

**Dear Parent/Entrant**

**We look forward to welcoming you to the GLASGOW TRIATHLON CLUB & BOCLAIR DENTALCARE AUTUMN 2018 AQUATHLON at the Allander Leisure Centre, Milngavie this SUNDAY 19<sup>TH</sup> AUGUST 2018.**

Whilst this email content is similar to previous editions, can I start with a couple of new points for your attention:

**1. EMERGENCY RACE STATUS INFORMATION:**

I have added a new webpage for any late or unforeseen event status communication. Where there is anything important to communicate I expect to send an email to the email address registered for the entrant where time permits, and to post the update on this webpage:

<http://www.glasgowtriathlonclub.co.uk/august-2018-allander-aquathlon/>

Where you need to navigate to this page without the link, it is found by:

- From the Glasgow Triathlon Club website Home Page, there is a tab for "Club Races 2018". Hovering over that tab you will obtain the option for the "August 2018 Allander Aquathlon".

There is a few other pieces of information on the page but nothing you absolutely must know in advance. Where there is no emergency or situation to deal with, everything goes ahead as normal. The Race goes ahead until there is formal communication that cancels it.

**2. DATA PROTECTION:**

With the change in legislation (GDPR May 2018) there will be a couple of announcements I need to add into the competitor pre-race briefing on Race day regarding your consents.

**THIS EMAIL REMINDS YOU OF DETAILS FOR THE EVENT.**

**PARKING** - Where you will not be needing to move your car during the full duration of our event (until approx 11:40), we kindly ask you to fill up the further away Car Park first, and we will hopefully have a marshal to direct you there on arrival. This minimizes the traffic disruption to the run course or other customers, but you will always be able to move your car if you require.

**REGISTRATION** will be outside (good weather) or in the Leisure Centre from 08:20am and closes at 09:00am. Please arrive in good time to help us through the queues at registration, we cannot open any earlier. McDonalds near the leisure centre driveway entrance is open earlier.

**PHOTOGRAPHY** – Anyone wishing to take photographs on the day must register at Registration and obtain a "Photo" Sticker. I will make further mention on this topic during the pre-race briefing.

The **PRE-RACE BRIEFING** will be held at 9:00am in front of the leisure centre, where any questions will be answered.

**FIRST HEAT** (Tristar Starts) commences at 09:30am promptly. We need Tristar Starts poolside and ready at 9:20am sharp.

The **RUN ROUTE** will be the same as that used since 2017, within the grounds of the leisure centre and up (with laps) an adjacent path. The route will again be described at the Race Briefing, and marshals will be on hand during your race to guide competitors. Feel free to familiarize yourself with the course in the morning.

After (or before) registration please lay your gear out in the Transition area neatly.

**DISTANCES** - Competitors will swim and run the following:

<b>Event</b>	<b>Age (at 31/12/18)</b>	<b>Swim</b>	<b>Run</b>
Tristar Start	8 years	50m	600m
Tristar 1	9 or 10	150m	1500m
Tristar 2	11 or 12	250m	2000m
Tristar 3	13 or 14	400m	3000m
Youth	15 or 16	400m	3000m

At **REGISTRATION**, you will be issued with:-

- A Race Number (attaches to your top or your number-belt).
- Safety Pins if you require.
- Heat Number, estimated start time and Swim Lane details.
- A small goodie if you wish to avail.
- Then proceed to Bodymarking for marking of your number.
- Reminder – Photo registration if you require.

**SWIM:** The Swim Marshal will meet you poolside to explain procedure. All competitors will start in the water, in an allocated lane, with an allocated cap colour. You will be notified on the day whether your heat is a mass-start, or by specified "cap order". Dive starts are not permitted. Please keep a count of your lengths done, however Lane Marshals will keep a record and give you a tap when you have 2 lengths to go. WALK to the pool exit.

**TRANSITION:** Competitors should place their running shoes and any clothes they intend to use for the run at an allocated point outside the pool area. Most will wear a trisuit and number belt, otherwise this would normally be a pair of trainers and a short sleeve t-shirt. Many also bring a small towel if desired. Space will be tight so please bunch-up and be neat and tidy.

Bring appropriate **CLOTHING** for the weather conditions as both competitors or spectators please. In August we hope for sunshine but we must be prepared for adverse conditions. The Race Director may need to mandate clothing instructions in very poor conditions. Parents are expected to ensure their competitor arrives equipped, and parents will play a role in responsibility for their competitor.

Competitors should be fully clothed with your race number showing before leaving transition. Competitors are not permitted to run bare-chested. Competitors are not permitted to carry Go-Pro or equivalent cameras.

**Transition tips for beginners** - Competitors new to the sport can often lose valuable time putting shoes and t-shirts on with wet hands, arms, body and feet, so a short sleeve t-shirt is recommended. Shoes may sometimes be pre-tied too tightly and especially hard to squeeze on with wet feet. It is all the more difficult when you are rushing and catching your breath from your swim efforts. You should have a practice before race day.

**RUN:** Follow the Marshals instructions as you complete the run course, remembering to count the number of laps you complete. We will issue

elastic bands or a body mark to record the number of laps you have completed. When you cross the finish line, please help the marshals by lining up in your finishing order to ensure they have recorded your race number as soon as you cross the line.

**AFTER THE RACE**

Shower and changing facilities are in the swimming pool area of the Leisure Centre. Prizes will be presented shortly after the last heat has finished. We should have the Provisional Results available on our website by later the same day, with confirmed Final Results published approx midweek thereafter.

**See you on Sunday.**

**Peter Soden  
Race Organiser**