

**THE FOXLAKE
TRIATHLON**
BY DURTY EVENTS



EVENT GUIDE
SATURDAY 26TH SEPTEMBER

Supported by:



STEWART



BREWING

WELCOME

Thank you for your entry to the Foxlake Triathlon event.

It's almost event day and we want to make sure you have all of the information you need so that you're ready to go on the 26th September when you arrive.

This document includes information on the following:

- Covid-19 Measures
- Race Timings
- Transport and Accommodation
- Race Rules, Numbers and Licences
- On Course Nutrition
- Sponsors and Exhibitors

We look forward to welcoming you to the race.

See you on 26th September



COVID 19 CHANGES

Due to the current Covid-19 situation we have made a number of changes to the event to help keep everyone safe full details of the changes can be found throughout this document but the main points are listed below:

- **DO NOT ATTEND IF**

- You have felt unwell in the last 14 days
- You have a high Temperature
- You have a new and Persistent Cough
- You have a loss of taste or smell

- If you develop any of these symptoms on event day please go home immediately and alert event staff via email on info@durtyevents.com

- There will be no verbal briefing on event day, **so please read this document carefully before attending**

- The registration area will have a one way system in place please follow signage
- Face coverings must be worn in the Registration Area, Transition Areas & any other common areas
- To reduce the number of people in registration you will be able to register for friends/family
- Start will be "Time Trial Type", No Mass Starts are permitted
- Swim – The swim distance will be 200m
- Transition areas will be extended and marshals instructions must be followed when racking/collecting your equipment
- Hand sterilisation stations will be located within the common areas please use them
- Marshals on the course will endeavour to keep a 2 meter distance from athletes
- Contactless timing System will be in use, please remember to return your timing chip

- Prior to the event we require you to complete a Health Declaration, this information will be kept on file for 21 days as per the Government guidelines

- If you have been hospitalised with Coronavirus or have isolated due to symptoms it is recommended that you undergo a Health Screening prior to taking part in this event

Latest Advice

Scottish Government Advice [here](#)

NHS Advice can be found [here](#)



On Site Advice

- Maintain Social Distancing
- Wear a face covering in common areas
- Clean your hands regularly
- Do not linger on the finish line, please move on as soon as you have removed your timing chip



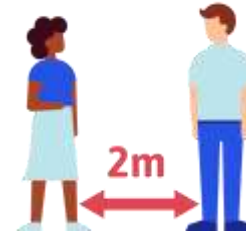
DURTY EVENTS COVID 19 GUIDELINES



HAND HYGIENE

Remember to wash your hands regularly for at least 20 seconds

We will have hand sanitisation stations around the site please use them on arrival and between areas. Our Crew will also be sanitising their hands regularly



SOCIAL DISTANCING

Please remember to stay 2 meters apart from others, we will have markings on the ground in registration to assist you



WEAR A FACE COVERING

Face Coverings must be worn in communal areas e.g. registration, transition areas when setting up equipment and in any indoor situations



SITE HYGIENE

Our Crew will be sanitising their hands regularly.

All equipment will be sanitised before and after the event.



STAY AT HOME

If you feel unwell or have any symptoms of COVID 19 please do not attend the event, Head home and contact NHS Track and Trace



AFTER THE EVENT

If you develop symptoms of COVID 19 after the event isolate, contact NHS Track and Trace, email us at info@durtyevents.com and advise you are awaiting test results



EVENT INFORMATION

Location

The race venue is Foxlake Adventures, Dunbar, East Lothian, EH42 1XF

How to get there

PLEASE NOTE THE MAJORITY OF SAT NAV DEVICES WILL DIRECT YOU TOWARD EAST LINKS FAMILY PARK, AFTER THE BELTONFORD ROUNDABOUT DO NOT RELY ON YOUR GPS!

Directions from The North

- Take the A1 South bound towards Haddington
- Past Haddington take the A199 exit toward Haddington/East Linton/Drem/Gullane
- At the roundabout take the 2nd exit onto the A199
- Continue on the A199 for approx 11 miles, past East Linton (Follow the brown Visit Scotland signs)
- Approx 0.5 Miles before the Beltonford Roundabout turn left into Foxlake

Directions from the South

- Take the A1 North bound for Edinburgh
- Go past Dunbar and at the Thistly Cross roundabout take the 3rd exit
- Continue on the A199 for approx 0.5 miles
- Take the 2nd exit at the Beltonford roundabout toward North Berwick/East Linton (Follow the brown Visit Scotland signs)
- Approx 0.5 miles take a right turn into Foxlake

It is possible to take the train to Dunbar and cycle to venue but please be sure to book bike space in advance on the trains and check times. For current advice on using public transport please click [here](#)

Parking

Parking is available on site, please follow any instructions from parking marshals. Please be aware you may be directed to the old stables to park, this is approximately 5 minute walk away from the Event HQ

Schedule

Critical race day times are below

Saturday 26th September

7am – Car Park Opens

7am – 8:15am – Race Registration @ Foxlake

08:30am – Race Start (possibly split into several small waves, individual 'time trial' start for social distancing purposes)

09:00am – First Finisher

10:00am – Last Finisher

Course Maps and descriptions can be found on our [website](#).

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REGISTRATION

Important Note: Please ensure you have completed the Pre-event [Health Declaration Form](#) prior to attending the event. If you have not completed the Declaration Form you may not be able to race.

Registration will be in the staff car parking area, a one way system will be in operation and social distancing must be maintained. Please ensure you wear a face covering and use the Hand Sanitiser provided prior to entering this area.

You will be able to register for friends/family members, please make sure you know their details before requesting their pack. You will be handed an envelope with all the items required including your timing chip, please ensure if collecting for others you hand the correct bag to the correct person.

Your race bag will contain:

- Tyvek Race number (this should be pinned to you)
- Pins
- Swim hat
- Timing Chip

The race will be run under TS/BTF rules, and there may be a TS/BTF referee present. You are responsible for knowing the rules.

We have had one or two occasional problems in previous years with competitors being abusive and/or aggressive to other racers and marshals. For the avoidance of doubt – **any reports of this behaviour will result in an instant DQ**. Play nice with each other, and remember that the marshals are all giving up their day so that you can race. We have not had many events since Covid hit, We are all finding our feet and doing our best to comply with the new regulations.

Please Note:

There will be no changing facilities on race day.
Portable toilets will be available for competitors.



TIMING

Important Note: Please ensure you have completed the Pre-event [Health Declaration Form](#) prior to attending the event. If you have not completed the Declaration Form you may not be able to race.

You'll receive your timing chip (Sport Ident Air type) and race number at registration. The Tyvek race number goes on you (on your back for the bike, and front for the run – a race number belt is a useful bit of kit for this. If you don't have a race belt, please pin the number on your front).

A timing chip will be supplied, this should be worn on your wrist (1 per member for teams). If you are wearing a watch with GPS please ensure that your timing chip is not on the same wrist. Please make sure you **return your timing chip** at the finish line or you will not be given a result and will incur a replacement charge of £65.

Your timing chip will register in the following locations,

Start Line

Transition 1 In

Transition 1 Out

Transition 2 In

Transition 2 Out

Finish

*****THE TIMING SYSTEM IS CONTACTLESS – THERE IS NO NEED TO TOUCH ANYTHING, JUST WATCH FOR BEEP & FLASH IN THE LOCATIONS ABOVE*****

It is possible these points will not be manned, and will instead have a 'timing point' on a stake, and a red 'TIMING POINT' sign. It is your responsibility to make sure you are within range of these points and that your chip beeps and flashes.

Race results will be available at www.durtyevents.com/results. Any Race Photographs will be published on our social media channels and website as soon as possible after the event.



RACE INFORMATION - START PROCEDURE

You'll receive your timing chip (Sport Ident Air type) and one race number at registration. The race number goes on you (on your back for the bike, and front for the run – a race number belt is a useful bit of kit for this. If you don't have a race belt, please pin the number on your front), chip on your wrist (1 per member for teams). Please make sure you **return your dibber** after the finish line or you will not be given a result and will incur a replacement charge of £65.

Transition Areas will be open from 7am, please wear a facemask and keep your social distance whilst setting up your kit. Race start is at 8.30am, please ensure you are in the socially distanced queue for this time, make sure you have your timing chip on your wrist (not next to a gps watch as this interferes with the timing system, if you have a gps watch put your timing chip on the opposite wrist).



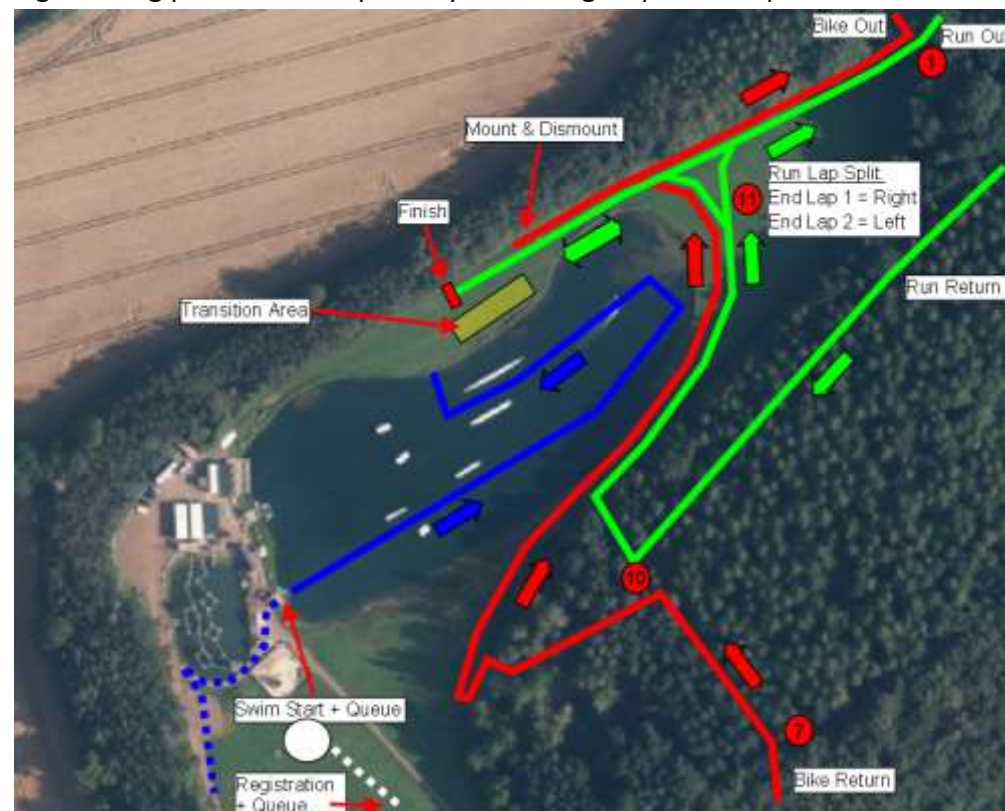
The timing chip on your wrist will need to be turned on by a marshal wearing full PPE, please extend your arm to allow them to do this. From then on the system is completely contactless, you will see signs indicating that you are passing a timing point at these points your timing chip will beep and flash red.



The timing points will pick up your chip from a 1 meter distance.

After you've registered and set up your equipment in transition join the start queue and stand at the socially distanced markers. You will be called forward by a marshal and your start time will be a time trial forward with athletes going off at 5 second intervals, this will be indicated by a series of beeps. You will hear 4 small beeps then 1 long beep to indicate you can start. Please be ready start once in the queue, we need to keep the queue moving to ensure a smooth start for everyone.

Here is a [video guide](#) to how the system works, as our beacons are larger (see picture above) you do not need to get as close as these guys but it gives you an idea of what to expect.

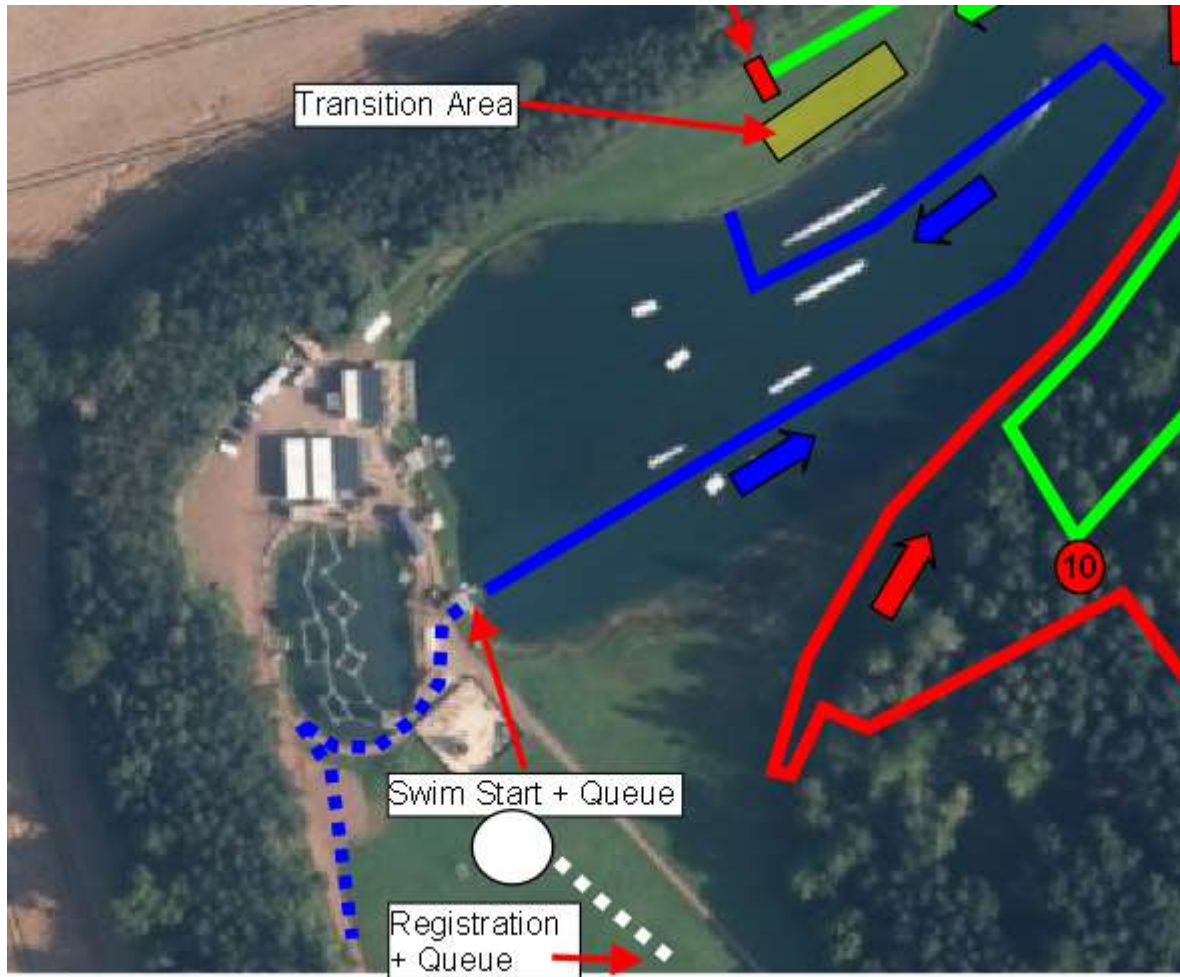


RACE INFORMATION - SWIM

Swim

Swim water temp is currently 18 degrees however we expect it to be more like 14-16 degrees on the day. Wetsuits will be optional no matter what the water temperature is. Gloves and booties are not permitted unless previously agreed with the event organiser. Wetsuits can be hired from the venue at the cost of £2 per hire, please contact Foxlake ahead of the event to pre-book.

The swim course is 200m, time trial starts will be implemented please step forward when asked and enter the water at marshals instructions.



RACE INFORMATION – TRANSITION

Transition Area

Swim Start is in front of the café area, swim exit is on the left side of the lake and heads directly in to the transition area. Please follow the one way system for transition, listen carefully to marshals instructions. On return from the bike you will enter transition from the opposite end, follow the one way system, pay attention to marshals instructions

TRANSITION

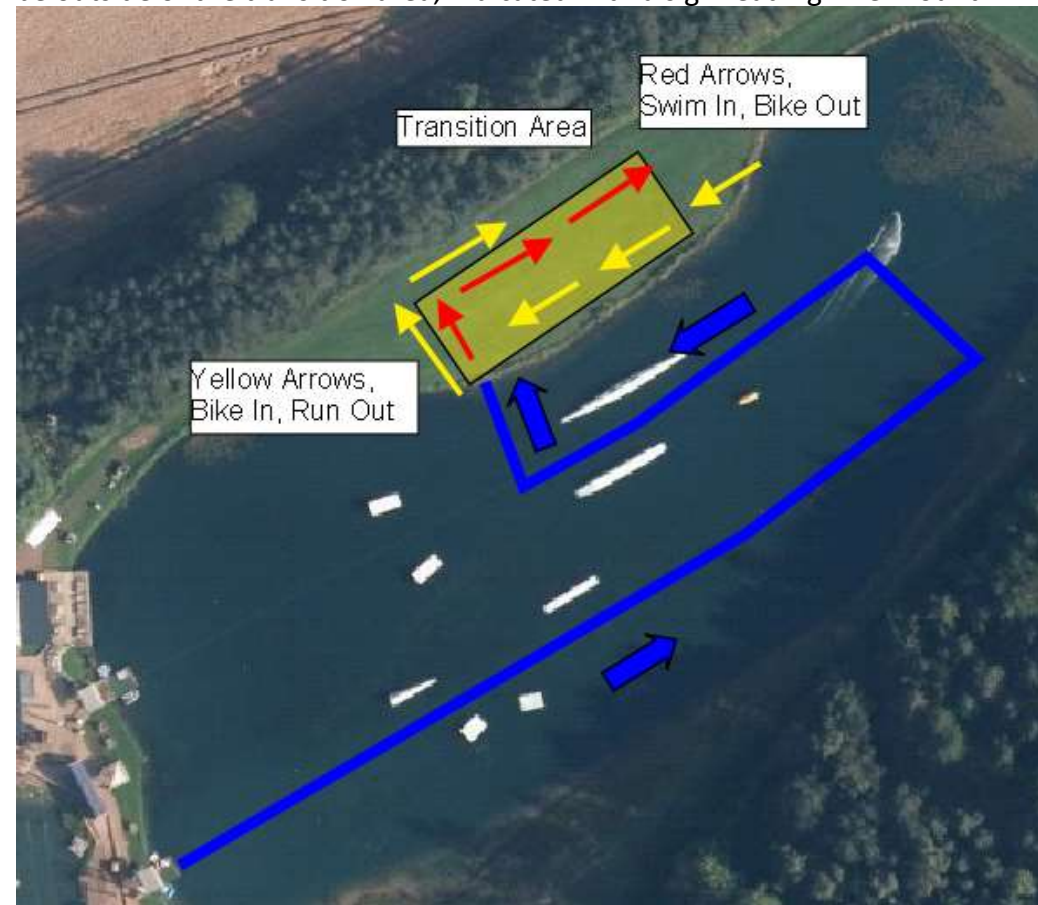
Before you start the race you will need to place your bike on the racking adjacent to the loch. Please use your numbered slot. Face coverings must be worn in this area when setting up equipment and social distancing maintained. Please follow marshals instructions carefully and allow plenty of time to register and then set up.

Fasten your helmet and grab your bike (but don't get on it yet). The Bike Mount line will be outside of the transition area, indicated with a sign reading Bike Mount.

After the bike, you will dismount outside of the transitions area at the sign reading Bike Dismount head into the transition area pushing your bike, follow the one way system through transition and out on to the run, please listen to any marshals instruction.

We encourage you to retrieve your bike as soon as possible after you finish, please approach the transition area and wait for the marshal to allow you access, you will need to bring your run number so we can ensure you are a competitor. The marshal will allow you in to transition when it is safe to Collect your bike at a social distance from others.

Transition areas are strictly for competitors only please do not bring anyone else in to transition with you when setting up.



**Please don't leave valuables in transitions.
We do not accept any responsibility for lost or stolen items.**

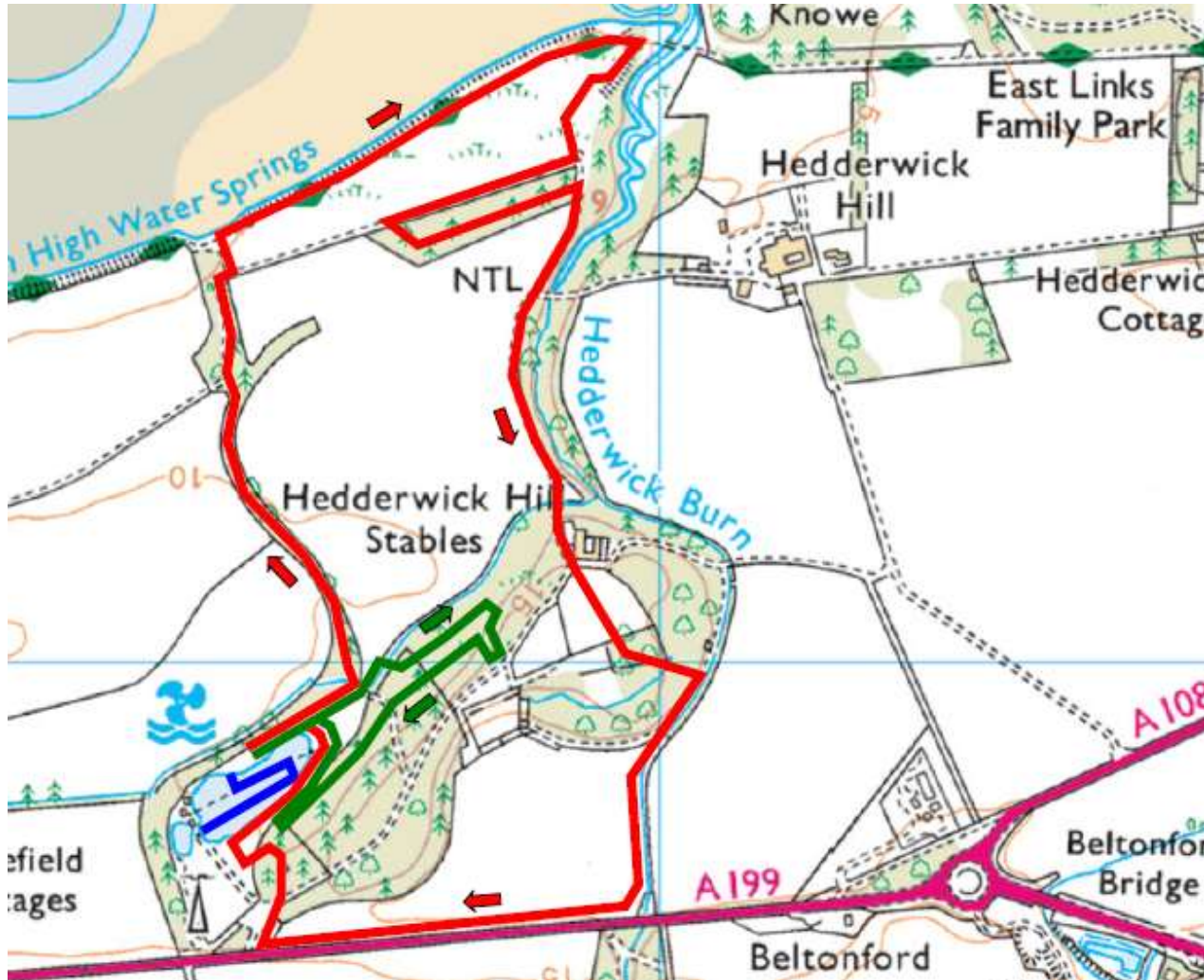
RACE INFORMATION – BIKE

Bike

The bike course will be a single lap of approx. 4.2k of an off road circuit that meanders through the beautiful woods, single track and landrover tracks around Foxlake. The route is very flat but do expect some rough areas and the potential for mud and puddles if we have had wet weather. You will return to the Foxlake hub ready to head out on to the run.

Drafting on the bike is NOT permitted, due to the Coronavirus pandemic we are unable to allow drafting.

Red indicates the bike course

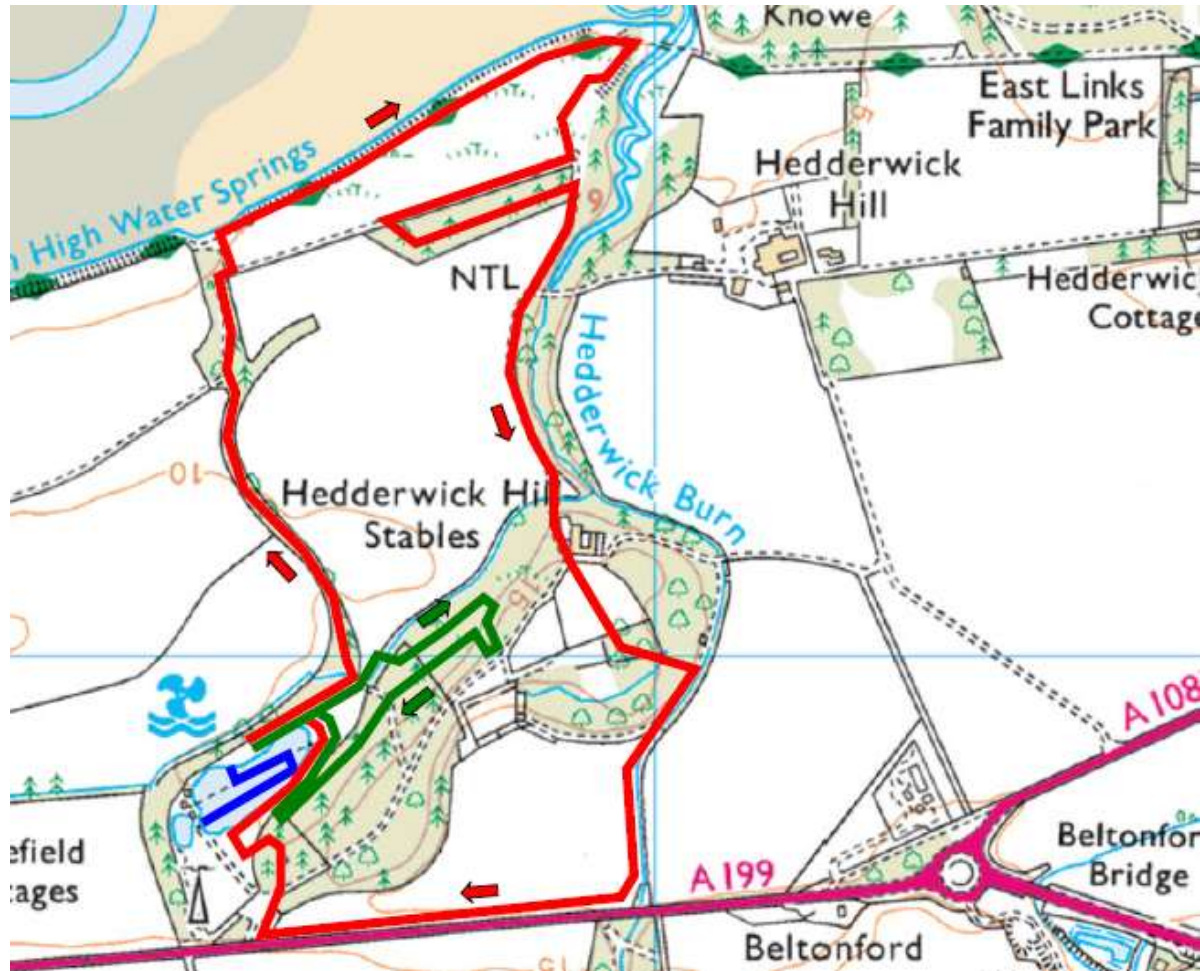


RACE INFORMATION – RUN

Run

The run route is a very straightforward 2 laps trail run through the forest of approx. 3 k in total. Trail shoes are preferable but you should be ok with road shoes unless it has been wet.

Green indicates the run course, please remember this is a lap course, when you return to the lake for the first time make sure you turn right for the second lap.



Run – Removal of Aid Stations

Please note there will be **no aid stations on the run**, please ensure you have taken on plenty of fluids. If you may require water on the course please bring your own, handheld bottle, hydration vest etc.

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RACE INFORMATION – FINISH

FINISH

Located at Foxlake HQ. Once you have crossed the finish line, remove your timing chip from your wrist and place it in the collection buckets provided. There will be no results on the finish line, all results will be displayed online at www.durtyevents.com on the evening of the event.

You can collect your bike and Swim kit on presentation of your race number, please wear a face covering when doing this, continue to social distance and follow marshals instructions.

After the finish please retrieve your bike as quickly as possible and leave the site. You will need to show your race number to be able to remove your bike from Transition.



****AID STATIONS – THERE WILL BE NO AID STATIONS ON THE COURSE OR AT THE FINISH, PLEASE ENSURE YOU BRING SUFFICIENT HYDRATION*****

Golden Rule

No Litter. Anywhere. Full Stop. This includes the car parks and transition areas, and also includes gel wrappers, banana skins, plastic cups etc. If you've got any of these, bring back to the finish with you. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!

Race results will be available at www.durtyevents.com/results. Any Race Photographs will be published on our social media channels and website as soon as possible after the event.

Follow us for updates
[@durtyevents](https://www.instagram.com/durtyevents)



AND FINALLY

STOP THE SPREAD

To help stop the spread of the virus please remember if you develop COVID-19 symptoms post event, self-isolate and book a test We will send a follow up email asking for participants feedback and will remind you of this. We also ask that if you do develop any symptoms after the event that you let us know that you might have the Coronavirus and are waiting for a test result

Staying Pre or Post Race?

Camping: We have a limited number of basic camping (tents) spaces available to book if you did not indicate that you would like a camping pitch when you signed up, please drop us an email to info@durtyevents.com and let us know. Please note there are no showers available and toilets will be portable toilets only



RUN | RIDE | SWIM | TRI | ADVENTURE

LOOKING FOR YOUR NEXT CHALLENGE?

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