



BORDERS
TRIATHLON
2019



LIVE BORDERS
TRIATHLON SERIES
— 2019 —

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COMPETITOR INFORMATION PACK
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TRIATHLON SERIES
— 2019 —

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WELCOME TO THE TRIATHLON SERIES 2019

2019 will see the inception of the 16th annual Live Borders Triathlon Series - a coordinated set of 12 main events and three junior events - all delivered by your dedicated Triathlon Team.

All of the events on offer this year are fully permitted by Triathlon Scotland, meaning not only are the routes beautiful, they offer the following:

- Conform fully to the regulations set by Triathlon Scotland
- Technical officials onsite at each event
- All events are fully insured

We use chip-timing at all of our events so that all participants have access to accurate race results quickly and efficiently.



WHAT LAST YEAR'S PARTICIPANTS SAID...

"It has been a really good series for me and I'm delighted to have won the overall title. To win was amazing and it allowed me to finish on a high."

"This whole series is fantastic. Everyone is so friendly and the facilities are great. It's well organised and the routes are amazing so I will definitely be back next year."

————— **MICHELLE SHORT**, Hawick - 2018 Female Triathlon Series overall winner

"The Live Borders Triathlon Series has got bigger and bigger every year and I can't thank those that turn out to help enough. Many of the events run over two days and it takes a huge effort from everyone to make sure they run smoothly and are managed correctly so the success of them is very much down to all those who give up their time to get involved."

"This event has really put the Borders on the map as far as Triathlon is concerned with competitors, their families and supporters travelling from all over Britain, and even from abroad to take part. We hope to build on that success in future years."

————— **NEIL RENTON**, Live Borders Sports Development Officer



LOCATIONS

GALASHIELS TRIATHLON

Galashiels Swimming Pool, Livingstone Place, Galashiels TD1 1DQ

T: 01896 752154 **E:** galashiels@liveborders.org.uk

The Cycle route in Galashiels offers a challenging climb over Windyknowe and on to the A72 passing by Torwoodlee estate en route to Clovenfords village. Ascending over Cliff Road to the Nest roundabout (gaining its name from the nesting heron in the trees nearby) the route then turns to run parallel with the River Tweed (popular for its salmon fishing), passing through Caddonfoot and turning off by Yair Bridge.

Enjoy the scenic route back towards Galashiels via The Rink Farm and Holly Bush. The final descent into the town takes you past the 'Mercat Cross', the marrying place of Margaret Tudor, King Henry VII's daughter, to King James IV. The next turn takes you past St Paul's Church which houses nesting Peregrine falcons - this is situated opposite the picturesque Old Gala House the original abode of the Earl of Galashiels.

Our Galashiels events offer a superb running route, with a cultivated woodland trail through Gala Policies. The Policies are defined as 'the enclosed grounds of a large house, the park of an estate' as it houses the ruins of the original New Gala House, the former home of the Scotts of Galashiels.

Parking is available at Galashiels Academy which is located on Elm Row, Galashiels. There will be no parking in the Swimming Pool car park as this will be used for the transition area. Please avoid parking on Livingstone Place.

SELKIRK TRIATHLON

**Selkirk Leisure Centre & Caravan Park, Victoria Park,
Buccleuch Road, Selkirk TD7 5DN**

T: 01750 20897 **E:** selkirk@liveborders.org.uk

Selkirk is a town steeped in history and it happens to be the location for our only Standard Triathlon event. Last year saw 96 competitors take on the Standard Event's full distance routes spanning over 30 miles. This event is geared towards Triathletes of all ages and abilities - last year's youngest competitor was 18 and the eldest was 62!

The event's cycle stage takes participants along the A708 to General's Bridge into scenic Bowhill Estate, then on to Ettickbridge End, over the 'swire', a long and challenging climb, followed immediately by the tricky descent into the Yarrow Valley. The route leads on to the A708 and a fast section back towards Selkirk.

The run route is a flat, fast out and back route alongside the river before joining the A7 to Lindean and then the bridge over the River Tweed.

Ample parking is available at the Leisure Centre.



LOCATIONS

PEEBLES TRIATHLON & DUATHLON

Peebles Swimming Pool, Port Brae, Peebles EH45 8AW

T: 01721 720779 **E:** peebles@liveborders.org.uk

The Peebles Triathlon events continue to go from strength to strength, with a combined 320 people attending last year's events. Peebles marks the end of our annual Triathlon Series, so the atmosphere is always a great one for both seasoned competitors and those sampling the Come & Tri event.

Last year saw Iain Veitch 1:00:24 and Michelle Short 1:12:53 take to the winner's podium.

By winning four races Craig Dale of Edinburgh Triathlon Club claimed victory in the men's overall series championship. Local competitor Michelle Short beat all comers to claim the women's overall championship.

The routes in Peebles make the most of the historic Borders countryside, with the cycling route following the B7062 outward towards Howford Farm with a dead turn directing riders the same route back. This route also passes Kalzie Gardens and beautiful Traquair, the oldest inhabited house in Scotland.

The run route follows the River Tweed, famous for its salmon fishing. Looping twice around the 'Three Bridges' and then following a circular route along the riverside crossing at Priorsford and Fotheringham Bridges.

Other attractions in the area include Glentress, a popular mountain biking hotspot, 'Go Ape' (for those who fancy some high rope climbing), Dawyck Botanic Gardens, and The Cross Kirk - a friary founded in the late thirteenth century.

Limited parking available in the public car park located behind the Swimming Pool. Additional parking is available at Kings Meadow Car Park, Kings Meadow Road, which is located just past the Swimming Pool, over the bridge on the right.

HAWICK TRIATHLON

Teviotdale Leisure Centre, Mansfield Road, Hawick TD9 8AG

T: 01450 374440 **E:** teviotdale@liveborders.org.uk

Hawick, world famous for its Common Riding Festival, offers the second setting for the Live Borders Triathlon Series.

The cycle route takes participants through rolling countryside. The route follows from Mansfield Road towards Hawick Rugby Football Club. The climb is steep up towards Hamilton Road, turning into Burnfoot Industrial Estate. Turning right towards Appletreehall and following the road towards Clairelaw, competitors stay on the road until joining the A7 passing Hawick Police Station. Stay on road until joining A7 passing Hawick Police Station.

The route follows the main road to the small village of Denholm, when again competitors are on the outskirts of this small village. After this, competitors pass Minto Golf club which overlooks Denholm towards Jedburgh. Competitors join the busy road, which is the A7 from Edinburgh.

The events' running route leaves the transition area running up centre hill until directed right onto Mansfield Road towards Hawick RFC until they join on to grass pathway. There is a steep climb which leads back onto the road where competitors are directed back through Burnfoot Industrial Estate. Competitors are directed along the old railway towards finish line.

Competitors finish the event with a run along the River Teviot.



Galashiels



Eyemouth

LOCATIONS

KELSO TRIATHLON

Kelso Swimming Pool, Inch Road, Kelso TD5 7JP

T: 01573 224944 **E:** kelso@liveborders.org.uk

Last year's events in Kelso saw close to 100 people compete in the Kelso leg of the series with many Triathletes swimming, cycling and running towards the finish line for the very first time.

In 2018 Sprint event, Craig Dale of Edinburgh's JETS Triathlon Club clinched first place in the male category, whilst Sarah Scott was victorious in the women's section.

This event poses a great challenge for newcomers and seasoned Triathletes alike.

Nestled within the heart of the Scottish Borders, Kelso is surrounded by beautiful countryside. The cycle routes at the Kelso events span up towards the quaint village of Ednam then up to sleepy Stichill, then back down towards the town. The running route takes competitors from the historic town centre up towards the golf course along croft park and back again.

One of the more popular events on our calendar, the Kelso route takes participants past the boundaries of Floors Castle and Kelso Abbey – built circa 1128!

EYEMOUTH TRIATHLON

Eyemouth Leisure Centre, North Street, Eyemouth TD14 5ET

T: 01890 750557 **E:** eyemouth@liveborders.org.uk

Last year saw over 93 people attend the main Sprint Triathlon event in Eyemouth, with 51 male triathletes and 42 female triathletes taking on the courses unique challenges. Alongside the main event, 25 enthusiastic Come & Tri participants took to the course, many of whom were trying a Triathlon event for the first time.

Edinburgh-based John Lenehan clinched his first Borders win in the Eyemouth Sprint after successive improvements throughout the series, whilst Jo Phillips won the Sprint with a timing of 1:16:06.

The routes at Eyemouth offer a stunning seaside location for both of the events on offer. The cycle route follows the A1107 through picturesque Coldingham up onto Coldingham Moor to turning point, this presents a great challenging climb en route out. The run segment of the event follows the seafront onto the harbour, progressing around the golf course and following the same route back.

In amongst the excitement of the events, Eyemouth has much to offer visiting competitors, with historic smuggler's hold Gunsgreen House offering a great visitor attraction as well as the chance to feed seals at the harbour.



INFORMATION

REGISTRATION

Registration times for all the events are shown below and will take place in a designated area within each of the facilities. You will also be issued with a numbered bike label which will correspond with your race number. This should be placed on an area of your bike, visible to officials, to allow entry and exit from the transition area before and after the race. All competitors who have a race license number must bring their card along with them to each event as this will be required to be shown. Failure to produce a license will incur a £5.00 charge. Maps for both the run and cycle routes will be displayed in the registration area and copies will be available.

START TIMES

For the Triathlons this will mean that the first swim heat will start at 09:00 and for the Duathlon all competitors will start their first run at 09.00. It should be noted that where sprint and Come & Tri events take place on the same day, the Come & Tri event will start once all swim heats in the sprint event have been completed.

TRIATHLON START TIMES & DATES 2019

VENUE	DATE	RACE START TIME	REG TIME
Galashiels Come & Tri	13 April	13:00	12:00
Galashiels Sprint	14 April	09:00	07:00 – 08:35
Hawick Come & Tri	5 May	Following Sprint swim heats	07:00 – 08:35
Hawick Sprint	5 May	09:00	07:00 – 08:35
Selkirk Standard	19 May	09:00	07:00 – 08:35
Eyemouth Come & Tri	16 June	Following Sprint swim heats	12:00
Eyemouth Sprint	16 June	09:00	07:00 – 08:35
Kelso Come & Tri	11 August	Following Sprint swim heats	07:00 – 08:35
Kelso Sprint	11 August	09:00	07:00 – 08:35
Peebles Duathlon	15 September	09:00	07:00 – 08:35
Peebles Come & Tri	21 September	13:00	12:00 – 12:40
Peebles Sprint	22 September	09:00	07:00 – 08:35



INFORMATION

RACE BRIEFING

The race briefing will take place 20 minutes prior to races beginning. Competitors will be informed at registration of the exact location as to where the race briefing will take place. It is the responsibility of each competitor to make sure that they attend the briefing. The briefing will provide details on all the elements of the event, with specific details of race rules, transition areas, and the cycle and run routes. There will be an opportunity at the end of the briefing to ask any questions that you may still have.

SWIM TIMES

Should you wish to alter your swim time, please log in to your Entry central account to access and alter your swim time and details.

It is **your** responsibility to ensure your swim time is correct. This should be completed no less than seven days prior to the event you are competing in.

Failure to submit the correct swim time may result in being seeded in a swim heat either much faster or slower than anticipated.

An additional cost may be incurred should you require Live Borders staff to alter your swim time.

Entries for all events close seven days prior to race day. There will be no exceptions.

WEBSITE

WWW.LIVEBORDERS.ORG.UK/TRIATHLON

The results for each event will be posted on our website within two days. For any queries regarding the results please contact **Neil Renton** on **01750 700110**.



CATEGORIES

EVENT CATEGORIES AND PRIZES

At each event the following prizes will be awarded for males and females.

- 1st, 2nd & 3rd Overall**
- 1st Senior**
- 1st Junior**
- 1st Veteran**
- 1st Super Veteran**
- 1st Vintage**
- 1st Come & Tri** - Triathlon events only

The winners of the overall series will be awarded at Peebles, where the final event in the Series takes place. To compete in the Overall Series, a competitor must compete in a minimum of 4 events. A competitors best 4 scores will be used for calculating the Overall Series winners. Duathlon results are included in the overall scores.

Each competitor is automatically entered into one of the above categories e.g. Senior or Vintage, according to the date of birth given on the entry form.

CATEGORY	AGE AS OF 31 DECEMBER 2019
Junior	16 - 21yrs
Senior	Under 40yrs
Veteran	Over 40yrs
Super Veteran	Over 50yrs
Vintage Over	60yrs

Competitors are required to attend prize giving in order to receive their prize and agree to have their photo taken.



Selkirk

ROUTES & DISTANCES

ROUTES

All route maps for both the cycle and run elements are available by logging on to our website. For information on the cycle and run routes prior to each event please contact the race coordinator at each site. Contact details listed on pages 4-6. Route maps will be displayed at each facility on the day of the event.

Every effort is taken to ensure that the actual distances for all the cycle and run routes are as close to the stated distances as possible. Exact distances will be displayed on the day of the event.

Race routes can be found online at WWW.LIVEBORDERS.ORG.UK/TRIATHLON

DISTANCES

COME & TRI

VENUE	SWIM 	CYCLE 	RUN 
Galashiels	400m	10.88km	2.33km
Hawick	400m	9.67km	2.20km
Eyemouth	400m	10.88km	2.33km
Kelso	400m	10.88km	2.84km
Peebles	400m	10.88km	2.33km

SPRINT TRIATHLON

VENUE	SWIM 	CYCLE 	RUN 
Galashiels	750m	19.14km	4.66km
Hawick	750m	20.29km	4.60km
Eyemouth	750m	19.14km	4.66km
Kelso	750m	22.90km	5.66km
Peebles	750m	19.14km	4.66km

STANDARD TRIATHLON

VENUE	SWIM 	CYCLE 	RUN 
Selkirk	1500m	38.83km	10.01km

DUATHLON

VENUE	RUN 	CYCLE 	RUN 
Peebles	4.69km	19.46km	4.69km

TRIATHLON JUNIOR



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JUNIOR TRIATHLON SERIES

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TRI SOMETHING NEW!

GALASHIELS JUNIOR TRIATHLON	13 APRIL	09:00
SELKIRK JUNIOR TRIATHLON	18 MAY	09:00
PEEBLES JUNIOR TRIATHLON	21 SEPTEMBER	09:00



JUNIOR TRIATHLON

WELCOME TO THE JUNIOR TRIATHLON SERIES 2019

Alongside our ETD Triathlon Series, we offer a Junior Triathlon series, consisting of three key events located across the Scottish Borders.

EVENT DETAILS

JUNIOR TRIATHLON START TIMES & DATES 2019

VENUE	DATE	RACE START TIME	REG TIME
Galashiels Junior Triathlon	13 April	09:00	08:00
Selkirk Junior Triathlon	18 May	09:00	08:00
Peebles Junior Triathlon	21 September	09:00	08:00

Overall first, second and third prizes will be awarded in each age group for participants who have competed in all three junior events. Medals will be awarded to all junior competitors.

Race routes can be found online at

WWW.LIVEBORDERS.ORG.UK/TRIATHLON



JUNIOR TRIATHLON

WHAT AGE CATEGORIES ARE ELIGIBLE?

8 years

Swim: 2 lengths of the swimming pool (50m)

Cycle: Approx. 800m

Run: Approx. 600m

9-10 years

Swim: 4 lengths of the swimming pool (100m)

Cycle: Approx. 2000m

Run: Approx. 1000m

11-12 years

Swim: 6 lengths of the swimming pool (150m)

Cycle: Approx. 3000m

Run: Approx. 1500m

13-14 years

Swim: 12 lengths of the swimming pool (300m)

Cycle: Approx. 4000m

Run: Approx. 2000m

15-16 years

Swim: 12 lengths of the swimming pool (300m)

Cycle: Approx. 4000m

Run: Approx. 2000m

For further information please contact Neil Renton on
triathlon@liveborders.org.uk or visit

WWW.LIVEBORDERS.ORG.UK/JUNIORTRIATHLONS



Peebles



TERMS & CONDITIONS

- Live Borders may have a photographer present at races. The photos taken will be used by Live Borders to promote future events and will be managed accordingly.
- In the event of a competitor cancellation, please note no refund will be offered unless a valid medical certificate can be produced.
- In the event of cancellation by the organisers, a full refund will, or entry to a future event, will be given subject to availability.

DISCLAIMER

Please do not enter this event without first carefully reading and considering the following:

- I accept that this event is conducted under BTF rules and conditions and I agree to acquaint myself with and abide by those rules and any organisers instructions.
- I am aware that my bicycle must be in a roadworthy condition and comply with BTF rules and am prepared to submit my bicycle for official scrutiny prior to the event.
- I know of no physical or medical impediment that would render my participation in this event undesirable.
- I understand that these events are an extreme test of a person's physical and mental fitness and has with it the potential of death or serious injury or property loss. The risks of participation include, but are not restricted to, weather conditions, road traffic, behaviour of other participants, volunteer helpers, officials and spectators in and out of the event, dehydration, hypothermia, illness and the behaviour of animals.
- I hereby, aware of the above, assume the risks of participating in these events and on my own behalf and on the behalf of my executors, administrators, heirs, next of kin and representatives.
- Agree to waive any claim and to release and discharge from any claim which I or they may have in respect of death, disability, injury, property loss or damage as a result of or while I am participating in this event the event organiser, directors, sponsors, officials, administrators or volunteer helpers.
- Agree to indemnify the persons mentioned immediately above for any or all liabilities or claims made against them as a result of my behaviour in this event. Said waiver, release, discharge and indemnify to extend liability for negligence under common or statute law.
- Participants **must** be aged 16 or over on the day of the event. *applies to adult series events.
- Competitors/parents/guardians/accompanying adults must conduct themselves in a proper manner and not bring the sport into disrepute. Failure to carry out instructions from officials may lead to disqualification and/or action from the Home Nation Association and result in exclusion from future events organised by Live Borders.
- These events are being run under BTF rules. Please visit www.triathlonscotland.org/rule-book/
- Fair Processing Information:
Live Borders collects personal data which is required to fulfil our business functions relating to your booking, membership and inclusion on our mailing list(s) or in relation to specific business functions. Personal data is held only as long as necessary, and is kept to a minimum to meet business requirements.
You have the following rights related to your personal data:
 - The right to request a copy of the personal data held about you
 - The right to request that inaccuracies be corrected
 - The right to request us to stop processing your personal data
 - The right to lodge a complaint with the Information Commissioner's Office or Fundraising Regulator



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GENERAL ENQUIRIES: E: triathlon@liveborders.org.uk

RESULT ENQUIRIES: NEIL RENTON T: 01750 700110
E: triathlon@liveborders.org.uk

WWW.LIVEBORDERS.ORG.UK/TRIATHLON



ACROSS SIX BORDERS LOCATIONS

GALASHIELS COME & TRI EVENT	13 APRIL	13:00	GALASHIELS SPRINT TRIATHLON	14 APRIL	09:00
HAWICK COME & TRI EVENT	5 MAY	09:00	HAWICK SPRINT TRIATHLON	5 MAY	09:00
EYEMOUTH COME & TRI EVENT	16 JUNE	09:00	SELKIRK STANDARD TRIATHLON	19 MAY	09:00
KELSO COME & TRI EVENT	11 AUGUST	09:00	EYEMOUTH SPRINT TRIATHLON	16 JUNE	09:00
PEEBLES COME & TRI EVENT	21 SEPTEMBER	13:00	KELSO SPRINT TRIATHLON	11 AUGUST	09:00
GALASHIELS JUNIOR TRIATHLON	13 APRIL	09:00	PEEBLES SPRINT TRIATHLON	22 SEPTEMBER	09:00
SELKIRK JUNIOR TRIATHLON	18 MAY	09:00	PEEBLES DUATHLON	15 SEPTEMBER	09:00
PEEBLES JUNIOR TRIATHLON	21 SEPTEMBER	09:00			



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