

EAST FORTUNE *DUATHLON*

Athlete Information

26 MARCH 2023

Thank you very much for entering the **TriWorks East Fortune Duathlon** on **26th March 2023**. This document provides all the information you need to safely and successfully complete your event.

Please read all the information carefully and in good time before the race. If you have any questions regarding your race, please contact us via triworksduathlon@gmail.com or using the 'Contact Us' form on our website; tri-works.co.uk/duathlon

On the day itself, we will have plenty of volunteers ready to give you a warm welcome and help you have a successful race. Please ask them any questions you may have as well as following their instructions.

SPONSORS

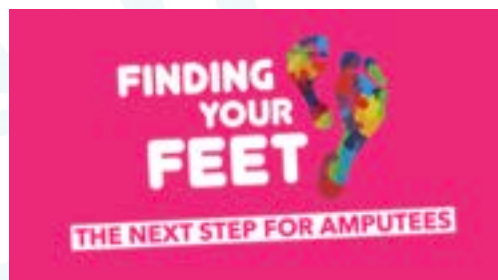
We are very grateful for the support of...



CHARITABLE PARTNER

We are extremely proud to be working with Finding Your Feet (Scottish Charity: No. SC044572).

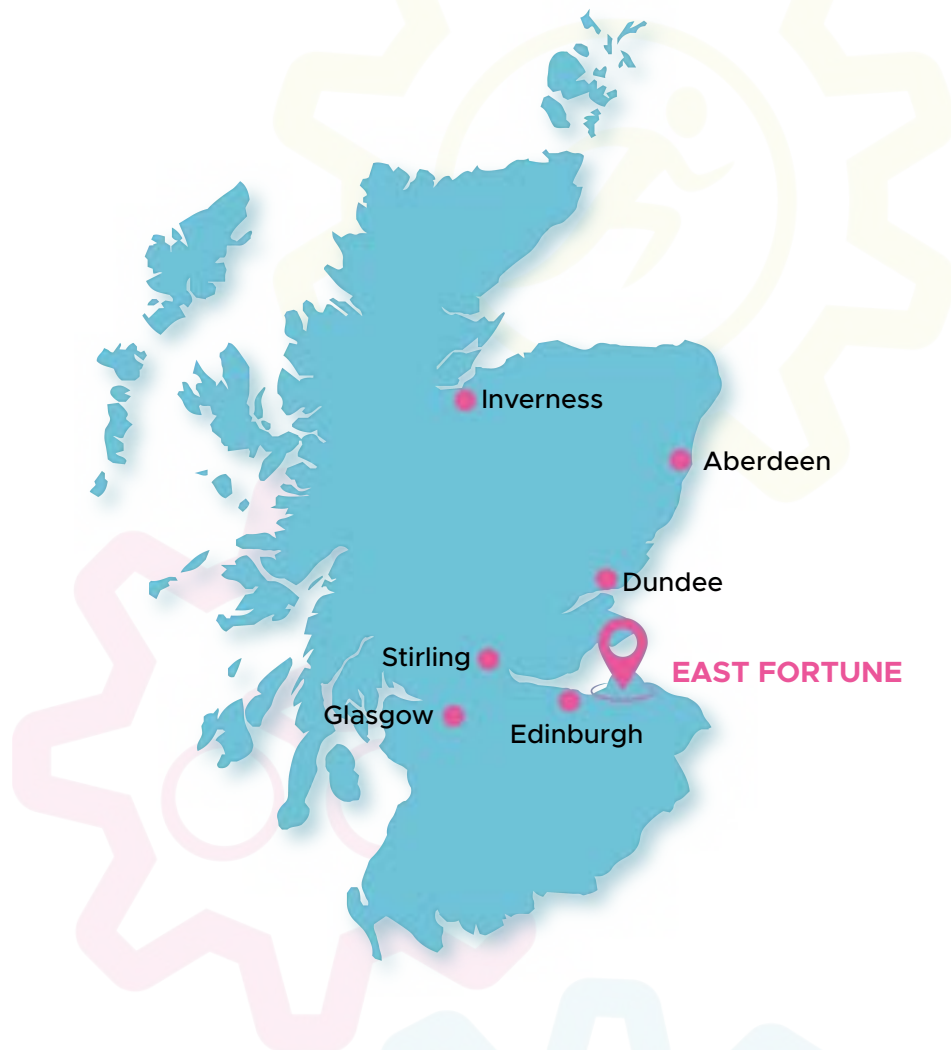
Finding Your Feet are Scotland's leading amputee charity. They support families affected by amputation or limb absence through a range of sporting initiatives and social inclusion projects designed to positively affect both physical and mental wellbeing.



Some of you have kindly donated the cost of your Finisher's Medal and there will be opportunities to contribute on the day of the race. Our ultimate goal is to provide a race for para athletes at the East Fortune Duathlon in future years.

LOCATION

The TriWorks Duathlon is located at East Fortune Race Track (EH39 5JX), in East Lothian, approximately 20 miles east of Edinburgh.



GETTING TO THE VENUE

Car

East Fortune Race Track is easily accessible by car and there will be free parking available at the venue. Wherever possible please consider car sharing with other competitors and spectators. When you arrive at the venue please follow the instructions of the parking marshals.

If you are using sat nav please use the post code EH39 5JX or search for 'Woodside Boarding Kennels' to take you to the correct entrance. The entrance is located close to a blind summit of railway bridge, please approach with caution and take care when entering and exiting the venue.

The entrance will be signed with pink signs saying "TriWorks Event".



Travelling from Edinburgh, the West and the North;

- Travelling east on the A1, take the slip road at the Abbotsview junction following signs for the A199
- Take the second exit at the roundabout and head east along the A199 for 2km
- Turn left onto the B1347 following signs for the National Museum of Flight
- Continue for almost 4km before turning right when you reach the junction with the B1377
- Continue for just over 1km then turn right into the race track shortly before a humped railway bridge

Travelling from the East and the South;

- Travelling west on the A1, at the Thistly Cross roundabout take the 3rd exit onto the A199
- At the next roundabout take the 1st exit to stay on the A199 and travel west for 4.5km
- Take the second exit at the roundabout into East Linton
- Cross the bridge over the river then turn right onto Bridge Street (B1377) immediately before the railway bridge
- Continue for 3.7km before turning left to stay on the B1377 following signs for East Fortune
- Continue for approximately 1km before turning left into the race track immediately after a humped railway bridge

Public Transport

The closest train station is Drem which is a 4.5km flat cycle from East Fortune Race Track. Trains to Drem leave Edinburgh Waverley approximately every hour.

As part of our commitment to sustainability, if you **show your train ticket** for travel to the race at registration **we will offer a £5 voucher** which can be used at the onsite catering.



RACE DAY TIMETABLE

Please make sure you know which wave you have entered and make a careful note of the timings for your wave. You need to register **at least 30 minutes before the start of your race**. Transition will close **15 minutes before the start of your race**.

Registration is a 5-10 minute walk from the car park. Please arrive in plenty of time to register and get yourself ready for your race. We recommend arriving **at least 1 hour before your race is due to start**.

Attendance at the **race briefing is mandatory** as it will contain any updated safety information and a reminder of the key rules of the race. **Your race briefing will take place at the Start Line 10 minutes before the start of your wave.**

NON-DRAFTING

0830	Registration Opens
1030	Registration Closes
1045	Transition Closes
1050	Race Briefing
1100	Race Start

OPEN VETERAN DRAFT-LEGAL (Age 40+)

1100	Registration Opens
1245	Registration Closes
1300	Transition Closes
1305	Race Briefing
1315	Race Start

FEMALE DRAFT-LEGAL

0930	Registration Opens
1130	Registration Closes
1145	Transition Closes
1150	Race Briefing
1200	Race Start

OPEN SENIOR DRAFT-LEGAL (Age <40)

1100	Registration Opens
1400	Registration Closes
1415	Transition Closes
1420	Race Briefing
1430	Race Start

Prize giving for the non-drafting race will take place at approximately 1345. Prize giving for all the draft-legal races will take place at approximately 1615.

RACE VILLAGE

The East Fortune Duathlon is very spectator friendly and our Race Village provides a lively atmosphere and a great vantage point from which to watch the race. Spectators will be able to see the start, transition and finish as well as supporting athletes twice on each run lap and on every lap of the bike course.

Our Race Village will have catering provided by Wee Green Events (tea, coffee, breakfast rolls and sweet treats) and Big Blu Pizza (freshly baked pizzas).

Portable toilets will be available for all competitors and spectators.

Dogs are allowed in the venue but must be kept on a lead at all times to avoid interfering with the race. Please clean up after your dog.

REGISTRATION AND RACE NUMBERS

REGISTRATION

On arrival at East Fortune Race Track you will need to register for your race. Please follow the marshals' instructions and signs when leaving the car park. **Walk around the outside of the track and only cross the track at the designated crossing point.**

Follow signs to the Registration Tent and **ensure you register at least 30 minutes before the start of your race.**

At registration please provide either physical or digital evidence of the following;

- ▶ **Photographic ID** (driving licence or passport);
- ▶ **Home Nation Race Licence (if you have one)**
 - ▶ You do not need a race licence to compete in this event, but if you have one then please bring it
 - ▶ If you have Core or Ultimate membership of Triathlon Scotland, Triathlon England or Welsh Triathlon then your membership card is your race licence
 - ▶ Your race licence (membership) must be in date
 - ▶ The personal details on the race licence must match your Photographic ID
- ▶ **Student Matriculation Card (if applicable)**
 - ▶ If you entered as a student, please bring a valid matriculation card



At registration you will be provided with the following;

- ▶ Race Number
- ▶ Race Number Stickers for your bike and helmet
- ▶ Timing Chip to be worn around your left ankle
- ▶ Race T-Shirt (if purchased at the time of entry)
- ▶ Race Belt (if purchased at the time of entry)

RACE NUMBERS

Your Race Number needs to be clearly visible at all times and worn to the front whilst running and to the back whilst cycling. The easiest way to do this is using an elasticated race belt around your waist. Please ensure you bring one with you or have purchased one from us prior to the event.

Please ensure you accurately complete the medical and contact information on the back of the Race Number. We will have pens available at registration. Race Numbers must not be altered, cut down or folded.

The Race Number Stickers need to be applied to the seat post of your bike and to both sides of your helmet. If you have any questions, please just ask one of our friendly volunteers.



COURSE AND MAPS

East Fortune Race Track is private property and we are extremely grateful to be able to use it for our event. **Please do not attempt to access the race track prior to the event.**

The East Fortune Duathlon consists of a 5km run (Run 1), a 20.7km bike and finishes with a 2.5km run (Run 2).

RUN 1 - 5.0km

Run 1 consists of two laps of the 2.5km run course. At the end of the first lap follow the arrows labelled 'LAP'. At the end of the second lap follow the arrows labelled 'TRANSITION' and enter transition through the 'RUN IN' entrance.

BIKE - 20.7km

Leave transition via the 'BIKE OUT' exit, running whilst pushing your bike. You must not mount your bike until after the 'MOUNT' line.

The bike consists of 9 laps of the 2.3km race track in an anticlockwise direction. **It is your responsibility to count the correct number of laps.** We are not able to do this for you but your timing chip will register the number of laps you have completed.

Please consider a method that will allow you to accurately count laps in the heat of the moment, or use a GPS watch or bike computer. If you haven't cycled 20km you haven't cycled far enough!

At the end of your final lap keep left and follow signs for 'TRANSITION'. Make sure you dismount before the clearly marked 'DISMOUNT' line and enter transition via the 'BIKE IN' entrance.

If for safety reasons we need to close the bike course at any point, the marshals will wave red flags. **If you see red flags being waved please come to a gradual stop and await further instructions.**

RUN 2 - 2.5km

Run 2 consists of one lap of the 2.5km run course. At the end of this lap follow the arrows labelled 'FINISH'.

NUTRITION AND HYDRATION

There is no aid station on the course. Please consider carrying any hydration or nutrition you require on your bike.

There will be water, Active Root and food available for you at the Finish Line. Each competitor will receive a FUEL 10K cookie or oat bar and a Fyffe's banana.

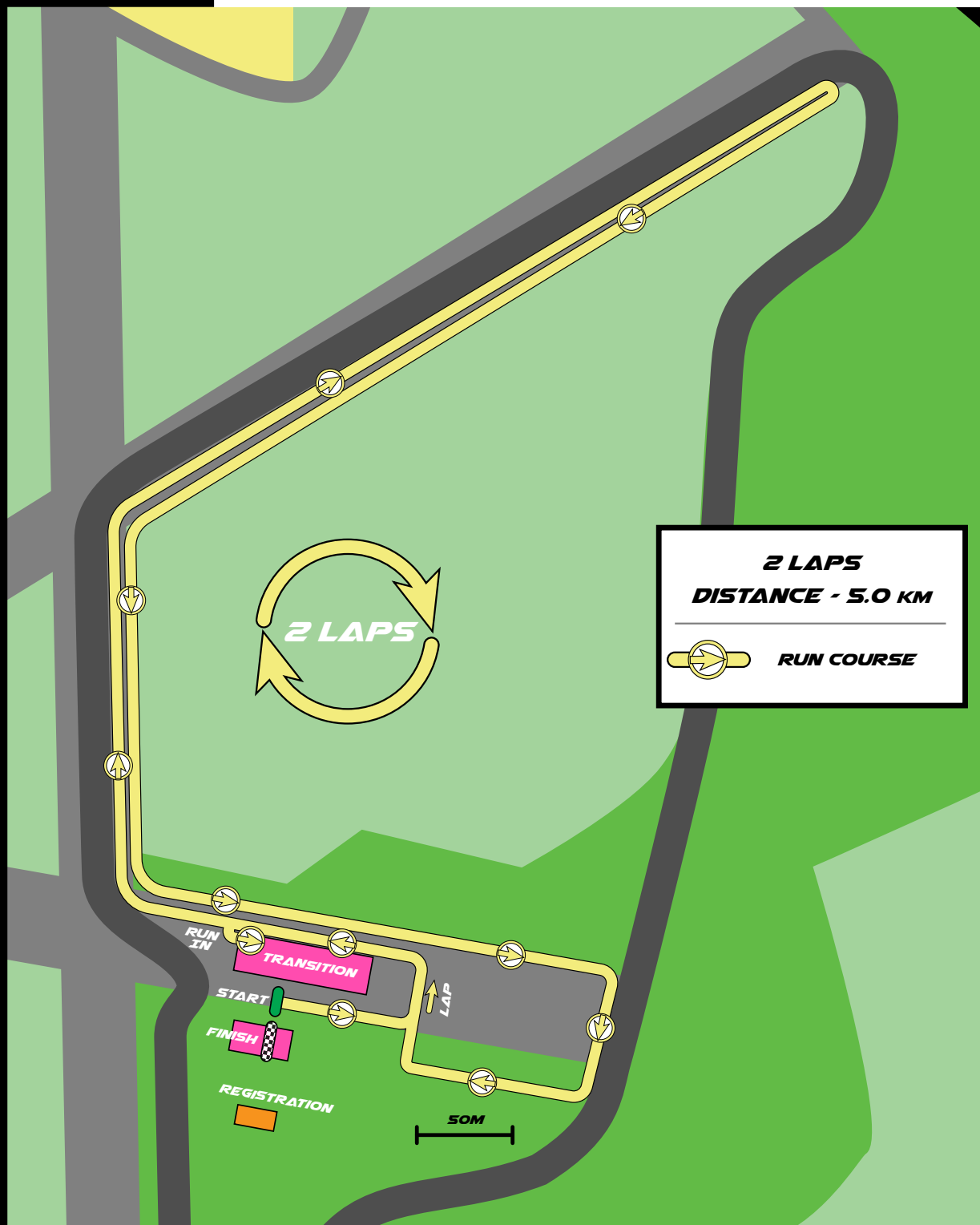
LITTERING

Littering is not allowed anywhere on the course, including in transition. Anyone found to be littering will be disqualified.



SPRINT DISTANCE

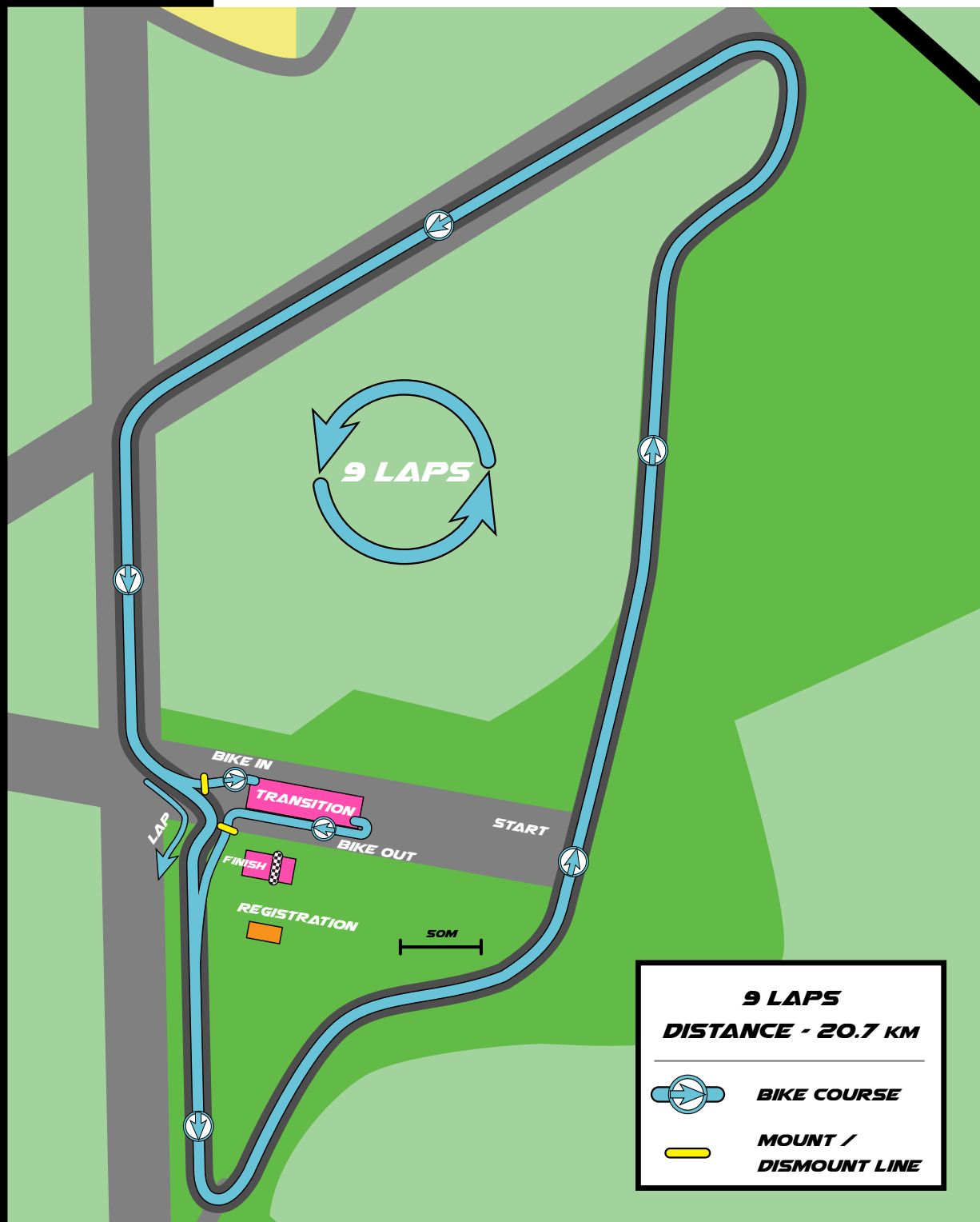
RUN 1





SPRINT DISTANCE

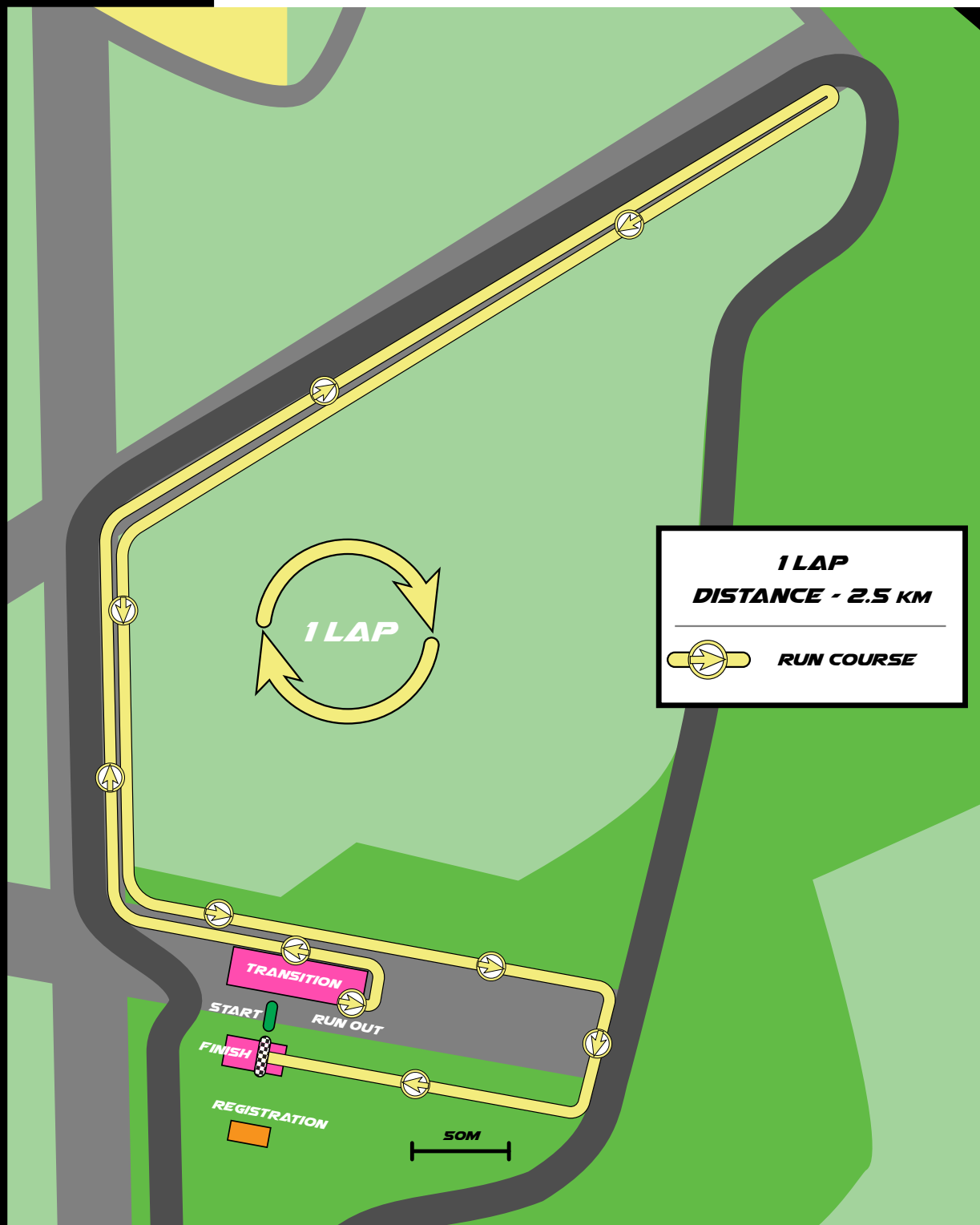
BIKE





SPRINT DISTANCE

RUN 2



TRANSITION

After registration please head to transition to rack your bike and set up your equipment.

When you enter transition you will need to have your helmet on and the strap clipped up. A Race Official will check your helmet and your bike before directing you to your transition rack.

Please find your space identified with your race number and rack your bike by hanging it from the saddle with the handlebars facing towards you.

Please only leave the equipment you require in transition. No plastic boxes or bags should be left in transition. Please leave your bag and any spare equipment at the Bag Drop in the Registration Tent.

It is likely that there will be other athletes racing whilst you are racking your bike. **Please follow the marshals' instructions at all times and be mindful not to impede any other athletes.**

Transition will close 15 minutes before the start of your race.

BAG DROP

There will be a covered Bag Drop within the Registration tent where you are able to leave a bag. Please label your bag using the race number sticker provided at registration.

Volunteers will be present in the Registration tent throughout the day, but the bags will not be directly supervised. Please do not leave any valuables in your bag. The Event Organisers can take no responsibility for items left at the Bag Drop. In order to retrieve your bag you will need to show your Race Number.

DURING THE RACE

Run to Bike

At the end of Run 1 follow signs for 'TRANSITION' and enter transition through the 'RUN IN' entrance. Follow the numbering system to locate your bike. **You must ensure your helmet is fully fastened before you remove your bike from the rack.**

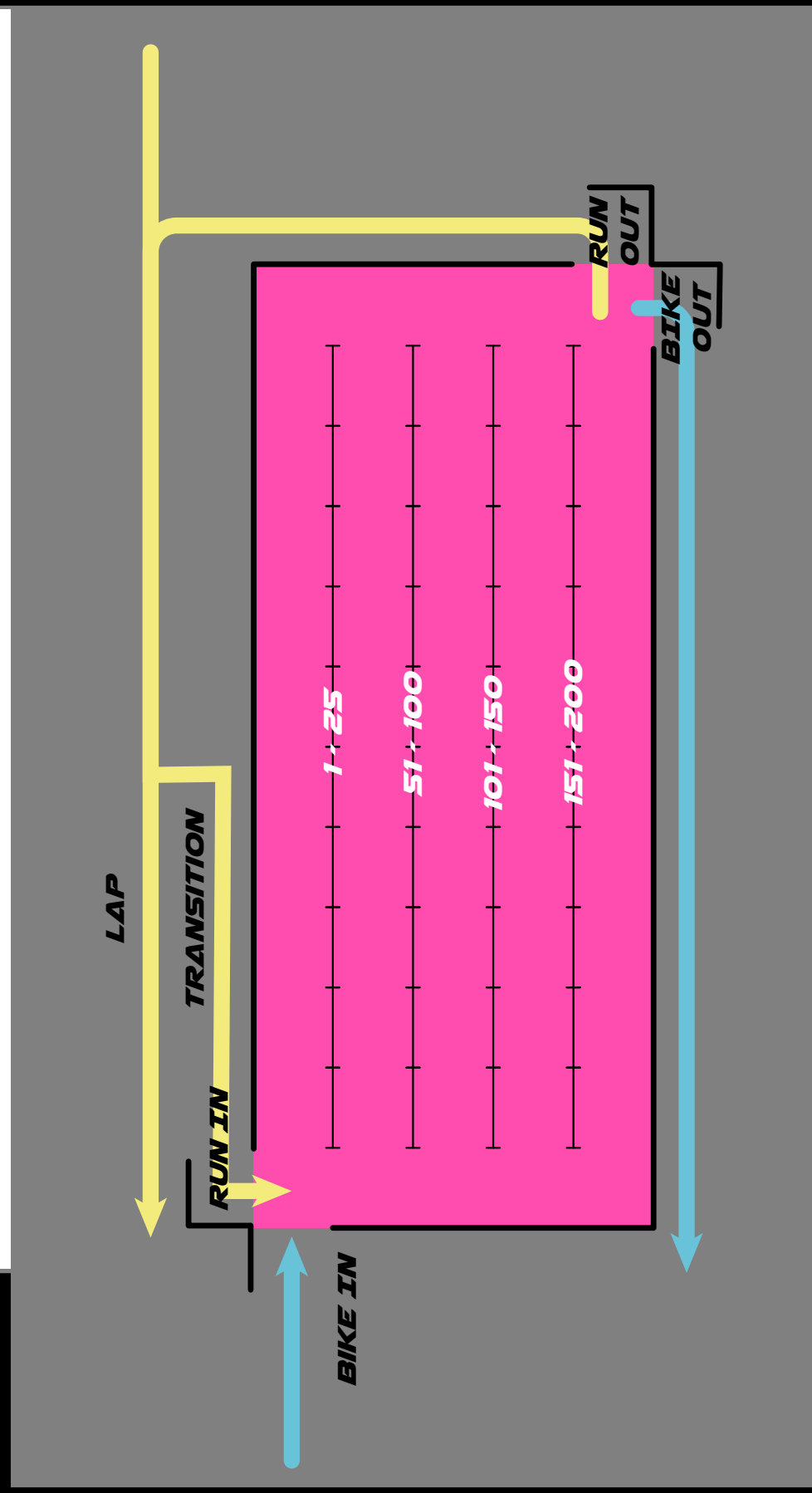
Leave transition by running with your bike through the 'BIKE OUT' exit. **Do not mount your bike until you have placed at least one foot across the Mount Line which will be clearly marked.** Please watch out for other cyclists coming from over your right shoulder as you join the race circuit.

Bike to Run

Towards the end of your final bike lap, keep left on the race track and follow signs for 'TRANSITION'. **You must dismount from your bike, with at least one foot touching the ground, before the Dismount Line which will be clearly marked.**

Run with your bike and enter transition through the 'BIKE IN' entrance following the numbering system to your original racking space. **Your helmet must remain fastened until after you have placed your bike on the rack.** Exit transition via the 'RUN OUT' exit and head onto the run course.

TRANSITION



RACE RULES

Your race will be conducted under British Triathlon Competition Rules. These can be accessed via the following link;

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2022.pdf>

Please familiarise yourself with these rules before your race. If you have any questions before the day of the race please contact us via triworksduathlon@gmail.com. Alternatively any of our Race Officials at Registration or Transition will be happy to answer your questions.

Please note that abusive behaviour or language towards race officials, volunteers and other competitors will not be tolerated and will result in disqualification.

DRAFT-LEGAL WAVES

Draft-legal racing allows competitors to ride close behind, or 'draft', other competitors during the bike section. This allows for fast and fun racing but comes with some additional safety considerations.

Whilst riding in a group, competitors should not;

- ▶ Suddenly change speed or direction which will impact another rider
- ▶ Overlap wheels with another rider
- ▶ Draft off a different gender competitor
- ▶ Draft off a competitor on a different lap
- ▶ Draft off a motorbike or vehicle

Although drafting is permitted in the Draft-Legal Waves, it is not mandatory. Do not feel you need to ride close to other riders. **If you find yourself being overtaken by groups of faster riders, continue to ride the natural racing line at a steady pace and do not swerve or brake suddenly.**

Bike

You will require a road worthy bicycle. In particular, you must make sure your **brakes are in good working order and your bar ends are plugged**. This will be checked when entering transition prior to your race.

If you are taking part in a draft-legal race the following are **not permitted**;

- ▶ Time Trial Bikes
- ▶ Disc Wheels
- ▶ Tri or Aero Bars
 - ▶ Please note that from 1st January 2023 clip-on aero bars are banned in all draft-legal competition. **This is a change from previous rules.**
- ▶ Water Bottles placed behind the saddle

Riding Position

The only points of support a rider is allowed with the bike are the hands on the handlebars, the feet on the pedals and the seat on the saddle. The means that during draft-legal races riders **can not ride with their forearms resting on the handlebars.**



AGE GROUP DRAFT LEGAL EQUIPMENT



Transfer to Non-Drafting

The East Fortune Race Track is 11m wide with a nice smooth surface for riding, making it ideal for your first draft-legal race. However, **if you would like more practice or are not confident riding in a group we would recommend entering the Non-Drafting Wave**. If you wish to transfer to the Non-Drafting Wave please contact us via triworksduathlon@gmail.com.

NON-DRAFTING WAVE

Drafting Regulations

Drafting (gaining an advantage by riding close to another rider) is not allowed in the non-drafting wave. **You must keep to the left hand side of the course and stay at least 10m behind all other athletes**, unless you are overtaking.

If you are overtaking you have 20 seconds to make the pass. If you are unable to make the pass in this time, you must drop back. If you have been overtaken, it is your responsibility to drop back by at least 10m.

Please see the British Triathlon 'Drafting Rules Explained' poster for more information. If you have any questions about the drafting regulations please speak to one of our Race Officials on the day of the race.

Bike

You will require a road worthy bicycle. In particular, you must make sure your **brakes are in good working order and your bar ends are plugged**. This will be checked when entering transition prior to your race.

Time trial bikes, tri or aero bars are allowed in the Non-Drafting Wave only. Disc wheels are also permitted providing the wind speeds are not too high. A decision on this will be made on the morning of the race. You will be informed of any restrictions at registration. If you plan to use a disc wheel we suggest you also bring an alternative rear wheel in case of high wind speeds.

EQUIPMENT (ALL WAVES)

Clothing

The weather in March can be quite variable and East Fortune Race Track is an open space with limited shelter. We would recommend wearing either a tri suit or cycle shorts and cycle jersey or T shirt for the race.

If the weather is cold or wet you might also want to consider a long-sleeved base layer or arm warmers and possibly thin gloves. **Please make sure you have enough dry and warm clothes for before and after the race.**

Helmet

During the cycle leg you must wear an **approved cycle helmet** which meets British Standard EN 1078 or an equivalent international standard. The helmet must be well fitted and the chin strap must fasten securely. **Please wear your helmet, with the strap fastened, when you enter transition** before your race so that your helmet can be checked.

Running Shoes

The run takes place mostly on tarmac with short sections on grass. Any normal running trainer will be suitable, but please note that the grass may be slippery in wet weather.

The use of elastic laces will make your transitions between bike and run quicker but are not essential. You are permitted to use a different pair of trainers for Run 1 and Run 2.

MEDICAL SUPPORT AND WITHDRAWAL

Fully qualified first aiders will be present throughout the event provided by 'Event First Aid and Rescue'. They are located adjacent to the finish line.

If you need medical attention during your race, please contact the closest Race Marshal who will be able to contact the first aid providers.

If you see another competitor in need of medical attention, please also inform the closest Race Marshal.

If you decide to withdraw from the race, you must report to the finish line. Firstly, to ensure we are able to account for all athletes. Secondly, in order to return your timing chip. **Any lost timing chips will incur a fee.**

DRAFTING RULES EXPLAINED

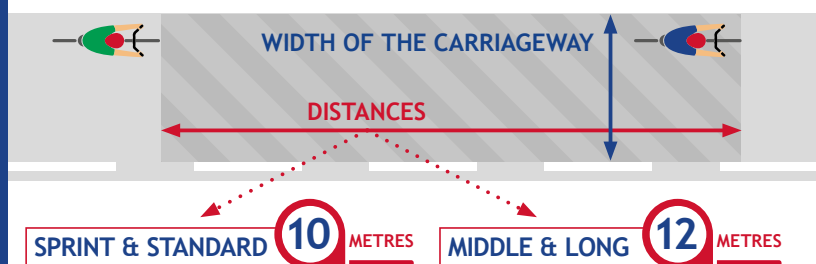
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

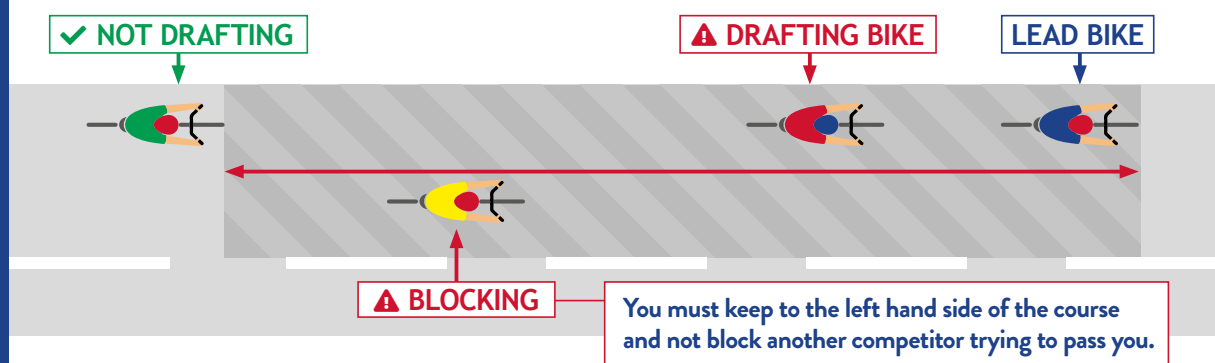
! IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE



DRAFTING & NOT DRAFTING



MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD **20** SECONDS

MIDDLE & LONG **25** SECONDS

If the pass cannot be made you must drop back.
Any overtaken cyclist must drop back once passed.



OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

FINISH, RESULTS AND PRIZES

Congratulations! You've finished your race. After you cross the finish line take a moment to catch your breath and receive the congratulations of our volunteers.

Before you leave the finish area please hand your timing chip to one of the volunteers. **Please do not leave with your timing chip. Any lost timing chips will incur a fee.**

Refreshments

Refreshments will be available at the finish line. This will include; water, Active Root, a FUEL 10K oat bar or cookie and a Fyffe's banana.

Finisher's Medal

If you requested a Finisher's Medal at the time of entry you can collect this at the finish line.

Results

Results will be available very shortly after finishing your race. Overall results will be displayed on a large screen by the finish line. You will also be able to print a copy of your individual results from the Perfect Timing van.

A full list of results will be published on the TriWorks website as soon as possible after the race; tri-works.co.uk/duathlon

If you have any queries about your results, or wish to lodge an appeal against any penalties, this must be done within 1 hour of completing your race. Please speak to a Race Official at the finishing line.

Prize giving

Prize giving for the non-drafting race will take place at approximately 1345. Prize giving for all the draft-legal races will take place at approximately 1615.

Prizes will be awarded in the following categories;

1st, 2nd and 3rd Overall Female Non-Drafting

1st, 2nd and 3rd Overall Open Non-Drafting

1st, 2nd and 3rd Female Student Draft-Legal

1st, 2nd and 3rd Open Student Draft-Legal

1st, 2nd and 3rd Female Veteran Draft-Legal

1st, 2nd and 3rd Open Veteran Draft-Legal

1st, 2nd and 3rd Female Senior Draft-Legal

1st, 2nd and 3rd Open Senior Draft-Legal

TriWorks is a club of dedicated age group triathletes who value commitment, hard work, inclusivity and the desire to improve.

Our squad is based in Edinburgh and our members enjoy training, racing and socialising together. We are always on the lookout for others who share these ambitions and values to join us.

We want to show that triathlon is an 'individual' sport that can be improved through cooperation and coaching excellence. TriWorks with teamwork!

If you would like more information please chat to any of our members on the day of the race or visit our website at tri-works.co.uk.



EVENT TEAM

Your race would not be possible without the hard work and dedication of a large group of people. A huge thanks to the following people who have taken on key roles;

Race Directors	Duncan Birse, Hannah Done, Kirstin Bamford
Safety Officer	Duncan Birse
Chief Marshal	Hannah Done
Registration Director	Alice Loudon
Transition Director	Hollie Hindley
Run Director	Broc Drury
Bike Director	Paul Chowdhry
Start/Finish Line Director	Simon Peltenberg
Medical Manager	Andrew Grant
Race Announcer	Joel Enoch
Photographer	Alister Russell

Also, an even bigger thanks to our army of volunteers...the event is not possible without them! We will all be doing our best to cheer you on to success during your race and to ensure you have the best race experience possible. Please give our volunteers a smile and their support will give you a boost to race even faster!

