<p style="text-align:center">Sunday 4 September 2022
Gullane Bents, Gullane, East Lothian
1500m sea swim - 42km bike - 10km run
Race-Day Information Pack</p>

Introduction

Welcome to the 26th Gullane Beach Triathlon!

Thank you for entering. Good luck to all and we hope you find this year's event both challenging and pleasurable. Please read this information carefully, ensure you arrive in good time and register promptly.

The information is subject to change by the organisers at any point. It is the responsibility of the competitors to heed announcements made at registration and in particular at the race briefing on the day.

The following information and attached briefing aim to provide an overview and hopefully answer any questions you may have about the event. You should be medically fit to compete and have entered this event at your own risk.

Programme

Sunday 4 September 2022
0715-0815 Registration & Body marking at Gullane Beach Car Park
0815 Marshal briefing
0830 Race briefing
0900 Competitors assemble on Beach
0915 Swim Start (wave 1 – Senior and Veteran Men)
0920 Swim Start (wave 2 – Rest of Field)
1120 First competitors finish
1230 Prize giving – Gullane Beach (by Registration area)
1245 (approx) Last competitor finishes

The race is run under **triathlonscotland rules (http://www.triathlonscotland.org/events/rule-book/)** and it is the responsibility of all competitors to familiarise themselves with and to obey these rules.

As the race takes part in a public place and on open roads we ask all competitors to be courteous and considerate to members of the public and to observe the Highway Code.

Location

Gullane is located on the East Lothian coast, approximately 18 miles east of Edinburgh on the A198. On entering Gullane, follow signs to Gullane Bents from the Main Street (first left approaching from west on A198). The nearest train station is Drem, 1.5miles away. Train times can be checked on www.nationalrail.co.uk

Parking

Parking is available at Gullane Beach. Please follow the marshals' instructions on arrival and park in a thoughtful manner as we need to get as many cars in as possible and car parking is reduced due to transition and other race services.

East Lothian Council have introduced a daily parking charge at Gullane Beach. The cost is **£2.50 per car for the day.** This is payable at the pay and display machines at the car park, as well as by using the RINGO app.

Please ensure you do not block the Emergency Access road when parking.

Facilities - Accommodation

Gullane Beach Triathlon takes place in a very scenic setting - this means that some of the home comforts are a few minutes walk away.
- There is a new toilet block between the beach and car park, with one shower point.
- **Strictly no overnight camping allowed in the transition area/car park or on the beach** - please use official sites or contact the tourist information office for other accommodation:
    - North Berwick Tourist Information – www.north-berwick.co.uk
    - Edinburgh and Lothians Tourist Board - www.edinburgh.org

Facilities – on the day
A hot meal will be available for competitors after the race.

Registration
Registration: We would be pleased if you could wear a face covering even though we are outside ☺

PLEASE NOTE:
You will need to bring along to registration with you:

- Your race licence, or photographic ID if you don't own a race licence.

Sunday 4 September 2022
0715 - 0815 Gullane Beach Car Park

Please note that registration closes at **0815hrs** for **ALL** competitors.

At registration you will be given your race pack comprising:-
- Commemorative item
- Swim Cap (the colour will relate to the swim wave)
- 1 race number
  This must be VISIBLE and worn on your back with cycling and on your front when running - cut down numbers or numbers which are not visible could lead to disqualification.

Relay teams:
2 numbers will be provided – one for cyclist and one for runner
Cyclist wears the number on their back
Runner wears the number on their front

Body Numbering and Timing Chip
At the entry to the transition area on race day, each competitor will have a race number marked on their **left arm** and **right leg**.

Competitors will not be allowed back into the transition area without showing this number.

When being body marked you will also be given your timing chip and strap. The chip will be the 'baton' for relay teams. **All chips *must* be secured around the ankle. At the end of the event you should remove your own timing chip and place it in the bucket provided.**

Transition Area
Only Race Competitors and Race Officials are allowed in transition for security reasons.

Following registration and body numbering competitors must rack their bikes in the transition area at their numbered space. Space is limited so please do not bring extra bags and boxes to transition. No more than one standard carrier bag size please.

It is the responsibility of the individual competitor to ensure their bike is road worthy and their helmet undamaged.

Pre-race – please follow instructions from marshals regarding entry and exit from transition prior to the event. Please do not enter/exit via race exits as the timing equipment will be being set up. The entry gate for transition is next to registration.

During the race, transition will operate as a one-way system (i.e enter transition one corner – exit diagonally opposite corner). The details of this will be covered during the race briefing.

Competitors are strongly recommended to conduct their own familiarisation of the transition area and the cycle and run routes out of transition, using the maps provided. Course routes will be on display at the registration point. These can also be found on the website www.edinburghtri.org

Safety & First Aid
First aid will be provided at the start/finish/transition area. Those with more serious injuries that may require hospital treatment will be helped by paramedics stationed with the Ambulance. It is important that the paramedics are available at all times to respond to those in need of serious attention so please use the services appropriately.

Race Briefing (0830hrs)
ATTENDANCE AT RACE BRIEFING IS COMPULSORY
This year we will not spend time describing the course in detail, please refer to course information in this leaflet.

The briefing is intended to:
- Reaffirm the rules under which the race is to be run
- Give any local instructions that may apply on the day e.g. sea conditions or route changes
- Confirm programme details as necessary

It is the responsibility of all competitors to obey the rules and be courteous and considerate to any member of the public encountered in the race. Any reports of competitors being abusive and/ or aggressive will result in an instant DQ. Any evidence of littering will also result in a DQ. Please, no littering! Please, be nice to each other, and remember that the marshals are all giving up their day

so that you can race.

Swim
The swim course will be a long lane out to the main triangle; the swim direction may depend on the wind direction and sea state on the day.

The start line for the race will be on the beach with a short run to the water, **note** the distance does not include the wading in and out of the water nor the turn around the flag pole.

There will be large buoys marking the course turn points.

Swimmers follow the lane, then follow the course as marked swimming back to the lane to return to the shore. Once on shore they will run round a flagpole and return for a second lap. Kayak marshals will be strategically placed.

There is no lead kayak!

On leaving the water, competitors will run up a tarmac path from the beach to the transition area.

Relay swimmers will give their timing chips to the cyclist in their team at the racking point in transition – it must be secured around the ankle.

The water temperature is expected to be around 13°C.

Wet suits are compulsory

If any swimmer does experience problems they should turn onto their back and raise an arm to signal for assistance.

Safety boats will be able to access all sides of the triangle without having to cross the path of any swimmers. Medical assistance will be available on the shore.

Please note that a cut off time of **25 MINUTES** at the half-way point will be strictly administered: any swimmer not making the end of one lap in that time will be asked to stop. This is to ensure the safety of all competitors and is based on advice from the RNLI and the Coastguard; we ask that this cut off time is respected.

IMPORTANT: The sea state will be closely monitored. In the event of a heavy swell or very poor visibility, the swim will be reduced (to 750m) or cancelled. If the swim has to be cancelled the race will become a duathlon with a 10km initial run, 42 km cycle and a 5km final run.

Cycle
Cyclists are not to mount their bikes until the mount line clear of the transition area - this will be clearly marked.

The road leading to and from the car park is not one way, so keep left! Also be aware of speed bumps on the short stretch out of the car park, take care on your return.

Cyclists must wear a helmet that complies with recognised standards (ANSI or BSI).

The helmet must be secured prior to touching the bike and only released and removed after racking your bike.

Cyclists must obey the Highway Code at all times and the directions of race marshals and Police.

The Standard cycle route contains a loop within the course. All the roads are two lane single carriageways with generally good surfaces. Generally, the course follows a shallow gradient and is non-technical.

The finish route through Gullane village is downhill. There is also a light controlled crossing in Gullane just before the end of the course. In the interests of public and competitor safety and the future of the race, competitors must be particularly careful and vigilant in the built-up area. Competitors must be prepared to stop if required at the crossing. We would also ask you to be particularly careful at: the Ballencrieff roundabout; when rejoining the A198 near Dirleton coming from the B1347; and obey the Stop sign when rejoining the B1347 from the B1377.

Marshals will be in position at all key junctions. Obey their instructions. Police motorcycle patrols may be deployed. You must still ride with due respect for the Highway Code. Dangerous riding will result in disqualification.

Relay cyclists will give their timing chip to the runner in their team in the transition area after they have racked their bike. It must be secured around the **ankle**.

DRAFTING WILL NOT BE TOLERATED. Draft busting motor cyclists will be in action, working in conjunction with marshals who will be noting numbers.

The triathlonscotland rules for competitors clearly states: *"The cycle section is an individual event and riders may not take pace from any other cyclist (competitor or not) or vehicle. Riders must not be closer than 7 meters (approximately 5 bike-lengths) to the next competitor. Side-by-side riding is only permitted during overtaking in which case the manoeuvre should be completed within 30 seconds. It is the responsibility of the overtaken rider to drop back as soon as the overtaking front wheel is level with his/her front wheel".*

Run
The run route is two laps.
Competitors leave the transition area by the marked exit and will be directed by marshals along the car park road and up a grassy lane towards Hill Road.

You will run through a short alleyway. Turn left and continue to the end of the Hill road. Turn right at the end of Hill Road and then turn right into the next junction. At the next junction turn left, then turn right at the bottom of the hill. Continue along Hummel road, upon reaching a gate, which will be marshalled, turn immediately right up a steady grassy climb. From here, the route follows an off-road section that will be clearly marked by arrows and marshalled.

Rejoin the car park road by-passing the transition area.

The course then follows flat, out and back, sections before returning towards the transition area where you begin a second lap of the same route.

One drinks station will be provided near the transition area for the swim to bike. The station will then repositioned for the run, allowing fluids at the start and at half way when passing back close to the transition area.

Results and Prizegiving
Every effort will be made to produce a complete set of results on the day. However, the priority will be to collate the results for the overall winners in each age/sex category.

The full results will be posted to Edinburgh Triathlete's website later that day; www.edinburghtri.org and on our facebook page.

The prize giving will take place at approximately 1230hrs at the beach car park.

Where entry numbers permit, prizes will be given for 1st, 2nd and 3rd place male and female competitors in age group categories as well as prizes for winners of the relay

Thanks
No event like this can succeed without the help and assistance of a large number of people.

Our particular thanks go out to:
East Lothian Council, Police Scotland (J Division), the local residents of Gullane, Triathlonscotland, our own support team of organisers and helpers, and of course, our sponsors in particular Simpson & Marwick, Erdinger, and the Edinburgh Academy.

Gullane Beach Triathlon 2022
Participant Code

1. **As coronavirus is still with us, Stay Home** if you or anyone in your household is unwell.
   Symptoms to look out for are:
   a. A high temperature
   b. A new, continuous cough
   c. A loss of, or change to, your sense of smell or taste
   If you have any of these symptoms you should follow NHS and Public Health Scotland guidance.

   Do not attend if you have been asked to self-isolate.

2. Use the **hand sanitiser** provided (or even better – bring your own!)

3. **Distance yourself** (wherever possible) and **respect** other people's personal space

4. Follow the **one way systems** where appropriate

5. **Be quiet** at the event briefing and listen to the safety advice

6. No spitting or high fives or any other non-essential contact

7. Please bring your own water and food and dispose of rubbish responsibly. Littering will result in disqualification

8. Please take your own **timing chip** off and put it in the bucket provided.