



## The Aberfeldy Triathlon Sunday 19 August 2018 Athlete Guide

### Introduction

We are delighted to be hosting the Aberfeldy Triathlon in 2018 with a 1900m Swim, 90Km Bike, 21Km run in the beautiful backdrop of Highland Perthshire. This year we are additionally proud to be hosting The Triathlon Scotland National Middle Distance Championships.

Please respect the physical challenge you have set yourself and don't attempt it if you are feeling at all unwell, please ensure you are properly prepared and trained for the event.

We are sure you will have many questions relating to the race and the associated organisation and activities. We will attempt to give you as much information as possible within the Athlete Guide, but do note down any questions you have and bring them to the race briefing or email us at [info@durtyevents.com](mailto:info@durtyevents.com). All additional race information and route maps will be available at [www.aberfeldytriathlon.com](http://www.aberfeldytriathlon.com)

### Indicative Event Schedule:

Saturday 18 August 2018	14:00 - 19:30	Registration & race pack pick up at Kenmore, The Pavilion, Kenmore Sports Ground, PH15 2NU
	16:00-16:45	Athlete briefing 1 for all Individual athletes at Kenmore Primary School, PH15 2HL
	17:00-17:45	Athlete Briefing 2 for all Individual athletes at Kenmore Primary School PH15 2HL
	18:00-18:45	Athlete Briefing 3 Relay Athlete Focussed at Kenmore Primary School PH15 2HL
Sunday 19 August 2018	05:30	Transition 1 (Taymouth Marina) and 2 (Kenmore Sports Ground) Open
	06:35	Transition 1 (Taymouth Marina) Closes
	06:50	Transition 2 (Kenmore Sports Ground) Closes
	06:40	Swim Briefing at Taymouth Marina
	07:00	Wave 1 Starts Pink Hats includes Male and Female Senior Solo Athletes
	07:08	Wave 2 Starts Blue Hats includes Male and Female Veteran Solo Athletes
	07:16	Wave 3 Starts Yellow Hats includes Male and Female Super Veteran / Vintage Solo athletes and Relay athletes
	11:20	Anticipated first finisher
	13:00	Bike Check Out Opens from T2 Kenmore Sports Ground
	13:00	Blue Bag Check Out Opens From T2 Kenmore Sports Ground
	15:00	Awards ceremony at Kenmore Sports Ground.

## Directions:

Getting there by car:- From the North A9 Southbound: Ballinluig Junction A822 to Aberfeldy, B827 Kenmore. From the South M90 to Perth, A9 North Bound, Ballinluig Junction A822 to Aberfeldy, B827 Kenmore. From the West Glasgow M80 towards Stirling M9 to Stirling, A9 Northbound to Perth North Bound, Ballinluig Junction A822 to Aberfeldy, B827 Kenmore. From Aberdeen and the East, A90 to Dundee and Perth, A9 Northbound Ballinluig Junction A822 to Aberfeldy, B827 Kenmore

Getting there by railway:- The closest rail stations are at Pitlochry and Birnam (Dunkeld). Bus link or car hire from there to Aberfeldy/Kenmore. [www.trainline.com](http://www.trainline.com) and [Bus Information and Times](#)

Getting there by aeroplane:- From Glasgow or Edinburgh airports head north to the city of Perth. Follow the A9 trunk road to Ballinluig and then take the A827 west to Kenmore,

## Accommodation

Our accommodation partners offer a range of quality places to stay at varying budgets. A full list can be found [Here](#)

There are a range of accommodation providers in the area that will meet varying requirements from Camping to B&B's and Hotels. A list can found here: [Places to Stay](#)

## Car Parking

We are anticipating around 400 competitors registered for this year's event. The event car park is located adjacent to the Kenmore Sports Ground through the grounds of Taymouth castle. Please use this Car park throughout Race weekend.

We cannot accommodate car parking at the swim start therefore you must park in the event car park which is a short walk away, located through the grounds of Taymouth Castle adjacent to the Sports Ground.

## Kenmore Site Plan



## Checklist

Below is a list of items we recommend you bring with you to the race. The items in red are mandatory for Aberfeldy Triathlon

### Photo ID

**Race Licence** (Race licence required for eligibility to National Championships)

Day Licence (Purchased with entry, no proof required)

Warm Clothing

Trisuit/Clothing

Race Number Belt

### Wetsuit

Swim Goggles

Lubricant – For wet suit

Additional Swim Hat (Neoprene Recommended) – You will be given a Swim Cap at registration appropriate to your wave time which must be worn over the top of any additional hat.

### Bike

Cycle shoes

Basic Bicycle repair kit

Bike Water Bottles

**Bike Helmet – No Helmet no race**

Nutrition – Please ensure you start off with your own Nutrition on the bike.

### Running shoes

Socks

Sunglasses

Sun Cream

Hat

Midge repellent

## Registration:

Please note that all competitors must register on Saturday 18 August at the event village, there will be no registration on race morning. Registration will take place in the Sports Pavilion Located in the Event Village. On arrival at registration, find your race number from the lists displayed at the entrance, these will also be available on the [website](#) prior to race day. Then proceed to the registration desk. Here you will be required to show your BTF/TS Race Licence if appropriate.

You will receive your full race pack at registration including your timing chip, race number, and sticker sheets for bike, helmet, and transition bag. Relay teams will be issued with two race numbers

Example race number and sticker sheet:

The image shows an example of a race number and sticker sheet. At the top left is the 'DURTY EVENTS SWIM BIKE RUN ADVENTURE' logo. To its right is a 'STILL GOING STRONG' logo with sub-headers: 'STILL TURNING', 'GOING SMALL STEPS', and 'STRONG INTO GREAT FEATS'. Below these is a large black box with the number '300' in white. Underneath the number is the text 'ABERFELDY TRIATHLON'. Below this is a grid of stickers. The top row has three stickers: a large '1' with 'DURTY EVENTS SWIM BIKE RUN ADVENTURE' below it; the 'STILL GOING STRONG' logo; and another large '1' with 'DURTY EVENTS SWIM BIKE RUN ADVENTURE' below it. The bottom row has three stickers: a large '1' with 'DURTY EVENTS SWIM BIKE RUN ADVENTURE' below it; a sticker with 'I'M SUPPORTING' above a large '1' and the 'STILL GOING STRONG' logo below it; and a large '1' with 'DURTY EVENTS SWIM BIKE RUN ADVENTURE' below it. Small text instructions are present: 'Please wrap around your saddle stem so the number is visible from both sides' at the top, and 'Please stick this label to the front of your bike helmet' and 'Please stick this label to your bag' at the bottom corners.

## **Race Numbers**

You will be issued a sheet of stickers; these are for you to number your kit with. Your bike, helmet and blue bag must have your race number stickers on them. You will also have a race number to wear on your back for the bike and front for the run. You can use safety pins if you wish, however because you need to change the position in transition it is strongly recommended that you get a race belt which saves you time, allows you to easily switch clothing and avoids putting holes in your clothing. **Do not cut or fold race numbers** as this could result in a rule violation.

Competitors will not be allowed into or out of the transition area without a number. To aid the timekeepers, who act as a manual back up to the timing system at the finish, please ensure that your number is not obscured. Removal of your bike from the transition area will not be possible without your race number which corresponds with your bike frame number, this will be checked as you leave transition. Please note you will be asked by transition marshals so be prepared to show your race number at all times.

Please note: NO BIKE RACKING ON SATURDAY.

You will be issued with a Blue Bag at Registration this is for your wet kit. You may also put any kit that you walked down to the swim start in, into this bag. After your swim, put your wetsuit and other swim kit in your blue bag which should be left in your transition area. Your blue bag will be transported over to T2/Finish area for collection after your race. Please only place items in your blue bag which are required at transition, do not bring unnecessary kit into T1.

## **Racking and Transitions**

We recommend you arrive in transition 90 minutes before the swim start. It is better to be prepared and relax before the race than to be rushing to get ready if you are running late.

Transition 1 will close at 06:35 and T2 06:50 prior to the first wave start. You will be called to the holding pen close to your swim wave start time. **IT IS YOUR RESPONSIBILITY TO BE ON TIME FOR YOUR WAVE START.** If you discover you have forgotten anything in the morning i.e. race number or timing chip please notify an official as soon as possible so time is allowed to try and get you a replacement.

The distance between T1 and T2 is 400m. T1 and T2 will be open from 05:30 on Sunday morning to allow for Run Kit to be dropped into T2 and your bike to be racked into T1. We recommend that athletes rack their bikes before 06:30. Both transitions are high security areas and only competitors wearing their number will be allowed access. Accredited event crew, officials and Press will have access. At T1 You must rack your bike with your cycle helmet in the allocated numbered space. Now is the time to put your drinks bottles and nutrition on your bike, check it is in the right gear to start and pump up your tyres if needed. Again take this time to familiarise yourself with your surroundings, where your bike is located etc. If you have any problems with your space/area please approach a member of Event Staff. Mount and dismount lines will be clearly marked and you should listen to marshal instructions at these areas to ensure you are not riding in the transition areas.

At registration we will have clear plastic bags available for athletes to place glasses and or inhalers in. Please write your Race Number clearly on the Bag and we will have a table on the swim exit for you to leave these items prior to your swim and available to pick up on your exit.

## **Timing**

Resultsbase Ltd will be providing a comprehensive race results service. To ensure accurate times and results you must ensure you wear your timing chip whilst racing. It is useful to smear a small amount of lubricant around your ankle to stop any chaffing and we recommend that the chip goes round your left ankle. Using this cutting edge technology will mean results; discipline splits and category positions will be updated live as athletes pass the finish line. There will be a large TV display providing live results to all competitors and spectators in the finish area.

When you have finished the race, please remember to return your timing chip to our officials in the finish area. Failure to do so will result in a £25 charge being made to the athlete for the loss of equipment.

Please also ensure that you do not cross the mats, which register your times except during the race. To avoid this problem do not climb over barriers as they are put in place to prevent access

from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

### **Race Briefing**

There will be two race briefings for individual athletes and a third Relay Focused briefing; the times are included in the race week schedule. These will be held in the Kenmore Primary School. **It is mandatory to attend one of these briefings.** These briefings contain last minute updates on course, conditions and other rules and technical instructions.

### **Mechanical Support**

Competitors are reminded that it is their responsibility to ensure that their bike is in a roadworthy condition. We recommend that you have your bike serviced by your local bike shop prior to the event. Escape Route Cycle and Outdoor in Pitlochry, [www.escape-route.biz](http://www.escape-route.biz) Tel: 01796 473859 deliver a first class, efficient and competent service and will be able to offer support in the event village and at their shop in Pitlochry all day Friday and Saturday to fix any last minute problems. The shop is open from 09:00-17:30 and they are based on Atholl Road. Drop into their newly opened fully licenced cafe and enjoy a cup of the best coffee in Highland Perthshire while you are waiting.

On race day we will have a mechanical support team on the bike course and a sweep team that will follow the final cyclist round the course. The Support Team will carry some essential spares and will try and get you mobile again. If you do have any mechanical issues notify the nearest course marshal who will get a message to event control who in turn will alert the mechanical support team. If the team cannot get you mobile again you will need to stay with the sweep team until they return to the event village.

### **Withdrawal**

#### **Pre-Race**

If you wish to withdraw from the race prior to the race start (after you have registered) please inform registration and return your timing chip. If you do not return your timing chip you will be charged £25 for its replacement. It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

#### **During the race**

To comply with our safety plan any athlete withdrawing from the race at any time must report it to an Event Crew member please ask for the team leader of the area you are in. They will take your details and report them to race control.

#### **Race Rules**

The event will be held under the rules of British Triathlon and **triathlonscotland**. The full rule book is available here: [British Triathlon Rules](#)

### **Cut Off Times**

#### **Swim**

The cut-off time for the swim is 1 hours 10 minutes from your start time. If you do not make the swim cut-off, you may not start the bike leg. The bike out closes at 08:30, if you have not reached the bike mount line by then, you will not be allowed to start the bike.

#### **Bike**

You must be able to make the 5 hour 30 minute cut-off point at T2. This is a combined swim and bike time at T2. The cut-off time for the bike is 5 hours and 30 minutes from your individual start time recorded by the timing chip. Unfortunately athletes who do not make these cut-offs may not remain on the course. They will be collected by the sweep vehicles. If you do not make the bike cut-off, you may not start the run leg.

## Swim Course and T1:

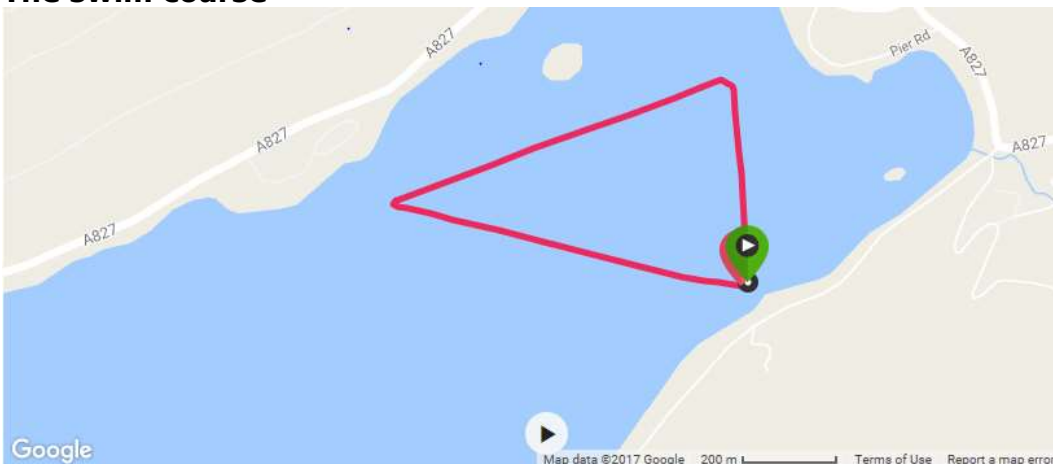


The swim and T1 are based at Taymouth Marina on the shores of Loch Tay. Taymouth Marina is dominated by breathtaking views of Ben Lawers and the surrounding Tay Valley landscape. The stunning scenery, coupled with an impressive range of on-site facilities, makes Taymouth Marina the ideal swim and T1 venue.

### Swim Safety

There will be substantial safety cover on the loch to guide and provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then come to your aid. Hold on to the back of the canoe until the safety boat comes to your aid and if required return you back to the water sports centre for any further medical assistance. Remember keep the buoys to your left. All competitors should please note: United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are minute. A swimmer who may be susceptible to infection through immune suppression, are advised not to enter the event if he or she is not in good health at the time of swimming. Water quality testing will be carried out in the 4 weeks lead in to the event. Our final microbiological readings will be posted on [www.aberfeldytriathlon.com](http://www.aberfeldytriathlon.com) the week prior to the event.

### The swim course

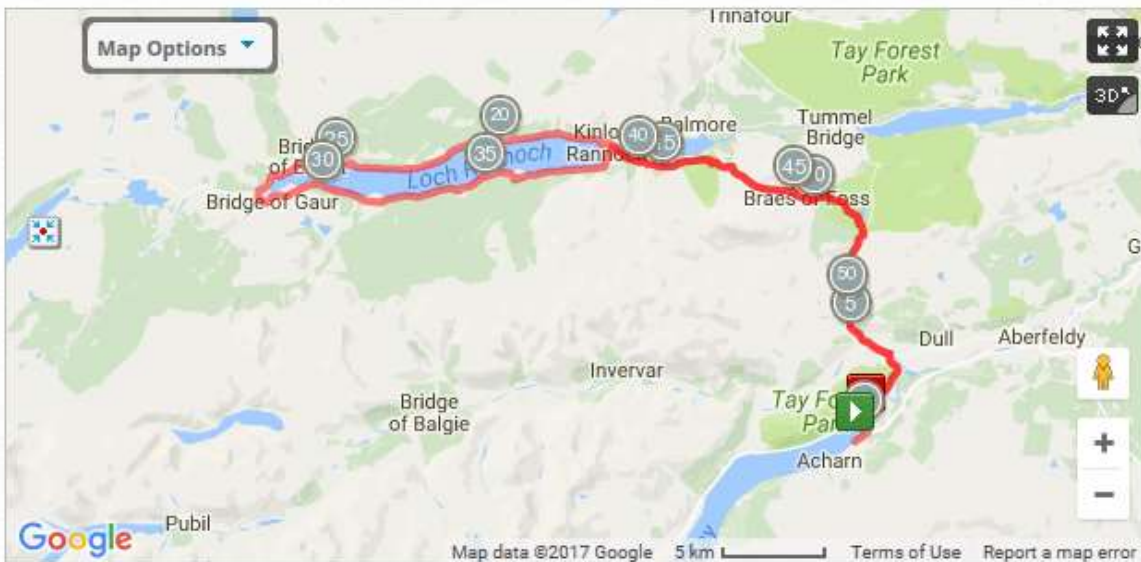


## Bike Course



Leaving Taymouth Marina, the Bike course takes athletes on a spectacular journey into the breath-taking Highland Perthshire Countryside. Heading towards Kinloch Rannoch across the shoulder of Schiehallion, the route circumnavigates Loch Rannoch and re traces itself back over the climb out of Rannoch and back to T2 in the Kenmore Sports Ground.

## The Bike Course

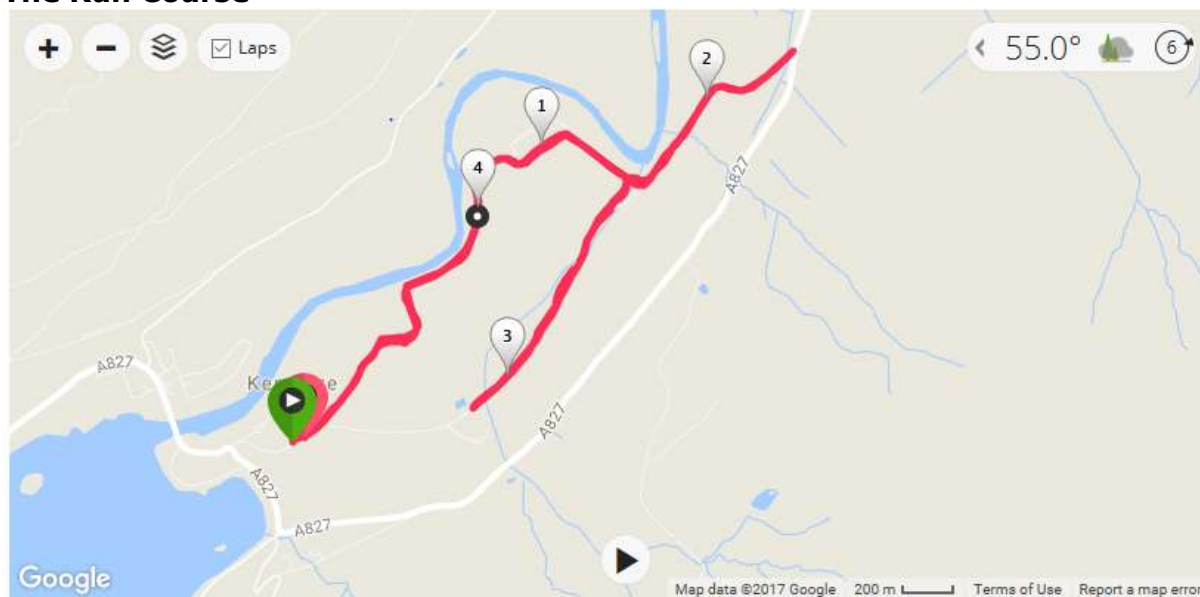


## Run course:



The run course will take athletes on a 3 lap course through the stunning grounds of Taymouth Castle. The route is on predominantly tarmac roads with a short section of out and back on a cinder track

## The Run Course



Over Time ▾

Customize ▾



## Feed Stations

### Bike

There will be three Feed Stations on the bike course, approximately at 16 Miles, 28 miles and 40 Miles. Each Feed Station will contain the below:

- High Five Sports Drink- Citrus
- High Five Energy Gels – Orange
- Active Root Sports Drink (on feed station 1 and 3 only)
- Trek Energy Bars
- Water
- Bananas

Drink from these Feed Stations will be handed out in 750ml bike specific drink bottles. Drop Zones will be highlighted for you to drop bottles in prior to and after the pick-up zone. Please use these drop zones to ensure we keep the race course as tidy as possible. Athletes will be disqualified for blatant littering on the Bike Course out with the feed station.



## **Run**

There will be three Feed Stations on the run course approximately 1.5 miles apart. Each Feed Station will contain the below:

- High Five Sports Drink- Citrus
- High Five Energy Gels – Orange
- Active Root Sports Drink (on feed station 3 only)
- Water
- Cola

Drink from these Feed Stations will be handed out in cups, cups and gel wrappers should be thrown in the bins provided – not on the ground.

**Remember: Athletes will be disqualified if caught littering by a Race Official.**

## **Award categories:**

Age group awards will be given for the first three across the line in the following categories Male and Female 19, 20-39,40-49,50-59,60-69, 70+ and Teams. Scottish Champions will be crowned in these categories in addition to the first three males and females overall.

This year we have a new exciting Hill Climb Trophy which we will award for the fastest Male and Female who conquer the infamous Schiehallion Climb.

This year we will award new special locally designed trophies to the First Male, Female and Mixed Relay teams.

## **Medical Cover**

The safety and welfare of our competitors is paramount. Our Medical team is being led by The Scottish Ambulance service. Onsite during the event will be Paramedics, Doctors and First Aiders all highly experienced at supplying the highest calibre of comprehensive medical cover at a range of sporting events. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event steward. The medical tent will be located at the finish line to enable any casualties to be treated quickly and efficiently.

## **Medical Conditions**

We ask that all athletes show a sensible approach towards entering the event and if you feel at all unwell either prior, during or after the event you can either withdraw and or seek assistance from the Medical Team. It is mandatory that all competitors write their next of kin & contact details on the back of their race numbers (using a waterproof pen if you are wearing your number below your wet suit). We will have pens (waterproof) available at registration for doing this. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the front of your race number & wear your race number at all times when competing in the event – including under your wet suit during the swim section.

## **Finish Line and Athlete Recovery**

After you have finished the race you will receive your medal at the finish line and then enter the recovery area. Here you can help yourself to some food and drink. Your timing chip will be taken from you here. The recovery area is an athlete only area.

## **Team Entries**

We are delighted a new Aberfeldy Team Relay Championship. This year we will award new special locally designed trophies to the First Male, Female and Mixed teams. Please note the following details if you are entering in the team section. The team competition will run within the individual event. You can enter teams comprising of two or three athletes. Swimmers will start off with the timing chip which will act as the relay "baton" throughout the race. Team Race numbers will have a coloured wash through them to identify the athlete as a team member.

## **Swim to Bike transition**

On exiting the swim, the team swimmer must run into their transition area space, remove their wet suit, remove their timing chip and pass this on to the team cyclist who will be waiting in the transition area by their bike. The cyclist must place the chip around their left ankle before leaving transition with their helmet secure. Walk/run with your bike to the mount line and mount your bike beyond the mount line.

## **Bike to Run transition**

On completion of the bike leg, dismount your bike at the dismount line and walk/run into the transition area. Rack your bike in your allotted transition space removing your helmet and chip. Team runners must be waiting in the designated change over zone Cyclists must run into the area and pass on the chip to the runner. Runners then place the chip around their ankle before leaving the waiting area.

## **Toilets**

There will be toilets located in both transition areas and within the athlete village where the race finishes.

## **Course Reconnaissance**

You are permitted to swim in Loch Tay prior to race day, however you must be courteous and notify staff at the Taymouth Marina Water Sports Centre that you are going to swim. They may direct you to an area if other water sports are going on at that time. We have built an excellent relationship with the water sports centre operators over the years, please help us maintain that.

Check out their fantastic new Hot box facility. <http://www.taymouthmarina.com/leisure/sauna>

You are permitted to cycle the bike course or run the run course any time during the build up to the race. Please be aware that you are visiting an area of outstanding natural beauty and we ask you to respect that, whether training or racing in Highland Perthshire. Please do not litter or abuse other road users during training or racing in the area.

On race day if your supporters are cycling out to view sections of the course please ensure they do not obstruct the race route or cause confusion to marshals. Support crews should not swim, cycle or run with any athlete at any point during the event.

## **Results**

Results will be updated constantly on the large display at the finish. In addition, a complete set of 'provisional' results will be posted in the race village. A full set of results will be available on our [website](#) no later than midday Monday 21 August 2017.

## **Race Volunteers – Please Help**

No event like this can run smoothly without the help of many stewards and marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to volunteer. All marshals will receive an event memento, food & drink. If you would like further information about becoming a race volunteer please contact our volunteer coordinator at [info@durtyevents.com](mailto:info@durtyevents.com) You do not require any previous experience or knowledge of triathlon to become a race volunteer; any training required will be given on, or prior to race day.

## **Time Penalties & Appeals**

ALL penalties issued by the British Triathlon / **triathlon**scotland Race Officials will be displayed on a Penalty Board next to the Results display at the Finish. No other event crew have the right to award a penalty and all penalties must be directed through the chief race official. Appeals against these penalties must be made in writing to the chief race official within one hour of the race finish and be accompanied by a fee of £15.00 refundable if the appeal is upheld. It is your responsibility to check the Penalty Board.

## **Course Etiquette**

Competitors are reminded that they share the venue facilities and roads with other citizens who may or may not be fully aware of the event. This event **IS NOT** a closed road event therefore due care should be taken at all times. We request that you treat members of the public, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by both the venue and the promoters. Any littering around the route will also result in an immediate DQ from the event.

## **Photography**

There will be an official event photographer who will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on our website at <http://www.durtyevents.com/galleries> and our Facebook page <https://www.facebook.com/durtyevents/> as soon as they are available.

**Charity Partner:** We are delighted to announce that CRY will be our charity partner for 2018. If you feel able over the event weekend there will plenty of opportunities to make a donation to this fabulous charity or you can donate via the [CRY website](#)

**Finally**, many people have put a huge amount of effort into staging this event from volunteers to administrators. Please give these people a smile and a "thank you", they are worth it. At the finish enjoy your achievement and look after yourself, keep warm, keep drinking and try to eat something, although don't be too surprised if you don't feel too much like eating. Catering will be available both at the swim start and at the finish for spectators and athletes. The Final thank you goes to you, The Athlete, for supporting the Aberfeldy Triathlon, we hope you achieve your own personal goals whatever they are.

We look forward to seeing you at the race.

Richard and Paul