



## **Scottish Youth and Junior Triathlon Championships 2009**

**Bellahouston Sports Centre, Glasgow**

**Saturday 1st August 2009**

Welcome to the 2009 Scottish Youth and Junior Triathlon Championships. This year **triathlon**scotland are the race organisers with enormous support from local and national partners. We hope to create an event with a "big race feel" and a showcase for the depth of youth and junior talent we have in Scotland today.

Scotland has a World Junior Champion in Kirsty McWilliam whose triathlon successes started in events like this and I am sure she would be the first to acknowledge that the National Championships provided for her a springboard to greater achievements.

It is with regret that this year John Lunn is not with us directing proceedings. John had a nasty bike accident a few weeks ago which he is convalescing from at the moment. We all wish him a very speedy recovery.

Above all we hope you all enjoy this event and whatever position you come, you should be proud that you were motivated enough to get involved and become physically active in a Sport that will offer you huge opportunities and enjoyment throughout your athletic life.

I wish you all a very safe and enjoyable race.

Richard Pearson  
Director of Championship Events

# RACE INFORMATION PACK

## Event Location

The event is being held at:

[Bellahouston Leisure Centre](#)

Bellahouston Drive, Glasgow G52 1HH

Phone: 0141 427 9090

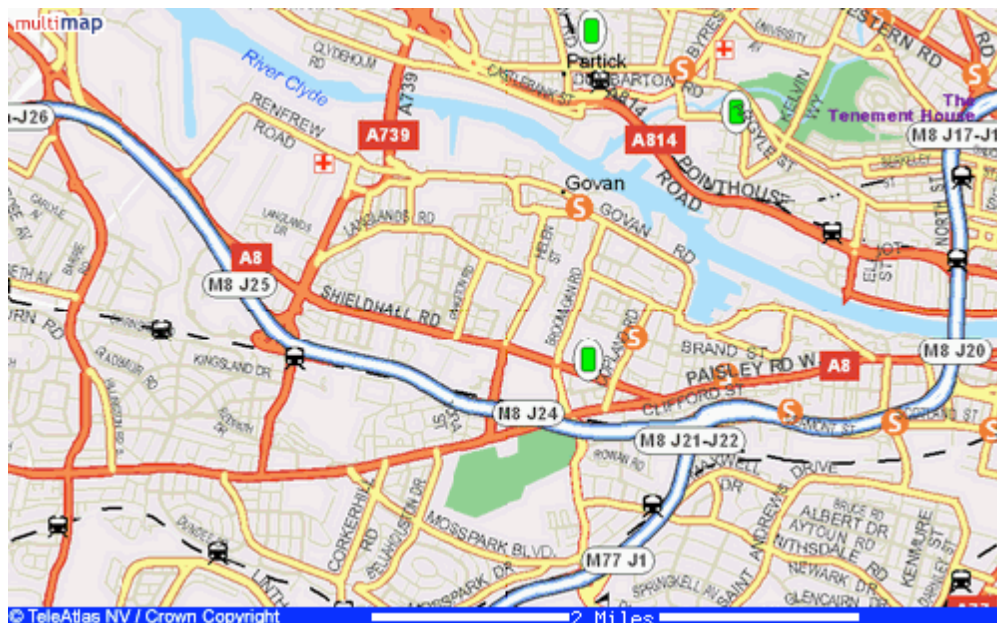
## **Directions to Glasgow and the venue:**

Join the M8, heading towards Glasgow and Glasgow Airport.

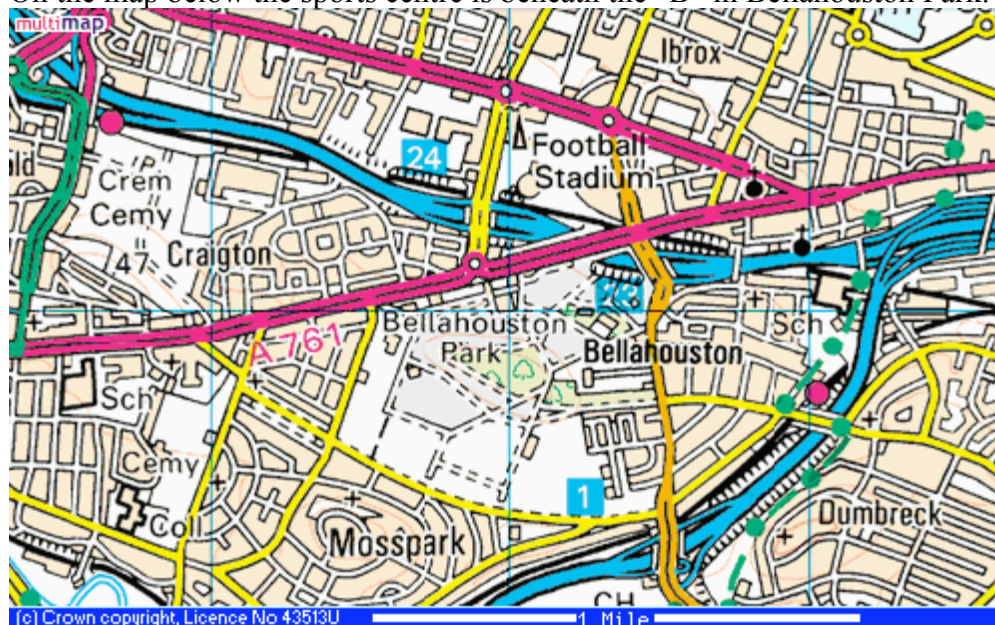
Stay on the M8 right through the city centre and over the river Clyde, Exit the M8 at junction 24, Ibrox / Bellahouston.

At the top of the slip road turn left, after 500m you come to a roundabout. Take the second exit onto Paisley Road West, the park is now on your left. Go straight ahead at the lights; take the next left onto Bellahouston Drive, the sports centre is on the left, with the car parking to the left of the building.

On this map the park is the green space below M8 J24. The sports centre is in the upper left hand edge of this green space.



On the map below the sports centre is beneath the “B” in Bellahouston Park.



## **Provisional Event Programme**

(May be subject to change – please check at Registration)

| <b>Hrs</b>  | <b>Event Detail</b>  |
|-------------|--|
| 1100 -1215  | Registration Open– Bellahouston Sports Centre  |
| 1145 – 1230 | Bike course open for accompanied recce.  |
| 1100 – 1245 | Transition open  |
| 1215 – 1230 | Compulsory Race Briefing, Sports Centre Sports Hall or outside transition area if weather permits! |
| 1300        | First event starts   |
|             | 1st age-group: 8yrs Girls then Boys  |
|             | 2nd age-group: 9-10yrs Girls then Boys   |
|             | 3rd age-group: 11-12Yrs Girls then Boys  |
|             | 4th age-group: 13-14Yrs Girls then Boys  |
|             | 5th age-group: 15-16 Girls then Boys   |
| 1620        | Event complete   |
| 1700        | Prize Ceremony   |

## Registration

You can register from 1100 until 1215hrs prior to the event. You should present your race licence / membership card.

Please ensure that at registration you receive:

- **2 individual race numbers**
- **Safety pins**
- **Timing chip and ankle strap**
- **Body number marked on arm & leg**
- **Event T-shirt**

## Course Description

### **Race Distances**

The event will take place over the following distances per age category:

| <u>Age Group</u> | <u>Swim</u> | <u>Bike</u>   | <u>Run</u>     |
|------------------|-------------|---------------|----------------|
| 8 Years          | 50m         | 1.3km / 1 lap | 600m / 1 lap   |
| 9 – 10 years     | 150m        | 4km / 3 laps  | 1.2km / 2 laps |
| 11 – 12 years    | 200m        | 6km / 3 laps  | 1.8km / 2 laps |
| 13 – 14 years    | 300m        | 8km / 4 laps  | 2.4km / 2 laps |
| 15 – 16 years    | 400m        | 10km / 5 laps | 3.0km / 2 laps |

### **Swim**

- The swim is in a six lane 25m pool.
- **Make sure you have your timing chip securely fastened to your right ankle before the start of the swim.**
- A pool flow diagram is attached.
- All competitors will start in the water. Tumble turns will be permitted.
- Each lane will have a maximum of 3 athletes. You will swim in a clockwise/anticlockwise direction depending on your lane number. The swim supervisor will give you instruction in this.
- **Swimmers will be set off as a mass start, that means in each heat all swimmers will start at the same time.** When the first length is completed then swimmers must revert to swimming in a clockwise/anticlockwise direction depending on your lane number.
- Exit to transition will be via the fire-door on the poolside.

### **Transition**

- Transition is on the grass across from the pool.
- A transition map and “traffic” flow diagram is attached.
- Transition is long and thin, with a continuous row of bikes.
- The surface is grass, with a short flat run across grass (20m) to reach this.
- Transition opens at 1100hrs and closes at 12:45hrs.
- Transition entrances and exits will be clearly marked.
- All positions will be numbered.
- Only competitors and referees will be allowed in Transition at anytime.

- Removal of bikes and equipment will only be at the end of the event.

## Cycle

- The cycle is a 1.3km clockwise lap for 8, 9 & 10 year olds, and a 2km clockwise lap for all others. The cycle uses paths within Bellahouston Park.
- The maps attached show the bike routes marked in blue (numbers indicating height are also on this map and can be seen if it is enlarged)
- **The use of tri bars is NOT ALLOWED in age groups up to and including 11-12yrs.** 13-14 & 15-16 years only are allowed to use tri bars, which must have the ends plugged.
- Most of the circuit is 5m wide with the narrowest sections being 3m wide. Extensive resurfacing work has been carried out on the circuit. There are still a few rough spots but these tend to be on uphill sections.
- The route will be marshalled and well signed.
- For 8, 9 & 10 year olds the course is flat and the surface is good.
- For 11's & over the course is technical, with 1 hill (300m long with an average 7% incline), several tight turns and 1 steep decent (200m long with an average 10% slope) on each lap.
- After exiting transition run with your bike 40m onto the connecting path to the main bike circuit. The bike mount line is located there.
- After completing the required number of laps, you then ride back to the connecting path and dismount your bike before pushing it along the grass back into transition.
- It is the responsibility of the competitors to count their own laps, a timing mat will be placed on the bike course to check this.

## Run

- Exit Transition, turn left and run round the outside of the track.
- 8 year olds complete 1 lap in an anti-clockwise direction round the enclosed grassy area, 9-10 year olds complete 2 laps.
- All other age groups complete 2 laps by exiting the grassy area round the track through the gate on the right, complete the out & back section & re-enter the enclosed area through the same gate, turn right and complete the remainder of the lap in an anti-clockwise direction.
- The map attached has the run route marked in red; the "traffic" flow diagram shows the run in relation to rest of the event.
- The circuit is on grass and slopes slightly.
- It is the responsibility of the competitors to count their own laps.

## Extras

- Changing facilities will be provided at the Sports Centre.
- There is plenty of room for spectators hence photo opportunities.
- To take photographs, you must have registered prior to the event in the registration area.
- Drinks will be available at the finish for all competitors.
- An official, professional photography team will be in attendance, any shots taken will be available to purchase through their website (<http://www.imacimages.co.uk>) on a secure, password controlled section. To gain access to this section you must contact them directly, from there you will be given access to the section and can purchase any photos.

## **Rules**

The event is conducted under the rules of TriathlonScotland, available from [www.triathlonscotland.org](http://www.triathlonscotland.org)

In addition please note:

- The race briefing at 12:15hrs is compulsory. It will take place outside transition or in the games hall if the weather is bad.
- A designated bike warm up/recce session takes place from 1145-1230hrs; extra caution should be exercised during this period as not all of the marshals will be in place.
- Officials on bicycles will be patrolling the course from 1145–1230hrs; we would therefore like to encourage participants to use this time to warm up/recce the bike course.
- Time penalties will be awarded for impeding other competitors.
- Race belts are permitted. It is the athletes' responsibility to ensure that numbers are clearly visible to the rear on the bike, and to the front on the run.
- Please follow all instructions given by race marshals and officials.
- Bicycle draft-busters will be patrolling the cycle route during the event. As this is a non-drafting event 2 minute penalties will be issued to offenders.

## **Race Results**

Chip timing is being used.

Results will be published on the triathlonscotland site at [www.triathlonscotland.org](http://www.triathlonscotland.org) within 3 days of the event.

## **Accommodation**

The following information has been compiled to help those who may be travelling a long way to the event. If you are booking your own accommodation this should be in the Paisley / Glasgow Airport area to the west of the city centre, this is close to the venue.

A full listing of available accommodation/suggested eating establishments in the Glasgow area is available from the Tourist Information website/phone number below:

### **• Greater Glasgow and Clyde Valley Tourist Board**

11 George Square  
Glasgow  
G2 1DY  
Tel: 0141 204 4400 Fax: 0141 204 4772  
Email:- [enquiries@seeglasgow.com](mailto:enquiries@seeglasgow.com)  
Website: <http://www.seeglasgow.com>

• Strathclyde University Accommodation Office – Contact Mary Young 0141 553 4148 – [myoung@strath.ac.uk](mailto:myoung@strath.ac.uk)

They have 2 locations, one in the city centre (Campus Village) and one in the west of the city at Jordanhill. Campus village is brand new whilst Jordanhill is a former PE college, so is set in parkland.

All rooms are single, Costs for B & B are approx. £33 en-suite room (Campus village only), £27 room with sink only.

Full details are at [www.rescat.strath.ac.uk](http://www.rescat.strath.ac.uk)

•Glasgow University Accommodation office – Contact Moira or Pauline on 0141 330 3123.

They have several different locations but the closest to the Venue is Wolfston Halls. Details are on the web site <http://www.evso.co.uk>

Glasgow Caledonian University – Victoria Hall. Contact Lesley on 0141 354 4100. Details are on the web site [www.victoriahall.com](http://www.victoriahall.com)

Camping is available at Strathclyde Country Park, close to the M74 before Glasgow and only 30mins from Bellahouston. This has a Scottish Tourist Board rating of 4\* and an AA rating of 3 penants. Contact 01698 266155.

The following link gives more details.

<http://www.northlan.gov.uk/leisure+and+tourism/parks+gardens+and+play+services/s/trathclyde+country+park/strathclyde+country+park++camping+and+caravan+site.htm>  
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## **Event People**

Event Organisers Richard Pearson – triathlonscotland  
Chief Race Referee tbc  
Asst. Race Referee tbc  
Commentator tbc  
Chair, Jury of Appeal tbc

## **Thanks from the organisers**

This event could not take place without the support from Glasgow City Council, volunteers from Fusion Triathlon Club and Triathlonscotland.

Thank you for all your support, hard work and encouragement.

**Have a great race!**