

Lochore Aquathlon

Lochore Meadows

18 June 2023



General Information

Welcome

The British Triathlon Federation and Triathlon Scotland would like to extend a warm welcome to all competitors and spectators to the Lochore Aquathlon on 18 June 2023.

Venue

Lochore Meadows Country Park

Crosshill, Lochgelly, Fife, Scotland. KY5 8BA

Car Parking

Free car parking is available on site

Facilities

Onsite café, toilets, overnight campervan parking (please [book directly](#))



General Information

Results

Provisional results will be available on the event website on the day.

Home Nation Association Membership Cards

Please ensure that your British Triathlon membership is up to date and valid on race day. If you fail to bring your membership card you will be required to pay £5.00 day membership fee. You will however still be eligible for category trophies.

Withdrawing during the race

If at any point during the race you feel the need to stop and pull out of the race please do not hesitate to do so. It is mandatory that if you withdraw from the race then you need to find the nearest marshal who will help you get back to the event headquarters. Marshals can also call for medical support should it be needed.

Medical

Medical services will be available during the event. If you require medical attention, please speak to a member of staff who will direct you to the medical tent which will be located near the race start.

Sustainability and waste

We would appreciate it if all competitors made every effort to keep the venue, and the surrounding area as clean as possible, there will be ample bins.



Registration & Race Packs

Registration will be located Lochside, on the grass bank next to transition. Competitor information will also be available here together with course maps.

Registration will be from 0730 – 0815 for all Super Series athletes.

Race Pack:

Race Packs will include the following items:

- Swim hat
- Race number
- Number Decal
- Timing chip
- No photography wristband if required

Please return your timing chip to the marshals in the finish area at the end of your race, or if you drop out for any reason to a member of the event crew. Competitors who fail to return their timing chip will be charged as per the terms and conditions of entry.

Event Schedule

	Race 1	Race 2	Race 3
Youth A Female	08:30	09:50	12:10
Youth A Open	08:50	10:10	12:30
Youth B / Junior Female	09:10	10:30	12:50
Youth B / Junior Open	09:30	10:50	13:10

Course Maps – Swim

Swim Information

For your safety, swim hats are compulsory for the swim section. We will provide you with a coloured swim hat which you must wear for all races.

The water temperature is expected to be between 14-17 degrees, so please take your time getting into the water to allow you to acclimatise. Please note that wetsuits will be compulsory for water temperatures below 14 degrees Celsius, but it is recommended that athletes wear a wetsuit even if the temperature is above this level.

Water safety marshals will be on the water. If you get into difficulty you should turn onto your back and put your hand in the air to attract attention.

The swim distance will vary each race and is the same for all age groups, as below:

Race 1 = 800m

Race 2 = 500m

Race 3 = 300m

Athletes will swim in an anti-clockwise direction. Buoys will be positioned at each corner to mark the course; you should keep these on your left at all times. The course is a rectangle shape of which you do various lengths of depending on the race.

Once you have completed each swim you should exit the water at the opposite side of the beach and make your way towards transition. The swim exit will be marked by Triathlon Scotland flags.

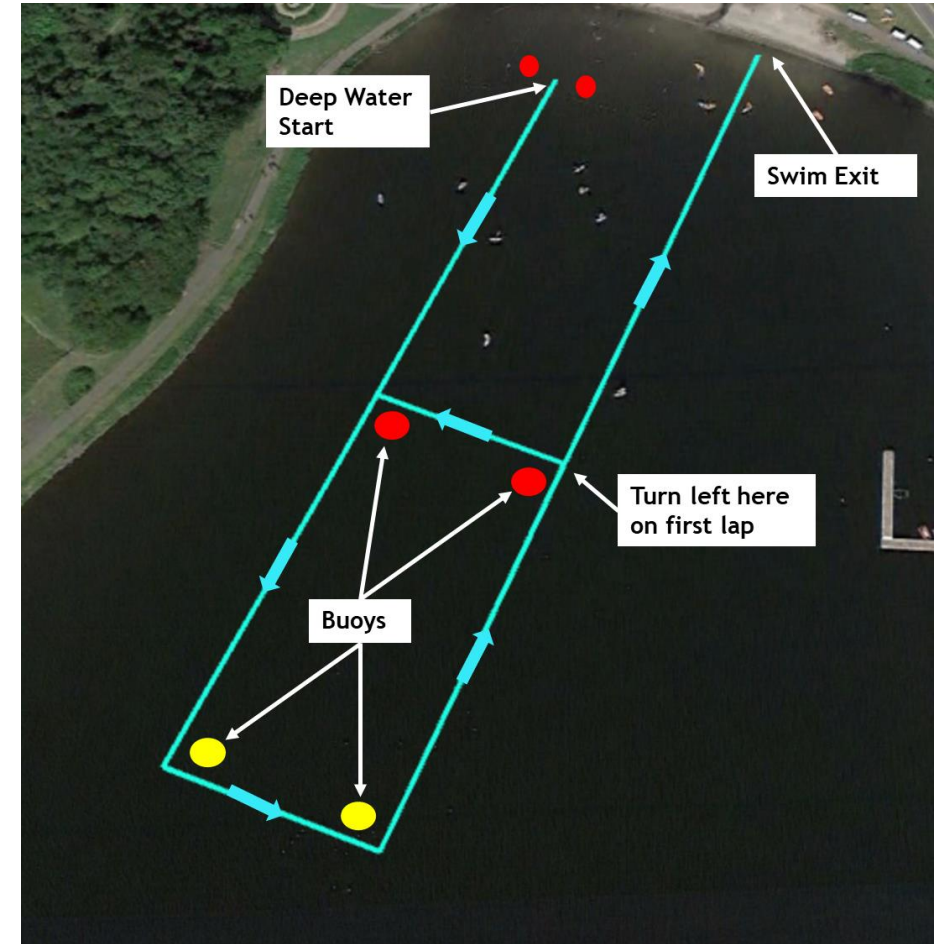
Course Maps – Swim 1

Race 1 – 800m

Swim to the far away orange buoy (passing a red buoy on your left), turn left then left again at the second orange buoy.

Turn left at the red buoy on your way back towards the beach, then left again at the second red buoy to re-join the 'out' leg of the course.

This time continue straight on to the beach after passing both orange buoys.

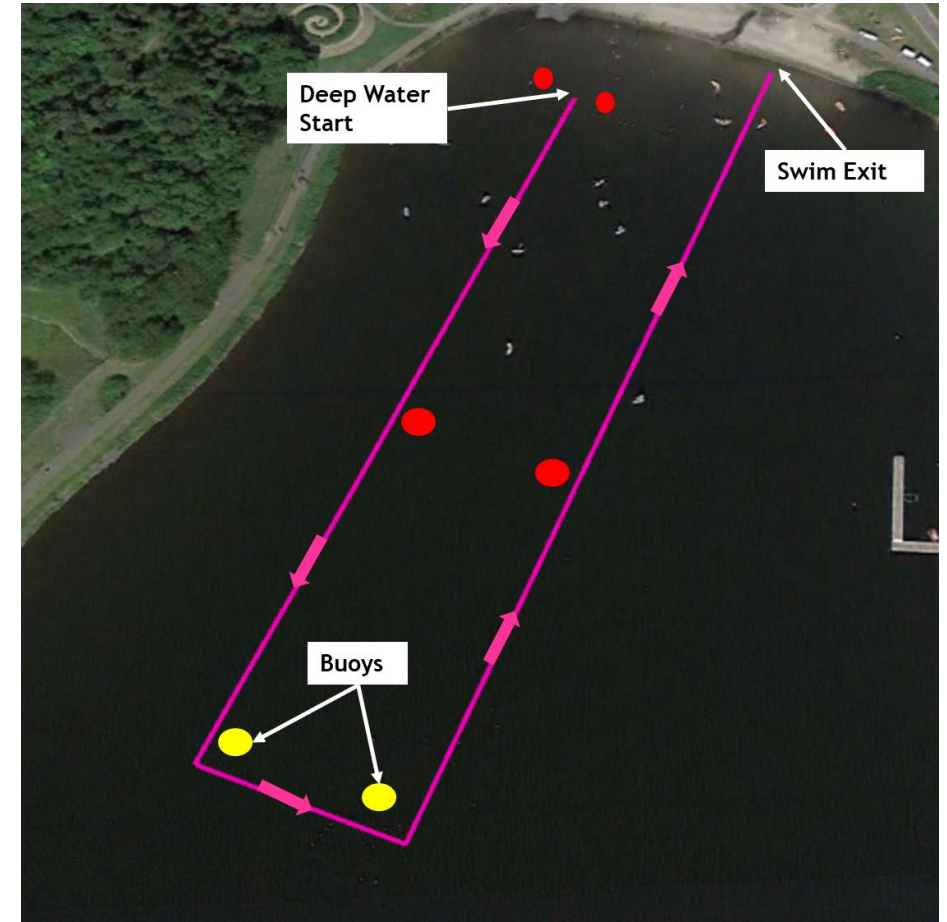


Course Maps – Swim 2

Race 2 – 500m

Swim to the far away orange buoy (passing a red buoy on your left), turn left then left again at the second orange buoy.

Continue straight on to the beach, passing another red buoy on your left.

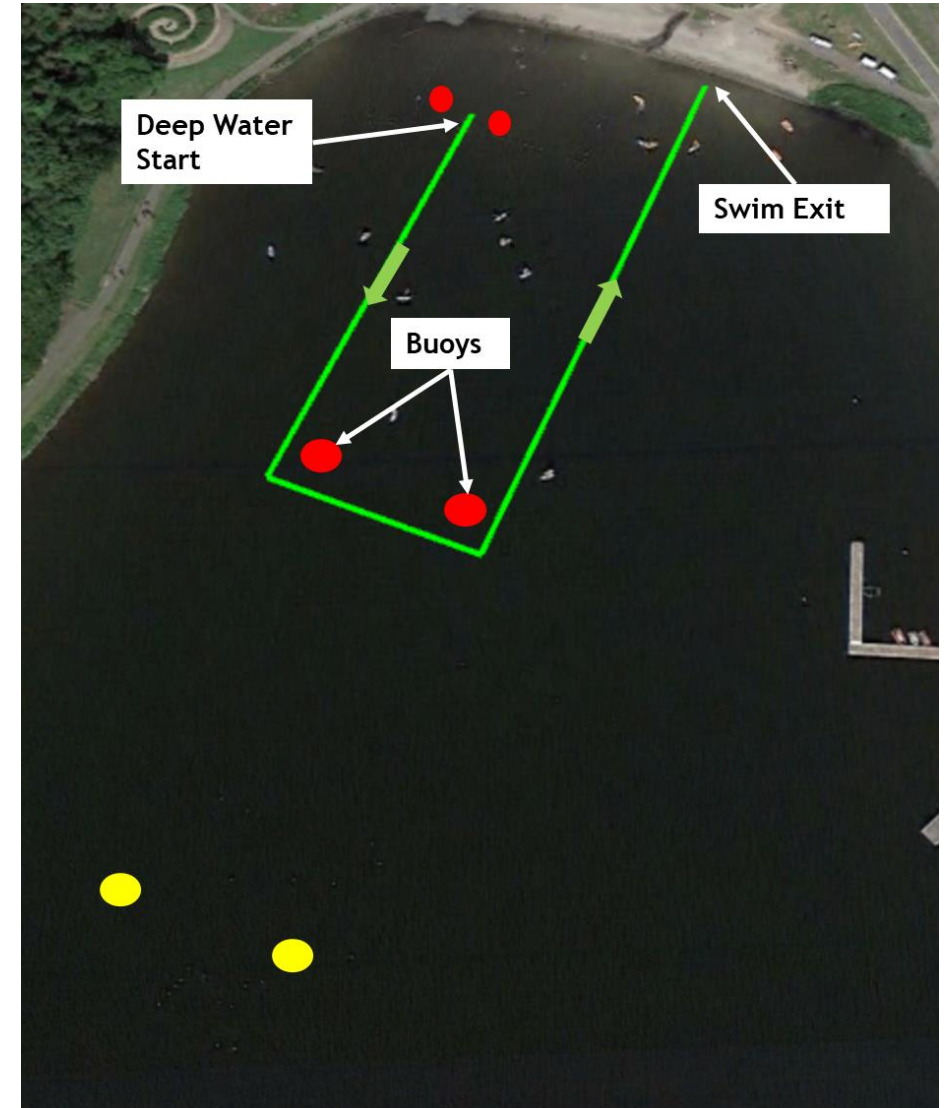


Course Maps – Swim 3

Race 3 – 300m

Swim to the first red buoy, turn left then left again at the second red buoy.

Continue straight on to exit at the beach.



Transition

Transition check-in will take place on race day only. You must have your decals on to enter transition before and after racing.

The transition area will be situated on the grass to the east side of the Willie Clarke building. Three different transition areas will be used for the event on rotation, marked using yellow, red, and green tape. You will use all three transition areas, one for each race, as shown on the next page. There will be no marking permitted in transition, this includes the use of talc on the floor.

Each transition area will open for set up 15 minutes prior to the start of each race, and close 5 minutes before the start of each race. Access for transition set up is from the café side (run out) for the yellow area and from the registration side (swim in) for the red and green areas. As there is only a narrow window for set-up participants should come prepared to drop their kit at their space as efficiently as possible. Please do not enter transition until directed by marshals. Transition spaces will be marked by race number. Volunteers will be on hand to assist and answer any questions.

Only kit being used/worn should be left in the transition area. Bags and other belongings should be left in your car where possible. As there are no changing rooms or bag drop, you may leave a small amount of belongings in your transition space. These should be placed in a small, soft-sided bag. After setting up your transition area you should make your way straight to the beach, ready to start.

There will be 10 minute windows provided to clear your belongings from Transition. This opportunity will arise once all athletes have exited the water and Transition area of a particular Wave. The Entry / Exit point will be clearly signposted for you. Do not cross any timing mats or enter Transition Area through any other location.

Once you have found your racking space, tidy your area and leave the transition as soon as you can. We would appreciate the Transition area being cleared as quickly as possible once permissions has been given by the Race Organiser.

Transition

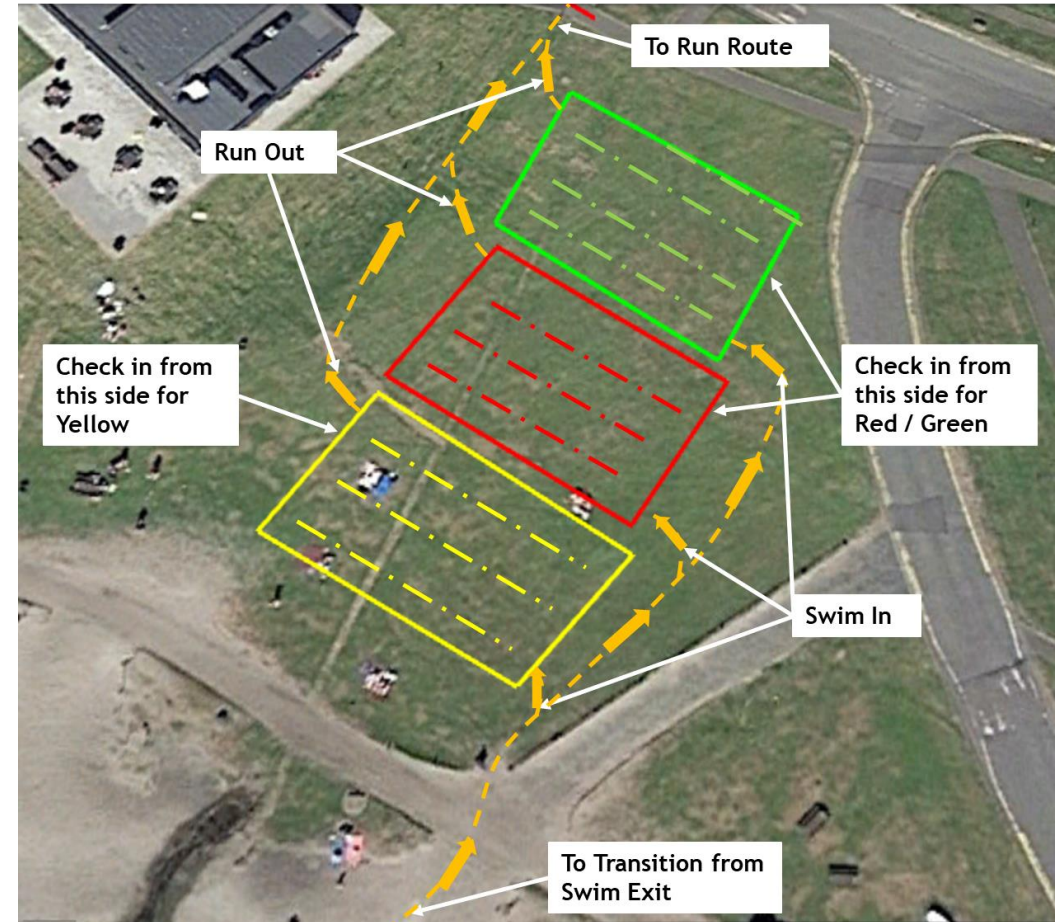
	Race 1	Race 2	Race 3
Youth A Female	Yellow	Red	Yellow
Youth A Open	Red	Green	Red
Youth B / Junior Female	Green	Red	Green
Youth B / Junior Open	Yellow	Red	Yellow

Course Maps – Transition

Transition Information

Once you have completed your swim you should head towards transition where you will enter from the east side (closest to registration). Turn left to enter your designated transition area. Remove your wetsuit and put on any additional run kit over your swimwear. Please ensure you leave your wetsuit, goggles & hat neatly in your space to avoid it getting in the way of others.

Once you are ready to head out on the run you should continue along the direction of travel, heading out the other end of transition (nearest the café building), turning right to join the run route



Course Maps – Run

Run Information

The run route is a multi-lap loop on park paths and single-track surface through the woods. After exiting transition, athletes will run approximately 225m to join the lapped area of the course. From there, they will continue along the path until they reach the Y-junction, where they will initially take a right. They will continue along the path to the east turn point, where they will take a sharp left and follow the single-track path.

A turn point will be located on the path about 25m before the finish line – please turn here to complete additional laps or head straight on down the finish chute if on your last lap. **Please keep right at all times whilst on the run course.**

A water station will be positioned near the south turn point.

The event takes place in a public park, and we do not have sole use of the venue so please be aware of any members of the public that may be on the course. Marshals will be positioned along the route for your safety and direction, and to warn any members of the public.

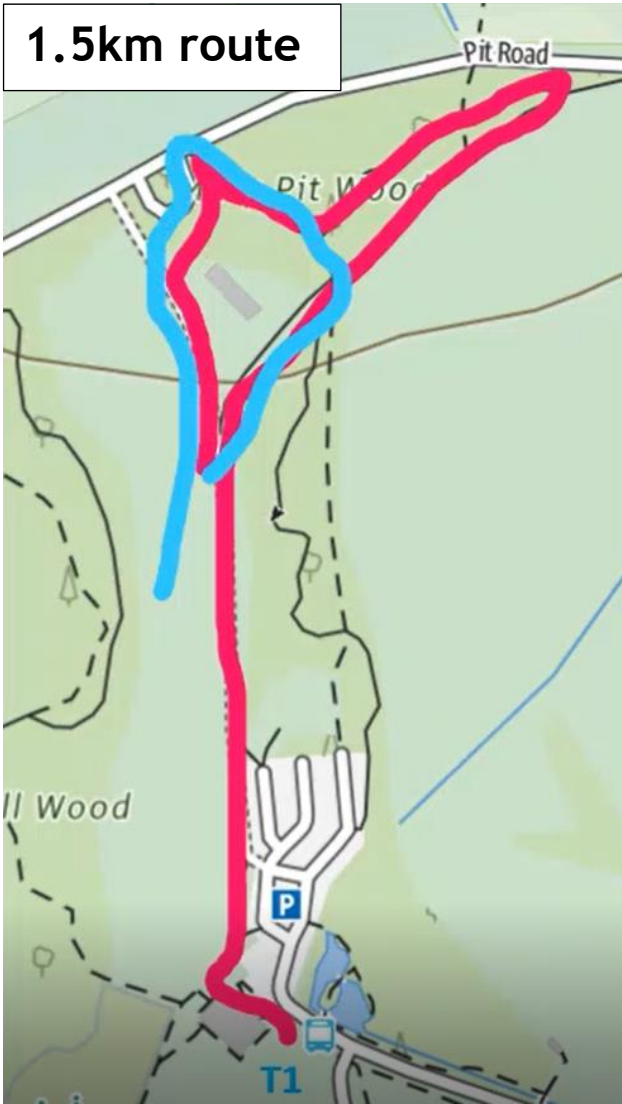
Run distances for each race are as below:

Race 1 – All 1km

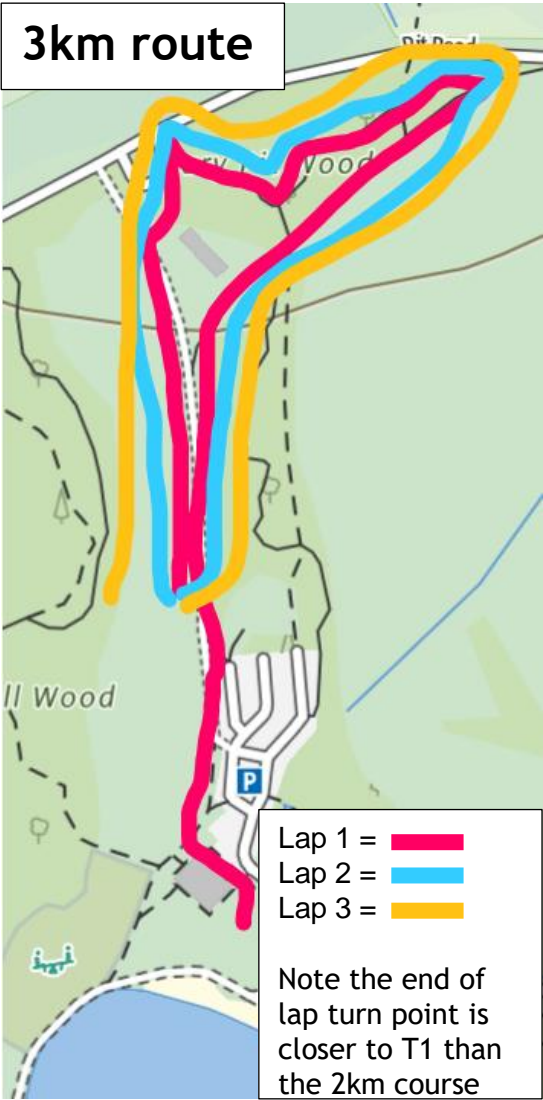
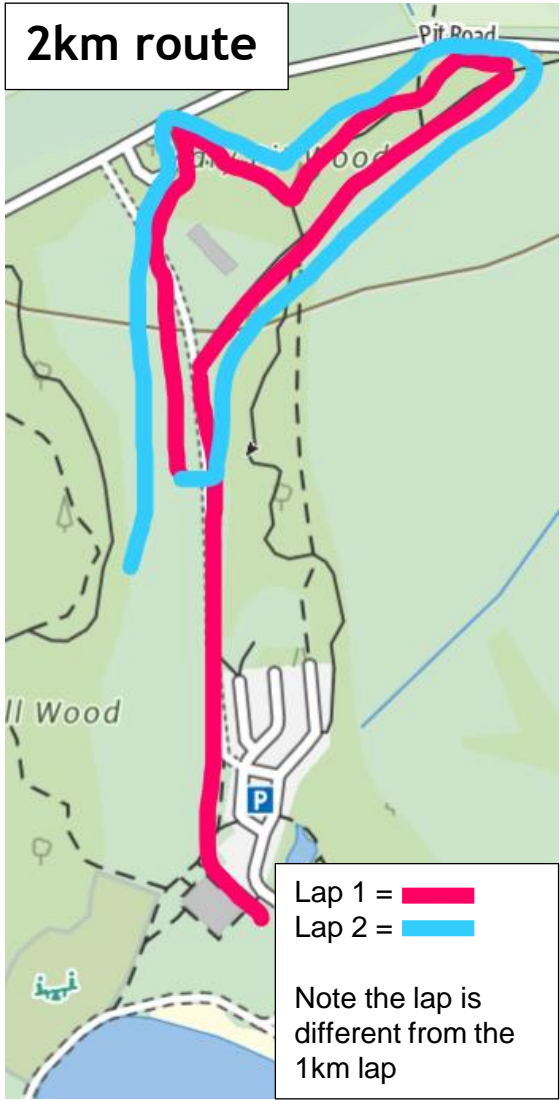
Race 2 – Youth A Female & Open 1.5km, Youth B/ Junior Female & Open 2km

Race 3 – Youth A Female & Open 2km, Youth B/ Junior Female & Open 3km

Course Maps – Run



Course Maps – Run



See you on race day!

If you have any questions, please email the team at
SuperSeries@britishtriathlon.org

