



SUNDAY 20TH AUGUST

# ABERFELDY MIDDLE DISTANCE TRIATHLON

  
TRIATHLON  
SCOTLAND

NATIONAL  
CHAMPIONSHIPS  
2023

# CONTENTS

---

WELCOME	3
EVENT SCHEDULE	5
DIRECTIONS	6
ACCOMMODATION	6
CAR PARKING	6
CATERING	6
CHECKLIST	8
REGISTRATION	9
CHAMPIONSHIP ELIGIBILITY	10
RACE NUMBERS & BAGS	11
RACING & TRANSITION	12
MECHANICAL SUPPORT	13
WITHDRAWAL	13
CUT OFF TIME	13
SWIM COURSE & T1	14
BIKE COURSE	17
RUN COURSE	19
FEED STATIONS	21
AWARD CATEGORIES	23
HILL CLIMB	24
TRI CLUB STANDINGS	24
MEDICAL COVER	24
FINISH LINE & ATHLETE RECOVERY	25
TEAM ENTRIES	25
TRANSITIONS	25
GENERAL STUFF	26
TIME PENALTIES	27



# ATHLETE GUIDE

## WELCOME

---

It gives me great pleasure to welcome you to the culmination of your journey to Aberfeldy Middle Distance Triathlon 2023. A journey of countless hours in the pool, saddle and pounding the streets or trails to get you to the start line and finally draw to a climax on the Aberfeldy finish Line. The team at Still Going Strong and everyone involved in the event has focused our efforts on providing the best possible stage for you to test your endurance and racing skill. However, there is only one person that can fill your shoes on Raceday. You can expect support from the many volunteers and hundreds of supporters, from the Swim in Kenmore, right through to the finish line in Aberfeldy.

Please do show your appreciation on the day to the hundreds of incredible volunteers who will be supporting your efforts throughout the long hours of the race. You will no doubt be feeling some nervousness as the start line approaches, but do try to make the most of a day like no other. The racing is all down to you, but I have three simple tips to help you enjoy your day:

1. The start can feel intense. Breathe it in, soak it up, but relax. You are ready.
2. The bike course is beautiful. Challenging but beautiful. Take time every now and then to lift your head off the tri-bars, forget your cadence and appreciate the Lochs and Glens of Highland Perthshire
3. Slow down and take your time to enjoy the last steps to the finish. Give yourself a few extra seconds on the Finish line shute, to take in the crowds, create the memories and give your achievement the time it deserves.

Finally, I would like to offer my thanks to the Team behind the Event who show incredible, unwavering support and the local communities who provide this perfect stage for you to shine.

There are a couple of small alterations this year and some of the logistics and courses have changed so please take your time to read through this guide. The venue summary below will help orientate you across the Event and more information on each venue is provided further on in the guide.

- Breadalbane Community Campus will host Registration and Race Briefings
- Taymouth Marina will host the Swim Start
- Kenmore Recreation Ground will host the event parking and T1
- Golf Course Meadow will host T2
- Wade's Park will host the Event Hub and Finish

Please use the official Event Car Parks, particularly in Kenmore where we ask you not to park in the Village Centre in Restaurant Car Parks 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. Whether you are a first timer or a seasoned triathlete, 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. 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)

Take care of yourselves and fellow athletes but most of all enjoy the experience and Race well.

**Richard Pearson**  
**Race Director**

## EVENT SCHEDULE

### SATURDAY 19TH AUGUST 2023

11:00 - 16:00	Registration & race pack pick up at Breadalbane Community Campus, PH15 2DU
12:00 - 12:45	<b>Athlete briefing 1</b> - for all Individual athletes at Breadalbane Community Campus, PH15 2BF
13:00 - 13:45	<b>Athlete briefing 2</b> - for all Individual athletes at Breadalbane Community Campus, PH15 2BF
12:00 - 17:00	Wade's Park Opens for Car Parking
12:00 - 17:00	T2 - Golf Course Meadow Opens for LOMO bag (Run Kit) drop off
17:00	T2 - Golf Course Meadow Closes for LOMO bag (Run Kit) drop off

### SUNDAY 20TH AUGUST 2023

05:00	Car Park and Transition 1 (Kenmore Recreation Ground) Open
06:30	Transition 1 Closes
06:45	Aberfeldy Middle Distance Self-seeded Rolling Swim Start - from Taymouth Marina
11:20	Anticipated first finisher
13:00	Bike Check Out Opens from T2 Golf Course Meadow
13:00	IKEA Bag (T1 kit) Check Out Opens from Wade's Park
15:00	Awards ceremony at Wade's Park

## 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. [Trainline](#) 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 please look on our [Aberfeldy Multi Sports Festival website](#) for a list of good local accommodation options

## CAR PARKING

---

We are anticipating around 500 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](#). Please remember there is no 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, we will have a number of caterers with various food and drink offerings.



## 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**

☐

**Bike**

☐

**Race Licence**

(Race licence required for eligibility to National Championships)

☐

**Cycle shoes**

☐

**Day Licence**

(Purchased with entry, no proof required)

☐

**Basic Bicycle repair kit, incl inflator**

☐

**Warm Clothing**

☐

**Bike Water Bottles**

☐

**Trisuit/Clothing**

☐

**Bike Helmet**

- No Helmet no race

☐

**Race Number Belt**

☐

**Nutrition**

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

☐

**Wetsuit**

☐

**Running shoes**

☐

**Swim Goggles**

☐

**Socks**

☐

**Lubricant - For wet suit**

☐

**Sunglasses**

☐

**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.

☐

**Sun Cream**

☐

**Hat**

☐

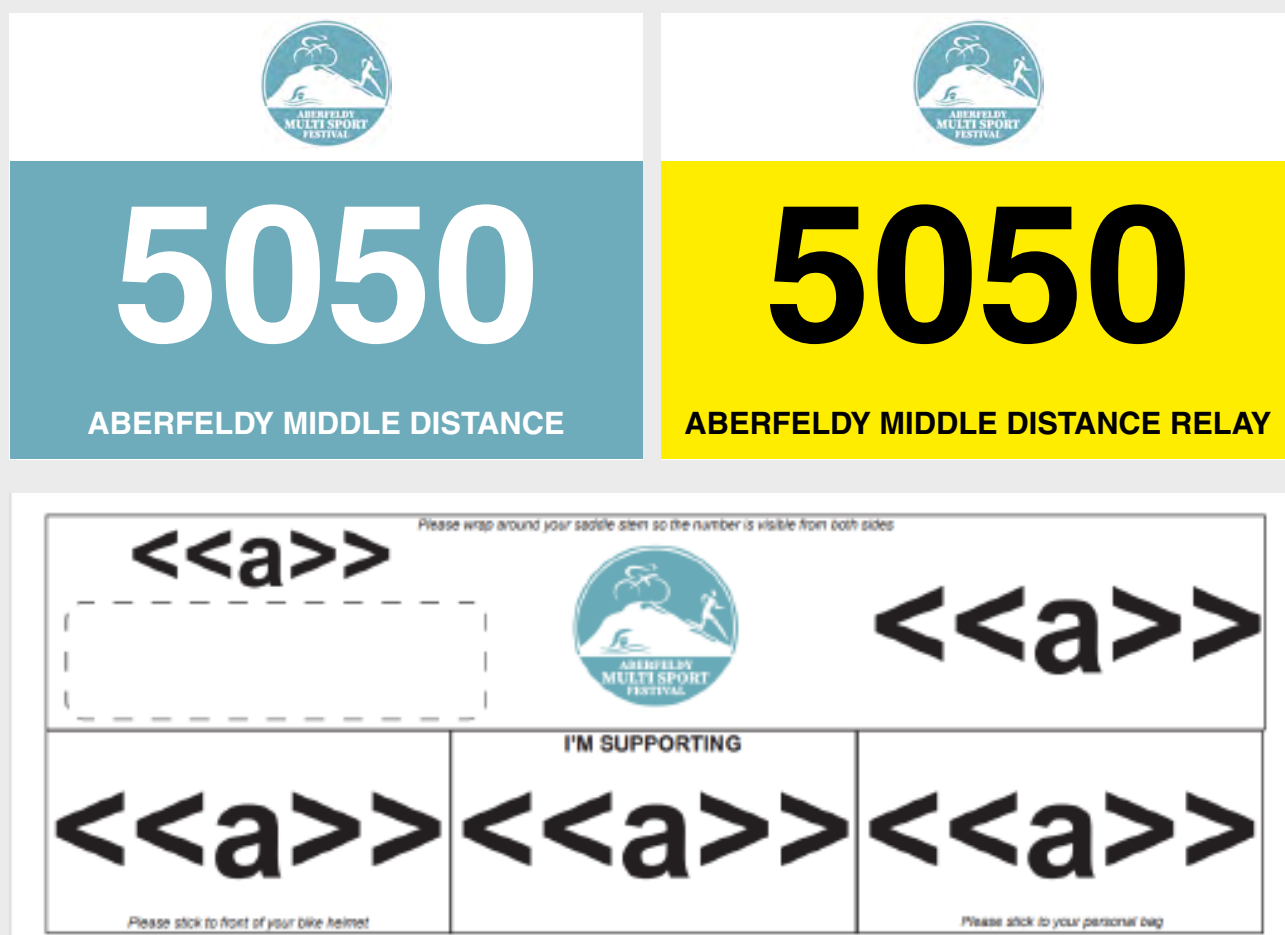
**Midge repellent**

## REGISTRATION

Please note that all competitors must register on Saturday 19th August at Breadalbane Community Campus in Aberfeldy, there will be no registration on race morning. 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 bags. Relay teams will be issued with two race numbers. You will receive an IKEA bag for your wet kit and a LOMO (DRY) bag for your Run Kit

Example race number and sticker sheet:



## CHAMPIONSHIP ELIGIBILITY: A NOTE AND A WELCOME FROM THE GOVERNING BODY

---

We hope you are looking forward to racing at the Scottish National Middle Distance Championships. If you would like to be eligible for a Championships prize, please ensure that you join or renew with Triathlon Scotland on a Core or Ultimate Membership package before 5pm, Wednesday 16 August 2023.

You can join or renew your membership here: <https://www.triathlonscotland.org/membership/>

Please note: Your name on the entry must match the name given on your Triathlon Scotland membership record. This is so Triathlon Scotland 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 [admin@triathlonscotland.org](mailto:admin@triathlonscotland.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 near 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 IKEA bag (Wet Kit) and LOMO 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.**

## IKEA - T1 BAGS

---

You will be issued with an IKEA 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.

## LOMO - T2 BAGS

---

You will be issued with a LOMO 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 06:30 prior to the swim start. Please self-seed yourself in the holding pen. IT IS YOUR RESPONSIBILITY TO BE ON TIME FOR YOUR SWIM 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 all athletes, the times are included in the race schedule. These will be held at Breadalbane Community campus. It is mandatory to attend one of these briefings. These briefings contain last minute updates, conditions and other rules and technical instructions.

## 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.

There will be a Bike Mechanic in T2 on Saturday during Run Kit Bag Check in for any last minute tweaks or repairs.

## 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 hour 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.

### Run

You must reach the half way turn point on the run by 15:00 if you have not reached this point, you will not be allowed to continue and will be collected by the Sweep vehicle and taken back to The Finish.



# SWIM COURSE AND T1

AND FINISH ON KENMORE BEACH.

It's a short walk from T1 to Swim start and we recommend using some old footwear to protect feet. We will have rubble sacs at the start to dispose of your footwear but please understand that you will not get this footwear back.

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.

Remember... 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



## Aberfeldy Middle Distance Triathlon Taymouth Marina – Site Plan



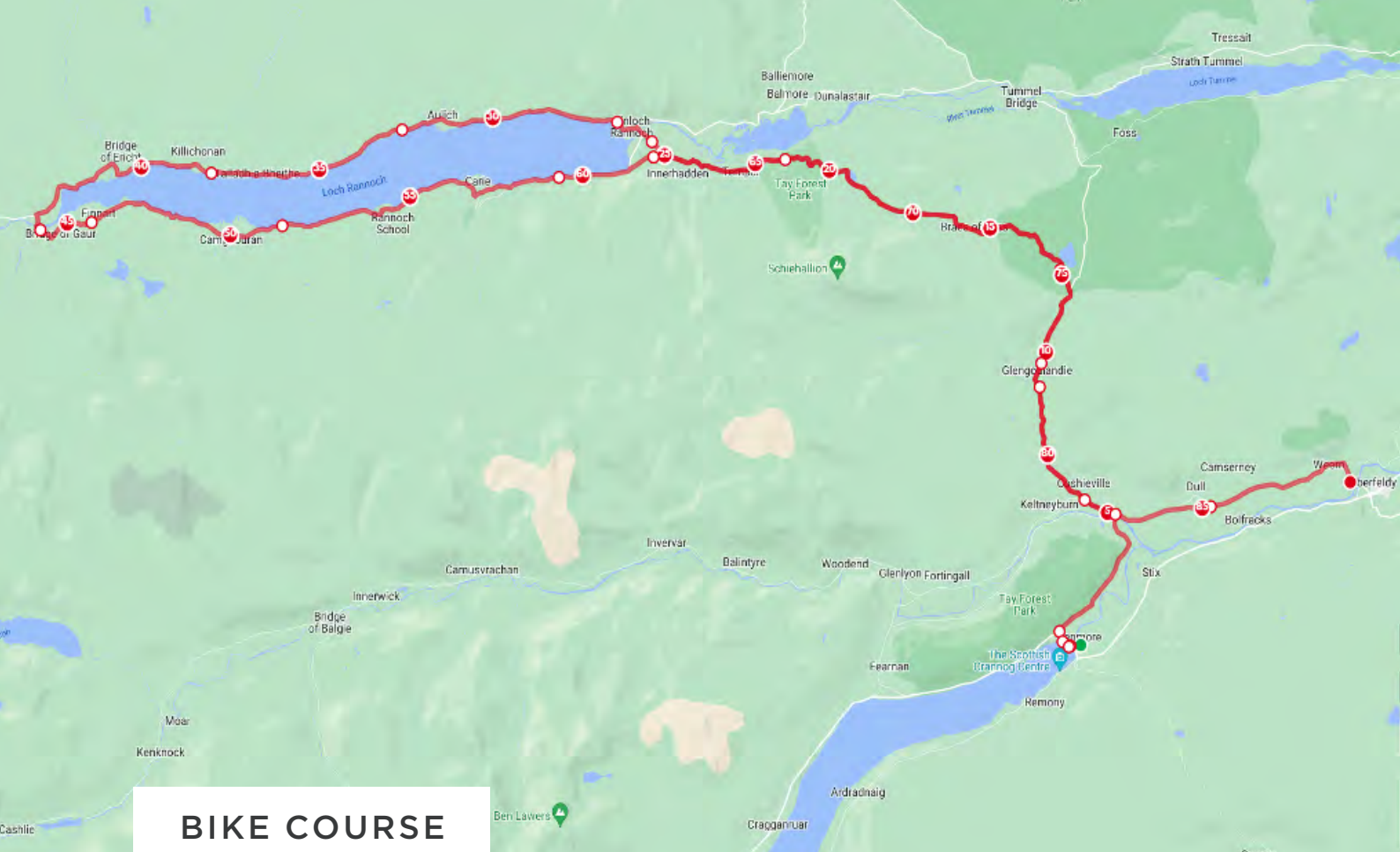


# BIKE COURSE

**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 Wade's Park.

You can download the GPX route [Here](#)



BIKE COURSE

ELEVATION MAP



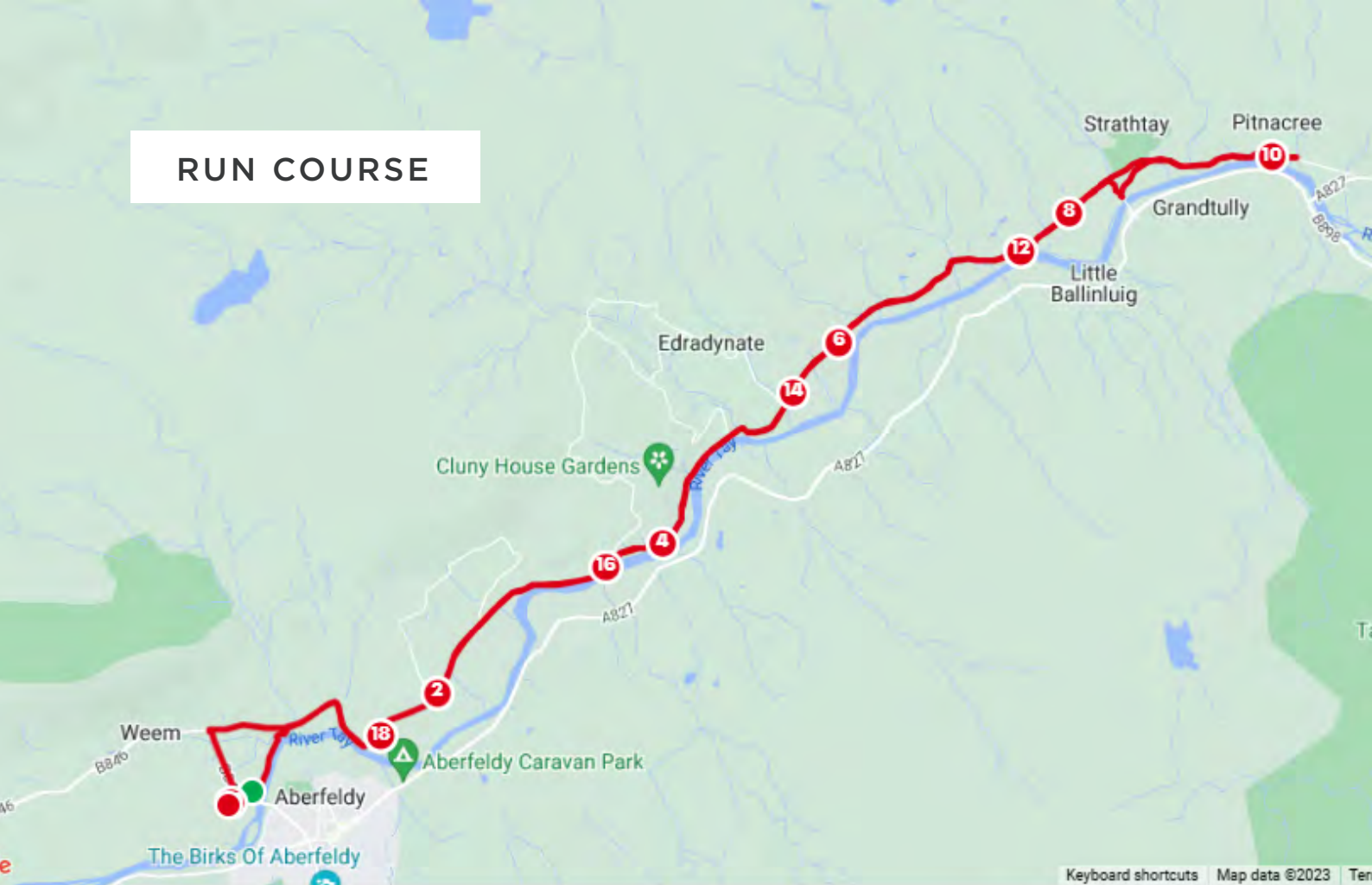


# RUN COURSE

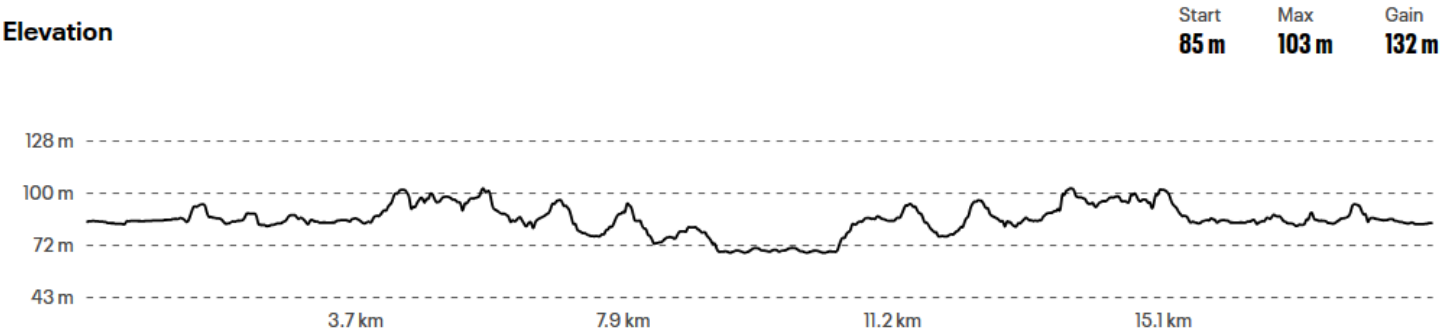
**THE RUN COURSE WILL TAKE ATHLETES ON AN  
OUT AND BACK ROUTE ALONG QUIET ROADS  
ALONG THE BANKS OF THE RIVER TAY.**

You leave Wade's Park heading out along Poplar Avenue on your out  
and back route to Strathtay, you can download the GPX route [Here](#)

RUN COURSE



ELEVATION MAP



## 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

## SUSTAINABILITY (IMPORTANT BIT!)

---

We're trying to raise our sustainability game in the last few years. 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 which we introduced last year and want you to remind you of:

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. Remember those of you taking part in 2022 received a re-usable foldable 'soft cup' for use as part of your race entry. Please bring that with you, You will need to carry this with you and use it on the course to use feed stations. If you were not at the race last year, there is time for you to get one.

Gel wrappers should be thrown in the bins provided – not on the ground. There will large bags in the Feed station zones for you to drop your waste please use them.

# SUSTAINABILITY



## SUSTAINABLY SOURCED

Wooden Medals and Trophies produced locally

## TIMING CHIPS

will be reused at future events  
please remember to hand in post-race



Carpet re-used where possible at future events then sent for recycling

## TO MAKE TRAFFIC CONES

Dedicated waste stations with all waste either being recycled or incinerated at **local recycling centres**



We will provide Kit recycling and donation stations for participants **to repurpose old sports kit**



All catering for event staff supplied by **local businesses**

Leftover food and drink **DONATED** to local food banks



**Extensive water quality testing** carried out pre-event

Dedicated litter zones at aid stations **to ensure that all waste can be recycled**



Run course aid stations only to supply emergency cups, **Athletes encouraged to carry re-usable cups**



## WORKING WITH THE WORKSHOP TO CREATE MEDALS AND TROPHIES.

Their aim to create a bridge between education and employment for young people in Highland Perthshire, where rural location can limit employment and training opportunities. Creating a genuine business where young people could gain direct practical skills as well as transferable employability skills such as teamwork and time-keeping, empowering them to successfully find employment or further training.

# ACTIVE ROOT

Natural Ginger Sports Nutrition

## NUTRITION PARTNERS OF



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: [activeroot.co.uk/collections/gel-mix](https://activeroot.co.uk/collections/gel-mix)



## AWARD CATEGORIES

---

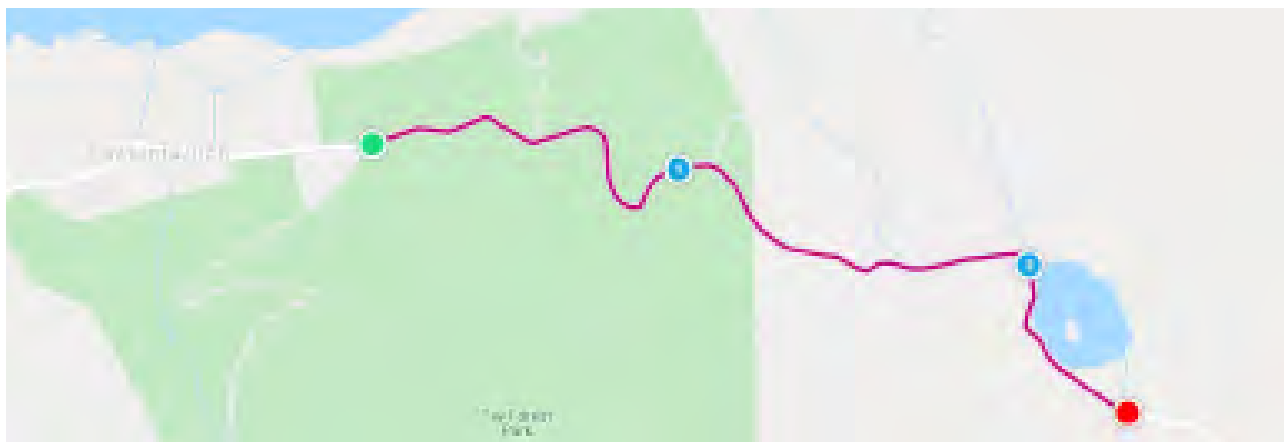
Age group awards will be given for the first three across the line in the BTF/TS 5 year band age categories;

B	Juniors 17-18	17-18
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

## HILL CLIMB

---

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 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.

# GENERAL STUFF

## 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 - [www.taymouthmarina.com/leisure/sauna](http://www.taymouthmarina.com/leisure/sauna)  
Remember Loch Tay is a busy Loch we have some top tips to make sure you are safe during any practice swims

### Our top tips for safe open water swimming:



#### 1. Know where you are swimming and check out the conditions before going in

- Go with friends who know how to help.
- Check out local knowledge and advice (speak to clubs).
- Look out for safety signs. Follow the advice.
- Before entering the water, make sure there is a safe entry and exit point.
- Swim parallel to the shore and not into deep water.
- Stay in your comfort zone.
- Avoid weirs, locks and other structures.
- Don't enter the water if it is polluted (e.g. looks dirty, is a strange colour or smells).

#### 2. Make sure you are properly equipped

- Wear a wetsuit. It will help keep you warm and provide some buoyancy.
- Use a Tow float.
- Goggles allow you to see underwater obstructions.
- A high visibility swim cap shows where you are – especially valuable if there are boats passing by.
- Cover cuts or grazes with waterproof plasters before going in.

#### 3. Beware of the cold

- Don't go in if you are feeling very cold before you start.
- Be ready for the shock when you go in.
- Get used to the cold before swimming in deeper water.
- Limit time in cold water. Stop if you are shivering or after 20 minutes.
- Be ready for cramp. Stay shallow to stand up or use a buoyancy aid.
- Make sure you can get warm after swimming.
- If you want to drink alcohol, do it afterward not before.

ALWAYS TELL SOMEONE WHERE YOU HAVE GONE AND WHEN AND THAT YOU HAVE THE MEANS TO CALL FOR HELP, ESPECIALLY IN REMOTE LOCATIONS

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 21 August 2023.

## 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

---

You have invested a lot of time, money and emotion into getting to the start line of Aberfeldy Triathlon and the last thing anyone wants is for the day to end with the disappointment of a DSQ. The officials who are at the swim, in transition, out on the bike and run course and at the finish line are there to make sure that everyone has a safe and fair race and not to disqualify as many people as possible.

To avoid having a bad day, here are some of the most common causes of athletes being disqualified.

- **Littering** – deliberate littering is a non-appealable DSQ
- **Outside assistance** – athletes should not take anything or give anything to anyone who is not a race official.
- **Nudity** – the only place you can strip off completely is in the screened off areas in the transition. If you cannot make it to the toilet at the next aid station, please make sure you maintain public decency and be as discrete as possible.
- **Abusive behavior** – there are hundreds of volunteers who have given up their day to make your day special, any physical or verbal abuse of them or any other race officials or members of the public will not be tolerated.
- **Electronic devices** – we want your attention to be on the road, the marshals, the athletes around you, and not on any type of electronic device. This includes music players, mobile phones, cameras, 'smart' helmets etc.
- **Finish line** – you cannot bring any family member or friend down the finish line with you. This is for the safety of the potential child, other athletes and to make sure everyone has the same opportunity for a special experience and memory of their Race
- Please make sure you read the event athlete guide and come to the event briefing.
- Follow the link [Here](#) to the full set of rules, try and have a quick read through.
- Remember the officials are there to make sure that all athletes have a safe and fair day, and we know that 99% of you want the same.
- If you have any questions about the rules, please contact athlete services or a technical official at the event registration area and they will be happy to try to answer your questions.

- ALL penalties issued by the triathlonscotland 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 DSQ 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 DSQ 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 2023. 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 can donate via the CRY website.

## **FINISH SHUTTLE SERVICE:**

---

We understand that a split transition and three 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 Wade's 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



**LOMO**



**SEE OUR COMPLETE  
SWIMMING COLLECTION**

LOMO.CO.UK

0141 221 7674



# TAYMOUTH MARINA LOCHSIDE SPA RESORT

Kenmore, Perthshire, Scotland PH15 2HW | [www.taymouthmarina.com](http://www.taymouthmarina.com)

Taymouth Marina is an award-winning independent resort set on the beautiful banks of Loch Tay, which is nestled in the heart of the Scottish Highlands. We offer the perfect location for escapism into nature where we offer indulgence within majestic scenery.

Our bespoke, stylish and elegant accommodation has panoramic views over the Loch which provides the ideal base to explore and or relax. We provide unforgettable experiences within our HotBox Spa, Water Sports centre, a well-equipped Marina and sumptuous Lochside Gastro bar and restaurant.



This 2 hour invigorating and relaxing experience includes full use of our Outdoor HotPool, HotBox Sauna, Steam Room, Jetty, Loch Tay Slide and relaxing outdoor terrace all surrounded by magnificent views.



Our menu is influenced by Scotland's exquisite larder where we aim to elevate your expectations and where possible use local, sustainable, and organic produce. We're dog friendly, so bring them with you to enjoy the resort!

[info@taymouthmarina.com](mailto:info@taymouthmarina.com)  
01887 830216



@TAYMOUTHMARINA



@TAYMOUTH\_MARINA