



# EAST FORTUNE DUATHLON

Adult Athlete  
Information

24 MARCH 2024

Thank you very much for entering the **TriWorks East Fortune Duathlon** on **24th March 2024**. 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](mailto:triworksduathlon@gmail.com) or using the 'Contact Us' form on our website; [tri-works.co.uk/duathlon](http://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...



# GSS DEVELOPMENTS

As a family-owned and run commercial property development business with over 100 years combined experience, GSS have extensive knowledge of the design and build of new commercial buildings, along with a track record of refurbishing and upgrading obsolete buildings.

Established in 2000, GSS has grown its property portfolio across Scotland including a wide variety of commercial, industrial, hospitality and residential developments.

With a passion for supporting community events that promote fitness, GSS Developments is thrilled to be part of the TriWorks community turning the duathlon event into a reality. Encouraging a healthy lifestyle is of huge importance to the business, both personally and professionally.



INFINIT Performance Nutrition specializes in providing drink-only customisable nutrition solutions that naturally maximise the performance of athletes worldwide.



Whether it's for a burst of energy when you really need it, an indulgent treat when you fancy one, or just a grab-and-go bite on the move – BRAW is the ideal anytime snack bar.



Project: Physio is a pioneering sports physiotherapy and rehabilitation clinic based in the West End of Edinburgh offering access to highly experienced clinicians.

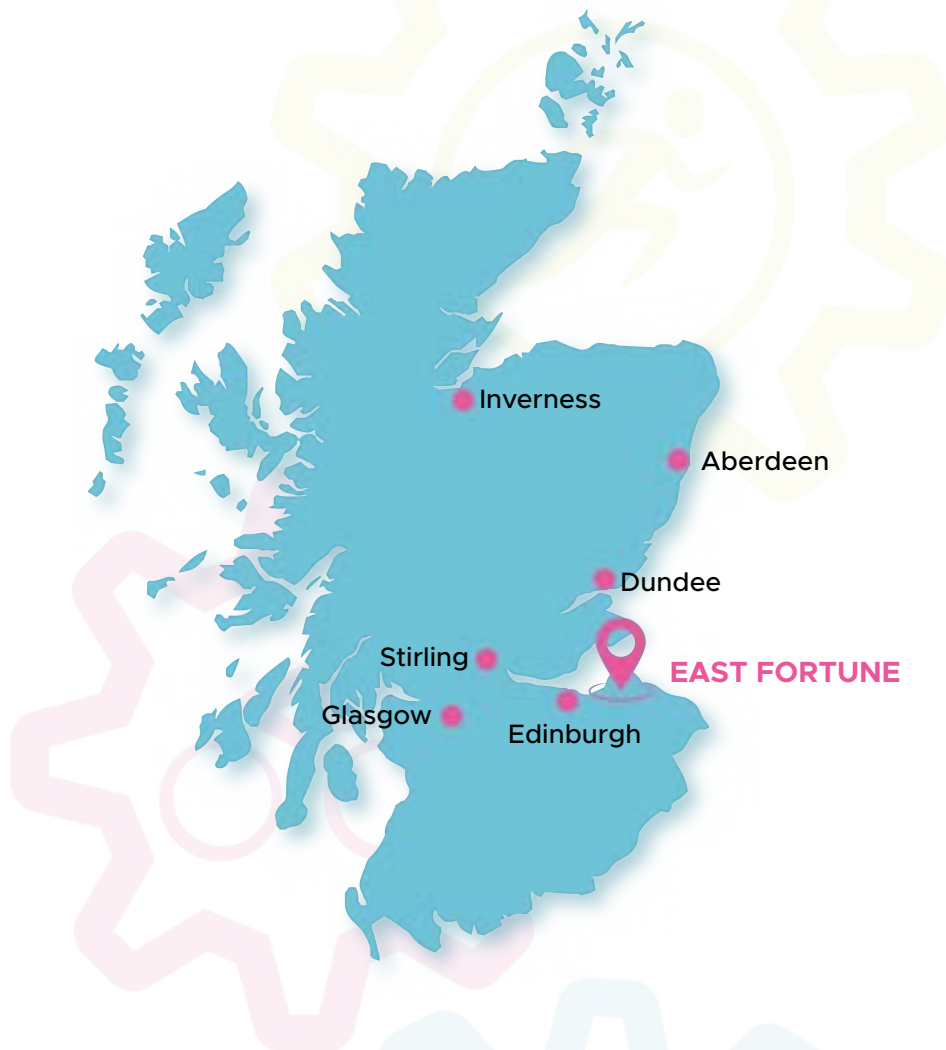


Moggans' socks, base layers and other clothing pair natural innovation with expert manufacturing to create products which are inspired by nature and made to endure.



## 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 is plenty of free parking. Wherever possible please consider car sharing with other competitors and spectators.

If you are using sat nav please use the post code EH39 5JX 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.

There will be pink signs 500m before the entrance followed by further pink signs saying "TriWorks Event". Once inside the venue please follow the signs for the car park and follow the directions of the marshals.



### ***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 race you have entered and make a careful note of the timings for your race. 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. **Your race briefing will take place at the Start Line 10 minutes before the start of your race**.

## NON-DRAFTING

0730 - 0830 Registration  
0800 - 0845 Transition Open  
0850 Race Briefing  
**0900 Race Start**  
1045 - 1115 Bike Collection  
1100 Prizegiving

## FEMALE DRAFT-LEGAL

1100 - 1200 Registration  
1115 - 1215 Transition Open  
1220 Race Briefing  
**1230 Race Start**  
1400 - 1430 Bike Collection  
1400 Prizegiving

## OPEN VETERAN DRAFT-LEGAL (Age 40+)

1115 - 1300 Registration  
1145 - 1315 Transition Open  
1320 Race Briefing  
**1330 Race Start**  
1500 - 1530 Bike Collection  
1500 Prizegiving

## OPEN SENIOR DRAFT-LEGAL (Age <40)

1245 - 1400 Registration  
1245 - 1415 Transition Open  
1420 Race Briefing  
**1430 Race Start**  
1600 - 1630 Bike Collection  
1600 Prizegiving

## 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, wood fired pizza, rice bowls, tacos and flatbreads)

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 Registration 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)**
  - ▶ 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.



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. The run course takes place entirely on tarmac. At the end of the first lap follow the arrow labelled 'LAP'. At the end of the second lap follow the arrow 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, 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, Infinit and Braw bars available for each competitor at the Finish Line.

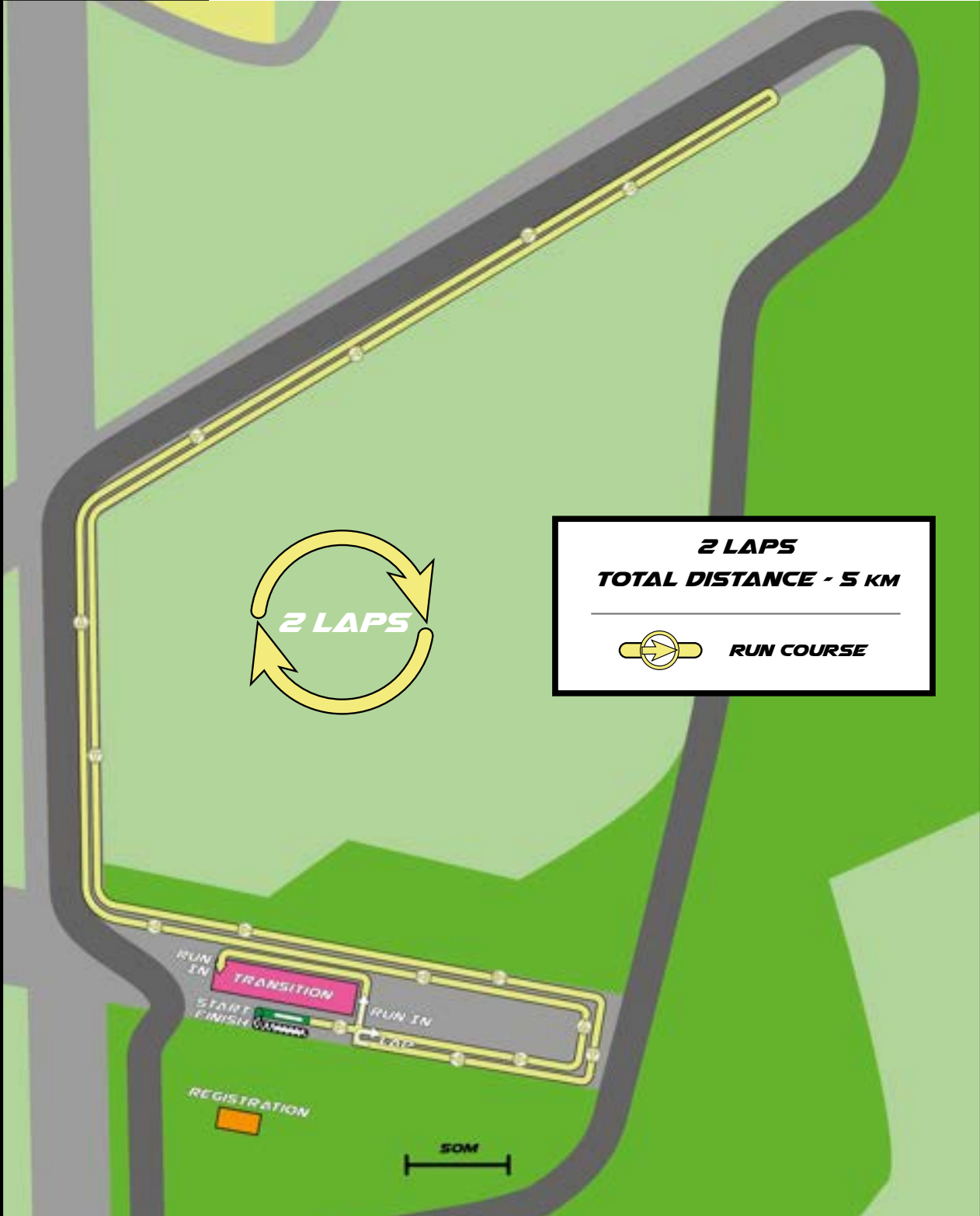
## **LITTERING**

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



# **SPRINT DISTANCE**

## **RUN 1**

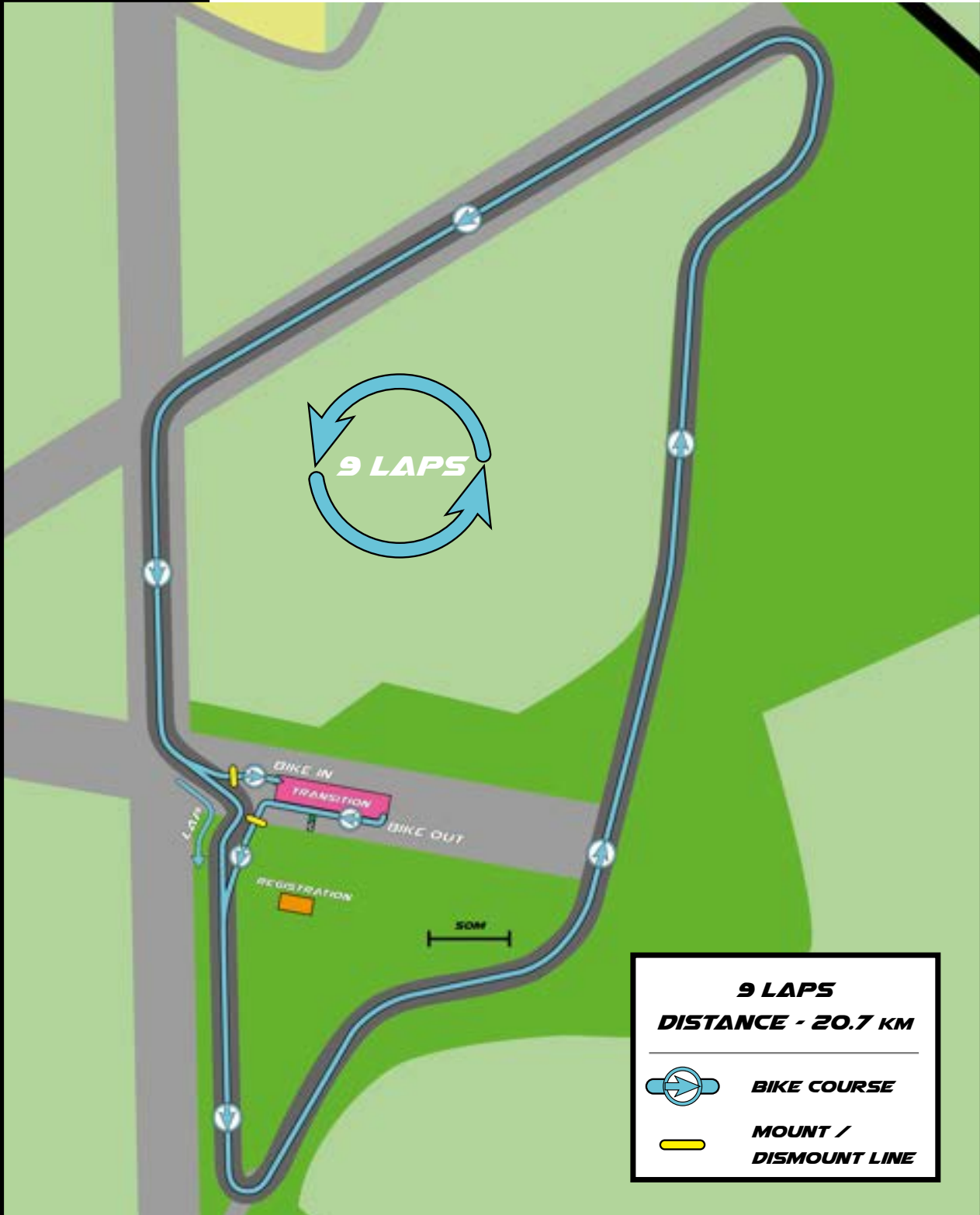






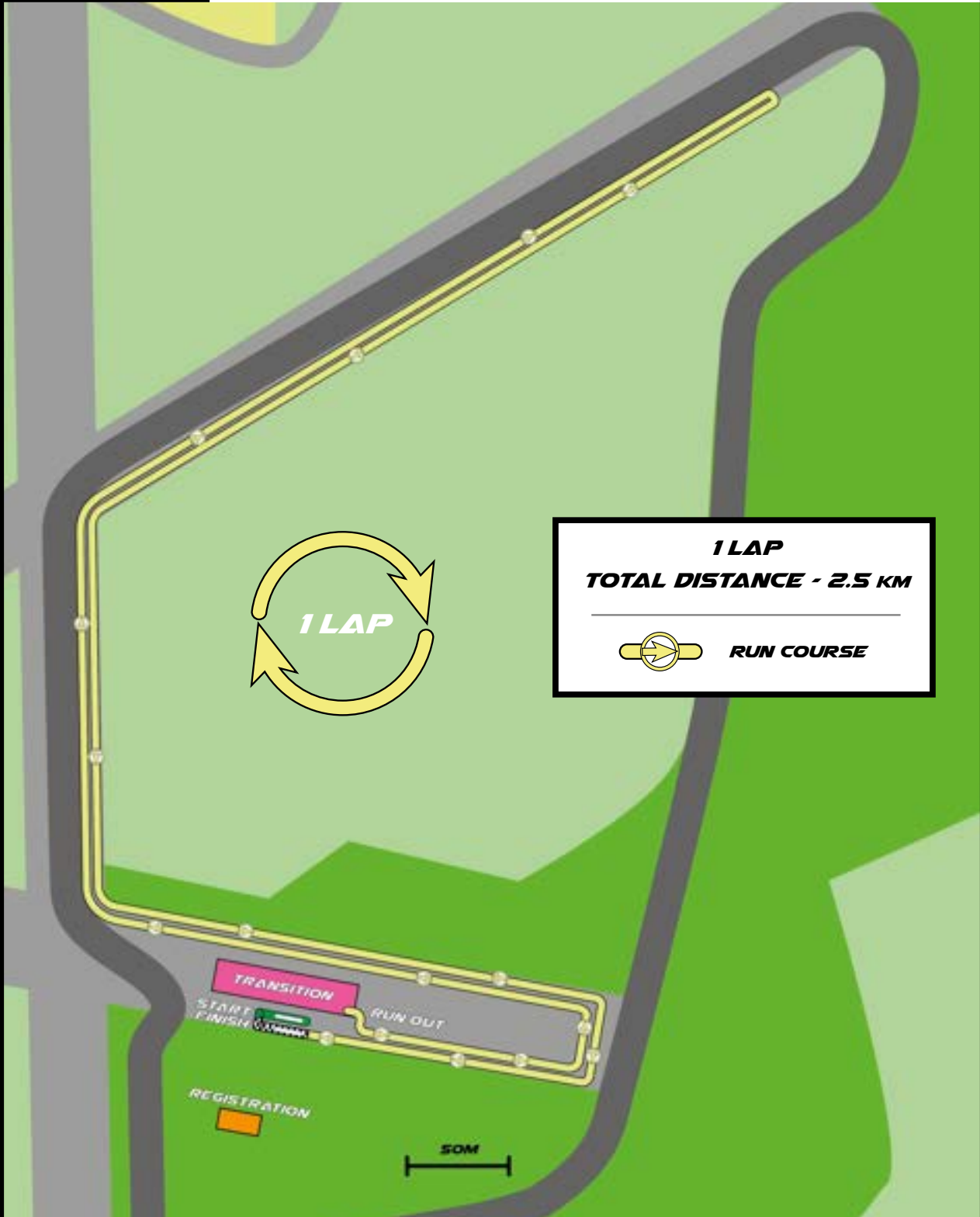
# SPRINT DISTANCE

## 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 in the Bag Drop at Registration.

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 careful 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 at Registration where you are able to leave a bag. Please label your bag using the bag tag provided at registration.

Volunteers will be present at Registration 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 in the Bag Drop. In order to retrieve your bag you will need to show your race number.

## **DURING THE RACE**

### ***Run to Bike (T1)***

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.

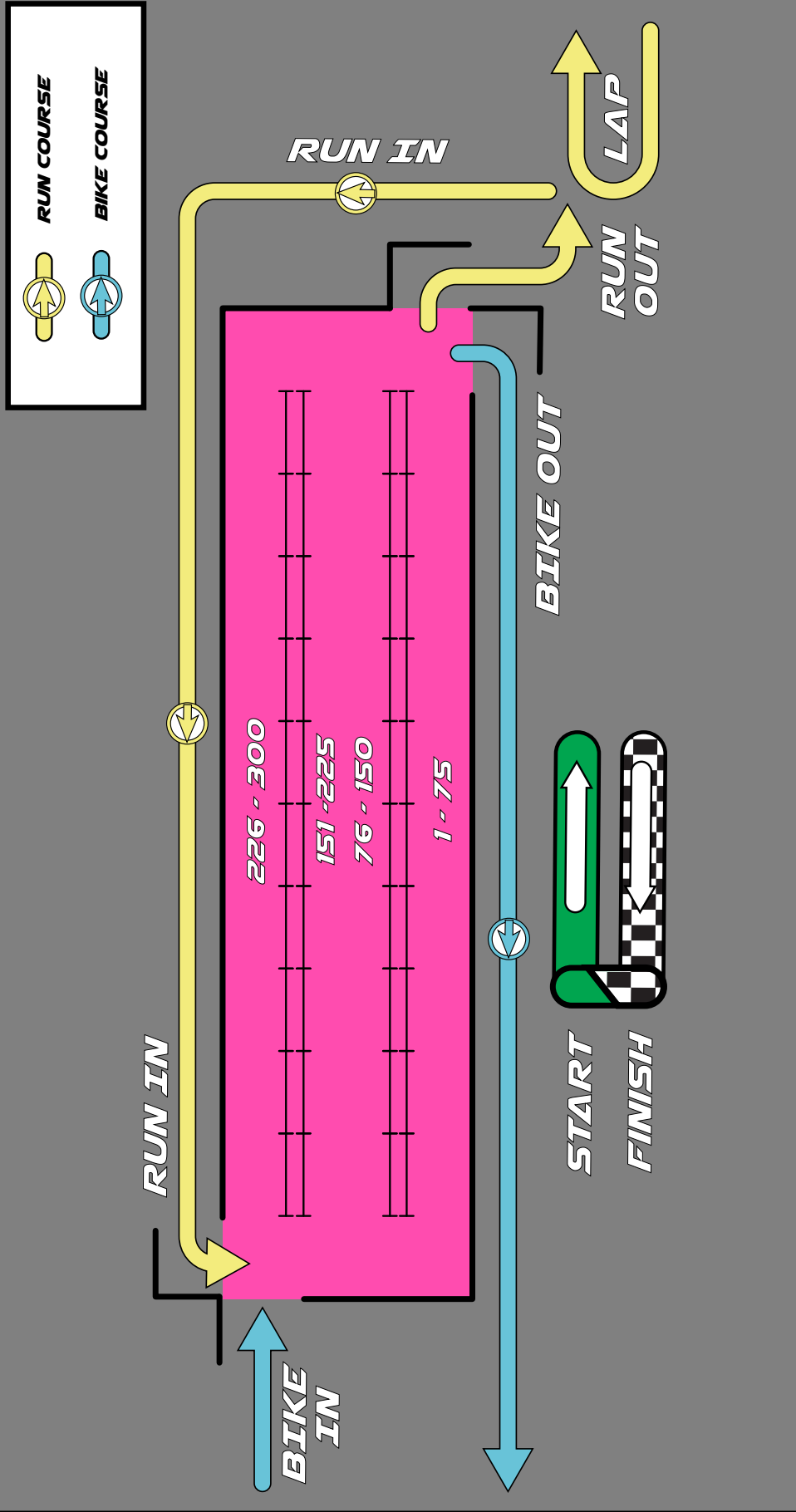
### ***Bike to Run (T2)***

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](mailto: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 RACES

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 Races, it is not mandatory. Feel free to find your own space on the race track if this is what you prefer. **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. This means that during draft-legal races riders **can not ride with their forearms resting on the handlebars.**



## AGE GROUP DRAFT LEGAL EQUIPMENT



## NON-DRAFTING RACE

### *Drafting Regulations*

Drafting (gaining an advantage by riding close to another rider) is not allowed in the non-drafting race. **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 Race 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 RACES)

### *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 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.**

A covered and private changing tent will be available for both male and female competitors.

### **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 all tarmac. Any normal running trainer will be suitable.

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 Marshal who will be able to contact the first aid providers.

If you see another competitor in need of medical attention, please inform the closest 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

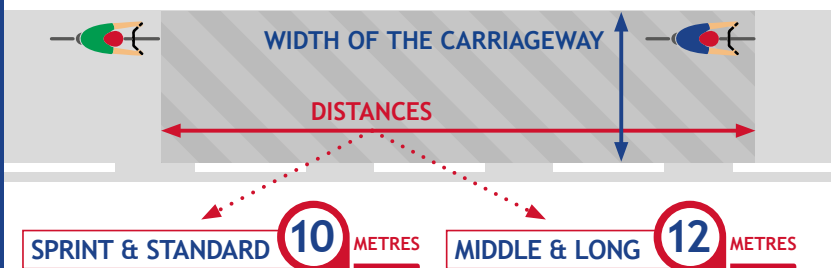
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## WHAT IS DRAFTING?

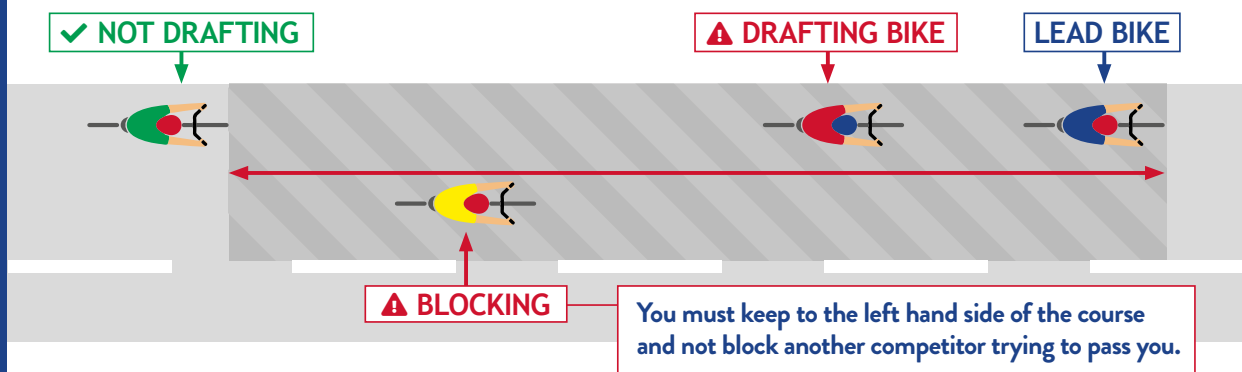
**IT'S AGAINST THE RULES**

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, Infinifit and Braw bars.

## **Finisher's Medal**

If you requested a Finisher's Medal at the time of entry you will be presented with this at the finish line.

## **Finisher's Photo**

Take a moment to pose in front of our backdrop and let our photographers capture your winning moment and provide you with a moment to celebrate your achievement.

## **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](http://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**

Medals and prizes will be awarded in the following categories;

1st, 2nd and 3rd Female Non-Drafting  
1st, 2nd and 3rd 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](http://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 Director	Duncan Birse
Chief Marshal	Emme Thomas
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
Videographer	Jack Trevail

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!



