



TRIWORKS

EAST FORTUNE DUATHLON

Junior 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 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...



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 Racerley 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, including the time for registration. **TriStar 1 must register by 1000 and all other age groups must register by 1015.**

Transition for TriStar 1 will close at 1015 and at 1030 for all other age groups.

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 race.**

TRISTAR 1 (Ages 9 - 10)

0900 - 1000 Registration
0930 - 1015 Transition Open
1020 Race Briefing
1030 Race Start
1130 - 1200 Bike Collection
1120 Prizegiving

TRISTAR 3 (Ages 13 - 14)

0900 - 1015 Registration
0930 - 1030 Transition Open
1105 Race Briefing
1115 Race Start
1200 - 1230 Bike Collection
1245 Prizegiving

TRISTAR 2 (Ages 11 - 12)

0900 - 1015 Registration
0930 - 1030 Transition Open
1040 Race Briefing
1050 Race Start
1130 - 1200 Bike Collection
1120 Prizegiving

YOUTH (Ages 15 - 16)

0900 - 1015 Registration
0930 - 1030 Transition Open
1135 Race Briefing
1145 Race Start
1230 - 1300 Bike Collection
1245 Prizegiving

SUPPORTERS

We aim to make the junior races really enjoyable and the volunteers and race officials will be there to support and help you if you are uncertain about what to do or any of the rules.

We would encourage friends and family to provide as much enthusiastic support as possible. However, please note that **supporters are not allowed to enter the race course or to run alongside competitors.**

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.



British Triathlon is committed to maintaining the highest possible standards of behaviour and conduct at all triathlon, duathlon and aquathlon events.

The British Triathlon 'Code of Conduct' for Parents summarises the essence of good ethical conduct and practice within our sport. This applies not only to parents, but to guardians, carers, families and spectators.

All such individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon. Any discriminatory, offensive and violent behaviour is unacceptable and complaints will be acted upon under the procedures of our safeguarding and protecting children policies.



CODE OF CONDUCT FOR PARENTS

- Respect the rights, dignity and worth of every person, within the context of the sport
- Treat everyone equally and sensitively, and do not discriminate on the grounds of age, gender, ethnic origin, religion, sexual orientation or disability
- Encourage your child to learn the British Triathlon rules and compete within them
- Teach your child to respect the event officials
- Publicly accept officials' judgements and abide by their instructions, providing they do not contradict the spirit of this code
- Help your child to recognise good performance, not just results, to avoid undue disappointment
- Never punish or belittle a child for losing or making mistakes
- Support your child's involvement and help them to enjoy their sport
- Remember that the aim of the sport is for the children to have fun, improve and feel good
- Set a good example by applauding all good performance, whether by your child or another
- Use correct and proper language at all times
- Remember that young people learn best by example
- Recognise the value and importance of volunteers, coaches, officials and event organisers - it is their time and dedication that keeps the sport alive
- Young people are involved in organised sport for their enjoyment, not yours, so do not force a child to take part

Titch Says:

"Always encourage and say well done to other racers!"

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 by 1015 for Tristar 1 and by 1030 for all other age groups.**

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

- ▶ **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



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 Run 1, a Bike and then Run 2. The distances are different for each race (see below).

Race	Run 1 (2 Laps)	Bike	Run 2 (1 Lap)
Tristar 1	1000m	2.3km = 1 Lap	500m
TriStar 2	1400m	4.6km = 2 Laps	700m
TriStar 3	1800m	6.9km = 3 Laps	900m
Youth	2200m	13.8km = 6 Laps	1100m

RUN 1 - 2 Laps

Run 1 consists of two laps. 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

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 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.

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 - 1 Lap

Run 2 consists of one lap of the same 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.

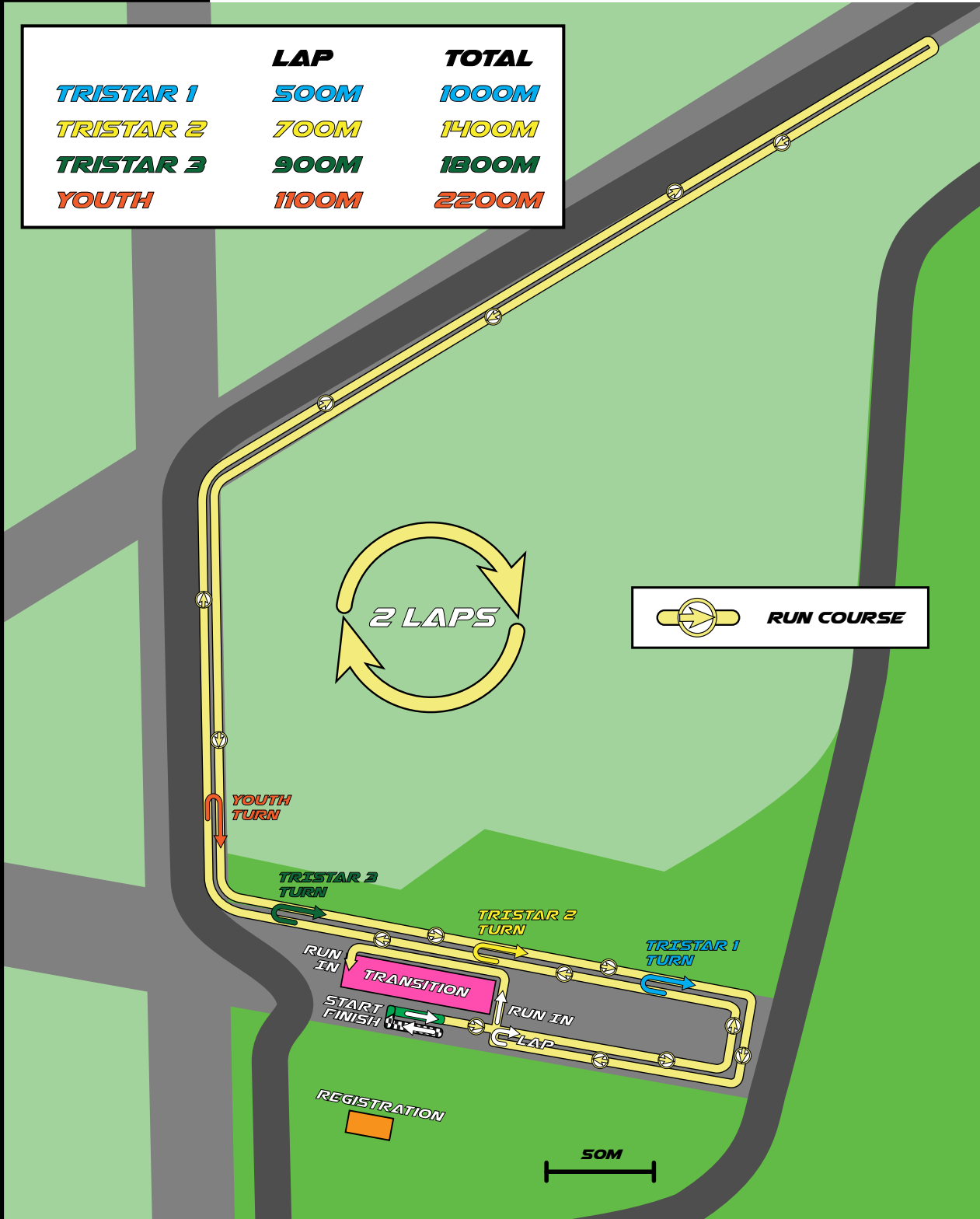
LITTERING

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

JUNIOR RACES

RUN 1

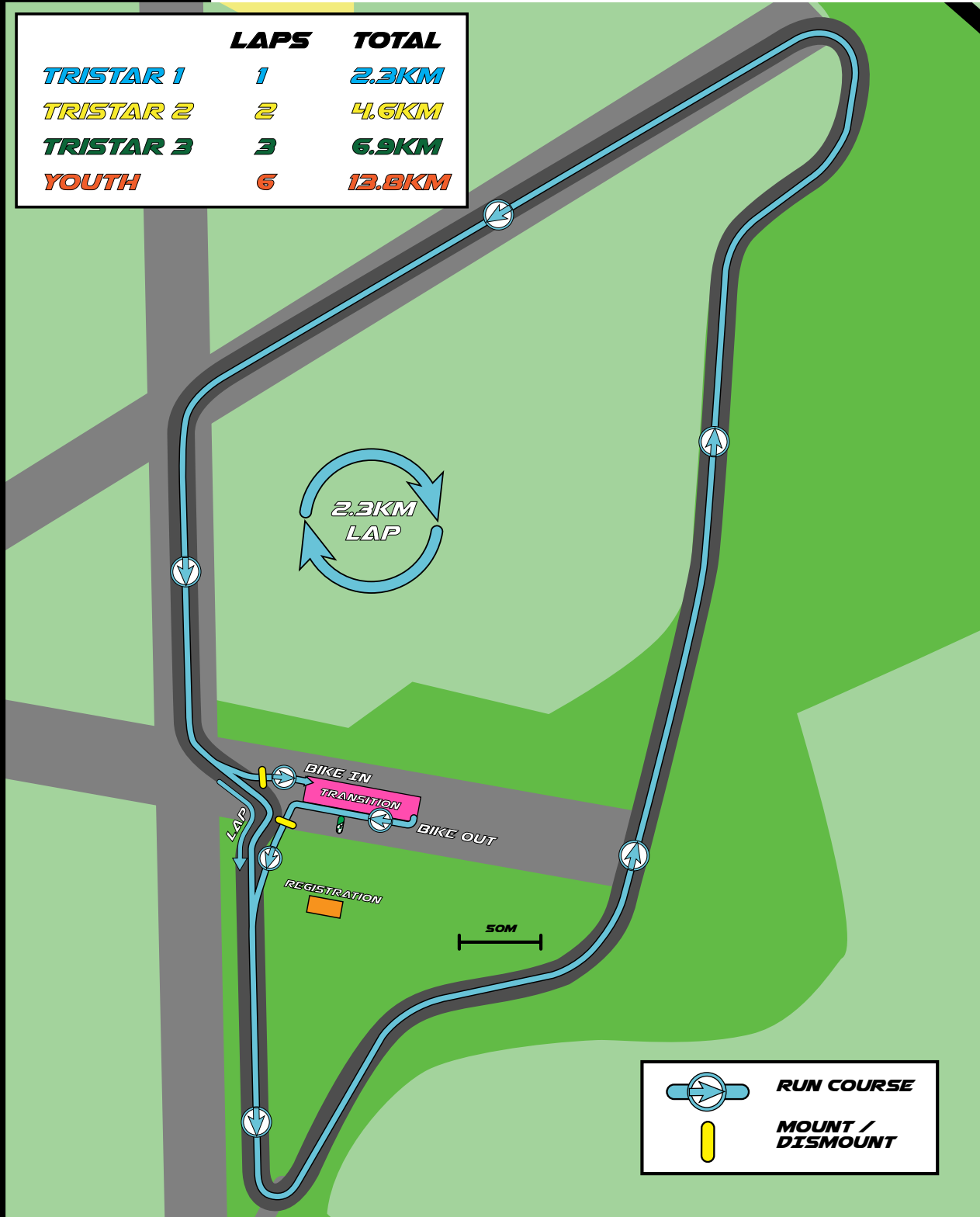
	LAP	TOTAL
TRISTAR 1	500M	1000M
TRISTAR 2	700M	1400M
TRISTAR 3	900M	1800M
YOUTH	1100M	2200M



JUNIOR RACES

BIKE

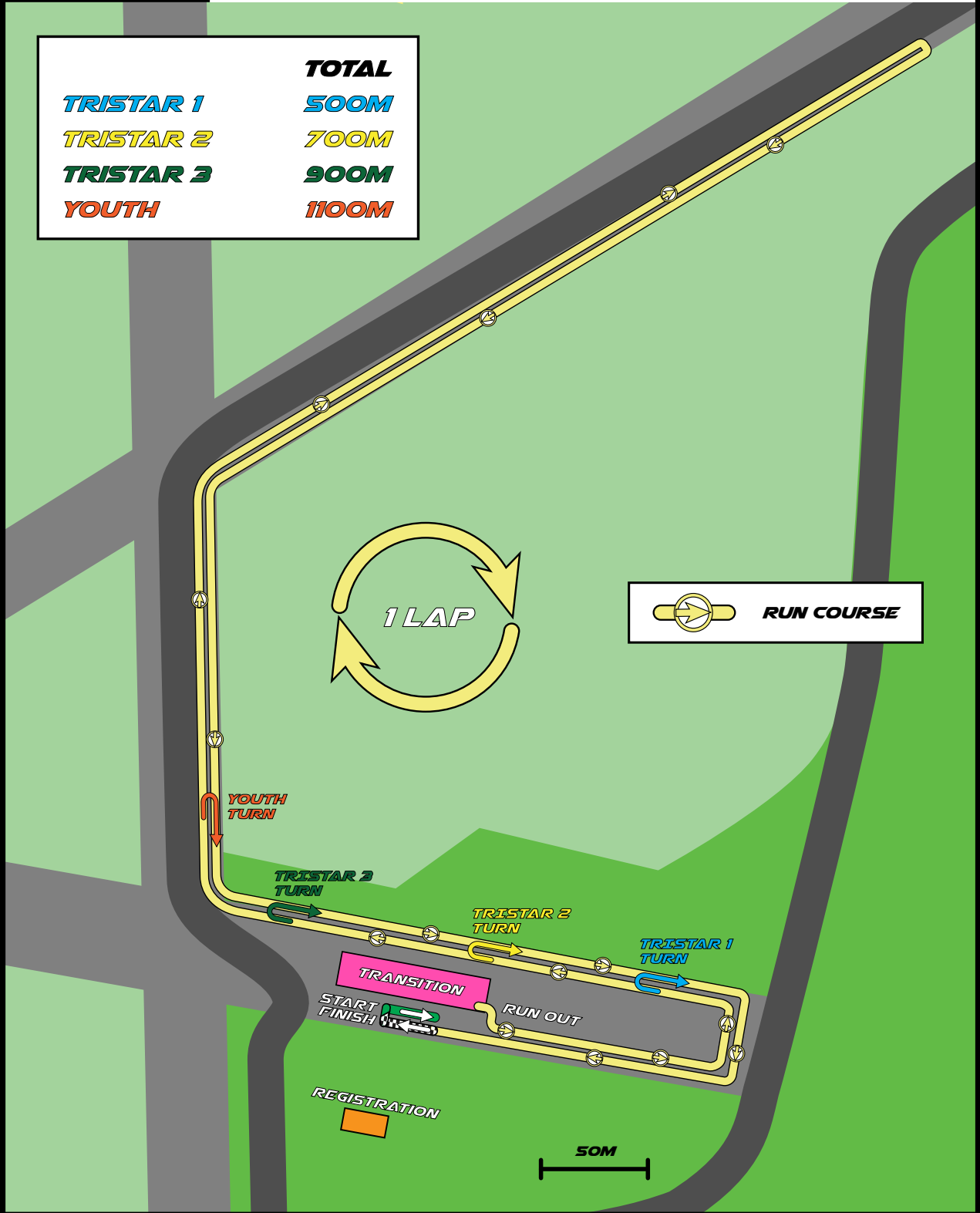
	LAPS	TOTAL
TRISTAR 1	1	2.3KM
TRISTAR 2	2	4.6KM
TRISTAR 3	3	6.9KM
YOUTH	6	13.8KM



JUNIOR RACES

RUN 2

TRISTAR 1	500M
TRISTAR 2	700M
TRISTAR 3	900M
YOUTH	1100M



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 at 1015 for TriStar 1 and at 1030 for all other age groups.

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.**

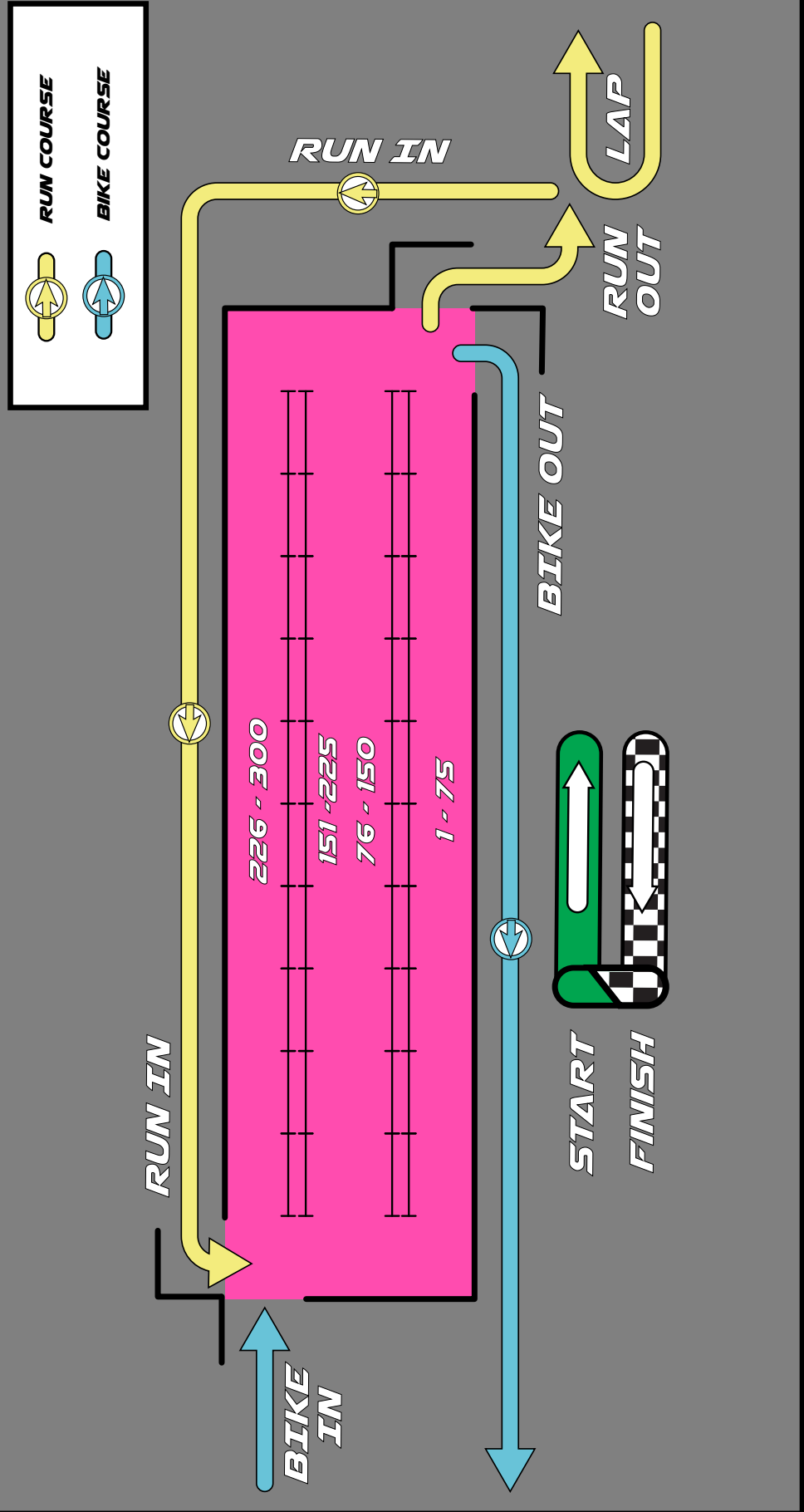
Leave transition by running with your bike through the 'BIKE OUT' exit. **Do not mount your bike until you have placed at least one foot across the Mount Line which will be clearly marked.** Please watch out for other cyclists coming from over your right shoulder as you join the race circuit.

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. 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 RACING

All the junior races are draft-legal, which 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 competitor on a different lap
- ▶ Draft off a motorbike or vehicle

Although drafting is permitted, 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.

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

For junior races bikes without drop handlebars are permitted providing the brake levers are located on the handlebars. Please remove 'bull bars' from the ends of handlebars. We do not plan to have any gear restrictions for bikes.

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.**



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 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 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.**

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, Inifinit 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

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 TriStar 1
1st, 2nd and 3rd Open TriStar 1

1st, 2nd and 3rd Female TriStar 2
1st, 2nd and 3rd Open TriStar 2

1st, 2nd and 3rd Female TriStar 3
1st, 2nd and 3rd Open TriStar 3

1st, 2nd and 3rd Female Youth
1st, 2nd and 3rd Open Youth

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 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!

