



**ABERFELDY MIDDLE DISTANCE TRIATHLON**

**SUNDAY 22 AUGUST 2021**

# ATHLETE GUIDE

## **WELCOME**

After a tough year and constantly changing situation in the UK regarding the Covid-19 pandemic, I am over the moon to officially welcome you to the 2021 edition of The Aberfeldy Middle Distance Triathlon. The event is now in its 24<sup>th</sup> year and has continually evolved and grown since its inception as an open water event in 1997.

We are delighted to be hosting the 2021 Triathlon Scotland National Middle-Distance Championships and British National Middle-Distance Championships.

We are always seeking to improve the race-experience for athletes, spectators and local communities alike, and we want to ensure the event this year is as safe as possible.

**COVID19** - Please note: the race will be subject to appropriate Covid19 related physical-distancing to help keep you and us safe. We will monitor Government guidance and apply it as current at the time of the event. But, you should expect some changes from a 'normal' race. We will keep you posted.

There are a few safety alterations this year and some of the logistics and courses have changed so please take your time to read through this guide.

Breadalbane Community Campus will host Registration, T2 and Finish  
Taymouth Marina will host the Swim Start  
Kenmore Recreation Ground will continue to host the Event parking and T1

Please use the official Event Car Park and do not park in Kenmore or in any residential streets.

Over the years, the race has seen all manner of weather so please make sure you are prepared for all conditions on race day. If you are a first timer or a seasoned athlete, it is important to remember the safety of everyone is a priority so please read this athlete guide, plan your perfect Event and follow any guidance at the event. Take care of yourselves and fellow athletes but most of all enjoy the experience!

Please respect the physical challenge you have set yourself and don't attempt it if you are feeling at all unwell, ensure you are properly prepared and trained for the event.

We will attempt to give you as much information as possible within this Guide but if you have any additional questions bring them to the race briefing or email us at [info@aberfeldytriathlon.com](mailto:info@aberfeldytriathlon.com). All additional race information and route maps will be available at [www.aberfeldytriathlon.com](http://www.aberfeldytriathlon.com)

## **Indicative Event Schedule:**

Saturday 21 August 2021	11:00 - 16:00	Registration & race pack pick up at, Breadalbane Community Campus, PH15 2DU
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	12:00-12:45	Athlete briefing 1 - for all Individual athletes at Breadalbane Community Campus PH15 2BF
	13:00-13:45	Athlete Briefing 2 - for all Individual athletes at Breadalbane Community Campus PH15 2BF
	14:00-14:45	Athlete Briefing 3 - Relay Team Athlete Focussed at Breadalbane Community Campus PH15 2BF
	11:30-17:00	T2 Open for Black bag (Run Kit) drop off
	17:00-18:00	Breadalbane Community Campus Venue Closes Internally Breadalbane Community Campus Venue Closes Externally
Sunday 22 August 2021	05:00	Car Park and Transition 1 (Kenmore Recreation Ground) Open
	06:30	Transition 1 Closes
	06:45	Swim Start
	06:50	Wave 1 Starts Blue Hats includes Male and Female Junior & Athletes Cat B-E (see page 15 for category details)
	06:55	Wave 2 Starts Green Hats includes Male and Female Athletes Cat F-G (see page 15 for category details)
	07:00	Wave 3 Starts Orange Hats includes Male and Female Athletes Cat H-I (see page 15 for category details)
	07:05	Wave 4 Starts Pink & Red Hats includes Male and Female Athletes Cat J-O and All Relay Teams (see page 15 for category details)
	11:20	Anticipated first finisher
	13:00	Bike Check Out Opens from T2 Breadalbane Community Campus
	13:00	Blue Bag (T1 kit) Check Out Opens From Breadalbane Community Campus
	15:00	Awards ceremony at Breadalbane Community Campus

### **Directions**

Getting there by car: From the North A9 Southbound: Ballinluig Junction A822 to Aberfeldy, B827 Kenmore. From the South M90 to Perth, A9 North Bound, Ballinluig Junction A822 to Aberfeldy, B827 Kenmore. From the West Glasgow M80 towards Stirling M9 to Stirling, A9 Northbound to Perth North Bound, Ballinluig Junction A822 to Aberfeldy, B827 Kenmore. From Aberdeen and the East, A90 to Dundee and Perth, A9 Northbound Ballinluig Junction A822 to Aberfeldy, B827 Kenmore

Getting there by rail: The closest rail stations are at Pitlochry and Birnam (Dunkeld). Bus link or car hire from there to Aberfeldy/Kenmore. [www.trainline.com](http://www.trainline.com) and [Bus Information and Times](#)

Getting there by air: From Glasgow or Edinburgh airports head north to the city of Perth. Follow the A9 trunk road to Ballinluig and then take the A827 west to Kenmore.

### **Accommodation**

There are several accommodation options in Aberfeldy and Kenmore, please see our Accommodation partners page for more information [Here](#)

There are a range of accommodation providers in the area that will meet varying requirements from Camping to B&B's and Hotels. A list can found here: [Places to Stay](#)

### **Car Parking**

We are anticipating around 700 competitors registering for this year's event please park responsibly particularly in Kenmore The event car park is located adjacent to the Kenmore Sports Ground through the grounds of Taymouth castle.

In Aberfeldy there is parking at Breadalbane Community Campus and close by parking, see Parking map [Here](#) to help.

Please remember we cannot accommodate car parking at the swim start therefore you **must** park in the event car park

### **Catering**

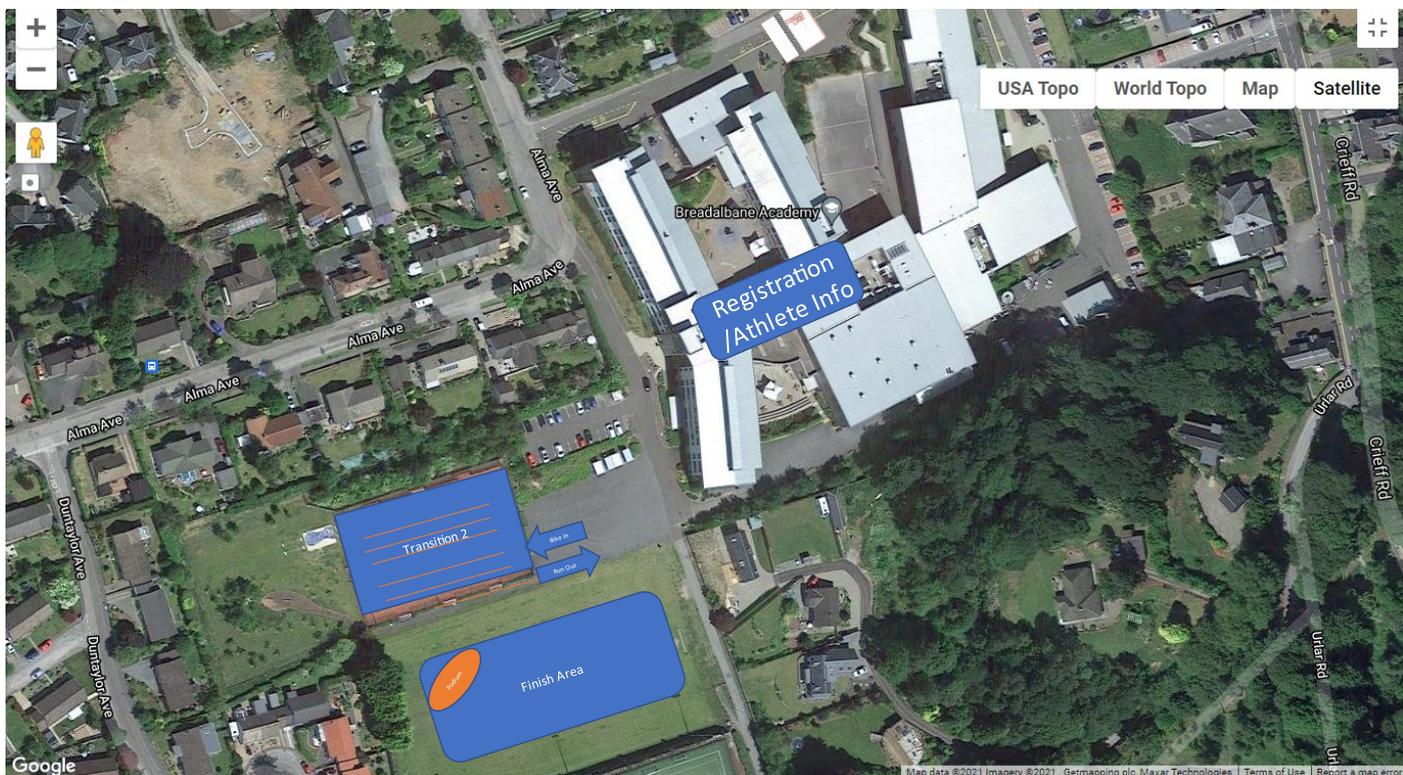
There are plenty of good eateries in Kenmore and Aberfeldy, please book though, they are going to be busy! Specifically for the Event, The Ferryman Inn at Taymouth Marina will be open on Race morning for Hot Drinks and Breakfast rolls from 08:00. So once Athletes are on their way your supporters can settle down for Breakfast before a hard day of supporting.

At the Finish, Breadalbane Community Campus will have an all-day café operating and their famous Bar B Q will be on offer too

### **Kenmore T1 Site Plan**



### **Breadalbane Community Campus T2 & Finish Site Plan**



## Checklist

Below is a list of items we recommend you bring with you to the race. The items in **red** are mandatory for Aberfeldy Triathlon.

### **Photo ID**

**Race Licence** (Race licence required for eligibility to National Championships)

Day Licence (Purchased with entry, no proof required)

Warm Clothing

Trisuit/Clothing

Race Number Belt

### **Wetsuit**

Swim Goggles

Lubricant – For wet suit

Additional Swim Hat (Neoprene Recommended) – You will be given a Swim Cap at registration appropriate to your wave time which must be worn over the top of any additional hat.

### **Bike**

Cycle shoes

Basic Bicycle repair kit

Bike Water Bottles

**Bike Helmet – No Helmet no race**

Nutrition – Please ensure you start off with your own Nutrition on the bike.

### **Running shoes**

Socks

Sunglasses

Sun Cream

Hat

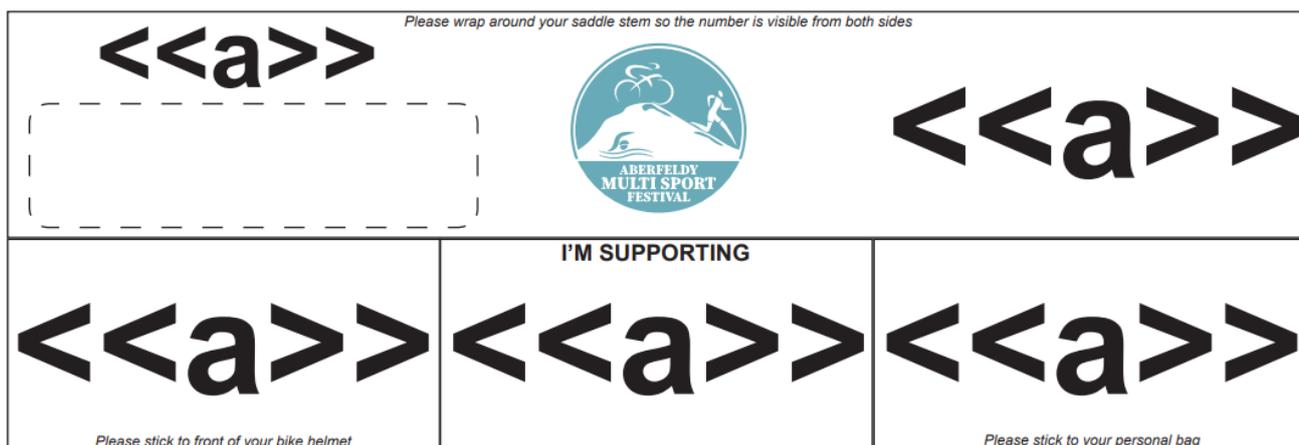
Midge repellent

## Registration

Please note that **all competitors must register on Saturday 21 August** at the event village in Aberfeldy, there will be **no registration on race morning**. Registration will take place in Breadalbane Community Campus. Proceed to the registration desk, where you will be required to show your BTF/TS Race Licence if appropriate.

You will receive your full race pack at registration including your timing chip, race number, and sticker sheets for bike, helmet, and transition bag. Relay teams will be issued with two race numbers. You will receive a blue bag for your wet kit and a black bag for your Run Kit

## **Example race number and sticker sheet:**



## Championship Eligibility: a note and a welcome from the Governing Body

Dear Competitors,

We hope you are looking forward to racing at the British & Scottish National Middle Distance Triathlon Championships. If you would like to be eligible for a Championships prize, please ensure that you join or renew with your Home Nation on a Core or Ultimate Membership package before 5pm, Wednesday 18 August. Only Triathlon Scotland Core and Ultimate members are eligible to place in the Scottish Championships. Core and Ultimate members of Triathlon Scotland, Triathlon England and Welsh Triathlon are eligible to place in the British Championships.

You can join or renew your membership here:

<https://www.triathlonscotland.org/membership/>

If you currently hold an Essential Membership you can upgrade by phoning your Home Nation membership team before the deadline. **Please do not leave this until 4.30pm!**

**Please note:** Your name on the entry must match the name given on your Home Nation membership record. This is so staff can identify you correctly when completing pre-race membership checks and allocating prizes. If you have entered under a different name, such as a new married name or a name that you use instead of their formal name, please contact us as soon as possible so we can update your entry record, or if your name has changed and you want to update your membership, please advise us using the relevant email below:

Scotland: [admin@triathlonscotland.org](mailto:admin@triathlonscotland.org)

England: [membership@triathlonengland.org](mailto:membership@triathlonengland.org)

Wales: [admin@welshtriathlon.org](mailto:admin@welshtriathlon.org)

We also recommend that you take time to read over the rules of the sport prior to racing. You can download the rules here: <https://www.triathlonscotland.org/events/rule-book/>

Triathlon Scotland staff and event Technical Officials will be present at the event and will be available to chat to or answer any questions. Staff representative details and Chief Technical Official name will be available on the Triathlon Scotland notice board, which will be situated next to the event timing van.

We wish you a successful race!

### **Race Numbers**

You will be issued a sheet of stickers; these are for you to number your kit with. Your bike, helmet and blue bag (Wet Kit) and Black bag (Run Kit) must have your race number stickers on them. You will also have a race number to wear on your back for the bike and front for the run. You can use safety pins if you wish, however, because you need to change the position in transition it is strongly recommended that you get a race belt which saves you time, allows you to easily switch clothing and avoids putting holes in your clothing. **Do not cut or fold race numbers** as this could result in a rule violation. Competitors will not be allowed into or out of the transition area without a number. To aid the timekeepers, who act as a manual back up to the timing system at the finish, please ensure that your number is not obscured. Removal of your bike from the transition area will not be possible without your race number which corresponds with your bike frame number, this will be checked as you leave transition. Please note you will be asked by transition marshals so be prepared to show your race number at all times.

Please remember: **NO BIKE RACKING ON SATURDAY.**

### **Blue Bags**

You will be issued with a Blue Bag at Registration this is for your wet kit. You may also put any kit that you walked down to the swim start in, into this bag. After your swim, put your wetsuit and other swim kit in your blue bag which should be left in your transition area. Your blue bag will be transported back to T2/Finish area for collection after your race. Please only place items in your blue bag which are required at transition, do not bring valuables or unnecessary kit into T1.

### **Black Bags**

You will be issued with a Black Bag at Registration this is for your Run/T2 kit. This is a LOMO branded Dry Bag. You must drop this into your transition 2 area on Saturday between 12:00-17:00. Please note you will NOT be able to gain access to your black bags from 17:00, we will have security on overnight and at all times when event staff are not on site.

### **Racking and Transitions**

We recommend you arrive in transition 90 minutes before the swim start. It is better to be prepared and relax before the race than to be rushing to get ready if you are running late.

Transition 1 will close at 06:45 prior to the first wave start. You will be called to the holding pen close to your swim wave start time. **IT IS YOUR RESPONSIBILITY TO BE ON TIME FOR YOUR WAVE START.** If you discover you have forgotten anything in the morning i.e. race number or timing chip please notify an official as soon as possible so time is allowed to try and get you a replacement.

The distance between T1 and swim start is. 0.9Km T1 will be open from 05:00 on Sunday morning. We recommend that athletes rack their bikes before 06:30.

Both transitions are high security areas and only competitors wearing their number will be allowed access. Accredited event crew, officials and Press will have access. At T1 You must rack your bike with your cycle helmet in the allocated numbered space. Now is the time to put your drinks bottles and nutrition on your bike, check it is in the right gear to start and pump up your tyres if needed. Again, take this time to familiarise yourself with your surroundings, where your bike is located your route from swim exit and your route to bike out and the mount line. If you have any problems with your space/area please approach a member of Event Staff. Mount and dismount lines will be clearly marked and you should listen to marshal instructions at these areas to ensure you are not riding in the transition areas.

At registration we will have clear plastic bags available for athletes to place glasses and or inhalers in. Please write your Race Number clearly on the Bag and we will have a table on the swim exit for you to leave these items prior to your swim and available to pick up on your exit.

### **Timing**

Thistle Timing Ltd will be providing a comprehensive race results service. To ensure accurate times and results you must ensure you wear your timing chip whilst racing. It is useful to smear a small amount of lubricant around your ankle to stop any chaffing and we recommend that the chip goes around your left ankle. Using this cutting-edge technology will mean results; discipline splits and category positions will be updated live as athletes pass the finish line. There will be a large TV display providing live results to all competitors and spectators in the finish area.

Please also ensure that you do not cross the mats, which register your times except during the race. To avoid this problem do not climb over or move barriers as they are put in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

### **Race Briefing**

There will be two race briefings for individual athletes and a third Relay Focussed briefing; the times are included in the race week schedule. These will be held at Breadalbane Community campus. **It is mandatory to attend one of these briefings.** These briefings contain last minute updates on course, conditions and other rules and technical instructions.

Please Note there are 3 briefing times to choose from. Please be patient if you are asked to attend the next briefing if the one you arrive at is full

### **Mechanical Support**

Competitors are reminded that it is their responsibility to ensure that their bike is in a roadworthy condition. We recommend that you have your bike serviced by your local bike shop prior to the event. Escape Route Cycle and Outdoor in Pitlochry, [www.escape-route.biz](http://www.escape-route.biz) Tel: 01796 473859 deliver a first class, efficient and competent service and will be able to offer support at their shop in Pitlochry all day Friday and Saturday to fix any last-minute problems. The shop is open from 09:00-17:30 and they are based on Atholl Road. Drop into their fully licenced cafe and enjoy a cup of the best coffee in Highland Perthshire while you are waiting.

On race day we will have a mechanical support team on the bike course and a sweep team that will follow the final athletes round the course. The Support Team will carry some essential spares and will try and get you mobile again. If you do have any mechanical issues notify the nearest course marshal who will get a message to event control who in turn will alert the mechanical support team. If the team cannot get you mobile again you will need to stay with the sweep team until they return to the event village.

## **Withdrawal**

### **Pre-Race**

If you wish to withdraw from the race prior to the race start (after you have registered) please inform registration and return your timing chip. If you do not return your timing chip you will be charged £25 for its replacement. It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

### **During the race**

To help us comply with the Event Safety Plan any athlete withdrawing from the race at any time must report it to an Event Crew member please ask for the team leader of the area you are in. They will take your details and report them to race control.

### **Race Rules**

The event will be held under the rules of British Triathlon and **triathlonscotland**. The full rule book is available here: [British Triathlon Rules](#)

## **Cut Off Times**

### **Swim**

The cut-off time for the swim is 1 hours 10 minutes from your start time. If you do not make the swim cut-off, you may not start the bike leg. The bike out closes at 08:40, if you have not reached the bike mount line by then, you will not be allowed to start the bike.

### **Bike**

You must be able to make the 5 hour 30 minute cut-off point at T2. This is a combined swim and bike time at T2. The cut-off time for the bike is 5 hours and 30 minutes from your individual start time recorded by the timing chip. Unfortunately, athletes who do not make these cut-offs may not remain on the course. They will be collected by the sweep vehicles. If you do not make the bike cut-off, you may not start the run leg.

## **Swim Course and T1:**



You will start your Swim from Taymouth Marina and Finish on Kenmore Beach. There will be a rolling swim start, where you can choose your start position within your age group wave based on your estimated swim time and athletes will flow into the water in a rolling start. You will receive an individual start time based on when your timing chip crosses the timing mat just before you enter the water. We strongly advise that you seed yourself accurately according to your estimated swim time. There is no advantage to starting early if you are not a strong swimmer. The swim, bike and finish line cut offs will be applied to your individual start time. Any items left at the swim start will be disposed of immediately after the swim has finished. Athletes have 1 hour 10 minutes to complete the swim course based on individual start times registered when you cross the timing mat at the swim start. The bike out will close 1 hour and 20 minutes after the last starter, any

athletes still in transition will not be allowed on the bike course. If you are not an experienced open water swimmer, we strongly recommend that you:

- Ensure that you place yourself at the back of the rolling start seeding
- Stay calm
- If you run into trouble, lie on your back and hold an arm in the air to attract the attention of a kayak, which will come to you. You may hold onto the kayak to catch your breath and then continue swimming, always following the kayaker's instructions, however if it is necessary a rescue boat will come to return you to land

Please note the following rules:

- A wetsuit is mandatory
- Each swimmer must wear the swim cap provided in registration
- No fins, paddles, snorkels or flotation devices of any kind are allowed
- Swimmers are required to stay on course, failure to follow the course may result in a penalty

There will be toilets located at the Swim Start area

All competitors should please note: United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are minute. A swimmer who may be susceptible to infection through immune suppression, are advised not to enter the event if he or she is not in good health at the time of swimming. Water quality testing will be carried out in the 4 weeks lead in to the event. Our final microbiological readings will be posted on [www.aberfeldytriathlon.com](http://www.aberfeldytriathlon.com) the week prior to the event.

## Swim route

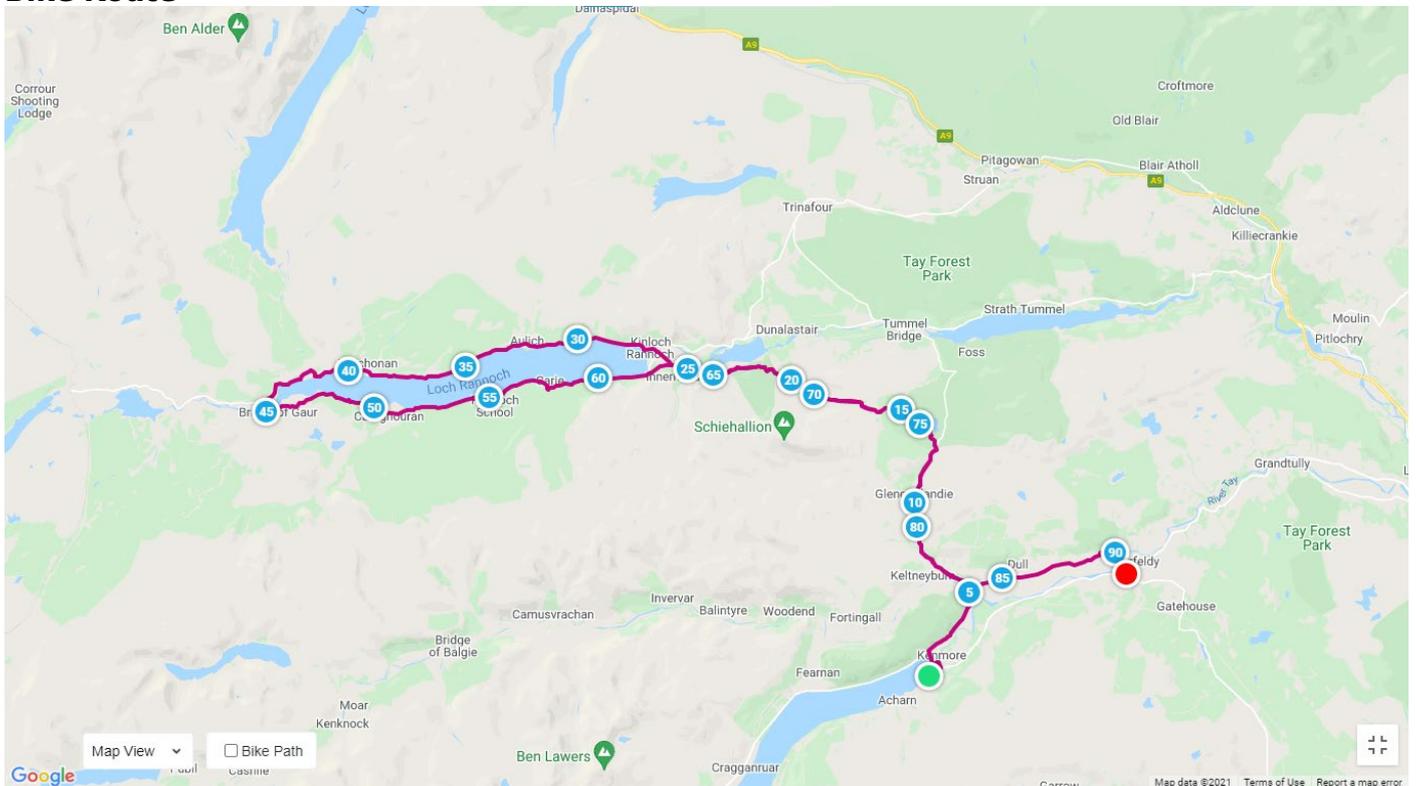


## Bike Course



Leaving Taymouth Marina, the Bike course takes athletes on a spectacular journey into the breath-taking Highland Perthshire Countryside. Heading to Kinloch Rannoch across the stunning Schiehallion Road, circumnavigating Loch Rannoch before coming back across the shoulder of Schiehallion then heading back to Aberfeldy to T2 at the Breadalbane Community Campus. You can download the GPX route [Here](#)

## Bike Route



## ELEVATION (M)

START  
**126 m**

MAX  
**396 m**

GAIN  
**990 m**



## CLIMB DETAILS

[LEARN MORE](#)

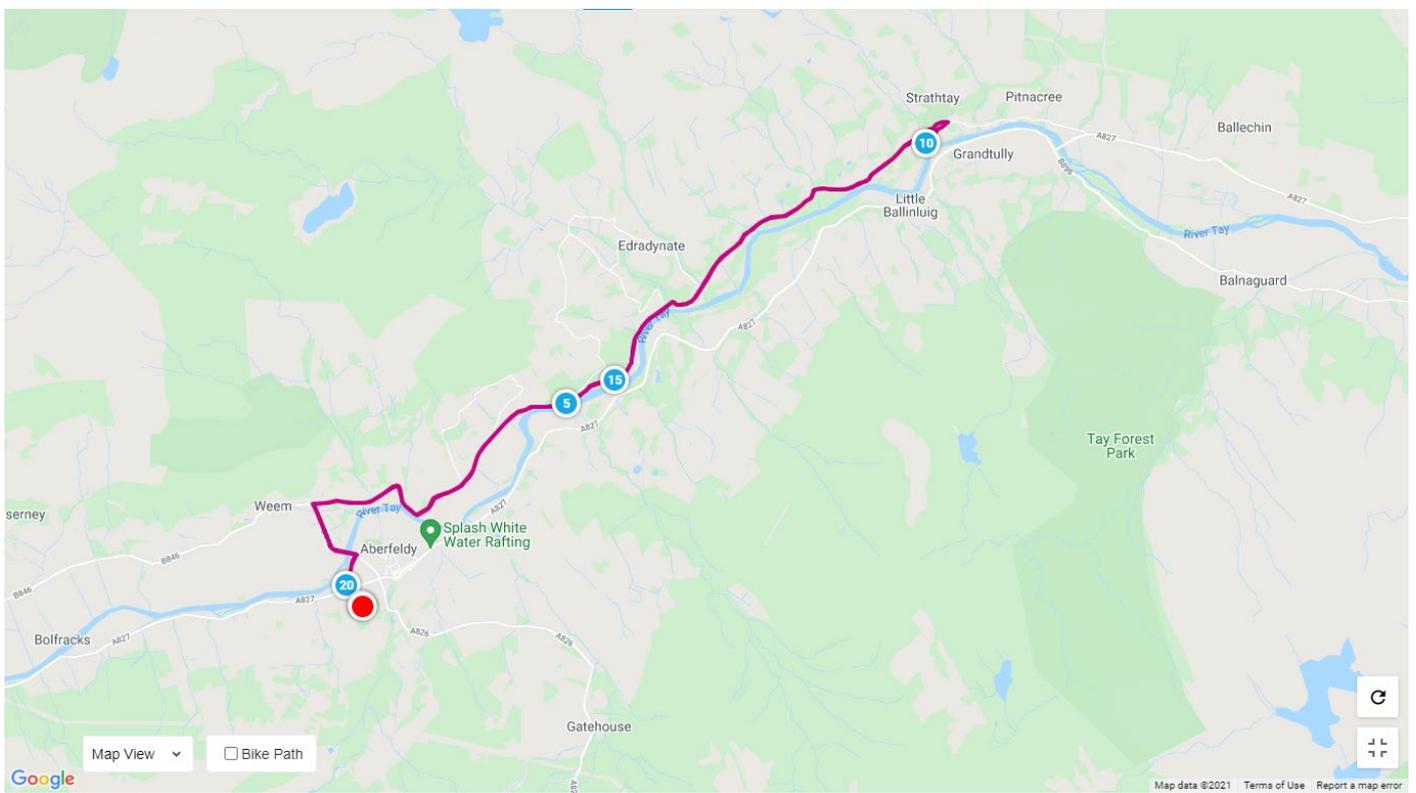
	CATEGORY	AVG. GRADE	ELEVATION	DISTANCE
01		3.5%	<i>GAIN</i> 294 m	<i>LENGTH</i> 8.41 km
02		1.9%	<i>GAIN</i> 179 m	<i>LENGTH</i> 9.51 km

## Run Course



The run course will take athletes on an out and back route along quiet roads along the banks of the River Tay. You leave Breadalabne Community Campus heading out over the famous General Wades Bridge on your out and back route to Strathtay and back you can download the GPX route [Here](#)

## Run Route



**Feed Stations**

**Bike**

There will be three Feed Stations on the bike course, approximately at

25Km

45Km

63.5Km.

Each Feed Station will contain the below:

- Active Root Sports Drink
- High Five Energy Gels –
- Trek Energy Bars
- Water
- Bananas

Drink from these Feed Stations will be in 750ml bike specific drink bottles. Drop Zones will be highlighted for you to drop bottles and litter in prior to and after the pick-up zone. Please use these drop zones to ensure we keep the race course as tidy as possible. Athletes will be disqualified for blatant littering on the Bike Course out with the feed station.

## Run

There will be 5 Feed Stations on the run course approximately at:

5Km  
7Km  
10Km  
13Km  
16Km

Each Feed Station will contain the below:

- High Five Energy Gels – Orange
- Active Root Sports Drink
- Water
- Cola
- Jelly Babies

On top of their Sports Drinks, Active Root will be providing their Gel Mix at this year's Aberfeldy Middle Distance Triathlon.

Gel Mix is a waste free gel containing ginger and 25g of carbohydrate per serving.

Because it does not come in a gel wrapper you will have the option to either

- 1) fill up your Soft Flask during your race or
- 2) drink from a ramekin at an aid station.

Gel Mix will be available at the start, T2 & half way through the run.

Find out more about Gel Mix here: <https://activeroot.co.uk/collections/gel-mix>

## **SUSTAINABILITY (Important Bit!)**

We're trying to raise our sustainability game in 2021 and beyond. Yes, it's small stuff, but it's a start, and every bit helps. There are changes to the way we're operating our Feed stations we want you to be aware of, and need your collaboration on please. Cups: feed station cups are our biggest source of waste. So we're stopping using them, completely. Single use cups are entirely avoidable. There will be no cups at feed stations. Instead (for 2021 only), and if you need one, we will supply you with a re-usable foldable 'soft cup' for use as part of your race entry. You will need to carry this with you and use it on the course to use feed stations. Gel wrappers should be thrown in the bins provided – not on the ground. There will large bags in the Feedstation zones for you to drop your waste

**Remember: Athletes will be disqualified if caught blatantly littering by a Race Official.**

## **Award categories**

Age group awards will be given for the first three across the line in the BTF/TS 5 year band age categories;

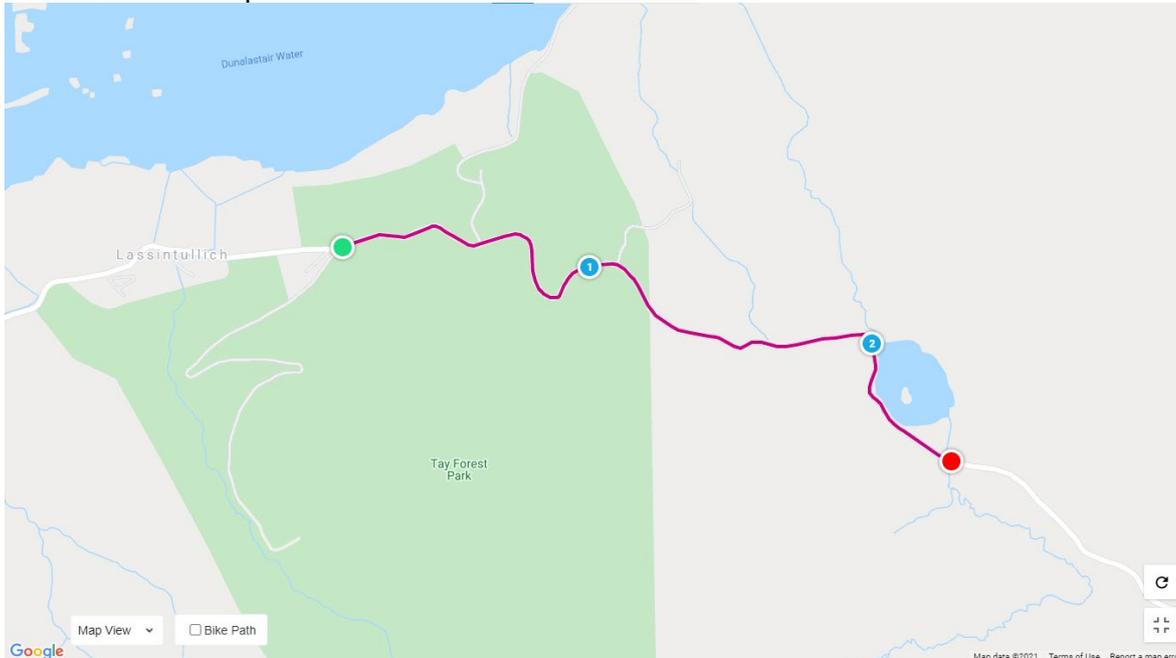
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B Juniors 17-18 17-18

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C	Juniors 19	19
D	Seniors 1	20-24
E	Seniors 2	25-29
F	Seniors 3	30-34
G	Seniors 4	35-39
H	Veterans 1	40-44
I	Veterans 2	45-49
J	Veterans 3	50-54
K	Veterans 4	55-59
L	Veterans 5	60-64
M	Veterans 6	65-69
N	Veterans 7	70-74
P	Veterans 8	75-79

This year the exciting Hill Climb Trophy returns, this will be awarded for the fastest Male and Female who conquer the infamous Schiehallion Climb.



### **Medical Cover**

The safety and welfare of our competitors is paramount. Our Medical team is being led by The Scottish Ambulance service. Onsite during the event will be Paramedics, Doctors and First Aiders all highly experienced at supplying the highest calibre of comprehensive medical cover at a range of sporting events. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event steward. The medical tent will be located at the finish line to enable any casualties to be treated quickly and efficiently.

### **Medical Conditions**

We ask that all athletes show a sensible approach towards entering the event and if you feel at all unwell either prior, during or after the event you can either withdraw and or seek assistance from the Medical Team. It is mandatory that all competitors write their next of kin & contact details on the back of their race numbers (using a waterproof pen if you are wearing your number below your wet suit). We will have pens (waterproof) available at registration for doing this. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the front of your race number & wear your race number at all times when competing in the event – including under your wet suit during the swim section.

### **Finish Line and Athlete Recovery**

After you have finished the race you will receive your medal at the finish line and then enter the recovery area. Here you can help yourself to some food and drink. Your timing chip will be taken from you here. The recovery area is an athlete only area.

### **Team Entries**

The Aberfeldy team Relay Championship returns this year where we will award new special locally designed trophies to the First Male, Female and Mixed teams. Please note the following details if you are entering in the team section. The team competition will run within the individual event. You can enter teams comprising of two or three athletes. Swimmers will start off with the timing chip which will act as the relay "baton" throughout the race. Team Race numbers will have a coloured wash through them to identify the athlete as a team member.

## **Swim to Bike transition**

On exiting the swim, the team swimmer must run into their transition area space, remove their wet suit, remove their timing chip and pass this on to the team cyclist who will be waiting in the transition area by their bike. The cyclist must place the chip around their left ankle before leaving transition with their helmet secure. Walk/run with your bike to the mount line and mount your bike beyond the mount line.

## **Bike to Run transition**

On completion of the bike leg, dismount your bike at the dismount line and walk/run into the transition area. Rack your bike in your allotted transition space removing your helmet and chip. Team runners must be waiting in the designated change over zone Cyclists must run into the area and pass on the chip to the runner. Runners then place the chip around their ankle before leaving the waiting area.

## **Toilets**

There will be toilets located in both transition areas and within the athlete village where the race finishes.

## **Course Reconnaissance.**

During the Pandemic and once restrictions eased, Loch Tay has become very busy with a significant increase in Marine Traffic. You are permitted to swim in Loch Tay prior to race day, however you must be courteous and notify staff at the Taymouth Marina Water Sports Centre that you are going to swim. They may direct you to a specific safe area if other water sports are going on at that time. We have built an excellent relationship with the water sports centre operators over the years, please help us maintain that.

Check out their fantastic new Hot box facility. <http://www.taymouthmarina.com/leisure/sauna>

You are permitted to cycle the bike course or run the run course any time during the build up to the race. Please be aware that you are visiting an area of outstanding natural beauty and we ask you to respect that, whether training or racing in Highland Perthshire. Please do not litter or abuse other road users during training or racing in the area. Be nice to the Locals too, they pretty much dictate whether we can run events in the area

## **Results**

Results will be updated constantly on the large display at the finish. In addition, a complete set of 'provisional' results will be posted in the race village. A full set of results will be available on our [www.aberfeldytriathlon.com](http://www.aberfeldytriathlon.com) no later than midday Monday 23 August 2021.

## **Race Volunteers – Please Help**

No event like this can run smoothly without the help of many stewards and marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to volunteer. All marshals will receive an event memento, food & drink. If you would like further information about becoming a race volunteer please contact our volunteer coordinator at [info@aberfeldytriathlon.com](mailto:info@aberfeldytriathlon.com) You do not require any previous experience or knowledge of triathlon to become a race volunteer; any training required will be given on, or prior to race day.

## **Time Penalties & Appeals**

ALL penalties issued by the British Triathlon / **triathlon**scotland Race Officials will be displayed on a Penalty Board next to the Results display at the Finish. No other event crew have the right to award a penalty and all penalties must be directed through the chief race official. Appeals against these penalties must be made in writing to the chief race official within one hour of the race finish and be accompanied by a fee of £15.00 refundable if the appeal is upheld. It is your responsibility to check the Penalty Board.

## **Course Etiquette**

Competitors are reminded that they share the venue facilities and roads with other citizens who may or may not be fully aware of the event. This event **IS NOT** a closed road event therefore due care should be taken at all times. We request that you treat members of the public, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression

towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by both the venue and the promoters. Any littering around the route will also result in an immediate DQ from the event.

### Photography

There will be an official event photographer who will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on our [Website](#) and our [Facebook](#) page as soon as they are available.

**Charity Partner:** We are delighted to announce that CRY will continue to be our charity partner for 2021. If you feel able over the event weekend there will plenty of opportunities to make a donation to this fabulous charity or you can donate via the [CRY website](#)

### Finish Shuttle Service:

We understand that a split transition and two venues does present some challenging Logistics for you, we are trying to make it is as easy as possible. Note that we will operate a shuttle service back to T1 for any athletes who have cars left in the Event car park in Kenmore. The service will run from 13:00-16:00 and will leave from the Bus stop area in Breadalbane Community Campus Car Park

**Finally,** At the beginning of this guide I said that it been a really tough time for Events over the last 18 months and many people have put a huge amount of effort into staging this event. Please give these people a smile and a "thank you", please be patient we have a whole lot more to think about to keep everyone safe and do look after yourself and others.

At the finish enjoy your achievement, keep warm, keep drinking and try to eat something, although don't be too surprised if you don't feel too much like eating. The Final thank you goes to you, The Athlete, for supporting the Aberfeldy Triathlon, we hope you achieve your own personal goals whatever they are.

We look forward to seeing you at the Finish Line.

### Sponsors

