

## Galashiels Come and Tri Triathlon

Saturday 16 April 2022

### Race Day Timetable

|                             | <b>Time</b>     |
|-----------------------------|-----------------|
| Registration                | 07:00 – 07:45   |
| Transition Open             | 07:00 – 07:45   |
| Transition Closes           | 07:45           |
| Race briefing on poolside   | 07:50           |
| Race start                  | 08:00           |
| Presentations               | 09:45 (approx.) |
| Transition to be cleared by | 10:15           |

### Race Information

| <b>No</b> | <b>Name</b> | <b>Surname</b> | <b>Heat</b> |
|-----------|-------------|----------------|-------------|
| 1         | Jennifer    | Ramsay         | 1           |
| 2         | John        | Bremner        | 1           |
| 3         | Donny       | Bremner        | 1           |
| 4         | Lou         | CHALLINOR      | 1           |
| 5         | David       | Divers         | 1           |
| 6         | Murray      | Rose           | 1           |
| 7         | Sarah       | McLachlan      | 1           |
| 8         | Rachel      | Moyes          | 1           |
| 9         | Brenda      | Dick           | 1           |
| 10        | Claire      | McCaffrey      | 1           |
| 11        | Andrew      | Smith          | 1           |
| 12        | Gareth      | Yeomans        | 1           |
| 13        | Corinna     | Patterson      | 1           |
| 14        | Mark        | Cairney        | 1           |
| 15        | Carol       | Graham         | 1           |
| 16        | Amy         | Ferguson       | 1           |
| 17        | David       | Ferguson       | 1           |
| 18        | Jo          | Murphy         | 1           |
| 19        | Karen       | Haldane        | 1           |
| 20        | Grant       | Yeomans        | 1           |
| 21        | Gina        | Beveridge      | 1           |
| 22        | Matteo      | Zanibellato    | 1           |
| 23        | Cheryl      | White          | 1           |
| 24        | Graham      | Pope           | 1           |
| 25        | Katie       | Scott          | 1           |
| 26        | Andrew      | Chapman        | 1           |
| 27        | Sam         | Heward         | 1           |
| 28        | Rosanna     | Heward         | 1           |

|    |          |          |   |
|----|----------|----------|---|
| 29 | Julia    | Heward   | 1 |
| 30 | Alistair | Cuthbert | 1 |

## **Competitor Online Race Briefing**

We can't wait to welcome you to Galashiels for the first race in the Live Borders Triathlon Series 2022.

There will be no main race briefing on the day, so treat this as your online race briefing. Any changes or updates that may occur will be communicated to you at registration and at the short briefing, which will take place on poolside before every swim heat.

This event is a non-drafting race and is being run under the British Triathlon Rules. Triathlon Scotland Technical Officials will be on site to monitor the race and be there to explain and rules or queries you may have.

## **Registration**

Registration will take place between 07:00 and 07:45 at the entrance to Galashiels Swimming Pool.

Please come to registration with all your race kit, as you will be able to move directly from registration into transition for set up.

At registration, you will be issued with your registration bag that will contain two race numbers, safety pins, your swim cap, stickers for your bike and your helmet. Your chip timer will also be handed out to you at this point.

If you have indicated that you are a member of Triathlon Scotland or one of the other Home Nations, then you must produce your membership card at registration. Failure to do so will incur a £6 cost payable on the day to cover your day licence.

## **Timing**

All competitors will be timed by and at the end of your race; you will be able to get a print out of your times. The full event results will be posted at [www.liveborders.org.uk](http://www.liveborders.org.uk) early the next week following the event.

## **Transition Set Up**

Transition will be open from 07:00 to 07:45, and the bike racks will be numbered to correspond with your race number. Please make your way into transition straight from registration.

Only equipment required for your race should be left in transition. There will be a bag drop area at the side of transition for you to leave any bags, boxes or other pieces of equipment, but please make sure that you have your equipment marked so that it is identifiable.

The lockers in the facility will not be in use on race day. Once you have set up please make your way onto poolside for 07:50 to be organised and into your lanes and to get any race updates.

### **Swim**

The swim is a pool swim and will have a maximum of five swimmers in each lane. Each swimmer will go off at five-second intervals in the order of the colour of your swim caps. Each lane will swim either in a clockwise or anticlockwise, and this will be explained to you, and your swim order when on poolside.

Overtaking in the lane is not permitted. If you need to pass the swimmer in front of you, then tap the swimmer on the foot they will be required to let you pass at the end of the lane. Please be courteous to your fellow competitors at all times. The Technical Official will be on poolside to ensure rules are complied with.

When you have two lengths left to swim the lane Marshall will attempt to tap you with a float to let you know. In order for this to work, it would be appreciated if swimmers could lift their head at the end of the lengths when you think you only have a few lanes to swim as the Marshall will also be able to call out to you.

Ultimately, it is the swimmers responsibility and not the Marshalls' to make sure that the correct number of lengths are swam. Times will not be adjusted if a swimmer swims any extra lengths.

When completing the swim you will leave through the fire exit door, and deposit your coloured swim cap in the container provided. Please take care as the poolside may be slippery.

### **Transition**

During the race, the transition will operate in a one-way system running in a clockwise direction.

You will leave the Swimming Pool, run clockwise around the whole of transition until you reach your racking spot. Remember that you must not touch your bike until you have your helmet on and securely fastened.

When starting the bike element, leave transition by continuing to run clockwise with your bike. Do not mount your bike until you have fully crossed the mount line which is located just down from transition.

Only competitors will be allowed in transition.

### **Bike**

The bike element is a non-drafting race and is taking place on open roads. Competitors must comply with the Highway Code and have respect for other road users at all times.

Your bike route (course maps are on our website) is an out and back route starting from the Swimming Pool.

Immediately there is a short stretch of closed road before a left hand turn takes you onto your first incline and onto open roads. At the top of this initial stretch, you come upon a bit of a staggered junction.

This will be will signed and marshalled but it is your responsibility to cross when it is safe to do so, be prepared to stop your bike. Marshalls will be positioned here to ensure your safety but will not stop traffic for you.

The route continues out of Galashiels towards the village of Clovenfords. The centre of the Village is your turning point. Here you will use the roundabout to turn back and head in the direction of which you came.

You will encounter three right hand turns on your return to the Swimming Pool. Each of these will be signposted and marshalled. Again, marshals will not be able to stop the flow of oncoming traffic for you and you may need to stop your bike to allow vehicles to pass.

Your final right hand turn returns you to a short section of closed road. You must dismount your bike before the dismount line.

## **Transition**

On completion of the bike course, as you approach the transition area, dismount BEFORE the dismount/timing line and run with your bike back into transition.

Again transition is a one-way system so carry on in a clockwise direction around transition until you get to your racking spot.

All bikes MUST be racked before you unclip or remove your bike helmet. You will continue out of transition in a clockwise direction and onto the run route.

## **Run**

The run is a single lap course on pavement and woodland paths.

When you leave transition your run out will be on the pavement to the left of the barrier. The first stage is adjacent to the Bike out and you must remain on the pavement at all times.

After your first incline, you turn left and head into a long straight section of the run. When you reach the end of this section, you turn left over a small footbridge and into the woods.

You will remain on a well-maintained footpath; however, this can be muddy in some areas. The route is well signposted and marshals are in position throughout. The final section of your run is on a steady decline and this leads you straight to the finish line.

## **Rules**

This event is a non-drafting race and is being run under the British Triathlon Rules. It is the competitors' responsibility to familiarise with the rules prior to the race.

## **First Aid**

First aid provision is available on site and marshals' around the course are first aid trained.

## **Completion of Your Race**

At the end of your race make your way to the timing van where you will be able to receive a print out of your times and splits.

It is important that you do this in a timely manner, as any race penalties which may have been picked up during the race, will be posted here.

Transition **must** be cleared by 10:15 to allow it to be reset for the Junior Triathlon races later in the day.

## **Refreshments**

A vending machine is located within the Swimming Pool and there are shops and cafés located close by.