

Gullane Beach Triathlon

RACE DAY INFORMATION PACK

Sunday 25th August 2024

1.5km Sea Swim | 42km Bike | 10km Run

Introduction

Welcome to the 2024 Gullane Beach Triathlon! Thank you for entering. Good luck to all and we hope you find this year's event both challenging and pleasurable. **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 briefing on the day.

The following information and attached briefing aim to provide an overview and hopefully answer any questions you may have about the event. You should be medically fit to compete and have entered this event at your own risk.

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Schedule

Sunday 25th August 2024

| Time | Description |
|-------|--------------------------------------|
| 07:15 | Registration and transition opens |
| 08:15 | Registration and transition closes |
| 08:30 | Race briefing |
| 08:50 | Competitors assemble on beach |
| 09:00 | Swim Start Wave 1 |
| 09:10 | Swim Start Wave 2 |
| 11:00 | First competitors finished |
| 12:45 | Prize giving – by registration area. |

The race is run under Triathlon Scotland rules and it is the responsibility of all competitors to familiarise themselves with and to obey these rules.

<https://www.triathlonscotland.org/events/rule-book/>

As the race takes part in a public place and on open roads we ask all competitors to be courteous and considerate to members of the public and to observe the Highway Code.

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. Train times can be checked on <http://www.nationalrail.co.uk>

Parking

Parking is available at Gullane Beach. Please follow the marshals' instructions on arrival and park in a thoughtful manner as we need to get as many cars in as possible and car parking is reduced due to transition and other race services.

East Lothian Council have introduced a daily parking charge at Gullane Beach. The cost is £3.00 per car for the day. This is payable at the pay and display machines at the car park, or by using the RINGO app.

Please ensure you do not block the Emergency Access road when parking.

Facilities

- There is a new toilet block between the beach and car park, with one external shower point. Toilet facilities will be open from around 7am on race day.

- Strictly no overnight camping allowed in the transition area/car park or on the beach - please use official sites or contact the tourist information office for other accommodation
- North Berwick Tourist Information – www.north-berwick.co.uk
- Edinburgh and Lothians Tourist Board - www.edinburgh.org

A hot meal will be available for competitors after the race.

Registration

07:15 – 08:15 Gullane Beach Car Park

You will need to bring along to registration with you:

- Your race licence, or photographic ID if you don't have a race licence.

At registration you will be given your race pack comprising:

- Commemorative item
- Swim Cap (the colour will relate to the swim wave)
- 1 race number
- 1 bike sticker

Race number and bike sticker

The race number must be displayed on the competitors back during the cycle and on the front during the run. We suggest using a race belt, to make this easier. Please note, we will not be providing safety pins, so if you choose to pin your race number to yourself please make sure you bring your own safety pins.

The bike sticker should be secured to the seat post and visible to marshals throughout the race.

Body Marking

All competitors will be marked with their race number of their left arm and right leg. This will be done at registration.

Timing Chips

Each competitor will receive their timing chip and strap which must be secured to the left ankle. At the end of the race, please remove your own timing chip and place it in the bucket provided. Loss of the timing chip will incur a fee for the competitor. **Note that the chip will be the 'baton' for the relay teams.**

It is the responsibility of the individual competitor to ensure their bike is road worthy and their helmet undamaged. Cyclists must wear a helmet that complies with recognised standards (ANSI or BSI). The use of a fixed chain / single speed bikes are not accepted.

Transition Area

Only Race Competitors and Race Officials are allowed in transition for security reasons.

Following registration and body numbering, competitors must rack their bikes in the transition area at their numbered space. We do not provide transition bags for the race. As space is restricted in transition, athletes are limited to one soft sided bag no larger than a standard carrier bag size.

Pre-race – please follow instructions from marshals regarding entry and exit from transition prior to the event. **Please do not enter/exit via race exits as the timing equipment will be being set up.** The entry gate for transition is next to registration.

During the race, transition will operate as a one-way system (i.e. enter transition one corner – exit diagonally opposite corner). This will be clearly marked and details will be covered during the race briefing. Competitors are strongly recommended to conduct their own familiarisation of the transition area and the cycle and run routes out of transition on the day.

Safety & First Aid

First aid will be provided at the Ambulance stationed near the registration desk and manned by paramedics. It is important that the paramedics are available at all times to respond to those in need of serious attention so please use the services appropriately.

As per British Triathlon rules, headphones are not permitted to be worn while racing as competitors must be able to hear marshals instructions at all times for their safety.

Race Briefing

ATTENDANCE AT RACE BRIEFING IS COMPULSORY

This year we will not spend time during the briefing describing the course in detail, please refer to course information in this leaflet.

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

It is the responsibility of all competitors to obey the rules and be courteous and considerate to any member of the public encountered in the race.

Any reports of competitors being abusive and/ or aggressive will result in an instant DQ.

Any evidence of littering will also result in a DQ.

Please, be nice to each other, and remember that the marshals are all giving up their day so that you can race.

Swim

The swim course will be 2 laps of the sea course. After the first lap, competitors will exit the water onto the beach and complete a short run round a flagpole before entering the water for the second lap. The swim direction will depend on wind speed 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 swim course distance does not include the wading in and out of the water nor the turn around the flagpole.

There will be large orange buoys marking the course turn points.

Competitors will swim out the central lane before turning at the markers to swim along the shore, turning at each end and returning to the beach via

the central lane.

Competitors are responsible for sighting their course independently, there will be no lead kayak. The water temperature is expected to be around 13°C. Wet suits are compulsory. Please ensure you familiarise yourself with the British Triathlon rules relating to permitted and non-permitted equipment.

On leaving the water, competitors will run up to the transition area. This is via an uphill path which is initially sandy, becoming tarmacked further up. There will be a water station on this path.

Swim Safety

If any swimmer experience difficulties in the water, they should turn onto their back and raise an arm to signal for assistance.

There will be kayak marshals and a safety boat around the course. Please follow the instructions of the marshals and safety team. Medical assistance will be available on the shore.

Please note that a cut off time of 25 MINUTES at the half-way point (after 1 lap) will be strictly administered: any swimmer not making the end of one lap in that time will be asked to stop. This is to ensure the safety of all competitors and is based on advice from the RNLI and the Coastguard; we ask that this cut off time is respected.

IMPORTANT: The sea state will be closely monitored. In the event of a heavy swell or very poor visibility, the swim will be reduced (to 750m) or cancelled. If the swim has to be cancelled the race will become a duathlon with a 10km initial run, 42 km cycle and a 5km final run

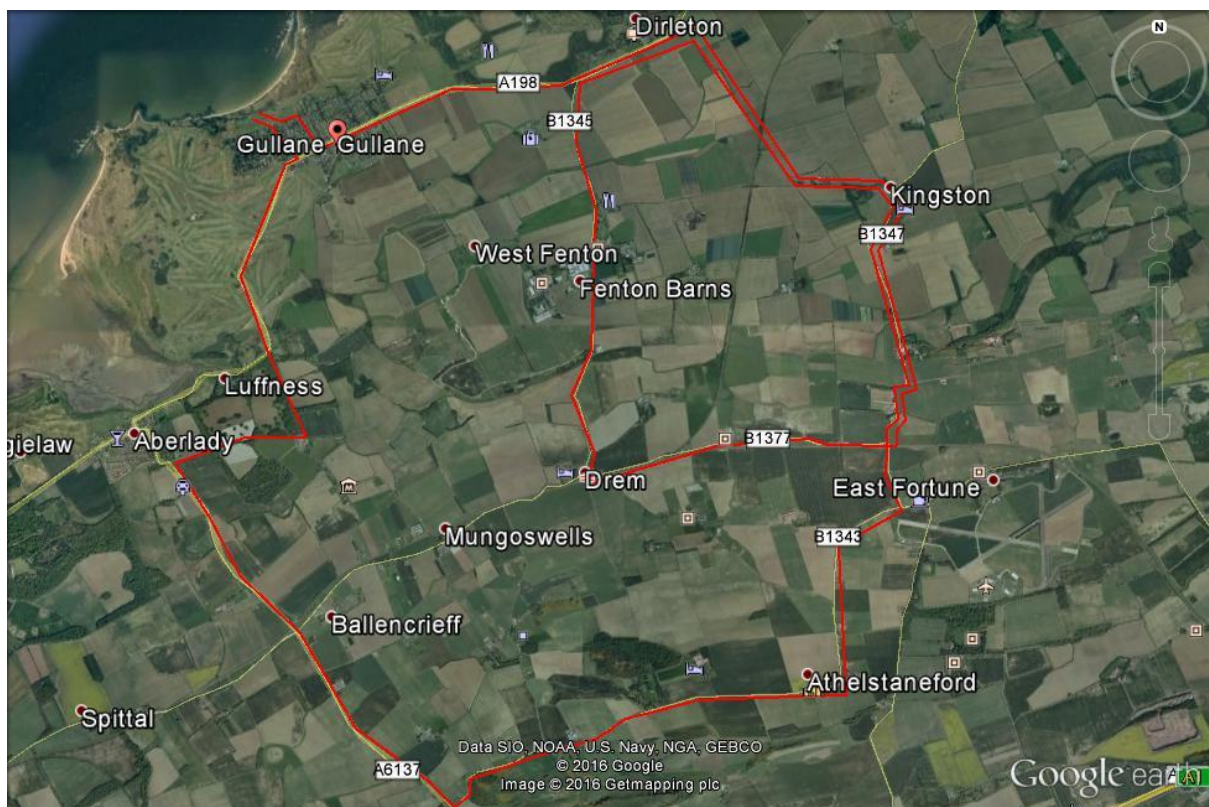
Transition

It is the responsibility of each athlete to keep their transition area tidy. All kit must be kept either inside a transition bag or attached to a bike and should not impede other athletes.

The helmet must be secured on your head prior to touching the bike and only released and removed after re-racking.

For relay teams, there will be a relay changeover area marked in transition. Both the swim and bike team members must be in this area before the timing chip is handed over. Timing chips cannot be removed prior to entering the change over area, and must be secured on the ankle of the next team member before they leave the changeover point to collect their bike.

Cycle



Please note that for safety, all competitors must bring a mobile phone with them on the cycle course.

The cycle route consists of a larger loop and smaller second loop. The Strava course route can be found [here](#) and on the event website. Route markings will be placed around the course and at key junctions but we encourage all competitors to familiarise themselves with the course ahead of time.

Cyclists are not to mount their bikes until clear of the mount line after transition - this will be clearly marked and monitored by marshals.

The road leading to and from the car park is not one way and contains several speed bumps. So please keep left, listen for instructions from marshals and take extra care in the area.

After this short initial stretch of the course, all roads are two lane single carriageways with generally good surfaces. The course follows a shallow gradient and is non-technical.

Please note there are no aid stations on the bike course and competitors should carry with them all food and liquid they need.

The finish route through Gullane village is downhill and there are likely to be traffic, parked cars and pedestrians in this area. There is also a light-controlled crossing in Gullane just before the end of the course and competitors must be prepared to stop if required at the crossing. **In the interests of public and competitor safety and the future of the race, competitors must be particularly careful and vigilant in built-up areas.**

We would also ask you to be particularly careful at the following points. All competitors are expected to familiarise themselves with the route prior to the race:

- The Ballencrieff roundabout
- When rejoining the A198 near Dirleton coming from the B1347
- Obey the Stop sign when rejoining the B1347 from the B1377.

Cyclists must obey the Highway Code, the directions of race marshals and Police at all times. Marshals will be in position at all key junctions. Whilst marshals may give instructions for safety please note that all competitors are responsible for confirming it is safe to perform all manoeuvres. Dangerous riding will result in disqualification.

Competitors must dismount their bikes prior to the dismount line - this will be clearly marked.

Drafting

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

The Triathlon Scotland 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".

Run

The run route is two laps.

Please note that for safety, all competitors must bring a mobile phone with them on the run course.



Competitors will leave the transition area by the marked exit, along the car park road and up a grassy lane towards Hill Road. You will run through a short alleyway, turn left and continue to the end of the Hill road. Turn right at the end of Hill Road and then turn right into the next junction.

At the next junction turn left, then turn right at the bottom of the hill. Continue along Hummel road, upon 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 arrows and marshalled. Rejoin the car park road by-passing the transition area. The course then follows a flat, out and back, section before returning towards the transition area where you begin a second lap of the same route.

There will be a water station near the transition area on the run route.

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.

The full results will be posted to Edinburgh Triathlete's website later that day; www.edinburghtri.org.

The prize giving will take place at approximately 12:45 near the registration area. Where entry numbers permit, prizes will be given for 1st, 2nd and 3rd place open and female competitors in age group categories as well as prizes for winners of the relay.

ShoeShare Malawi

We are delighted to be supporting [ShoeShare](#) by hosting a collection point at our event. ShoeShare are a charitable initiative which supports talented athletes in Malawi by sending good quality used sports shoes from Scotland. Malawi is one of the poorest countries in the world, where most people live off less than £2 a day.

Help share your love of sport by donating your unwanted trainers to ShoeShare. All you need it to bring along any unwanted shoes that fit the below criteria, we will have a collection point near registration.

- running shoes (all types), size 4+
- football boots (any size)
- other trainers suitable for sport
- Please ensure shoes are in good condition (no worn soles or large holes), are dry, clean(ish) and tied together to avoid pairs becoming separated.

Thank You

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, Police Scotland (J Division), the local residents of Gullane, TriathlonScotland, our own support team of organisers and helpers, and of course, our sponsors Erdinger.

Gullane Beach Triathlon Participant Code

As coronavirus is still with us, Stay Home if you or anyone in your household is unwell.

If you have symptoms of corona virus ([Coronavirus \(COVID-19\) | NHS inform](#)) you should follow NHS and Public Health Scotland guidance.