

BALERNO LADIES TRIATHLON, No 5!

SATURDAY OCTOBER 11TH 2008

1:30PM START at BALERNO HIGH SCHOOL

400M SWIM 6 MILE CYCLE 3 MILE RUN



RACE INFORMATION

Important Information for all Competitors: Please note that it has been necessary to change the route of both the cycle and the run. Please read the following information to ensure that you are familiar with the changes made to the course.

ARRIVING FOR THE RACE

Please visit <http://maps.live.com> or www.multimap.com for directions to Balerno High School (EH14 7AQ).

Parking at BHS is limited - suggest competitor's park on Bridge Road or in Dean Park Primary School Annexe Car Park (near Balerno roundabout). There is a match being played at Currie Rugby Club during the afternoon so we would encourage you NOT to use their car park.

REGISTRATION

This will take place in the Riverside Café at Balerno High School from 11am. The registration desk will close at 12:45pm. Late arrivals will NOT be able to race.

You will be given a coloured swim cap, 2 race numbers (one for your cycle clothes and one for your running top), 2 sticky race numbers (one for your helmet and one for your bike) and safety pins. We do recommend the use of a tri-belt. Please do not swap your cap for a different colour as your cap is colour-coded to help the lane marshals identify you. Your race number will also be written on your upper arm.

Your race number must be clearly visible at all times of the race.

TRANSITION AREA

The transition area is in the larger car park to the right of the school. It will be taped off, and there will be a place for you to put your bike. Hang your bike by its seat and take note of where it is. During the race a one-way system will be in operation in the transition area - please do not attempt to take a short cut through transition during the race; the race referee will be watching you!

NO CYCLING is allowed in the transition area at any time.

Please note that helmets must be worn at all times during the cycle.

NO HELMET, NO RACE. Helmets must be put on and fastened before you remove your bike from the rack. When returning to transition after the cycle, helmets must NOT be removed or unfastened until your bike has been racked in its original position.

RACE BRIEFING

There will be a race briefing at 1:00pm in the Riverside Cafe. Given the changes made to the course we must insist that ALL competitors must be present. Competitors in the first swim heat should be ready to swim.

PRIZEGIVING

Prize giving will be held in the school as soon after the last competitor returns.

SWIM NOTES

Only competitors and marshals will be allowed on the poolside. Remaining competitors may watch from the deep-end of the pool-side.

The swim will be 20 lengths of the 20m pool.

There will be 4 heats. The slower swimmers will start, followed by the faster swimmers.

The first digit of your race number will indicate which heat you are in (i.e. 1st or 2nd).

For each heat there will be 4 lanes, with 4 swimmers per lane, starting at 5 second intervals. The second digit of your race number gives you your lane (1 to 4). The third digit gives the order in which you will set off (1 to 4). For example the number 231 is the first person to go off in the third lane of the second heat.

Get in the water when your lane marshal tells you. Start only when told to do so. After 18 lengths the lane marshal will tap you on the head or hold a float against the wall to indicate 2 lengths to go.

Following the swim you may use the adjoining changing rooms if required, but most competitors will use the corridor in which to put on their running clothes.

Please do not bring any valuables. The race organisers accept no responsibility for any items lost or damaged during this event.

Exit the pool area either via the men and women's changing rooms, or the side door and make your way outside via the side entrance of the school to the transition area. Marshals will be on hand to give directions. Please take care as the floor will be slippery.

CYCLE NOTES

Collect your bike from the transition rack and walk/run with it, following the one-way system until you are outside the marked transition area. Marshals will endeavour to ensure that the route ahead is clear however it is worth reminding competitors that all roads will remain open for use by the general public during this event. Please do not use the pavement when cycling.

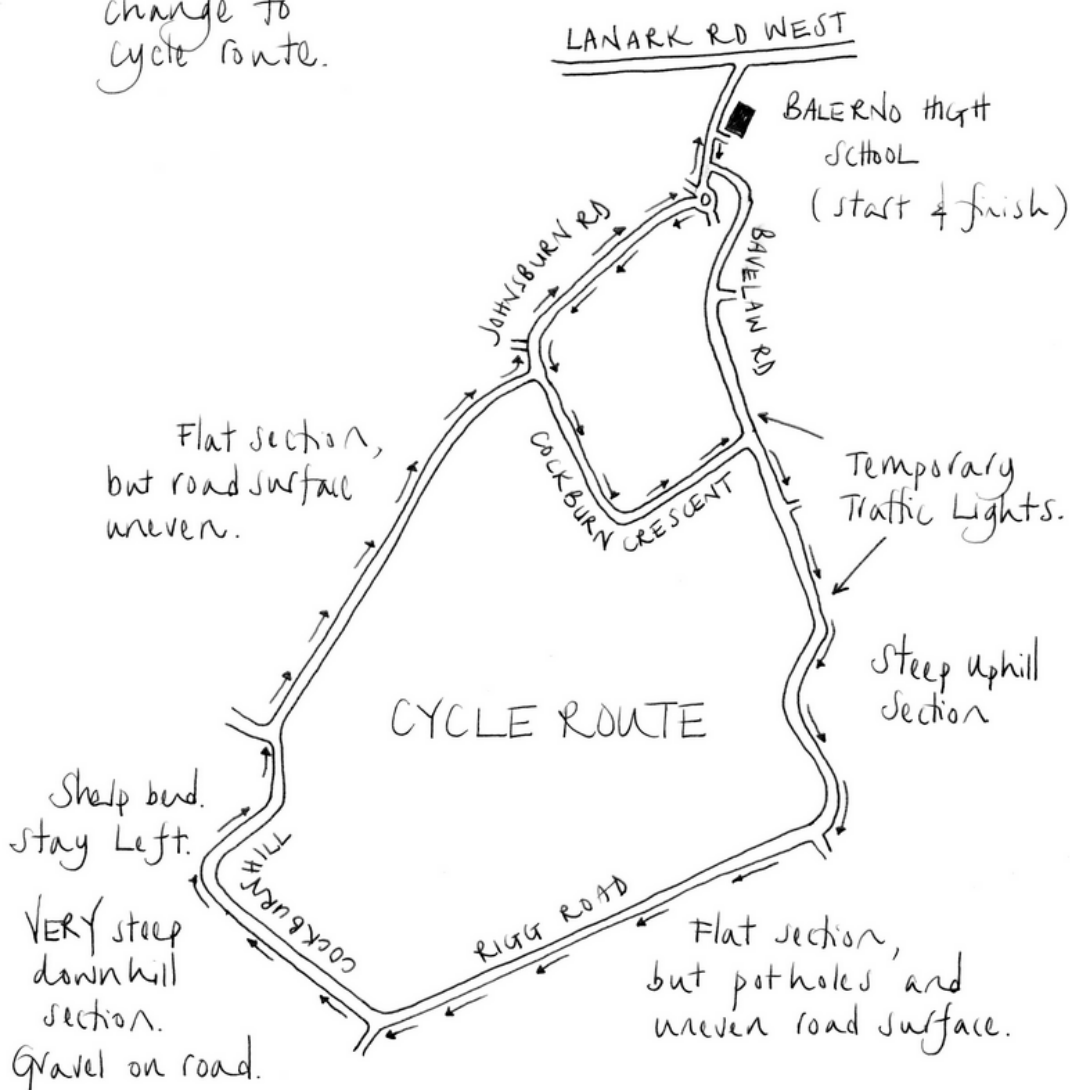
Due to road-works there are temporary traffic lights on Bavelaw Road and Mansfield Road. To avoid the worst of these, the cycle route has been changed.

Turn left outside the school onto Bridge Road, then continue towards the roundabout. Go straight over the roundabout onto Johnsburn Road. Follow Johnsburn Road, leading onto Cockburn Crescent, all the way around until you reach the Bus Terminus on Bavelaw Road. Turn right onto Mansfield Road. There is one set of temporary traffic lights just beyond this point. A marshal will direct you through these lights. If traffic is coming down the hill and the light is red you will be obliged to stop. Despite this not being ideal for a race situation, your safety is of paramount importance. Do not be tempted to jump the lights.

Once at the top of the hill, turn right onto the Rigg Road. This section of the road has two areas where the road surface is very uneven and gravelly. Please take care, especially if you are on a road-bike. At the end of this road turn right onto Cockburnhill. This is the beginning of the steep downhill section which also has areas of patchy gravel. Please be mindful of sheep, farm vehicles, and potholes in the road. We do advise you to inspect the course beforehand. At the bottom of Cockburnhill the road bends to the right. Please stay on the left hand side of the road to avoid collision with any vehicle coming around this corner in the opposite direction.

Once you have turned this corner follow the road and head back towards Balerno. Again, please be aware that the surface of this road is also uneven.

Please note
change to
cycle route.



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Lastly, turn left, back onto Johnsburn Road and cycle straight over the roundabout back to Balerno High School. Enter the transition area, dismount, and walk/ run with your bike back to your allocated space.

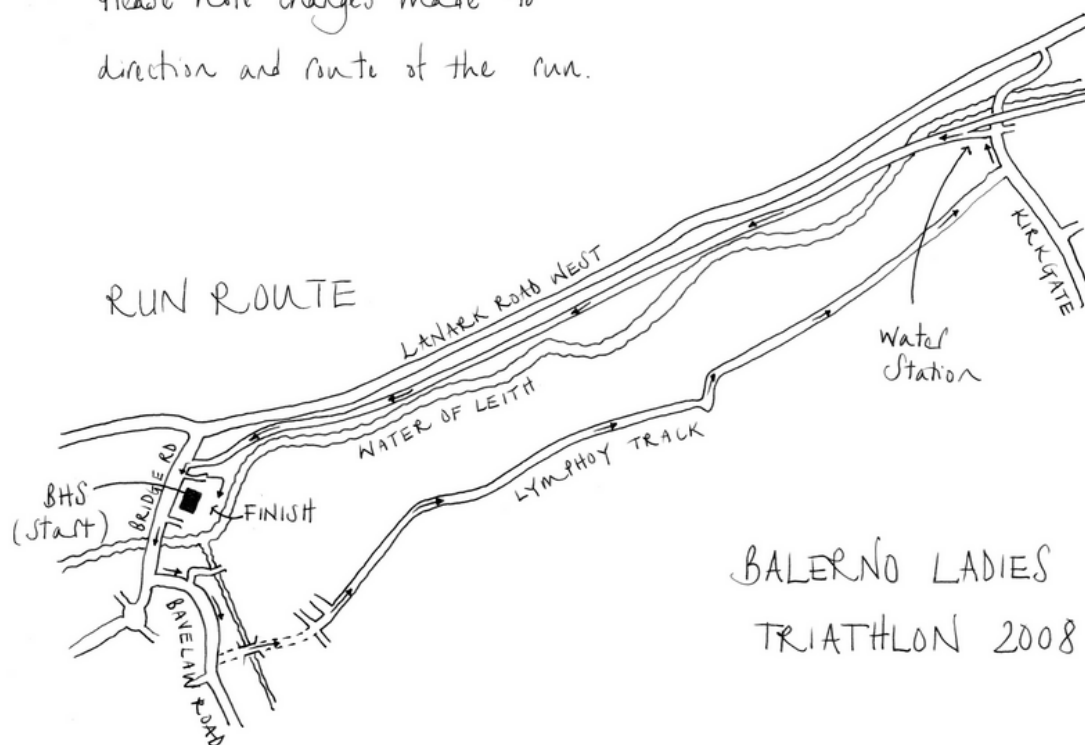
RUN NOTES

Please note that the run route has also had to change.

Exit the transition area and cross over onto the pavement to exit the school. Turn left onto Bridge Road and then left again onto Bavelaw Road, remaining on the pavement. Continue a short distance up Bavelaw Road, before being directed left onto a narrow bridge, which

will take you to the start of the Lymphoy track via a few steps. This is a public right of way so please be aware of its other users. The surface is rough under foot and this section is gently undulating. At the end of this track turn left, running downhill past Currie Baptist Church Hall. Turn left again, running through the car park, before joining the Water of Leith Walkway. A water station will be situated in the car park. Please do not throw your empty water cup on the ground - a bin will be positioned a little further along for you to use. Follow this path all the way back to Bridge Road, turn left onto Bridge Road, and then turn left again into the first entrance to Balerno High School. Run around the back of the school where you will see the finish line.

Please note changes made to
direction and route of the run.



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FINISHING

Once through the finish line, please collect your goody bag. Leg massage and showers will be available. Prize giving will be held in the Riverside Cafe, as soon as the results are complete. Refreshments will be available for competitors and spectators. All proceeds will be donated to St Crispin's Special School. The school must be vacated by 4:00pm, so your help in reaching this deadline would be greatly appreciated.

RESULTS

Results will be published on the website www.pentlandtriathletes.co.uk as soon as we can. If you would like to receive a copy by post please include a SAE with your entry form.