

## SOLSTICE TRIATHLON COMPETITOR NOTES

### **Event Description**

Pentland Triathletes host their open water, off-road sprint distance triathlon event at Threipmuir reservoir, Balerno - in the scenic Pentland Hills just outside Edinburgh. This is an annual event that takes place on the evening of the summer solstice (or as close as we can make it) and is open to competitors aged 18 or over. A fun, scenic race suitable for adventurous beginners as well as seasoned triathletes.

**750 m open water swim** in Threipmuir reservoir. Weather is usually reasonable at the time of the race, but wetsuits are compulsory. Please keep an eye on our Facebook page for updates. We encourage all abilities to enter, but participants **MUST** have some previous experience of open water swimming and be able to complete the course within the cut off times stated below.

**15 km off road cycle** through the surrounding trails and hillside (including some single-track sections) ideally suited to mountain bikes. The course is much faster on a bike with drop handlebar e.g. cyclocross, so riders who use such a bike will be excluded from the 'race' but welcome to take part if they can't access a Mountain Bike.

Finish with a lovely **flat 5km run** on a path around Harlaw and Theipmuir reservoirs. Either road or trail shoes are appropriate.

### **Entry information**

Due to various restrictions the number of individual competitors is limited to 85. Entries this year will be a **BALLOT** to ensure fair entry to the race as it sells out within hours. Participants will have a one-week window to enter, and entries will be allocated 2 weeks after the ballot closes. Successful participants will be notified by email.

Race entry will cost £40 (£35 if you have a current valid race licence from Triathlon Scotland/ Wales/ England. Please note, you are **NOT** a member of Triathlon Scotland if you are a member of a club that is affiliated with Triathlon Scotland, you need to also join TS as a member individually).

Keep an eye on the Facebook Page to see when the ballot will open and anyone who wishes to join the mailing list can also do so by emailing [pentland.triathletes@gmail.com](mailto:pentland.triathletes@gmail.com) and will be notified in advance of the entry opening.

As entries always sell out, please notify the race director at your earliest convenience if you are unable to take up your place so we can offer it to someone else. Every year we have too many no-shows and we want to reduce this so please be committed to attending if you sign up!

### **Race Day Details**

| <b>Description</b> | <b>Timing</b> | <b>Cut off Time</b> |
|--------------------|---------------|---------------------|
| Registration open* | 18:15- 19:00  |                     |
| Race Briefing      | 19:20         |                     |
| Race start         | 19:30         |                     |
| Swim 750m          | 19:30         | 19:55               |
| Cycle 15km         |               | 21:00               |
| Run 5km            |               | 21:45               |

\*If you miss registration your place will be allocated to someone else.

### **Getting there/ away**

Traffic can be busy along the Lanark Road so please allow plenty of time. Parking is limited so cycle/ lift share where possible. There are 2 car parks near Threipmuir reservoir (one at Red Moss (nearest Threipmuir) and one at Harlaw and both are about a 15 minute walk to the start from the car park.

### **Contact Information**

**See the Website for more info:**

<http://www.pentlandtriathletes.co.uk/solstice-triathlon>

**Follow our Facebook page for race updates:**

Page: Pentland Triathletes Solstice Triathlon  
@PTSolsticeTri

### **Any Questions?**

Please email [pentland.triathletes@gmail.com](mailto:pentland.triathletes@gmail.com) with 'Solstice Triathlon' in the heading and your enquiry will be directed to our race director.