

Volunteering at the Brighton & Hove Triathlon

By Michelle Collier-Self, Business Support Manager, Active Sussex



The alarm went off at 4:30am, which was a bit of a shock to the system on a Sunday morning!

After a swift cycle down to the registration tent, we found ourselves on Hove Lawns – watching the sun come up, on a beautiful September morning.

British Triathlon and event support staff welcomed my wife and I in a really friendly manner - providing us with a snack breakfast, lunch pack, t-shirt, hi-vis jacket and printout of wave start times, distances, number of laps and emergency contact details.

It was the inaugural event, and run alongside a Sport & Fitness show - including 80 exhibitors and a host of demonstration events.

The first open water sea-swim (400-1500m) sprinted off at 8am, followed by a flat criterion cycle leg (5-40km) held entirely on the closed A259 and a run (2.5-10km) that headed out towards the West Pier and i360.

To make this event safe, fun and relaxed for all involved, as event crew members, we smiled and reassured all the participants – especially the first timers.

The weather couldn't have been kinder, with various Women Only, Super Sprint, Olympic, LGBT and Sprint events phased throughout the day.

Jacci and I were positioned on the most critical transition of the entire course – from 'bike out' to the main Kings Road (across the fully open bike lane). Managing the flow of athletes & general public was critical, ensuring helmets were being worn and done up.

The mount and dismount lines had to be closely watched, as did the need to ensure the correct bikes were being removed from the secured area! One bike was said to be worth a whopping £8k!!

The event was a huge success, with so many positive reviews and great stories from the athletes who took part. None of which would have been possible if not for the hard work and dedication of the volunteer team.

Next year's event will be on 16 & 17 September 2017, which is already promising to be even bigger and better!