

Super Series Lochore

22 June 2025



Welcome

Triathlon Scotland and the British Triathlon Federation would like to extend a warm welcome to all competitors and spectators to the Lochore Aquathlon on 22 June 2025.

Venue

The event headquarters are based at Lochore Meadows Country Park, Crosshill, Lochgelly, KY5 8BA

Car Parking

Free car parking is available on site. All competitors and spectators must park in the overflow car park (on the left as you enter the park).

Facilities

Public toilets are available in the Willie Clark Building and the Water Sports Centre.

Registration & Race Packs

Registration will be located in the Triathlon Scotland gazebo near the Willie Clarke building. Competitor information will also be available here together with course maps.

Registration opening times can be found on the below table. You will only be allowed to register in your allotted time slot.

Race Pack:

Race Packs will include the following items:

- Timing Chip
- Swim Cap
- Race Number Tattoo

Please return your timing chip to the marshals in the finish area at the end of all of your racing for the day, 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 £60 as per the terms and conditions of entry.

General Information

Results

Provisional results will be available on the event website, www.whatsmytime.co.uk on Sunday evening June 22nd. Results will become final no later than June 25th.

Home Nation Association Membership Cards

Please bring your British Triathlon membership card and ensure it is up to date and valid on race day. If you fail to bring your membership card, you will be required to pay £8.00/ £2.00 (Aged 25+ / 24 and under) for a Race Pass.

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.

Please notify a Technical Official, Timing or the Event Organiser to hand back your chip and

confirm you have withdrawn.

Medical

There will be extensive medical cover provided on all sections of the course. If at any point you require assistance, please find the nearest marshal who will be able to locate medical support for you. If for any reason you are feeling unwell on race day or have been unwell in the build-up to the race, please consider carefully whether you are fit to compete.

Volunteers

Volunteers are the people who really make an event work and make the experience for the athletes every bit more special. This event is organised by volunteers who are triathletes, runners or simply individuals who are keen to help out. Please say a thank you to them as you pass. Any athlete who verbally insults any one of our volunteers will be disqualified immediately.

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.

Partners

We also have several partners to thank who provide support at our events : Active First Aid Scotland, Fife Council, YouCanSport, and British Triathlon.

Many thanks to all marshals, family & friends who are vital in making sure this and every event is a success.

Transition

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 yellow, red, and green. You will use two transition areas, as indicated 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. 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 number 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. Do not cross any timing mats or enter Transition Area through any other location.

Once you have found your transition 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 permission has been given by the Race Organiser.



SEE YOU ON RACE DAY!

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



Event schedules

Youth A Female					
Race	Distance	Registration times	Transition open	Transition Close	Start Time
Youth A Female Race 1	800m / 1km	08:15 - 09:15	09:10	09:25	09:30
Youth A Female Race 2	500m / 1.5km		10:30	10:45	10:50
Youth A Female Race 3	300m / 2km		12:50	13:05	13:10

Youth A Open					
Race	Distance	Registration times	Transition open	Transition Close	Start Time
Youth A Open Race 1	800m / 1km	08:15 - 09:15	09:30	09:45	09:50
Youth A Open Race 2	500m / 1.5km		10:50	11:05	11:10
Youth A Open Race 3	300m / 2km		13:10	13:25	13:30

Youth B / Junior Female					
Race	Distance	Registration times	Transition open	Transition Close	Start Time
Youth B / Junior Female Race 1	800m / 1km	08:15 - 09:15	09:50	10:05	10:10
Youth B / Junior Female Race 2	500m / 2km		11:10	11:25	11:30
Youth B / Junior Female Race 3	300m / 3km		13:30	13:45	13:50

Youth B / Junior Open*					
Race	Distance	Registration times	Transition open	Transition Close	Start Time
Youth B / Junior Open Race 1	800m / 1km	08:15 - 09:15	10:10	10:25	10:30
Youth B / Junior Open Race 2	500m / 2km		11:30	11:45	11:50
Youth B / Junior Open Race 3 (Wave 1)	300m / 3km		13:50	14:05	14:10
Youth B / Junior Open Race 3 (Wave 2)	300m / 3km		13:50	14:05	14:12

*The Youth B / Junior Open Race 3 will be split into two waves due to the entry numbers and distance to the first buoy. The first 30 athletes after Race 1 & 2 will be in Wave 1, the rest in Wave 2. Placing in these races will be based on time.

Course Maps – 800m / 500m / 300m Swim

Swim Information

This will be a beach start. Athletes will be ranked and called forward to select a start position according to the Super Series roll down list.

Please take care on exiting the water.

Race 1 swim will be 800m, Race 2 swim 500m and Race 3 swim 300m.

It is compulsory to wear a wetsuit for the swim if Technical Officials announce so.

Athletes will swim in an anti-clockwise direction. Buoys will be positioned at each corner to mark the course; please 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

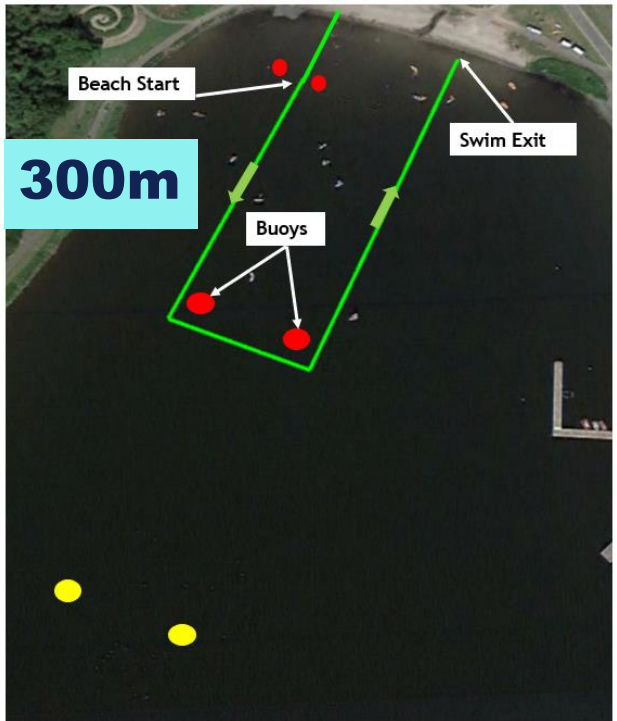
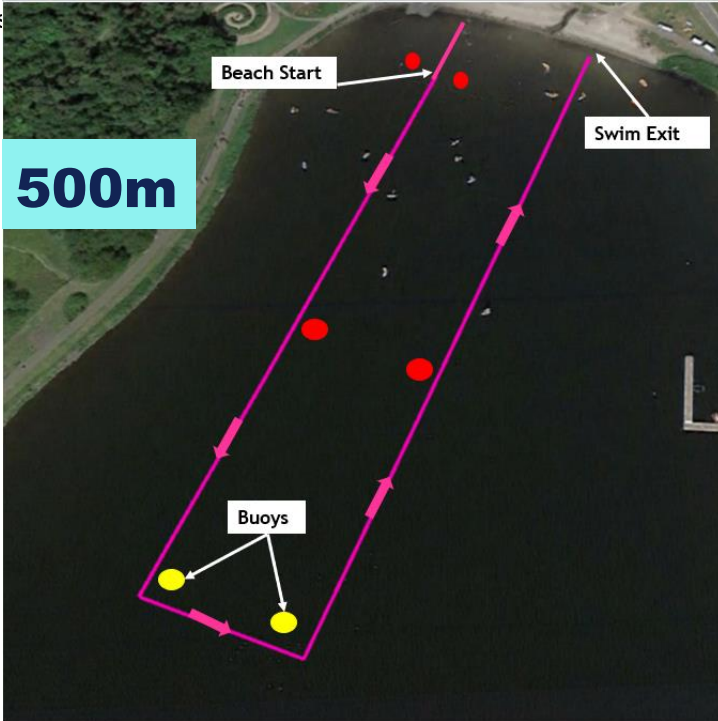
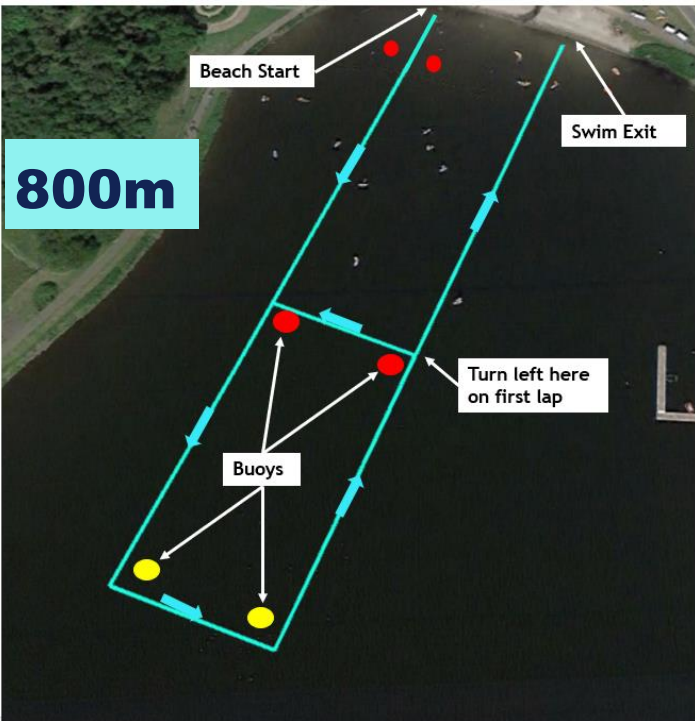
Triathlon Scotland flags.

If unfamiliar with beach starts we would strongly recommend making use of the swim warm up. Water and air temperatures cannot be guaranteed in May, any athletes doing the swim warm up are strongly advised to have warm clothing ready to wear between warm up and race start.

Any athletes who false start will receive a 10 second penalty in T1

Water safety - There will be a large water safety team to support competitors. Should you require any assistance or want to pull out of the race during the swim please roll onto your back and raise your arm in the air, a kayak will come to assist you.

Reminder – Any deliberate contact in the swim will results in a DQ as per BT rules.



Course Maps – 1km / 1.5km / 2km / 3km Run

Run Information

The run route is a multi-lap loop on park paths and single-track surface through the woods. All runs will have 1 large loop as their initial lap.

Once you have completed your run course you will head for the Finish Line. It is your responsibility to know the run course and complete the correct number of laps.

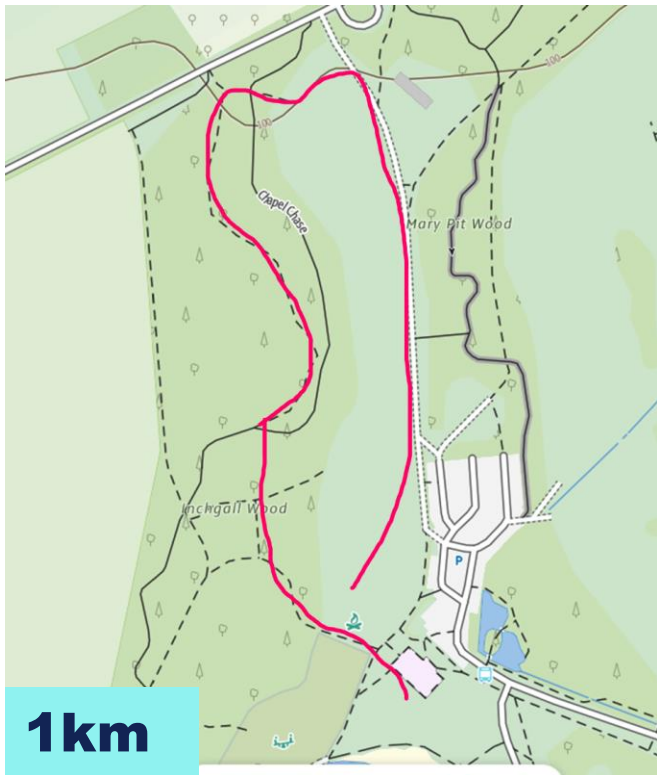
The event takes place in a public park, and we do not have sole use of the venue so

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.

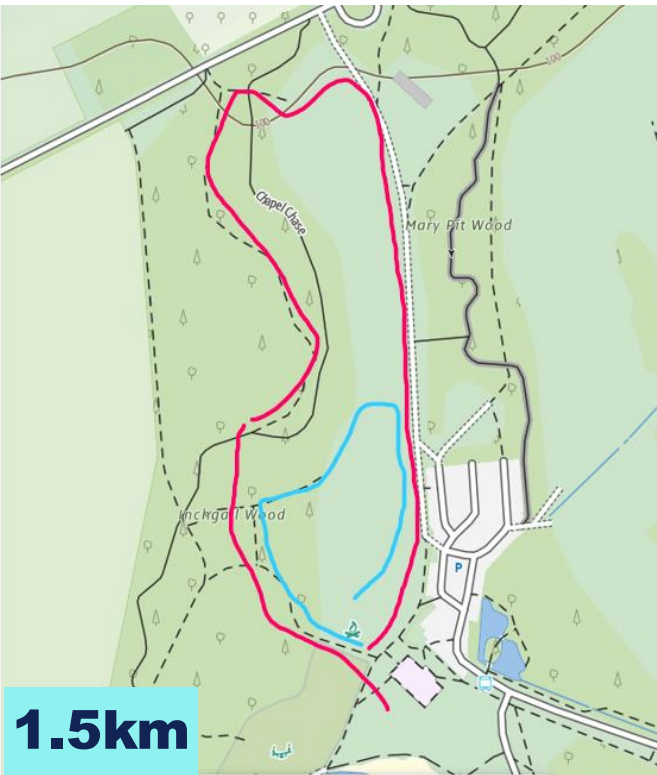
Race 1 – All 1km

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

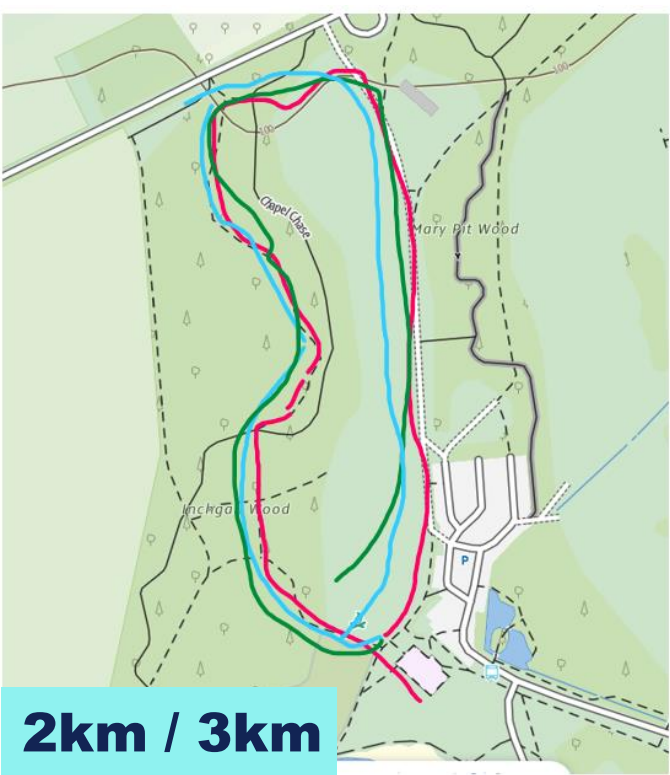
Race 3 – Youth A Female & Open 2km, Youth B/ Junior Female & Open 3km



— Lap 1 only (1km)



— Lap 1 (1km)
— Lap 2 (0.5km)



— Lap 1 (1km)
— Lap 2 (2km)
— Lap 3 (3km) (Youth B/Junior only)

SEE YOU ON RACE DAY!

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



Super Series Athlete Guide

Race Categories

2025 Race Categories:

Category	Classification
Youth A	Born – 2009-10
Youth B	Born – 2008
Junior	Born – 2006-07
Senior	2005 or Before

All references to Race Categories across the Super Series website, documentation and events will refer to the above categories. Your race category may also include the race in which you are competing within, the Open or Female race i.e., Youth A Open, or, Senior Female.

Rules and Regulations

The British Triathlon Super Series operates within and utilises the [World Triathlon Competition Rules](#). For specific rules and regulations, including uniform, equipment, and wheel regulations, please see the relevant Technical Guidance document under the [Resources](#) tab of the Super Series Website.

Marking Transition

As per the British Triathlon Competition Rule 7.1q: Marking positions in the Transition Area is forbidden. Marks and objects (such as balloons, talcum powder or chalk) used for marking purposes are not permitted and will be removed and the competitors will not be notified. Wetsuits or other items of clothing hung over racking is classed as marking.

Uniform within the Field of Play

As per the World Triathlon Competition Rule 2.8ix: The uniform must be worn over both shoulders while the athlete is on the Field of Play. Nudity of any kind will not be permitted. The Super Series features minors racing and spectating and so this ruling must be respected by all. The Field of Play is defined as “The course on which the competition will take place, the start and pre start areas, the finish and post finish areas, the aid stations, the wheel stops, the penalty boxes, the ceremony area and the briefing area. Usually, the field of play is separated from the public by a clear boundary”.

Approved Running Shoe Guidance

Any running shoe used at a British Triathlon Super Series race must be listed on the World Athletics Approved Shoe List. Shoes listed in blue on the Approved list are ‘Development’ shoes and will not be accepted as World Athletics has only approved their use in specific circumstances. If an athlete can provide proof from World Triathlon or World Athletics that they have been approved to wear the shoe during a specific period, they will be allowed to wear it. If a shoe was manufactured prior to 2016 and the manufacturer is listed in the Approved Shoe List, the shoe will be automatically approved. Any shoe manufactured after 2016, that isn’t on the Approved Shoe List will NOT be approved. Bespoke shoes are not allowed under any circumstances. Please note, this is different to customised.

Any shoe that is suspected to be in breach of the above, or is protested, will be sent to British Triathlon for further analysis to assure they conform with the World Athletics guidelines.

<https://www.worldathletics.org/about-iaaf/documents/technical-information>

(Manuals and Guidelines > World Athletics Approved Shoe List) Please note that not all shoes are present on the list. In almost all cases that the shoes have been purchased from a manufacturer or sports store and are readily available to all, the shoe is legal.

Conduct

Code of Conduct

British Triathlon is committed to upholding and protecting the organisation’s vision and values, and maintaining the highest possible standards of sporting integrity, through our four core values.

BE PEOPLE CENTRED

Nurture environments to promote great experiences in swim, bike, run.

BE INCLUSIVE

Promote and help make a more equal, diverse, and inclusive triathlon community and culture.

DO WHAT'S RIGHT

Behave with honesty, kindness, respect, and integrity.

BE AMBITIOUS

Be passionate about doing your best.

Parental Conduct

Parents, guardians or accompanying adults must conduct themselves in a proper manner; failure to do so may result in disqualification of the competitor. As per rule 23.6 of the British Triathlon Rules misconduct by parents, guardians or accompanying adults may include, but is not limited to:

- Threatening or abusive language
- Failure to obey marshals/Official’s instruction
- Tampering with equipment of others
- Unsporting impedance

All 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 Policy.

Safeguarding and Welfare

Staying safe in Triathlon

Your wellbeing and enjoyment of triathlon is paramount, and you should always feel safe when training and competing. If you’re worried, upset or something concerns you like the behaviour of someone, it’s important to talk to someone that you trust.

Follow these four simple steps:

Recognise – if you have a concern, notice a problem or if you’re worried or upset

Respond – Know what you need to do, identify someone you trust

Record – as many details as possible - who, what, when, where – capture details in writing

Refer – the information to appropriate people. **Do not ignore it – always tell someone!**

Who to talk to

Please contact the Event Safeguarding Officer or the British Triathlon Safeguarding Team:

- Marc Scott 07384214726,
- Daisy Ratcliff 07501045231

British Triathlon :01509 837137 Option 1 or email concern@britishtriathlon.org

You can also ring the NSPCC helpline on 0800 800 5000 or by emailing help@nspcc.org.uk. Following reporting the matter to the emergency services or NSPCC you must inform British Triathlon.

Staying safe online

The internet is fantastic! You chat to your friends, meet new people, keep up to date with everything that is going on and share photos and videos, even play games and talk to people all over the world without even needing to leave your room. We’ve created a simple guide to staying safe on the internet. Why not download [here](#) – it’s full of handy tips.

Photography Policy

As per the event terms and conditions British Triathlon has the right to use images, photographs and footage taken by their contracted photographers and employees at the Event. These images will be used for the purposes of promoting, reporting and broadcasting the Event, and any other promotion related to the business activities of the Organiser.

Event Photography Opt Out

If a parent wishes to NOT have their child photographed at the event, they will need to fill out and sign the photography non-permission/opt out form. They will then be given a wristband so they can be identified by event photographers. The form will be made available at registration.

SEE YOU ON RACE DAY!

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