

# The New Year's Day Triathlon 2020

Congratulations, you are one of the lucky ones! And you have chosen a great healthy way to start the New Year, well done! And this year we celebrate 25 editions of our fantastic event

Thank you for entering and I hope you will enjoy this amazing setting and facility. On behalf of Edinburgh Triathletes, I look forward to welcoming you and wishing you a Happy New Year on the pool deck.

Please read this information very carefully, even if you've done the race before. If this is your first triathlon, you'll have a great day, and in 2020 you will get to call yourself a triathlete!

A massive thank you to our headline sponsor Rockstar Games who's support has helped make this event possible.

John Whittaker





## Timetable

### December 31st

Registration 2:00pm to 4:00pm at the Royal Commonwealth Pool also a chance to check out the layout for the 1st.

(Note: registration on the 31st is optional but strongly recommended)

### January 1st

Registration 10:00am to 11:30am (including kids race registration)

At registration you will be given a race number and allocated a start time. Once you have registered you should rack your bike in transition which is the rear car park of the pool. Racks will be numbered.

Timing Chips will be issued (**only on the 1<sup>st</sup>**) at a separate desk, you should wear the chip on your left ankle. Make sure you pick it up.

Teams will use the chip as the relay baton and it will be passed on at the end of each leg. Teams will be given one number for the runner (please wear it on the front).

Numbers must be clearly visible and not folded or cut in anyway. Sponsors will have logos on the number and it is important that we all recognise their contribution by not hiding their images.

Kids duathlon entries will be taken on the day £5:00 per entry at a separate registration desk.

Café Refresh in the RCP will be open as will Clambers if younger kids need some entertainment.

Kids briefing by the legendary Scott Balfour 11:00 in the rear car park.

Kids Duathlon Start 11:15am in the rear car park.

Main Race briefing Poolside 12:00pm (earlier swimmers should be in their swim kit ready to go as once the briefing is finished the race will be ready to start)

First swimmer starts 12.15pm (there will be a time difference of 5-10 seconds for each swimmer which will be notified by the swim starter). Your race time will start as you cross the timing mat to enter the pool please line up in number order and follow the instructions of our starter.

Swim wave from 12:15 to 1:55pm

Last Finisher 3:40pm (approx)

Prize Giving 4:10pm (approx) Spot prize Draw

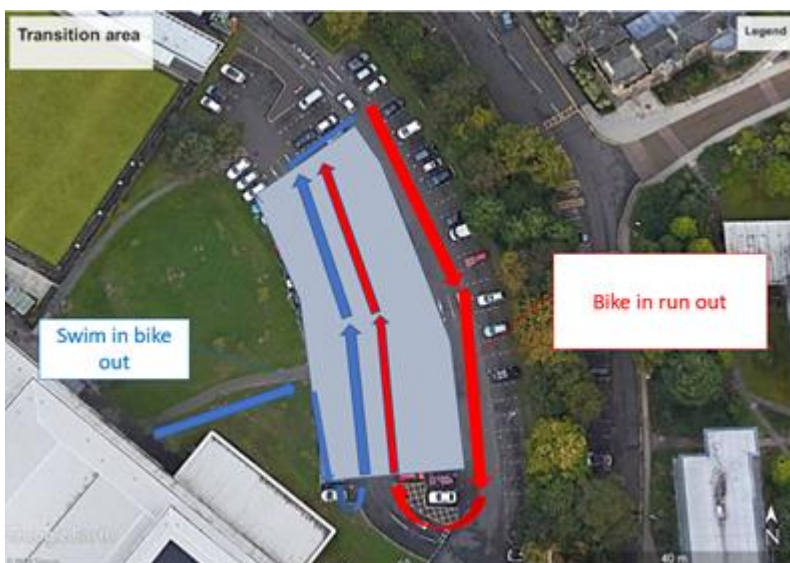
## Race Instructions

400m swim, continuous swim starting in the lane nearest reception and returning in the next and following that pattern to the finish in the lane nearest the teaching pool. You will be directed to line up in order on poolside and will start 5-10 seconds apart, please follow the instruction of the race starter and please be patient. You can overtake in the lanes as they are wide, and we ask you to be careful and do not impede others if you are overtaking. When you line up for the start make sure you are wearing your allocated timing chip and strap, please fasten it to your left ankle.



## Transition

Straight from the pool follow the path to the rear car park; this is a change from our early years, the transition area is located in the rear car park which gives much more room and no steps to run/trip up. There will be a one-way system in operation which will be clearly marked. You will also be directed to cross a timing mat on the way in and out of transition. There will be a short run to the main road where you will be able to mount your bike beyond the mount line. Please keep to the LEFT throughout the run from transition and once you mount your bike. Normal triathlon rules apply; you must have your helmet on and fastened while you are moving or using your bike,



**No personal music players are allowed.** We realise it is common for people to train with music however you need to be able to hear other athletes and any instructions from the race team. There

are more than 400 people and that brings challenges of space on the course therefore having your hearing without interruption is vital.

Teams will be directed to a relay box for the swap of the timing chip, the cyclist will then operate in the same way as the individual athletes.

**There is space alongside the teaching pool for clothing if you wish to put on kit before going outside, it is important that in that area we keep a clear passage for athletes leaving the pool. No shoes are allowed inside the pool deck area.**

### Bike 12 miles approx.

The course is very straightforward, three laps of Holyrood Park in a clockwise direction. There are four roundabouts.

The first roundabout in the park is where you will join the course. When completing your last lap make your way back to transition keeping to the left of the road.

The second roundabout is on an uphill stretch and you take a left from it. The road is then downhill to two more roundabouts which you will be directed to take the wrong way around, this is a faster and safer line when there are no other vehicles. It is important however to follow the marshals' instructions.

The park is closed to vehicle traffic however there will still be people around some of whom may be recovering from revelries; so, we suggest you are very vigilant on the bike course. We ask that you stay to the left of the road and that you overtake on the right.

You will take a right turn at the end of St Margaret's Loch which takes you up behind Arthur's Seat, yes, it is uphill, and it is a bit steep, but it is not too long.

The route continues to a steep downhill into what was the second roundabout, there will be a chicane as you approach the roundabout which is deliberately placed to make you slow down to allow a safe joining of the race route at the roundabout. You will be marshalled into a lane for your laps and join the route by turning right at the roundabout and continuing downhill. Please be aware there will be other cyclists and potentially runners on this section of the road so please take extra care. It is important you stay within the coned area. On your third lap turn left at this roundabout and continue back to the pool.

It is your responsibility to count your 3 laps, we will check times for any crazy times, but we need you to be honest. When completing your last lap make your way back to transition keeping to the left of the road.

### **Transition 2**

You will return to the transition (car park) and be asked to dismount at the mount/dismount line; you will then run with your bike following the directions keeping to the LEFT over the timing mat and return your bike to your allocated place in the transition racking. Once you have racked your bike you can then remove your helmet; **not before**.

Team cyclists will rack their bike before going to the relay box to hand over their chip to the runner.

### Run 3 and a bit miles

Runners will leave the transition area as directed and will cross the timing mat on the way out. The run route is the same as the bike route, only one lap though; however, we would like you to run on the pavements in the park as much as possible. There will be cyclists on the course when you are

running so we need you to be very careful. Again, remember the park is open to the public and they may not have the same focus as you, some of them may have been out and about celebrating. When you return to the pool the finish line will be alongside the transition area. Run under the arch smile wave and collect your medal.

Please take care to cross the finish mat then stay in the penned off area until we have removed your timing chip. There may be athletes still on the course and entering and exiting the transition area so be careful not to impede any of them.

It is vital you remove your chip and leave it with the finish team, (they are very expensive, and we will hunt you down☺).



### **First aid**

If you need first aid assistance, please speak to a race marshal who will arrange for someone to help you.

### **Clothing**

Remember the first of January is not likely to be a summer's day and the weather will be cold and possibly wet, so please wear clothing suitable for the conditions, a few seconds in transition might make the difference in your enjoyment, no need for a macho effort.

Your friends and family will be very welcome to join in the celebrations but will not be allowed in the transition area and we may need to direct them a little and advise where it is safe to cross the roads. There is also a viewing area in the pool.

## Litter

We have the use of the Park for the day, people live and play there so make sure you do not make a mess with wrappers and rubbish. We will be vigilant about littering and anyone found doing so will be disqualified.

## Prize Giving and Results

We will hold the prize giving in the foyer of the pool; there will be spot prizes so make sure you stay around for the prize giving. Provisional results will be online as soon as possible in the evening. Please be patient we will all have had a long day.

### **Contingency**

*In the event of ice effecting the roads and particularly the high road, the bike course may be modified. While it has never been necessary since the first event in 1996, adverse weather might force us to make the triathlon an aquathlon with a swim/run only.*

Good luck with your preparations and I look forward to welcoming you safely across the finish line on New Years Day.

Please thank our sponsors and supporters.

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