



MACQUEEN BROS - MID ARGYLL TRIATHLON

Sunday 25th September 2022

Mid Argyll Swimming Pool

*The organisers would like to thank MacQueen Brothers., Midton Acrylics, the Co-op Lochgilphead, Riverside Garage, Mid Argyll Community pool for their support and sponsorship, as well as all the **volunteers / marshalls** who help on the day.*

Timetable

09.00 – 10.30	Registration & Body Marking and Bike racking
10.30	Sprint & Team race briefing
10.50	Triathlon starts (8 heats)
14:30 plus	Prize-giving

Venue

Mid Argyll Swimming Pool is located in Lochgilphead on the A82 Oban Road. There is no parking near the pool but ample free parking in the town. Toilets and changing are available in the swimming pool from 09.00am.

Registration

Registration opens at 09.00, in the swimming pool. Competitors will be issued with a timing chip and race number to be pinned to the front of your top, race belts are permitted but all competitors must wear a top or tri suit during the cycle/run. Event details such as, heat lists, route maps and competitor lists will also be located at registration or check the web site.

Transition Areas

These will be located in a taped-off area in the north Car park of the Mid Argyll swimming pool. There is cycle racking to put your bike on in your allocated number by 10.30am together with space to leave your race clothes.

Swim – 500m

The swim takes place over 500m (25 lengths). There will be a number of heats (including teams) starting at 10.50am there will be 3/4 Swimmers per lane. Lane marshals will signal to each swimmer when they have 2 lengths remaining.

The first heat starts sharp at 10.50am please assemble at the shallow end 10 minutes before your heat.

DO NOT overtake in the middle of a lane – only at the end. Each infringement may incur a 5 second penalty.

When you come out of the water, walk (DON'T RUN) quickly to the fire exit at the right-hand corner at the deep end of the pool. If you run you will be penalised or disqualified.

Swimmers are put in heats and lanes according to estimated times given on the entry form.

Transition 1

Enter transition: put on your race clothes and helmet before you pick up your bike and leave transition area on foot (**cycling is not permitted in the transition area**) until the exit line then mount your bike and turn right onto the Oban Road.

PLEASE NOTE NO HELMET NO RACE

Bike Sprint - 20km – Non Drafting

The Cycle route for the Sprint is head north along the Oban road and then turn left hand to Cairnbaan. At Cairnbaan the road narrows at the swing bridge to a single lane, **you must**

follow the marshals instructions as you cross. Follow race signs to Belannoch Bridge turn right onto Moss road and proceed to cross road and turn right onto Drimvore (Note This section of the route is single lane with rough tarmac). At T junction with Oban Road STOP. Turn right (TAKE CARE) onto Oban road and proceed back to the swimming pool.

NOTE: **the HIGHWAY CODE and DIRECTIONS FROM MARSHALLS and Police must be obeyed – failure to do so WILL result in disqualification.** Infringements will jeopardise approval of event in the future. Note competitors are responsible for their own safety.

Transition 2

Dismount at the line and re-rack your bike in the same numbered spot, take off your helmet and change into your running shoes (if necessary). Leave transition.

Run - 6.5Km

Turn left out of Transition and run along the footpath to the T Junction. You will be directed by a Marshal onto the Crinan Canal. Turn left and run along the canal towards Ardrishaig (STAY on the LEFT HAND SIDE) to the turn point and return back towards Lochgilphead (STAY on the LEFT HAND SIDE). You will be directed back down from the footpath onto the Oban road (the same way you came up).

Run along the road cross over when directed by a marshal; retrace your route, run through the Transition area to the FINISH line. WELL DONE!

Refreshments / Prize Giving

All competitors will receive a MacQueen Bros. Mid Argyll Triathlon performance T-Shirt and a goodie bag. Range of refreshments can be purchased at the event

Prize giving

Prizes will be awarded to male & female 1st, Junior & Adult & other age categories and to the 1st Junior & Adult Team. Prizes will also be awarded to the first female, mixed sex and male team (only one prize per person!). There will also be a prize for the first male & female Mid Argyll individual finisher in the Triathlon competition as prizes for fastest performance in each discipline

Results

Preliminary Results will be available by e-mail and web site (same or next day) and final results as soon as possible.

Thanks

The organisers would like to thank MacQueen Bros. Oban as our main sponsor together with Midton Acrylics, Macleod Construction, Scottish Canals, Riverside Garage & the Co-op Lochgilphead for their support and sponsorship, as well as all the volunteers and marshals who help on the day.

Further information

Please contact Email: Midargylltriathlon@gmail.com

Or check the web site:

<https://www.triathlonscotland.org/event/mid-argyll-2022>

We hope you have a great race.