

GULLANE BEACH TRIATHLON 2005

10th Anniversary Race

Saturday 30 July 2005

Gullane Bents, Gullane, East Lothian

Standard

1500m sea swim/42k bike/10k run

Sprint

750m sea swim/18k bike/5k run

Race-Day Information Pack



Run and Become
Become and Run
London Edinburgh Cardiff



Welcome to the Gullane Beach Triathlon 2005

INTRODUCTION

Congratulations! You are successfully entered into one of the most exciting and scenic triathlons in the UK. Welcome back if you have done the event before, we hope you are looking forward to the event. Word of mouth seems to introduce new competitors every year so if you are one of those doing it for the first time, enjoy! - you will not be disappointed. Every year we work to seek to make your competition more pleasurable and challenging while also improving safety.

This year is our 10th Anniversary Race and we are delighted to have the support of Ironman Wetsuits who are offering a wetsuit to the first and last competitors to exit the Standard race. Good luck to all and I hope you find this year's Gullane event a highlight of your competition calendar. We'll be in the Old Club House in the village post-race from 4pm having a celebratory drink – hope you can join us!

Gullane Race Committee 2005

East Lothian Council is delighted to once again welcome competitors to the Gullane Beach Triathlon. As an authority committed to sports development, it is most encouraging to see such large numbers of triathletes - both local and from all parts of the country - taking part. We wish every one of you a successful day.

Please read this information carefully, ensure you arrive in good time and register promptly. The information is subject to change by the organisers at any point. It is the responsibility of the competitors to heed announcements made at registration and in particular at the race brief on the day

PROGRAMME

Friday 29th July

1600-1930 Registration at The Bicycle Works Triathlon Centre, 57-59 South Clerk Street, Edinburgh EH8 9PP

Saturday 30th July

0730-0830	Registration & Body marking at Gullane Beach Car Park (map at end)
0845	Marshal briefing
0900	Race briefing
0930	Swim Start (wave 1 – Standard Senior Men)
0934	Swim Start (wave 2 – Standard rest of field)
0938	Swim Start (wave 3 – Sprint)
1045	First competitors (Sprint) finish
1115 onwards	Showers at Scottish Fire Services College, Gullane
1200 onwards	Food at Scottish Fire Services College, Gullane
1330 (approx)	Last competitor finishes
1345 (approx)	Prize-giving at Scottish Fire Services College, Gullane

The race is run under triathlonscotland rules. It is the responsibility of all competitors to obey the rules, observe the Highway Code and be courteous and considerate to any members of the public encountered in the race.

LOCATION

Gullane is located on the East Lothian coast approximately 18 miles east of Edinburgh on the A198. On entering Gullane, follow signs to Gullane Bents from the Main Street (first left approaching from west on A198). The nearest train station is Drem, 1.5miles away, check on 08457 48 49 50 for train times.

PARKING

The race has paid for competitors to park in the beach car park. Please follow the marshals' instructions on arrival and park in a thoughtful manner, as we need to get as many cars in as possible.

FACILITIES/ACCOMMODATION

Gullane Beach Triathlon takes place in a very scenic setting - this means that some of the home comforts are a few minutes walk away.

- Lovely hot showers and changing facilities are available for use after the race at our post race venue – the Scottish Fire Services College.
- There is a toilet block between the beach and car park.
- **Strictly no overnight camping allowed on the beach** - please use official sites or contact the tourist information office for other accommodation:

North Berwick Tourist Information Tel: 01620 892197

Edinburgh and Lothians Tourist Board Tel: 0131 473 3800

A tasty sandwich and cake will be provided after the race for **competitors only** but of course your supporters are welcome to come along. Please take your race number with you to receive your food at the Fire Services College.

REGISTRATION

PLEASE NOTE:

THE START LIST IS NOW FINAL AND NO REFUNDS WILL BE GIVEN

Friday 29th July

To keep queues to a minimum on Saturday morning and to allow you to stay in bed for as long as possible, you will be able to register for the race on Friday 29th July from 1600 to 1730hrs at The Bicycle Works Triathlon Centre, 57-59 South Clerk Street, Edinburgh EH8 9PP, 0131 662 8777 (see maps).

This is one of Scotland's biggest races - we strongly encourage those who can to register on Friday night.

Saturday 30th July

0730 - 0830 Gullane Beach Car Park

Please note that registration closes at **0830hrs** for ALL competitors.

At registration you will be given your race pack comprising:-

- 1 race number (relay teams will have 2). This must be **VISIBLE** in its **ENTIRETY**- cut down numbers will lead to disqualification). **Relay teams:** cyclist wears a number on their back, runner wears the other number on their front.
- swim cap
- ChampionChip ankle-strap and chip. The chip will be the 'baton' for relay teams, **and it *must* be secured around the ankle.**
- Note: safety pins will be available.

BODY NUMBERING

At the entry to the transition area on race day, each competitor will have a race number marked on their left **arm** and right **leg**.

Competitors will not be allowed back into the transition area without showing this number. It is the responsibility of the individual competitor to ensure their bike is road worthy and their helmet undamaged.

TRANSITION AREA

Following registration and body numbering competitors must rack their bikes in the transition area at their numbered space.

Competitors are strongly recommended to conduct their own familiarisation of the transition area and the cycle and run routes out of transition, using the maps provided. Course routes and a plan of the transition area will be on display at the registration point.

SAFETY & FIRST AID

First aid will be provided at two levels, both close to the start/finish/transition area. The St Andrews Ambulance Association will deal with simple ailments. Those with more serious injuries that may require hospital treatment will be helped by a paramedic stationed at the Scottish Ambulance Services Ambulance. It is important that the paramedic is available at all times to respond to those in need of serious attention so please use the services appropriately.

RACE BRIEFING (0900hrs)

ATTENDANCE AT RACE BRIEFING IS COMPULSORY

This year we will not spend time describing the course, please refer to the maps section of this leaflet for course info.

The briefing is intended to:

- Reaffirm the rules under which the race is to be run
- Give any local instructions that may apply on the day e.g. sea conditions or route changes
- Confirm programme details as necessary

SWIM

The swim course will be a long lane out to the main triangle; the swim direction may depend on the wind direction and sea state on the day. The start line for the race will be on the beach with a short run to the water, note the 750m/1500m distances do not include the wading in and out of the water and the 1500m does not include the turn around the flag pole.

There will be large buoys marking the course turn points.

Swimmers follow the lane, then follow the course as marked swimming back to the lane to return to the shore. Once on shore they will run round a flagpole and return for a second lap. Canoes will be stationed at each turning buoy. There is no lead canoe!

On leaving the water, competitors will run up a tarmac path from the beach to the transition area. **Relay swimmers** will give their timing chips to the cyclist in their team on a decked area halfway up the path – it must be secured around the ankle.

The water temperature is expected to be around 13°C. **Wet suits are compulsory** (hire is available from BicycleWorks Triathlon Centre).

If any swimmer does experience problems they should turn onto their back and raise an arm to signal for assistance.

Safety boats will be able to access all sides of the triangle without having to cross the path of any swimmers. Medical assistance will be available on the shore.

Please note that a cut off time of **25 MINUTES** for the Standard race at the half-way point will be strictly administered, any swimmer not making the end of one lap in that time will be asked to stop. It is important for the safety of all competitors that this cut off time is respected.

Ironman Wetsuits will award a wetsuit for the fastest and slowest swimmer on the day in the standard event. In order to win a wetsuit you must finish the race, or be in a relay team that finishes. To be eligible to win the wetsuit for the slowest swimmer, you must have crossed the timing mat into transition not more than 52 minutes after your start time – this is for your own safety. Times for the fastest swim will also be judged by the timing mat.

IMPORTANT: The sea state will be closely monitored with the Coastguard, Police and RNLI. In the event of a heavy swell or very poor visibility, the swim will be cancelled with the race then becoming a duathlon. Wetsuit prizes will then be drawn at random at the prizegiving.

CYCLE

Cyclists are not to mount their bikes until clear of the transition area - this will be clearly marked. The road leading to and from the car park is not one way, so keep left! Also be aware of speed bumps on the short stretch out of the car park, take care on your return.

Cyclists must wear a helmet that complies with recognised standards (ANSI or BSI). The helmet must be secured prior to mounting the bike and only released and removed after dismounting.

Cyclists must obey the Highway Code at all times and the directions of race marshals and Police.

The Standard cycle route contains a loop within the course. All the roads are two-lane single carriageways with generally good surfaces but please note loose chippings on the A198 as you leave Gullane Main Street at the start of the course. Generally, the course follows a shallow uphill gradient and is non-technical. The finish route through Gullane village is downhill. There is also a zebra crossing in Gullane just before the end of the lap. In the interests of public and competitor safety and the future of the race, competitors must be particularly careful and vigilant in the built-up area.

Competitors must be prepared to stop if required at the crossing. Marshals will be in position at all key junctions. Obey their instructions. Police motor cycle patrols may be deployed. Obey the Highway Code.

On return to transition, cyclists should be aware that the car park at Gullane Bents will remain open to the public throughout the race, and must be prepared to negotiate any traffic with due respect for the Highway Code. Dangerous riding will result in disqualification.

Relay cyclists will give the ChampionChip to the runner in their team in the transition area after they have racked their bike. It must be secured around the ankle.

DRAFTING WILL NOT BE TOLERATED. Draft busting motor cyclists will be in action, working in conjunction with marshals who will be noting numbers.

The triathlonscotland rules for competitors clearly states: *"The cycle section is an individual event and riders may not take pace from any other cyclist (competitor or not) or vehicle. Riders must not be closer than 7 meters (approximately 5 bike-lengths) to the next competitor. Side-by-side riding is only permitted during overtaking in which case the manoeuvre should be completed within 30 seconds. It is the responsibility of the overtaken rider to drop back as soon as the overtaking front wheel is level with his/her front wheel"*.

Static draftbusters and motorcyclist draftbusters will be employed around the course. If you are drafting they will not interfere with the race to notify you of your penalty, you will only find out after the race. In line with triathlonScotland rules, 12 mins (standard) or 6 mins (sprint) will be added to your overall time. If you have been noted twice for drafting you will be disqualified.

RUN

The run route is a **one-lap course for Sprint** competitors, **two for Standard**.

Competitors leave the transition area by the marked exit and will be directed by marshals along the car park road and up a grassy lane towards Hill Road. Note, due to recent essential maintenance works the usual alleyway will be avoided this year and competitors will turn left before the alleyway entrance and follow the wall towards Sandy Loan.

Turn right onto Sandy Loan, right into Hill Road then left into Hummel Road. Turn right at the end of Hummel Road. On reaching a gate, which will be marshalled, turn immediately right up a steady grassy climb. From here, the route follows an off-road section that will be clearly marked by tape and marshalled. Rejoin the car park road by-passing the transition area.

The course then follows flat out and back sections before returning to the transition area where Sprint competitors finish and Standard competitors complete a second lap.

One drinks station will be provided near the transition area for the swim to bike. The station will then be repositioned for the run, allowing fluids at the start and at half way when passing back close to the transition area.

SHOWERS & POST RACE REFRESHMENTS

Great hot showers, changing facilities (from 11.15) and refreshments (from 12.00) will be available after the race at the Scottish Fire Services College (see maps) just a few minutes walk from the Beach - come and relax. Tea/coffee/juice is free to all however ***lunch is provided for competitors only** (a tasty sandwich and cake is on the menu) - remember to take your number to get your lunch and to be **eligible for the spot prize draws!**

*NB. Spectators/your supporters can make use of a variety of delicious food shops on Gullane Main Street on the way to the Fire Services College.

RESULTS AND PRIZEGIVING

Every effort will be made to produce a complete set of results on the day. However, the priority will be to collate the results for the overall winners in each age/sex category for the presentation. The full results will be posted to Edinburgh Triathlete's website later that day; www.edinburghtri.org/gullane2005.

The prize giving will take place at approximately 1345hrs at the Scottish Fire Services College (see maps). Cash or product prizes will be given for 1st, 2nd and 3rd place competitors in all categories except where entry numbers are low. 1st place prizes will be given in all such categories and where possible 2nd place. Note – there will also be a Trophy awarded to the winning Team.

SATURDAY NIGHT

We will be celebrating our Anniversary in The Old Clubhouse, East Links Rd, Gullane, East Lothian EH31 2AF from 4pm post-race. Hope to see you there!

THANKS

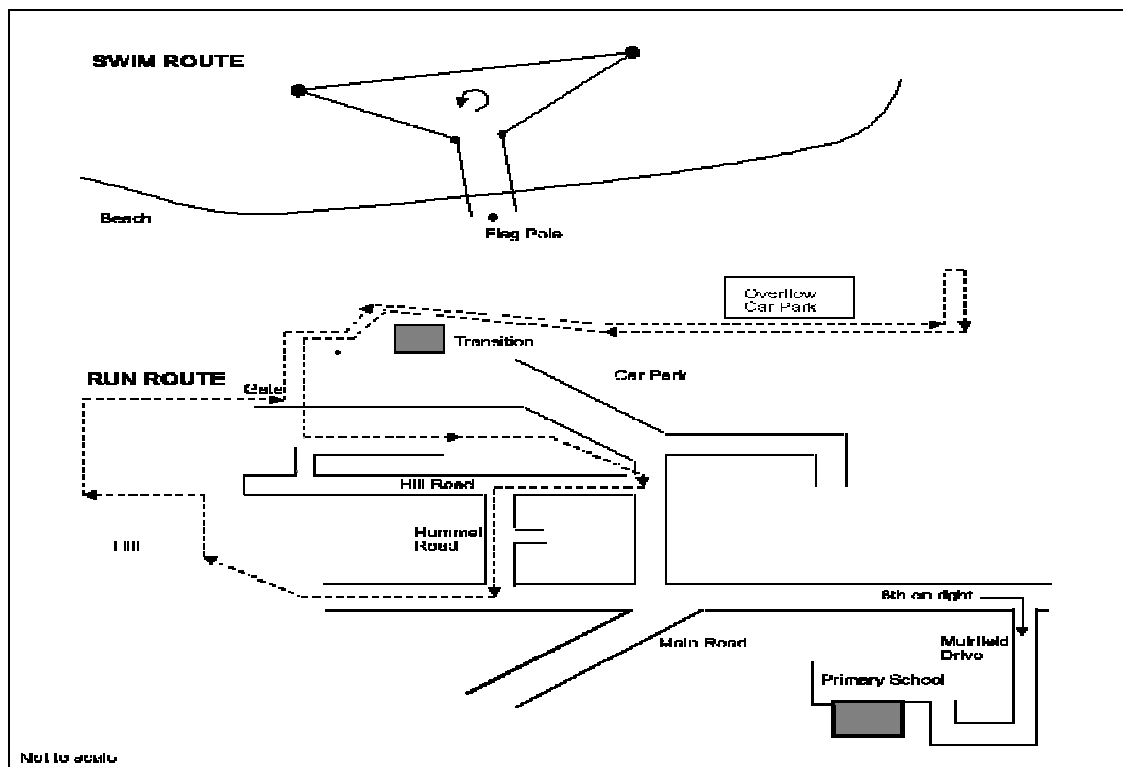
No event like this can succeed without the help and assistance of a large number of people. Our particular thanks go out to East Lothian Council, Lothian & Borders Police and The Scottish Fire Services College and staff, the Coastguard, RNLI, Duke of Edinburgh's Award volunteers, St Andrews Ambulance, Scottish Ambulance Service, the local residents of Gullane, triathlonscotland our own support team of organisers and helpers.

MAPS

Location of BicycleWorks Triathlon Centre, 57-59 South Clerk Street, Edinburgh EH8 9PP, 0131 662 8777:



Swim Route, Run Route and location of the Scottish Fire Services College. Note, due to recent essential maintenance, the run route course has been slightly altered. This will be fully explained at the briefing on race day.



Bike Route:

