

Super-Sprint Triathlon

Fleet Feet Triathletes at Knockburn

1st September 2019



Registration	08.00 - 09.15
Transition Close	09.15
Race Briefing	09.15
Race Begins	09.30
Prize Giving	approximately 12.00



Thank you for entering the Fleet Feet Triathletes Sprint Triathlon 2019, at Knockburn Loch, Aberdeenshire. We look forward to welcoming you to the outstanding facilities available at Knockburn loch on **Sunday 1st September** and hope your training is going well. Please familiarise yourself with the information in this race pack as it allows us to keep the race briefing on the day short and get the fun started quickly.

If you have any questions, please contact our race team by email at fleetfeet.events@gmail.com. The information contained within this document is unlikely to change prior to the event but any notices will be posted on the [Fleet Feet Racing](#) at Knockburn Loch Facebook page and will be emailed to the contact address you provided at sign up.

Knockburn Sports Loch is located in Aberdeenshire approximately 20 miles west of Aberdeen and 3 miles south of Banchory. Click [HERE](#) for map. Address - Knockburn Loch, Strachan, Banchory, AB31 6LL

- There is ample free parking on site. Please do not park on the entrance road to the Loch or the roads surrounding as these will be used for the cycle leg of the race.
- Knockburn Loch Cafe will be open serving drinks, light meals and yummy cakes. All competitors will be provided with a lunchbox and water at the race finish.

General Information

- Knockburn Loch is an area of natural beauty. Please help us to keep it that way by not dropping any litter on site.
- Male and Female communal changing rooms and showers are available for athletes. The changing facilities available on site are not designed for the storage of all your belongings. There are lockers provided, but to avoid congestion, please try to store belongings in your car. Toilet facilities for competitors and spectators are available in the Registration Building and in the changing rooms.
- The Café facilities should only be used by patrons of the café.
- The site has virtually no mobile phone, wifi or data reception. Please plan accordingly.
- **Knockburn Loch does not allow dogs.** Dogs found locked in cars will be immediately liberated and permanently adopted by the Race Committee so please leave your furry friends at home.
- Lost Property should be handed in at the registration and vice versa if you have lost something please report it to registration.



Registration

Registration will be open from 8.00am and will take place in the **Sports Academy** building, not in the conference centre where the café is situated. Please bring your race licence with you to registration. If you have specified that you have a home counties race licence but are unable to show it on the day, you will be liable for an extra £6 levy fee.

- Our registration team will take your name and check your race licence before giving you your race pack.
- You will be provided with a security wrist band to allow you to enter transition.
- There will also be body marking with your number on your left leg and right arm.

In your **race pack** you will find a race number, two stickers for your bike and bike helmet and your timing chip. The timing chip **MUST** be worn on your left ankle throughout the race. Please make sure it is still attached after you take off your wetsuit. You must wear your timing chip even if you do not wish to have your race timed. This is to allow us to ensure all athletes safely complete the course. If at any time you have to withdraw from the race please make yourself known to a marshal and hand your timing chip back at the finish line so we don't have to go searching for you. You will be provided with a swim cap which is both flattering and compulsory. You may choose to wear your own swim cap underneath the event swim cap. You will also be provided with two numbered stickers corresponding to your race number. One should be placed conspicuously on your bike and the other on your bike helmet.

There will be one start wave at approximately 9.45.

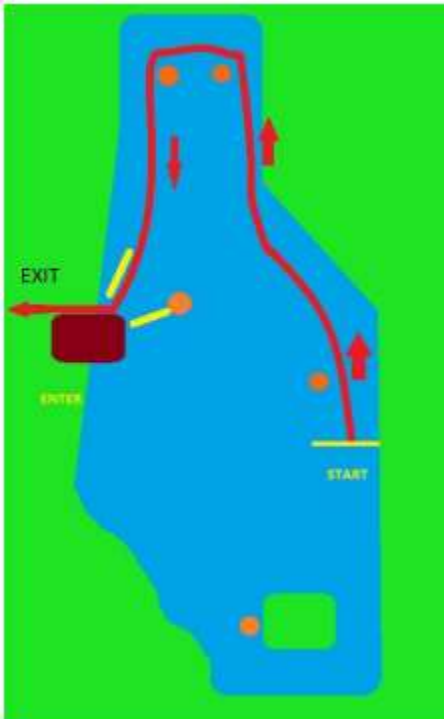
Transition Set Up from 9am

In the interest of security only registered athletes will be able to enter the transition area. You must show your security wrist band to the transition marshal to gain entry.

In order to rack your bike, the transition marshal will check that your numbers match your body marking and bike stickers, that your helmet fastens and meets safety standards and that your bike is roadworthy. **To be clear—you must bring your bike and helmet with numbers on to rack your bike in transition.** Find your race number on the bike racks. Rack your bike by the saddle, with the front wheel facing you. Place all other equipment to the right of your bicycle. Please familiarise yourself with the flow of transition. Please be aware of your surroundings and pay attention to other athletes so that you do not cause a collision during the race. Transition will reopen at the end of the race for you to collect your belongings. Please show your security wristband to the transition marshal again to gain entry. You will need to display your race number to the transition marshal in order to leave transition with your bike.

Race Briefing There will be a short race briefing for athletes prior to the commencement of the race. At approximately 0945. The race briefing will consist only of information that becomes available on the day. The information in this Race Manual will not be repeated so please read carefully. The water temperature will be announced at race briefing but is normally at 'nae bad' in late June.

Swim

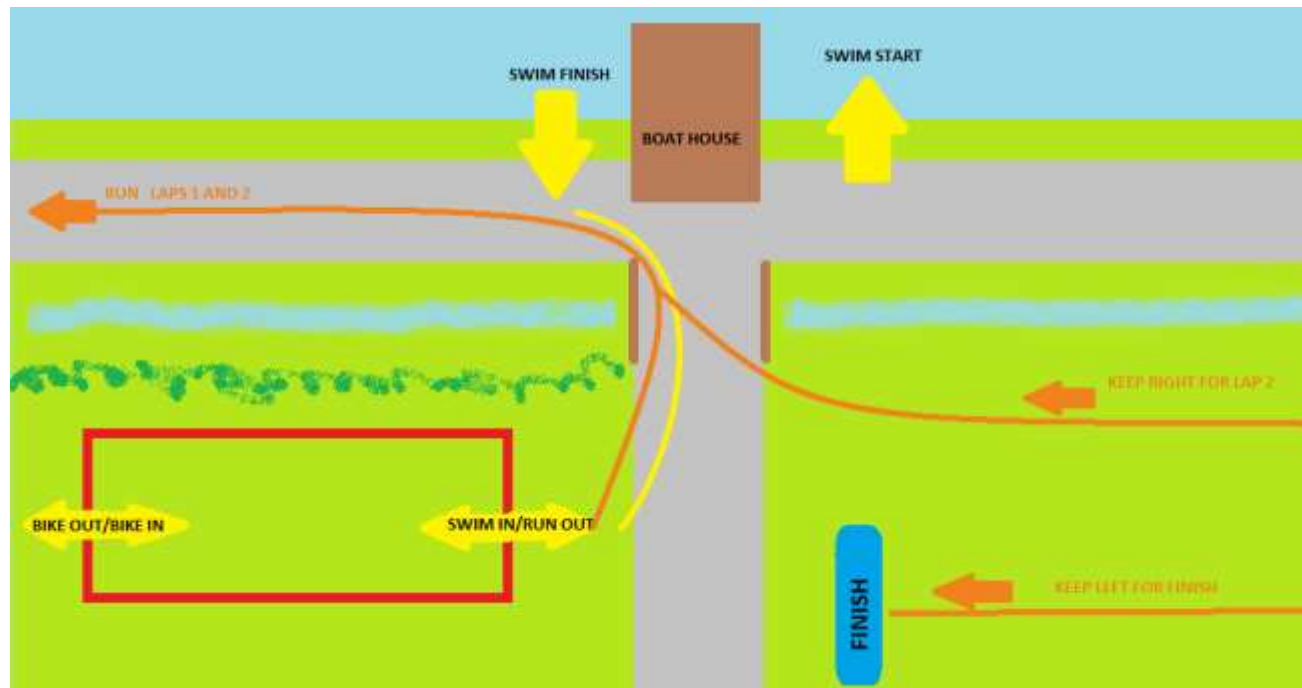


The swim is a 400m open water swim, completing one anti clockwise lap of the Loch, around the back of the island, keeping the orange buoys on your left shoulder. Use of wetsuits will be in line with the British Triathlon rules. Water temperature will be taken on race morning and announced at the briefing. It will be a deep water start.

The start will be announced by a one minute warning, then 'on your marks!' Thereafter an air horn will be sounded at random within 15 seconds.

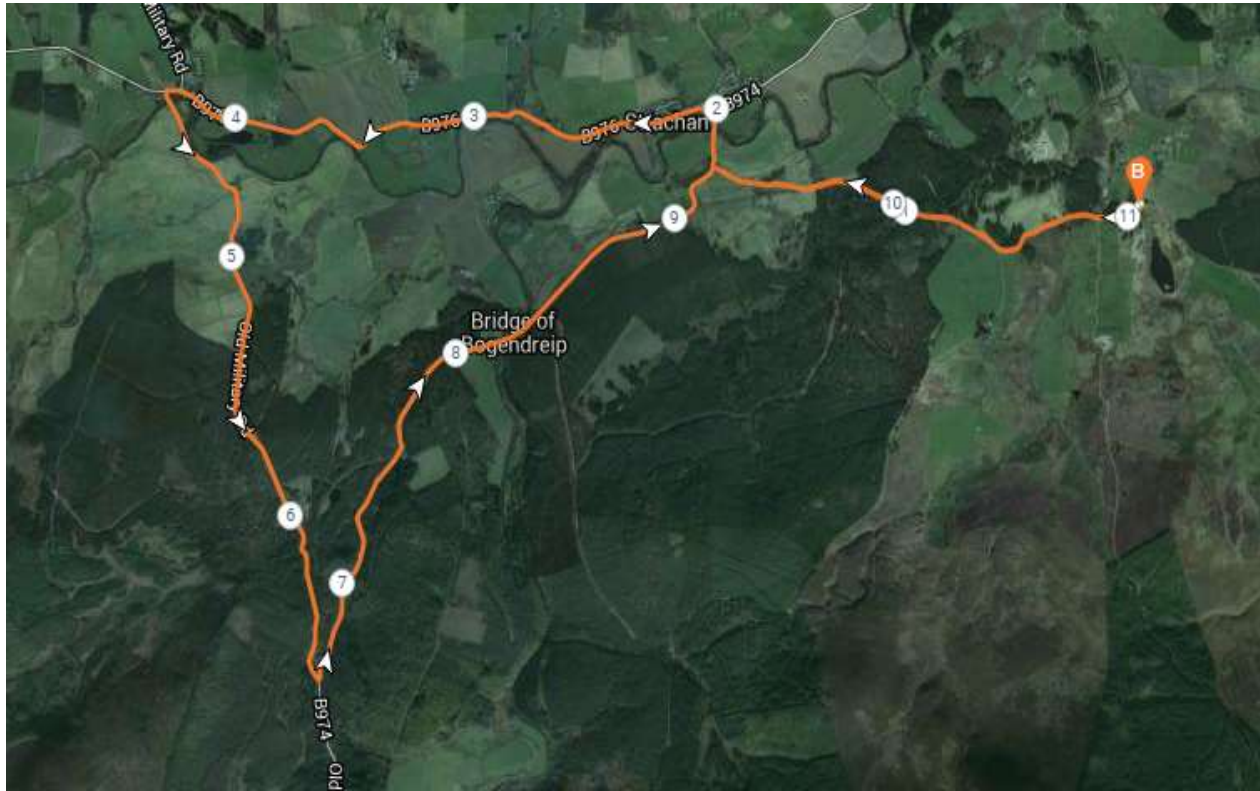
There will also be yellow horizontal buoys acting as guides. Swim between the yellow buoys. Swim exit will be the opposite side of the boat house to which you entered. The exit of the loch will be lined with astroturf and you will be guided to your feet by our Swim Exit marshals. If you get into difficulty, remember Knockburn Loch is a man made loch and is 2 meters deep at its deepest point. In most places you will be able to stand up. If you need help, roll onto your back, float in your wetsuit and raise one arm. A safety kayak will make its way to you.

Transition 1



Exit the water and make your way to transition along the astroturf matting. This short run (25m) to transition will fully be matted and can be run barefoot. If you wish, you can take your wetsuit off by the side of the loch but make sure that you do not obstruct other competitors and do not leave your wetsuit at the side of the loch - take it with you to your designated area in transition. Entrance to transition will be marked with TRANSITION IN. Run over the transition timing mat. Change into your bike gear.

Remember do not touch your bike until your helmet is on and fastened. This is an important rule in all triathlon events. Nudity in transition is strictly prohibited. Run out of transition with your bike. Exit for transition will be marked BIKE OUT - please keep left and make your way over the timing mats. Mount your bike only after you and your bike are over the MOUNT LINE. Where possible we have designed the course to eliminate possible collision. The transition out will be well marked and marshalled, but please take care and pay attention to competitors with bikes leaving transition.



Bike

The bike course is a 18km (11 mile) route. The Strava route can be viewed [HERE](#) The course will turn left out of the Knockburn Loch site and continue predominantly downhill for 2.75km before turning right. Decrease your speed as you approach the turn which will be well marked, obey marshals at all times. The marshals will assist you at the junction but cannot stop traffic. Here begins an anticlockwise, triangular loop. Cycle north for approximately 500m before turning left at the T-junction. Cycle west for approximately 3.5km. Turn left at the Feughside Inn. Cycle uphill for approximately 4km. Turn sharp left at the AA call box. Cycle downhill for 4km. Please note there is a

steep descent on a sharp corner at this point. A marshal will be in attendance with a flag and a whistle. All athletes **MUST** come off tri bars at this point. Failure to do so will result in disqualification. Approximately 50 meters after the sharp descent you will turn right before cycling the 2.75km back to the Knockburn Loch site. Turn right into the site and dismount before DISMOUNT line.

The bike route is on quiet country roads but these roads remain open to the public and you will encounter traffic. Continue to follow the Highway Code and be aware that there will be vehicles on the road. There will be athletes completing the bike route in both

directions on the return leg back to the Loch. You MUST KEEP TO THE LEFT AT ALL TIMES. Failure to do so not only endangers yourself and other athletes but will lead to disqualification.

This is a non drafting cycling event. You must stay out of the drafting zone (10 meters) of the athlete in front. If you wish to overtake, this must be completed within 20 seconds and the overtaken athlete must fall back to maintain a minimum distance of 10 metres. Overtake on the right and be courteous and shout a warning to the other athlete to make them aware you are there.

Transition 2

Run with your bike over the timing mats back into transition. Rack your bike at your numbered station before removing your helmet. Change into your run gear and make your way to the RUN OUT section. Please do remember that nudity is prohibited.

Run



The run is a one lap 2.5km off road, undulating course over grass, forest trails, gravel with short sections of tarmac. The route will be around the loch in a broadly clockwise direction, across the back of the cycle track, turning left and running along a gravel track approx 2km before performing a dead turn, run back approximately

200m before performing a further dead turn, running around the football field, clockwise round the forested area and back towards transition. Keep right to finish.

View the run route map [HERE](#)

Post Race

Your timing chip will be collected from you as you cross the finish line. At the finish line, you can collect your well-deserved medal. There will be water available for athletes. You can collect your bike from transition. You will need to display your race number to the transition marshal in order to leave transition with your bike. Once you have cleared your equipment from transition, you can swap your transition security band for a free burger, sausage bap or veggie burger from the barbeque.

Timing and Results: Your results will be provided by Thistle Timing, you can collect a printed slip from the timing van after you have crossed the finish line. Results will be available on the Thistle Timing website a short time after the race.

Prize Giving Prize Giving will take place as soon as possible after the last competitor has completed the race at approximately 12.00. Prizes will be awarded to both female and male triathletes for 1st, 2nd and 3rd overall together with 1st in each age category. One prize per competitor only with a roll down to the next fastest triathlete.

First Aid First Aid will be stationed close to transition with treatment facilities in the Sports Academy where you registered. If you require assistance please make yourself known to a race marshal or the first aid station.

Spectators Triathlon is an event for all the family and Knockburn Loch has excellent spectator viewing points in and around the swim and run course and facilities available within the café for lunch or a snack. We would ask that all spectators stay out of the areas cordoned off for athletes especially at the swim entrance/exit and around transition. If you are asked to move by a marshal please do so quickly.

Please if at all possible avoid leaving the site by car via the bike route until after the race has finished. We wish to keep as many cars off the road as possible. If you require to leave the site by car, please be considerate to your fellow competitors still out on the course by turning **right** out of the Knockburn Loch site and taking an alternative route to your destination.