



# West Lothian Triathlon GRC FAULDHOUSE SPRINT 2022



## RACE GUIDE

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# WLT GRC Fauldhouse Sprint 2022 Race Guide

## 1 Introduction

Thank you for entering the GRC Fauldhouse Sprint Triathlon, organised by West Lothian Triathlon Club

Most of the information you need to have a safe and enjoyable race can be found in this information pack.

The majority of those taking part in Triathlon in the UK are beginners, so if you are one of these please do not hesitate to ask questions beforehand (see details below) and seek out any of the marshals for advice on the day. All of the marshals have been briefed to look after you and ensure you have an enjoyable race.

To help make the event run as smooth as possible, we also ask you to please ensure you check you have entered your swim time correctly on the Entry Central website:

[www.entrycentral.com](http://www.entrycentral.com)

## 2 General Pre-Event Info

### Organiser Contact Details

If you have any queries or concerns, then please do not hesitate to contact us by:

- Email: [events@westlothiantriathlon.com](mailto:events@westlothiantriathlon.com)

### Social Media

Interact with us before and after the race via Facebook ...

- Search Facebook for "West Lothian Triathlon"

### Event Location/ Parking and Directions

Fauldhouse Partnership Centre is set near the centre of the village of Fauldhouse. It is located approximately 5 miles from the M8 Motorway.

- Address: Fauldhouse Partnership Centre, Lanrigg Road, Fauldhouse, West Lothian, EH47 9JD
- Telephone: 01501 773000

Limited event parking will be at **St John's School next door to the Partnership Centre, situated on Lanrigg Road**. There will be marshals and signs guiding you to the car park entrance. Once the car park is full the gates will be closed and monitored. Vehicles and contents can be left here entirely at the owners own risk.

Alternative parking is available in surrounding areas. Please be courteous to residents and park legally avoiding causing disruption.

**Please do not use the car parking at the front of the partnership centre**

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### Medical

We will have fully trained first aid cover at all the main locations of Swim, Transition, Run, Cycle and Finish. This cover is provided by **Albacare**.

It is advisable to fill out the following details on the back of your race number: name, medical conditions any medication or allergies.

### General Conduct and Race Rules

The WLT Fauldhouse Sprint is a Triathlon Scotland sanctioned event and is run within the rules of British Triathlon. These are basic, but necessary for the safety and enjoyment of competitors, spectators and the general public.

- It is the competitor's responsibility to know and correctly complete the full course of the event.
- Triathlons are individual endurance events. Any teamwork or outside assistance that provides individuals an advantage over the other competitors is expressly forbidden.
- Foul or abusive language is not permitted - nor tolerated!
- Number belts are allowed but please ensure that the number is displayed on your back for the bike and on your front during the run (please bring enough safety pins to attach your number at all four corners on the **back** if you don't not have a belt)
- You must supply your own bike and bike helmet. Bikes must be in a safe and roadworthy condition with brakes in good working order. No fixed wheel bikes allowed.
- You **MUST** bring your Triathlon Scotland membership card with you (if you are registered). Anyone who entered with a Triathlon Scotland membership will need to pay the £6 day licence fee if they forget their card. No card or No £6 = No race!
- If you have any questions please feel free to ask the Race Director on the day.
- A full copy of the rules can be obtained from [www.tri-scotland.org](http://www.tri-scotland.org)

### Clothing Requirements

All competitors must ensure that they are adequately clothed at all times. The minimum being a one or two piece, non-transparent swim suit. This means that male competitors not wearing a tri suit will need to leave their t-shirt on poolside to put on as soon as they exit the pool or change as quickly as possible once entering transition.

#### **Front Zipped Tri-Suits**

Out on the bike and run courses for sprint and standard distance events, British Triathlon rule 2.8, point xi paragraph 3 will apply, this rule states, the zipper must be completely fastened at all times unless there is an underneath top covering up to the neck: in any case the suit must be completely fastened during the final 200m along the finishing straight.

Cycle helmets must be approved by BSI, ANSI, Snell or equivalent standards authorities.

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### 3 Race Day: Before/ General

There will be volunteers available in registration to answer your questions. There will also be marshals throughout the course wearing fluorescent bibs, please don't hesitate to ask any question, especially if this is your first triathlon!

There will also be a PA system around the finish area. We also have fully functional two way radios.

#### Registration

All Competitors must be present at registration; you cannot register on behalf of another competitor.

- Registration will open from 8.15am and will take place in one of the meeting rooms in the Partnership Centre. Registration will remain open until 30 minutes before the start of the final swim wave.

The race will start at 9.30am

- One member of each Relay Team is required to register the whole team.

**Please ensure that you arrive in plenty of time** so that you have time to collect your numbers, rack your bike, familiarise yourself with transition, get changed and be on poolside in plenty of time for your swim start. Most of the inevitable last minute 'emergencies' can be dealt with if you arrive early...so don't panic!

At registration you shall collect the essentials for the race:

#### Race Number

You will be given one race number. If you are wearing a t-shirt for the bike and run, you will need to attach the number to your **back** for both of these disciplines. Please bring enough safety pins to attach at all four corners. (Safety pins will also be available at registration).

Number belts (a piece of elastic band with clips to attach a race number) are allowed and are useful so you can simply twist the number around as appropriate; back for the bike, front for the run.

#### Bike Number

The bike number is to be attached to your bike. Your number must be on your bike before you enter transition. If this doesn't correspond to your other race numbers, you won't get in or out of transition.

#### Helmet Number

Your number is a sticky label and must be on your helmet before you enter transition.

#### Timing Chip

No chip, no time! Secure it with the band provided around your **LEFT** ankle and wear throughout the swim, bike and run.

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### Bike Check-In

A marshal will complete a bike check before you can take your bike into the transition area. An emergency repair kit will be available should this be required. It is the responsibility of the competitor to make sure their bike is road worthy before it is racked in transition.

It is highly recommended that your bike is serviced by a reputable bike shop before the event.

You need to have your bike helmet (with sticker in place) on your head and done-up so that we can see it is in full working order before you start the race. The bike sticker needs to be clearly visible on your bike and all numbers must correspond.

Please note: Fixed wheel bikes are not allowed. (A fixed wheel bike has one gear and a 'fixed' hub so that you are unable to free-wheel forcing you to pedal down as well as up every hill you come to.) Please ensure your handle bar ends are suitably capped otherwise you will be refused entry to transition and will be unable to race.

### Transition Area (T1 & T2)

Please note that only competitors are allowed in the transition area and you must show your race number to gain entry in and out.

The transition area is in the car park at the west side of the Partnership Centre. There is only one entry and exit point which is in use for racking and unracking bikes. Other entrances and exits to transition are for exclusive use of competitors while racing.

Strategically placed signs will show the swim in, bike out, bike in and run out very clearly, you must familiarise yourself with this flow. Please don't shout at the marshals, you should learn the route but if you run into difficulty they will be there to assist you.

- Please place your bike in the appropriate rack row and rack it by the seat.
- Please place your transition kit TIDILY beside your bike and not anywhere else. It will be removed by the Technical Official if in the wrong place and if you are taking up too much room, your kit may need to be placed in a different location, if your kit is not by your bike when you return, ask a marshal for assistance.
- Your bike must be in a roadworthy condition
- Rack your bike with the number on the racking facing towards you; rack your bike by the seat.
- **You are not allowed to cycle in transition**

### Changing Facilities

After leaving your bike in transition, the swim changing rooms can be found in the main Partnership Centre in the swimming pool area. The lockers in the changing rooms take a returnable £1 coin. The changing rooms have shower facilities and toilet facilities.

### 4 Race Day: The Race Itself

#### Swim Section

The swim distance is **750m (30 lengths)**.

You will be allotted a start time with swimmers of a similar speed. You cannot change your start time before the race or on poolside. This shall be communicated to you at registration.

*Please note: There may be small delays in starting some waves so please do not be alarmed.*

**No photographs are allowed in the pool area.**

You will be notified of your swim wave in the week before the event. A muster time will also be given.

Please proceed to the muster area at your allotted time. At muster you will receive a final race briefing and will then be ushered to pool side.

**Remember: No chip, no time! Secure it with the band provided around your left ankle and wear throughout the swim, bike and run.**

You will be given a coloured swim cap at registration. You must wear it. Wetsuits are not allowed! Tri suits are allowed. If you are male and are planning on wearing swimming shorts with bare chest instead of a tri suit, you should change as quickly as you can into a t-shirt at poolside or in transition. Indecent exposure at any time during the race will be an instant DQ.

You will start in the water as diving is not permitted. Do not enter the water until instructed to do so. Enter the water with care.

The Swim Manager will give you a 5 second count down before you start. Please follow the Swim Managers instructions at all times.

Be courteous to fellow competitors, especially if you find yourself swimming at a different speed to other people in your lane. If you are much slower than the swimmer behind you and they tap you on the foot, please give way at the end of the length. If you are much faster than the swimmer in front of you, please tap their foot (strongly) to signal that you would like to pass them at the end of the length –:

- **NO OVERTAKING MID LANE!**
- **NEVER swim over the top of fellow competitors!**

A float will be lowered into the end of the pool by a marshal to indicate you have two lengths to go (i.e. when you have completed 28 lengths). Please note these marshals are not ultimately responsible for counting your laps, you must count as well.

Exit the water with care. **No running on pool side!**

You will be directed out of the exit doors on the left hand side of the pool and told to turn right. The route between the swim exit and transition will be wet so take care not to slip and fall. Keep your eyes open for other competitors, take care and pay attention to the marshals.

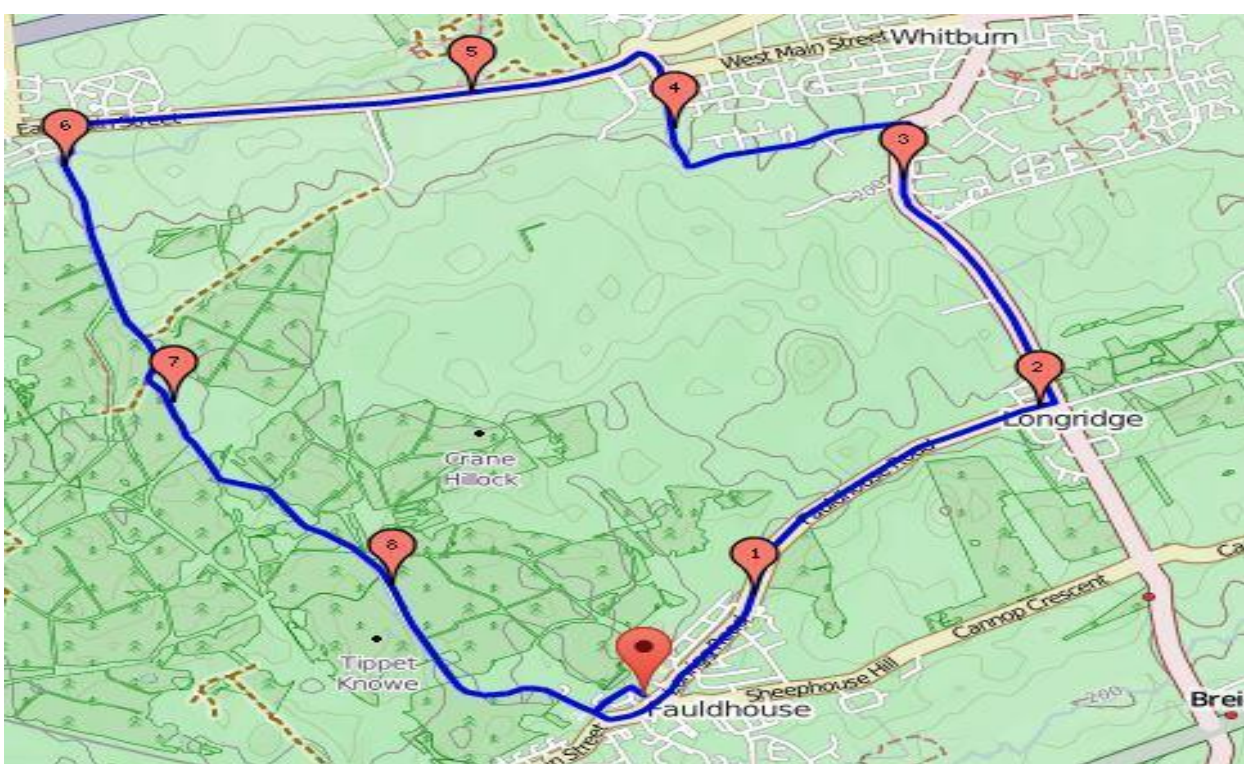
Your swim time will end at transition when you pass over a timing mat.

### For Relay Teams

If you have a team mate they should be waiting for you in the designated tag zone if you are the team cyclist, make sure that you are waiting in the tag zone. To tag you need to transfer to them your team timing chip and ensure they put this securely around their left ankle. Please tag only in the tag zone area.

Please note the team member doing the bike section has to leave their helmet by their bike and once they have been tagged put their helmet on before removing the bike from the rack.

### Bike Section



The Bike section consists of a single lap of approx. **15km.**

Your bike must be in a roadworthy condition, please check everything is in working order when you drop your bike off and make sure you have fixed the labels given to you on your bike.

Your race number must be clearly visible on your back.

Your helmet must also be in a good condition and it has to be worn at all times when cycling, you will not be allowed to race without one. Your helmet must be on and fully secure and fastened before touching your bike and leaving transition.

**Marshals/Officials may prevent competitors from leaving the transition area if helmets are not fastened and race numbers are not correctly displayed.**

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You are not allowed to cycle in transition. You will mount your bike at the 'Mount here' line located outside the exit gate and dismount your bike at the 'Dismount here' line. It will be clearly signed at the exit and entrance to transition.

No mobile phones, iPods, MP3 players etc in transition or while cycling. This will result in disqualification.

There are quite a few pedestrian crossing points, road narrowing and traffic lights on the cycle route as the route is on the public highway. **All competitors must obey the Highway Code at all times.** Marshals will be at the main junction points to warn you the cyclist; please follow the marshal instructions at all times.

Drafting is not permitted during the race. You must stay at least 10m behind the cyclist in front of you. To overtake pass on the right hand side of the cyclist in front, so that you are clear of any drafting benefit. You will be allowed 20 seconds to make your passing manoeuvre.

Ride within your ability and experience levels.

Report any medical incidents to bike course marshals who will take the appropriate action.

Once you've completed your cycle, remember to dismount your bike at the 'Dismount Here' sign, no cycling is allowed in transition.

**Do not remove your helmet until your bike is racked. Bikes are to be racked by the seat only.**

The race will be allocated British Triathlon Technical Officials (TO); one official will be the lead TO and will be static and sited around the race transition area. The other official (if required by Triathlon Scotland) is a motorcycle official and will be patrolling the bike route, they will be looking after the safety of the athletes on the bike section and also applying the British Triathlon rules i.e. drafting.

### For Relay Teams

Upon completion of the bike section, the runner must be ready to run when the cyclist returns and tags you in the tag zone area and transfer the timing chip only **after they have placed their bike on the rack.**

## Run Section



The **5km run** consists of 2 laps of the loop section

If you have a race belt your number should be displayed on the front. If using pins, the number should be displayed on your back as worn for the cycle.

Please make sure you are wearing appropriate footwear for the run.

No mobile phones, iPods, MP3 players etc in transition or while running. This will result in disqualification.

From transition follow the 'RUN OUT' signs. **Please run on the left hand side at all times**

The run route is traffic free but there may be dog walkers on the run route. Marshals will be at the key turning points to instruct you, but please be aware of dog walkers at all times on the route. You may also encounter dogs not on leads on the run route, please be aware of this.

Please follow the marshal instructions at all times. If you are asked to call out your number by a race marshal, please call your number out CLEARLY.

Report any medical incidents to run course marshals who will take the appropriate action.

## For Relay Teams

Make sure your team mate has racked their bike before they transfer the timing chip and tag you in the tag zone.



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### Miscellaneous

#### Early Retirement

If for any reason you do not complete the race, please report to either the Race Director or the Timing Company, and return your timing chip.

#### Race Timing

The timing company must not be approached with timing queries as this detracts them from the job in hand and may result in the inaccuracy of other results. All disputes/queries will be taken up with the timing company after the race, and if necessary before the medal presentation.

#### Finish Area

You will pass through the finish arch in the car park and over the timing mat where you can collect an event medal and snack.

**Please ensure you have handed in your timing chip!**

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### 5 Race Day: After the Event

#### Results

Results will be available after the event on the

- WLT Tri website: [www.WLTtri.wordpress.com](http://www.WLTtri.wordpress.com)  
and at:
- Triathlon Scotland Website: [www.triathlonscotland.com](http://www.triathlonscotland.com)

#### Prizes

1st 2nd and 3rd prizes will be awarded for the following categories for both, men, women and teams:

| Category      | Ages (years) |
|---------------|--------------|
| Youth         | 17-19        |
| Senior        | 20-39        |
| Veteran       | 40-49        |
| Super Veteran | 50-59        |
| Vintage       | 60-69        |
| Relay Team    | -            |

**All finishers will receive an event medal. Relay runners will collect 1 medal for each member of the team**

#### Photos

An official photographer will be taking photos on the course throughout the day. You will be able to view your images online on our Facebook page after the event.

If you do not want your photograph taken, please make the registration team know, they will take your race number and pass it to the official photographer.

**Photography will not be permitted in the pool and changing areas**

# ***GOOD LUCK AND ENJOY YOUR RACE!***