

ALLANDER AQUATHLON – Advance Briefing

SUNDAY 15TH MARCH 2020

Dear Parents & Competitors

This is a lengthy email, but please give it your attention.

Glasgow Tri Club look forward to welcoming you for the Cameron Intellectual Property ALLANDER AQUATHLON, at the Allander Leisure Centre, Milngavie, on SUNDAY 15TH MARCH 2020.

Topics covered:

1. Car Parking on race day
2. Emergency / Last minute notices.
3. Registration
4. My usual Pre-Race details that many of you will be familiar with.

1. CAR PARKING ON RACE DAY

With c.180 entries, parking will be busy but we know we can manage. We will have Car Park Marshals on entry to guide you, and must leave cordon-off free spaces for general Leisure Centre users. Guidance as follows:

- i. Fill EVERY available space in the far car park. Ideally those parking here will not need access until the Event is over, but if so, Marshals can help you exit safely.
- ii. Please Car-Share if you reasonably can.
- iii. Up-kerb parking on the actual Leisure Ctr drive-way would be a latter option.
- iv. If we fill up, please consider dropping-off and parking offsite.
- v. The intention is NOT to use the roads directly in the housing development, and definitely not their private car parks, which may raise complaints.

2. EMERGENCY RACE STATUS INFORMATION:

If there is any serious last minute Emergency effecting the running of the event, I will attempt to raise awareness by 3 means below, otherwise you assume all is well:

1. Email to all participants if I have enough advance notice.
2. Add a note to the Allander Aquathlon Facebook page:
https://www.facebook.com/Allander-Aquathlon-by-Glasgow-Triathlon-Club-734791293519698/?modal=admin_todo_tour
3. Add a note to the following Aquathlon Race Page on the Glasgow Tri Club website:
<https://www.glasgowtriathlonclub.co.uk/2020-youth-adult-go-tri-aquathlons/>

There is a few other pieces of information on the page, like the Run route schematics, but nothing absolutely key critical.

3. REGISTRATION (& PHOTOGRAPHING REGISTRATION)

Please arrive in good time. Registration will be in the Sportsdrome Indoor Football Hall adjacent to the main Leisure Centre building near the far car park.

It is open from **approx. 8:10am** and closes strictly by **8:55am** so the Race Briefing for everyone can take place at **9am**. We will look to set up Registration in an efficient manner with TriStarts, Tri 1's and Tri 2's probably grouped together to allow Parents to accompany these younger competitors (male and female together) through registration.

Remember to bring your **Tri Scotland/ British Triathlon Membership Card** if you have one. If you entered quoting your membership number (receiving £1 system discount) but cannot evidence it with presentation of your Membership Card on the day, you will need to pay the additional £1 at the Registration desk on the day.

If you did not provide your Club name or Tri Scotland Numbers on Entrycentral, but are a member of a Club or Tri Scotland, please let Registration know so we can capture the info, and Tri Scotland will then get that info on the Results sheet.

Timing Chips will be issued on evidencing your Race Number. We recommend you put them on your ankle immediately.

Body-marking your race number forms part of the Registration process.

PHOTOGRAPHY REGISTRATION – Anyone wishing to take their own photographs on the day must register at Registration and obtain a "Photo" Sticker. I will make further mention on this topic during the Race Briefing.

Run Route Maps will be available to view at Registration and discussed at Race Briefing. They are on the Glasgow Tri Club Website as per the weblink provided earlier. It's the same routes as used for the last 2-3 years.

Competitors should put their race gear in the **Transition Area** once registered and before Race Briefing. One exception:

- If we are destined for a wet day, and you are going to be putting a **T-Shirt on** for the Run (with your Race Number pinned to the front – unless you are using a Number Belt) then I will suggest you bring the T-Shirt poolside when registering with the Swim Marshals for your Heat. I don't want you to be putting on a cold wet t-shirt when it's possibly a cold wet day.

4. FURTHER / USUAL EVENT DETAILS

The **PRE-RACE BRIEFING** – This will be held at **9am** sharp outside the front of the main Leisure Centre. Please expect the Briefing will still be outside even if the weather looks a bit mixed. If it's dreadful we will consider using the Sportsdrome where you registered. Questions will be answered if you have any.

FIRST HEAT (Tristar Starts) commences at **09:30am** promptly, so we need Tristar Starts poolside and ready at 9:15am.

The **RUN ROUTE** will be displayed at Registration and discussed at Race Briefing. It's within the grounds of the Leisure Centre, with laps of an adjacent path. Marshals will be on hand during the Race to guide competitors. Feel free to familiarize yourself with the course in the morning.

You should lay your Run gear out in Transition before 9am ideally. As I said above, if it's a poor wet day, those intending to wear T-Shirts during the Run can leave them

poolside just before their heat starts, but your shoes will remain outdoors. What you do with the your Race Number depends if you are using a number belt. We will discuss this, or any further extenuating circumstances on the day.

DISTANCES Reminder - Remember your Age Group is based on your age on 31st Dec 2020:

Age Group	Age (at 31/12/2020)	Swim	Run
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
Go-Tri	17 +	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 to attach Number to a Tshirt.
- Details of your Heat Number, Estimated heat start time and Swim Lane.
- Then proceed to collect your Timing Chip.
- Then Bodymarking for marking of your number.
- Reminder – Photo Registration for anyone taking photos.

SWIM: The Swim Marshal will meet you poolside to Check-in, give you your Swim Cap, and explain procedure. All competitors will start in the water, in an allocated lane, in our allocated cap colour. You will be notified on the day whether your heat is a "mass-start", or at 5 seconds intervals 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 and put your swim cap in the box provided at the door.

TRANSITION: Competitors should put their running shoes, number belt (if you have one), and any clothes they intend to wear on the Run inside the Transition Zone. Pick any free space you wish inside Transition. Most competitors will wear a trisuit and number belt but otherwise a short sleeve Tshirt. Many also bring a small foot towel (if desired). Please bunch-up and be neat.

Bring appropriate **CLOTHING** for the weather conditions as both competitors or spectators please. Come prepared with a minimum of One extra upper-body layer as the Race Director may need to mandate layer(s) of clothing instructions for the Run if it is very cold or poor conditions. Parents are expected to ensure their competitor arrives equipped, and parents will play a role in the responsibility for their Competitor.

Competitors should be appropriately attired with your race number showing, before leaving Transition. Competitors should NOT be 20 yards up the Run course still trying to put on a wet wrinkled t-shirt! Competitors are not permitted to run bare-chested nor 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 / feet, so a short or sleeveless vest/ t-shirt is recommended if you don't have a tri-suit. Shoes

may sometimes be pre-tied too tightly and especially hard to squeeze on with wet feet. It is much more difficult when you are rushing and catching your breath from your swim efforts. Practice before race day. Elasticated laces are very effective. As we know, many like plenty of Talc powder for their shoes and a little towel for wiping feet.

RUN: Follow the Marshals instructions as you complete the run course, remembering to count the number of laps you complete. We will issue you with an elastic band at the half-way stage of each lap you have completed. When you cross the finish line, we will count your elastic bands to ensure you have done all the laps.

FINISHER MEDALS: Our medals are kindly sponsored by RETTIE & CO. Property specialist in Bearsden. There is one for everyone finishing upon crossing the line.

RETURN OF TIMING CHIP: Return your Timing Chips as soon as you cross the line. There will be a £10 charge imposed by the Timing company for failing to do so.

AFTER THE RACE: Shower and changing facilities are in the swimming pool area of the Leisure Centre. Please vacate the area as soon as you can to make space for the next Heats.

PRIZES: Will be presented shortly after the last heat has finished. There will be trophies (kindly sponsored by CREATION Specialist Flooring) for 1st, 2nd & 3rd in each Age Group (incl Go-Tri). I hope to give out a few other goodies for "whatever reason" but the "most-improved" prizes only happen in our August event.

RESULTS: You should be able to get a printout of your time from the Results Tent set up by our Timing company, but it won't tell you your position. I should have the Provisional Results available on the GTC website by late on the day, with confirmed Final Results published approx midweek thereafter.

My sincere thanks for supporting our Event. Give it your best, but most importantly just enjoy it and cheer everybody on.

PETER SODEN

Race Director - GTC Aquathlons