a club-based event organized for triathletes by triathletes and our Club Marshals have been briefed to support your specific requirements and to ensure you enjoy the day.

If you have any questions prior to the race please email dartfordwhiteoaktri@gmail.com

Parking & Directions - BR8 7AG or What3words grows.luck.faster

All parking requirements are catered for in Pioneer Way off London Road, Swanley (opposite Swanley Police Station) 5 mins walk from the Leisure Centre. Please park there and walk down to the Centre.

Please take care when parking and leaving, as there may be cyclists and tired competitors around.

Please do not park in or around the Leisure Centre so that traffic is kept away from transition and the public can continue to use the facilities not in use for the race.



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White Oak - Hilda May Avenue
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Race Rules

The Dartford White Oak Sprint Triathlon has been sanctioned by British Triathlon – please see event permit above and also at race Registration.

The Race will be run in conjunction with the Technical & Competition Rules as laid down by British Triathlon. Competitors are expected to be familiar with the rules. They can be viewed at <https://www.britishtriathlon.org/competitionrules>

There will be a British Triathlon appointed Race Referee who may be able to help on the day with questions regarding race rules or again speak to one of the Club Marshals.

Registration

Registration opens at 5.30am and is in the leisure centre (learner pool viewing area).

A printout of race numbers and course diagrams will be around registration.

All competitors will be required to bring photo ID.

If you are a British Triathlon member and entered our race as a member, you will be required to produce your current e-membership Core or Ultimate (one that expires post event), failure to do so will require you to pay British Triathlon £8 for your race pass, prior to receiving your race pack.

Non-British Triathlon members will have paid for a race pass as part of their Race entrance fee.

Your race pack contains your race number, bike post sticker and helmet sticker.

If you have any sort of medical issue not disclosed on the Stuweb entry system that the medical team should know about please let the marshals at registration know – they will take the necessary details.

If you're not fit to race, then please don't.

You will be given two race numbers, a helmet sticker and a bike post sticker at registration. The race numbers should be attached to a race belt (back to back), If you do not have a race belt then a limited number will be available in registration to purchase at £5. If no race belt, then pin your race number to the back of your cycling top and to the front of your running top, safety pins will be available on request at Registration.

If used, the race belt can be rotated around the body to display the race number at the back for the bike section and the front for the run.

Be prepared

We can't manage the weather so bring the right kit, if it's obvious that it's going to rain please wear the appropriate kit because we will not cancel the race just because of rain and wind.

Got a question please ask.



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We know that a triathlon can be a nerve racking experience for even the most experienced triathletes, we have mobilised the entire club plus friends and family to deliver the event so please ask if you have a question or concerns as we really want all competitors and guests to have a great experience.

Changing

Please come dressed prepared to race with a tri suit or swim costume that you can also ride and run in.

Competitors must be adequately clothed at all times, the minimum being a one- or two- piece non-transparent swimsuit, together with a cycling or running top. All competitors must ensure their upper body (especially the chest area) is clothed during the cycling and running sections of the event. Front fastening tops and Tri suits must be fully fastened at all times and zipped up to the top in the last 100m of the race i.e. while running to the finish along Hilda May Avenue.

Competitors are also reminded of the no nudity rule for the transition area; any infringement of this will lead to an instant disqualification.

Toilet Facilities

There are male and female toilet facilities available at poolside and at the rear of the cafeteria area next to the pool.

Disabled Facilities

There are lifts and toilets available to ensure full access to all areas.

Medical

The leisure centre also has trained 1st aiders and medical aid will be available from 1st Aid For All who are mobile and stationed outside the Leisure Centre.

Refreshments

The Leisure centre Café will be open from 08:30 serving hot and cold drinks and light refreshments.

Facilities for children

The White Oak leisure centre has a ball park.

Also the beautiful Swanley Park is a short walk from the Whiteoak Leisure centre and offers a children's play area, paddling pool as well as grassy areas for play and picnics.

Bike Maintenance

Our bike mechanic will be near transition to assist with minor mechanical issues. Please ensure that your bike is in a road worthy condition prior to setting off for the race.



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Bike Racking / Transition

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.

Place your race number sticker given to you at registration onto your bike this must be stuck on around the seat post so that your number is visible from both sides and the helmet sticker on your crash helmet.

ONLY COMPETITORS WILL BE ALLOWED IN TRANSITION

Your race numbers will need to be on the bike, also the helmet needs to be fastened prior to entry to transition.

Your bike will be checked in by the marshal for safety reasons:

- The helmet must meet British Triathlon standards and be correctly adjusted.
- The handlebar and Tribar end-stops must be in place.
- You will be asked to demonstrate that the brakes are working.

If your bike is deemed un-roadworthy or your helmet unsuitable, you will be given an opportunity to rectify this. If they are still deemed unsuitable after this, 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. You will be racked on the opposite side of the bar to the competitors next to you.

Please note that there is a new race rule around Towels in transition.

The towel rule:

'Towels may not be used to mark space. A single small flannel-sized towel no larger than 12" x 12" (30cm x 30cm), may be used at any non-elite (Senior, U23, Junior and Youth) events, that include a swim element. The flannel must be placed either in the competitors shoes at all times, or if they are using the same shoes for all elements, must be rolled up and then placed directly under the horizontal bar of the transition racking. Larger towels are permitted but must be kept in the competitors bag and placed back inside the bag after use, otherwise a time penalty will be applied.'

Note:- no boxes can be kept in transition only soft small bag (e.g. small rucksack).

Please only bring into transition those items that you will need for the race.

Ensure that you have the time to familiarise yourself with the layout of the transition area so that you know where the exits are for the cycle and run legs and where you will be returning to into transition. Once you have racked your bike please then proceed to the swimming pool via the public footpath to the centre's Reception Entrance.



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Swim Section

Competitors start times must be strictly OBSERVED. If you are late and wish to race the Event Director will try to find a vacant slot or you will be back ended, the event officials ruling is final any form of verbal abuse will result in your instant disqualification - we are all volunteers.

Please arrive on poolside at least 10 minutes before your allocated swim time slot.

You will collect your timing chip poolside which must be worn around your left ankle.

There will be a poolside race brief provided just prior to the swim start.

Please then proceed to the Starting marshal.

Once in the water the Start marshal will tell you when to start.

Please follow "Pool etiquette" which is that if you need to pass a swimmer tap them on the feet, they should then pause to let you through at the end of that lane. Conversely if you have your feet tapped please pause at the end of that lane to let that person through.

The swim is a lane swim of 16 lengths of 25m pool, so you will swim 400m.

A board will be lowered into the pool indicating 2 lengths to go and again to finish. Please walk to the pool exit when you have completed your swim.

Transition

Please take care in the transition area. Before you un-rack your bike you must ensure that your helmet is worn with the strap fastened.

The use of phones and cameras are not permitted in transition.

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.).

Proceed with your bike to the bike start mount line (no cycling is allowed in the transition area) after which you will be instructed to mount your bike and begin cycling by a marshal.



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Cycle Section

Neutral Zone

Once crossing the timing mat out of transition you will be in a 'Neutral Zone' in which the time taken in that zone will not count towards your race time; so you can relax and ride with due care for the road conditions. The Neutral Zone ends at the end of Hilda May Ave, so that when you turn left into London Road your time once again counts towards race timing.



The Cycle route is approximately 22 kilometers (13 Miles) and consists of two laps of undulating urban and rural terrain.

Competitors must at all time obey the Highway code and give way to traffic when required to (you will be disqualified if you do not). There will be cycle route marshals along the route and clear race direction signs (black arrow on a yellow background). Please listen carefully to any instructions given by race marshals, they are there to assist with your safety but are not responsible for it.

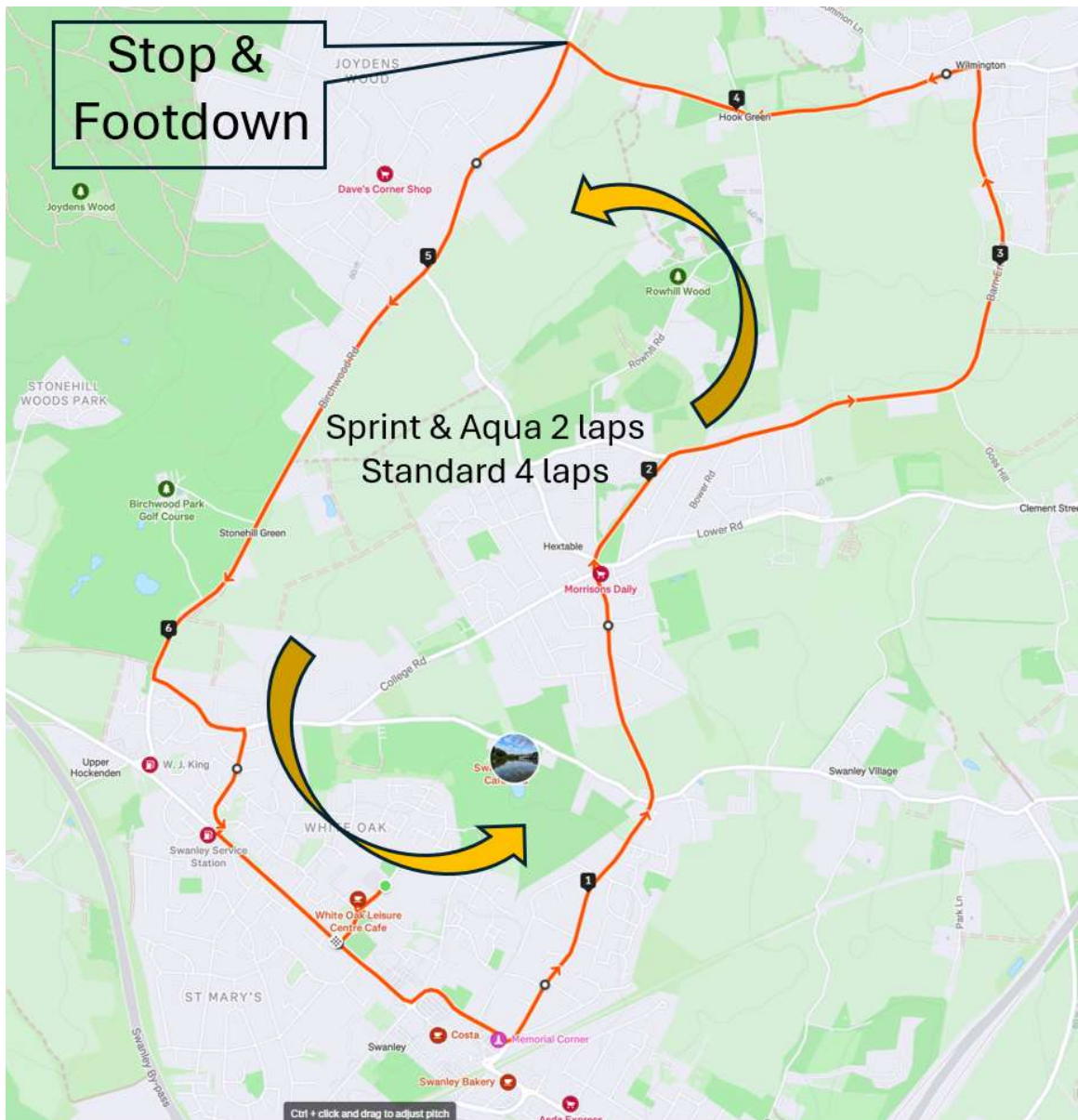
The 12m drafting rule will be imposed.



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[Google Maps bike Route link](#)

On mounting the bike (after the mount line) and in the neutral zone listen to the marshals instructions and only proceed when directed to do so. When directed turn right along Hilda May Avenue. At the end of Hilda May Avenue turn left into London road (leaving the neutral Zone) and proceed to the roundabout in front of Asda and then left around the side of Asda. From here the route goes through Hextable, Wilmington and exits Hook Green Lane onto Birchwood Road.

Please **stop** and put one **foot down** onto the tarmac before exiting Hook Green Lane onto Birchwood Road as there is limited visibility of oncoming traffic on Birchwood Road. The stop and foot down will be enforced by marshals and failure to stop and foot down will result in race disqualification.



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On completing **two** laps please turn into Hilda May Ave, you have entered the 'Neutral Zone' your time along Hilda May Ave does not count towards your race time. Please take care and only overtake other road vehicles if safe to do so. Also be aware that entry into transition is on the right hand side of the car park entrance. Whereas cars will be entering the car park on the left hand side of the car park entrance, please do not undertake at this point.

Please dismount from your bike before the mount/dismount line and proceed to transition. Once across the timing mat into transition you are out of the neutral zone and your time once again counts towards your race time.

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 fellow competitor to notify the next marshal on the bike route. If you notice anyone in difficulty please notify the next marshal.

Please do not remove your helmet until your bike is safely racked. Once you have safely racked your bike, proceed to the run exit from transition.

Run Section

The run section of the race is approximately 5KM (3.1 miles) in length on tracks and paths around the beautiful Swanley Park which boasts its own boating lake and narrow gauge railway. Again familiarise yourself with the transition area to identify where you need to exit transition to begin your run. Marshals will be in place to direct you to the run. Water will be available for collection at the end of the 1st lap in the park. On a warm day please bring your own water for the run, or collect a cup of water in the park.

On using the transition run exit, you run up alongside transition until you reach the path; then the pavement and then left along Hilda May Avenue, right into North View, left into The Spinney, right into the Birches and into Swanley Park. Where you will complete 2 laps of the park which you will need to count yourself. However to aid your counting you will be given a rubber band when you go past the water station near the exit. On your second lap you should have one band.

After the second lap exit the park, go down the Birches, Left into the Spinney, across Northview and left. Right into Sycamore Dr, follow onto Bartholomew Way, follow into London Rd right into Hilda May Av.

On entry into Hilda May avenue proceed on the right-hand side of the road until past the Leisure Centre and then cross the road as directed by the marshal to get to the finish arch.

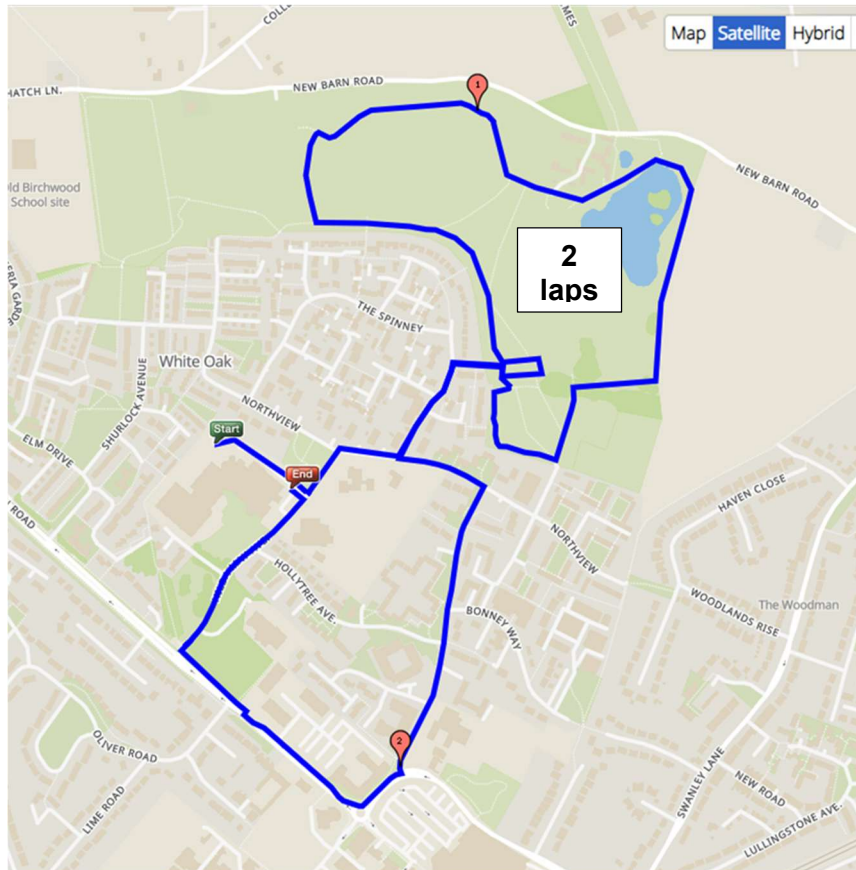


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36th White Oak Run Route



The Finish

Please take off your timing chip and drop in box provided.

Collect your finisher's medal.

Please take what you wish – banana, water bottle, Erdinger alcohol free beer.

Should you need assistance our first aid team will be close at hand and marshals will help those that need it.



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Post Race

Your race timings (results) will be available on-line from Stuwweb and updated on a rolling basis as the race progresses.

Please remain with us to watch the trophy presentation to the winners which will happen as soon as the winners are identified for our three races. For the Sprint race:

- Overall 1st, 2nd, 3rd Open
- Overall 1st, 2nd, 3rd Female
- 1st Open and 1st Female in the following categories:
 - Senior
 - 40 - 54
 - 55 - Above
- No winner will receive more than one trophy, so age category winners will not be the same people as overall winners.
- Please note that prizes are only awarded where there is more than one contestant in that category.

Photographs

- A link to any event photographs taken will be provided after the event.



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Pre-Race Checklist

- Photo ID
- Proof of current British Triathlon Core or Ultimate membership, if you entered as a BTF member.
- Goggles
- Race belt if you have one
- Bike (Roadworthy)
- Bike Helmet (Must confirm to British Triathlon regulations)
- Bike shoes
- Bottle of drink for bike
- Running Shoes
- Bottle of drink for the run
- Towel (12" * 12") please see [Bike Racking/Transition](#) - 'The towel rule'

Before you go into registration

- Photo ID
- Do you know your race number (on website and inside registration)
- Current British Triathlon e-membership if you entered as a member.

After Registration

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

Finally please listen to instructions and announcements and enjoy the day.



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