

Kelso Triathlon

Sunday 14th August 2022

Race Day timetable

Registration	0700 - 0750
Transition Open	0700 - 0800
Transition Closes	0800
Race Briefing on poolside (Heat 1)	0755
Race start	0800
Heat 2 – Sprint	08.45 (approx.)
Heat 3 – Sprint	09.10 (approx.)
Heat 4 – Sprint	09.35 (approx.)
Heat 5 – Sprint	10.05 (approx.)
Heat 6 – Sprint	10.30 (approx.)
Heat 7 – Come & Tri	10.50 (approx.)
Heat 8 – Come & Tri	11.30 (approx.)
Prize giving	12.30 (approx.)

All timings are approximate based on the swim times submitted by competitors. It is the competitor's responsibility to make sure they are on poolside for the start of their heat.

Competitor Online Race Briefing

Competitors we can't wait to welcome you to Kelso for the next 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.

Parking

The carpark at the pool will be closed on race day, but parking will be available in the neighbouring Edenside Primary School and Kelso Medical Centre. Additional on street parking is also available

Registration

Registration will take place between 0700 -0745 in the "studio" within Kelso 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, bikes can be left outside the swimming pool whilst you register and these will be monitored by a member of staff.

At registration you will be issued with your registration bag which will contain 2 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 are using a race belt then please attach your number to that, if not then please pin your number to the back of your clothing.

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

Timing

When you receive your timing chip and strap at registration, securely attach the chip to the strap and ensure the chip is on the outside of your left leg. There will be a correctly attached example at registration for you to copy. After crossing the finish line please ensure that you return your chip and strap by placing it in the buckets provided.

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 on Monday morning and will be available at www.liveborders.org.uk

Transition Set Up

Transition will be open from 0700-0745, 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.

Swim

The swim is a pool swim and will have a maximum of 5 swimmers in each lane. Each swimmer will go off at 5sec intervals in the order of the colour of your swim caps. Each lane will either swim in a clockwise or anticlockwise, and this will be explained to you, and your swim order when on poolside.

The swim will start in the deep end of the pool and you will have the opportunity to swim from the shallow end up to the deep end as a one length warm up.

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

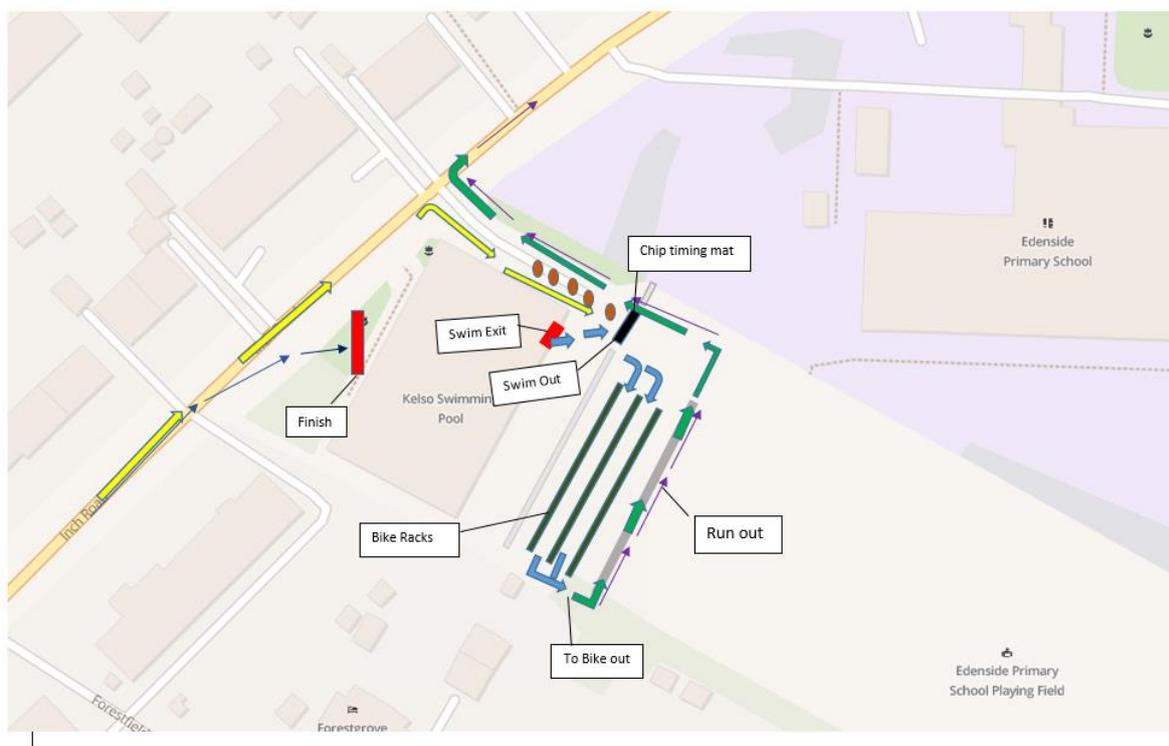
Ultimately it is the swimmers responsibility and not the marshals' to make sure that the correct number of lengths are swum and times will not be adjusted if a swimmer swims any extra lengths.

When completing the swim you can either climb out or use the steps at the side of the pool. You will then leave through the fire exit door, deposit your coloured swim cap in the container provided, and run across the "closed" carpark on your way to transition. Please take care as the poolside may be slippy.

Transition

During the race the transition will operate in a one way system running in an anticlockwise direction. You will leave the swimming pool, enter transition on the right hand side of the entrance, and run to the end of your racking row. You then proceed up your row 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 to the end of your row then run anti clockwise down the side of transition and down to the main road where the mount line is. Marshalls will be in position on the main road, but you need to check for yourself that the road is clear before crossing and then mounting your bike. Do not mount your bike until you have fully crossed the mount line.

Only competitors will be allowed in transition, and the use of mobile phones or headphones are not permitted within transition.



Bike

Route maps for both the Sprint and the Come & Tri distances are available on our website www.liveborders.org.uk This is a non drafting race taking place on open roads and the Highway code must be followed at all times.

Once you have mounted your bike you will continue to the end of the main road and then turn left at the junction and start an upward climb towards the roundabout. At the roundabout you go straight across (second exit) and continue out of the town on the A.. to the village of Ednam.

As you approach Ednam you enter the village by going over a bridge then immediately take the road off to your left which will lead you out of the village for you to make your way towards Stichill (this section is a long steady climb). Once you reach Stichill you turn left at the junction (marshall there to guide you) and keep bearing left as you then start your descent back towards Kelso. As you approach the outskirts of Kelso you will turn left at the junction to join the main A... and continue until the roundabout.

TAKE NOTE

Sprint – At the roundabout take the first exit on your left to start the 2nd lap of your bike route. Continue on this road until you come to a 2nd roundabout (one you passed earlier) and take the 1st exit on the left to repeat the section you have just ridden which will take you back out to Ednam and onto Stichill before returning back into town. This time at the roundabout go straight across (2nd exit) to head back towards the swimming pool.

Come & Tri –At the roundabout take the 2nd exit and head back towards the town, following the arrowed signs until you will turn left onto Inch Road and along to the swimming pool.

Once you have completed your bike, dismount before the line then run with your bike back into transition. Remember rack your bike before removing or unclipping your helmet.

The route is well signed and marshalls are positioned all road junctions and roundabouts

Run

The run is an anti-clockwise loop running from the pool round the northern outskirts of the town.

The sprint distance consists of 2 loops and the Come & Tri is a single loop.

As you leave transition you will run down the side of the pool building and turn right crossing the road onto the pavement. You then remain on the pavement and follow the first part of the bike route, turning left at the end of Inch Road. Half way up the hill you take the steps and climb upwards Abbotseat. Follow all the signs, staying on the pavement as you make your way to the roundabout. The run route then mirrors the bike route all the way back to the swimming pool. Once you approach the pool you will cross the road and go through the finish line which is at the front of the swimming pool

TAKE NOTE

Sprint – you will say on the pavement as you pass the Pool to start on your second and final loop.

Rules

This event is a non-drafting race and is being run under the British Triathlon Rules. It is the competitor's 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.

Refreshments

A vending machine is located within the Swimming Pool and there are shops and cafés located close by. Water, fruit and crunch bars will be available for competitors at the end of the race.

