



**West Lothian Triathlon**  
**GRC FAULDHOUSE SPRINT**  
**2022**



**RACE GUIDE**



# WLT GRC Fauldhouse Sprint 2022 Race Guide



## CONTENTS

<b>Introduction</b>	<b>3</b>
<b>General Pre-Event Info</b>	<b>3</b>
Organiser Contact Details	3
Social Media	3
Event Location/ Parking and Directions	3
Medical	4
General Conduct and Race Rules	4
Clothing Requirements	4
<b>Race Day: Before/ General</b>	<b>5</b>
Arrival, registration and heat start times	5
Race Number	5
Bike Number	6
Helmet Number	6
Timing Chip	6
Bike Check-In	6
Transition Area (T1 & T2)	6
Changing Facilities	7
<b>Race Day: The Race Itself</b>	<b>7</b>
Race Briefing	7
Swim Section	7
Bike Section	9
Run Section	10
<b>5 Race Day: At the finish, results and photographs</b>	<b>11</b>
Prizes	12
Photographs	12



# WLT GRC Fauldhouse Sprint 2022 Race Guide



## 1 Introduction

Thank you for entering the GRC Fauldhouse Sprint Triathlon, organised by West Lothian Triathlon Club.

The information you need to have a safe and enjoyable race can be found in this information pack.

The majority of those taking part in Triathlon in the UK are beginners, so if you are one please do not hesitate to ask questions beforehand (see details below) and seek out any of the marshals for advice on the day. All of the marshals will be briefed to help you have an enjoyable race.

To help the event run as smoothly as possible, we also ask you to ensure you check you have entered your swim time correctly on the [Entry Central website](#).

## 2 General Pre-Event Info

### Organiser Contact Details

If you have any queries or concerns, please do not hesitate to contact us by:

- Email: [events@westlothiantriathlon.com](mailto:events@westlothiantriathlon.com)

### Social Media

Interact with us before and after the race via Facebook:

- [West Lothian Triathlon](#)

### Event Location/ Parking and Directions

Fauldhouse Partnership Centre is set near the centre of the village of Fauldhouse. It is located approximately 5 miles from the M8 Motorway.

- Address: Fauldhouse Partnership Centre, Lanrigg Road, Fauldhouse, West Lothian, EH47 9JD
- Telephone: 01501 773000

The car parking at the front of the partnership centre is only available for use with a "Blue Badge".

**Limited event parking** will be available at **St John the Baptist School** next door to the Partnership Centre. However, the **car park will be closed at 1pm and the gates locked**. Please **only use this car park if you are planning to leave before 1pm**. Vehicles and contents can be left here entirely at the owners own risk.

**Alternative parking is available in surrounding areas.**

**PLEASE BE COURTEOUS TO RESIDENTS AND  
PARK LEGALLY TO AVOID CAUSING DISRUPTION.**



# WLT GRC Fauldhouse Sprint 2022 Race Guide



## Medical

We will have fully trained first aid cover at all the main locations of Swim, Transition, Run, Cycle and Finish. This cover is provided by Albacare.

Please **add emergency contact details on the back of your race number** including medical conditions and any medication or allergies.

## General Conduct and Race Rules

The GRC Fauldhouse Sprint is a Triathlon Scotland sanctioned event and is run within the rules of British Triathlon. These are basic, but necessary for the safety and enjoyment of competitors, spectators and the general public.

- **You MUST bring electronic or paper proof of your Triathlon Scotland or pay the £6 day licence fee. Payment can be made in cash or by contactless card.**  
**No card or no £6 = no race!**
- It is the **competitor's responsibility to know and correctly complete the full course** of the event.
- Triathlons are individual endurance events. Any **teamwork or outside assistance** that provides individuals an advantage over the other competitors is **expressly forbidden**.
- Foul or abusive language is not permitted - nor tolerated!
- Number belts are allowed but please ensure that the number is displayed on your back for the bike and on your front during the run (please bring enough safety pins to attach your number at all four corners on your **back** if you don't not have a belt).
- You must **supply your own bike and bike helmet**. Bikes must be in a safe and roadworthy condition with brakes in good working order. No fixed wheel bikes allowed.
- If you have any questions please feel free to ask the Race Director on the day.
- A full copy of the rules can be obtained from [www.tri-scotland.org](http://www.tri-scotland.org).

## Clothing Requirements

All **competitors must ensure that they are adequately clothed at all times**. The minimum being a one or two piece, non-transparent swimsuit. This means that male competitors not wearing a tri-suit will need to leave their t-shirt on poolside to put on as soon as they exit the pool or change as quickly as possible once entering transition. Wetsuits are not allowed. Tri suits are allowed. You'll be given a coloured swim cap at registration.

### **Front Zipped Tri-Suits**

Out on the bike and run courses for sprint and standard distance events, British Triathlon rule 2.8, point xi paragraph 3 will apply, this rule states, the zipper must be completely fastened at all times unless there is an underneath top covering up to the neck: in any case the suit must be completely fastened during the final 200m along the finishing straight.

Cycle helmets must be approved by BSI, ANSI, Snell or equivalent standards authorities.

### 3 Race Day: Before/ General

There will be volunteers available in registration to answer your questions. There will also be marshals throughout the course wearing fluorescent bibs. Please don't hesitate to ask any question, especially if this is your first triathlon!

There will also be a PA system around the finish area. Key members of the events team also have fully functional two-way radios.

#### Arrival, registration and heat start times

**Registration will open from 8.15am** and will take place **inside the Fauldhouse Partnership Centre**.

At registration you'll collect a timing chip, swim cap, race number, and corresponding bike stickers. You'll also need to **show your Triathlon Scotland membership card**, or purchase a day membership for £6.

All competitors will be allocated a **heat start time** ranging from 9.30am to 11.30am. These will be published on our **Facebook page**, <https://www.facebook.com/WestLothianTriathlon>, **on or before Wednesday 6 July**.

**A mandatory briefing will take place inside the Partnership Centre 20 minutes before each heat - you must attend this briefing.**

Heat number	Please arrive at registration before	Mandatory briefing	Estimated Heat start time
Heat 1	8.30 am	9.10 am	9.30 am
Heat 2	9:00 am	9.40 am	10.00 am
Heat 3	9.30 am	10.10 am	10.30 am
Heat 4	10.00 am	10.40 am	11.00 am
Heat 5	10.30 am	11.10 am	11.30 am

**Please ensure you arrive in plenty of time** so that you have time to collect your numbers, rack your bike, familiarise yourself with transition, get changed, attend the mandatory briefing, and be on poolside in plenty of time for your swim start. Most of the inevitable last minute 'emergencies' can be dealt with if you arrive early ... so don't panic!

**All individual competitors must be present at registration;** you cannot register on behalf of another competitor. One member of each Relay Team is required to register the whole team.

#### Race Number

You'll be given **one race number**. If you are wearing a t-shirt for the bike and run, you will need to attach the number to your **back** for both of these disciplines. Please bring enough safety pins to attach at all four corners.



## WLT GRC Fauldhouse Sprint 2022 Race Guide

Number belts (a piece of elastic band with clips to attach a race number) are allowed and are useful so you can simply twist the number around as appropriate; back for the bike, front for the run.

**Relay Teams** - ideally, Relay teams should make use of a Race Number belt so the race number can be easily transferred to each team member as part of the handover process.

### Bike Number

The **bike number is to be attached around the seatpost of your bike**. Your number must be on your bike before you enter transition. If this doesn't correspond to your other race numbers, you won't get in or out of transition.

### Helmet Number

Your **number is a sticky label and must be on the front of your helmet**. Your helmet must be worn and fastened before entering transition.

### Timing Chip

No chip, no time! Secure it with the band provided around your **LEFT ankle and wear throughout the swim, bike and run**.

**Relay Teams** - for relay teams, the chip is the equivalent of the relay baton and must be passed from each competitor at the end of their leg – more information on this is in each of the sections describing the race below.

### Bike Check-In

You need to **have your bike helmet (with sticker in place) on your head and done-up** so that we can see it is in full working order **before you enter transition**. The **bike sticker needs to be clearly visible round the seatpost of your bike** and all numbers must correspond.

A marshal will complete a bike check before you can take your bike into the transition area. Local bike specialists Scot Cycles will be available should any last minute maintenance be required.

It is the responsibility of the competitor to make sure their bike is road worthy before it is racked in transition.

It is highly recommended that your bike is serviced by a reputable bike shop before the event.

Please note: Fixed wheel bikes are not allowed. (A fixed wheel bike has one gear and a 'fixed' hub so that you are unable to free-wheel forcing you to pedal down as well as up every hill you come to.) Please ensure your handle bar ends are suitably capped otherwise you will be refused entry to transition and will be unable to race.

### Transition Area (T1 & T2)

Please note, we will be **operating a rolling transition** to allow competitors to rack and unrack their bike during the race. Entrance to transition will be controlled by marshals to minimise disruption to racers and ensure everyone's safety. Please be patient and follow the instructions of the marshals.

Only competitors are allowed in the transition area and you must show your race number to gain entry in and out.

## WLT GRC Fauldhouse Sprint 2022 Race Guide

The **transition area is in the car park at the west side of the Partnership Centre**. There is only one entry and exit point which is in use for racking and unranking bikes. Other entrances and exits to transition are for exclusive use of competitors while racing.

Strategically placed signs will show the swim in, bike out, bike in and run out very clearly, you must familiarise yourself with this flow. Please don't shout at the marshals, you should learn the route but if you run into difficulty they will be there to assist you.

- **You are not allowed to cycle in transition.**
- Please **place your bike at the allocated position corresponding to your race number** and rack it by the seat if possible.
- Please place your **transition kit TIDILY beside your bike** and not anywhere else. It will be removed by the Technical Official if in the wrong place and if you are taking up too much room, your kit may need to be placed in a different location. If your kit is not by your bike when you return, ask a marshal for assistance.
- Your bike must be in a **roadworthy condition**.
- Rack your bike with the **number on the racking facing towards you**; rack your bike by the seat if possible.

### Changing Facilities

After leaving your bike in transition, the swim changing rooms can be found in the main Partnership Centre in the swimming pool area. **The lockers in the changing rooms take a returnable £1 coin**. The changing rooms have shower facilities and toilet facilities.

## 4 Race Day: The Race Itself

### Race Briefing

A **mandatory briefing** for each swim heat will take place inside the Partnership Centre **20 minutes beforehand - you must attend this briefing**.

### Swim Section

The **swim distance is 750m (30 lengths)**. No photographs are allowed in the pool area.

**You must ensure you're adequately clothed at all times**. The minimum being a one or two piece, non-transparent swimsuit. This means that male competitors not wearing a tri suit will need to leave their t-shirt on poolside to put on as soon as they exit the pool or change as quickly as possible once entering transition. Wetsuits are not allowed. Tri suits are allowed.

You'll be given a coloured swim cap at registration.

All competitors will be allocated a **heat start time** ranging from 9.30am to 11:30am. These will be published on our [Facebook page, West Lothian Triathlon](#), **on or before Wednesday 6 July**. Your start time will be with swimmers of a similar speed. You cannot change your start time before the race or on poolside.

*Please note: There may be small delays in starting some heats so please do not be alarmed.*



## WLT GRC Fauldhouse Sprint 2022 Race Guide



You will **start in the water** as diving is not permitted. **Do not enter the water until instructed** to do so. Enter the water with care. We will try to give every athlete a chance for a brief swim warm-up before their heat starts but this is dependant on the timings of the previous heat.

The Swim Manager will give you a **5 second count down before you start**. Please follow the Swim Managers instructions at all times.

Be courteous to fellow competitors, especially if you find yourself swimming at a different speed to other people in your lane.

- If you are much **faster than the swimmer in front of you**, please **tap their foot** (strongly) to signal that you would like to **pass them at the end of the length**.
- If you are **much slower than the swimmer behind you** and **they tap you on the foot**, please **give way at the end of the length**. Failure to do this will cause frustration to other competitors so please be considerate towards other athletes.
- **NO OVERTAKING MID LANE!**
- **NEVER swim over the top of fellow competitors!**

A **float will be lowered into the end of the pool by a marshal to indicate you have two lengths to go** (i.e. when you have completed 28 lengths). Please note these **marshals are not ultimately responsible for counting your laps**, you must count as well.

The shallow end of the pool is only 1.0m deep. Please consider carefully if you can manage a successful tumble turn in this depth of water.

Exit the water with care. **No running on pool side!**

You will be directed out of the exit doors and told to turn right to enter transition. The route between the swim exit and transition will be wet so **take care not to slip and fall**. There is a concrete ramp leading down to transition with metal railings on the side. Keep your eyes open for other competitors, take care and **pay attention to the marshals**.

Your **swim time will end as you enter transition and pass over a timing mat**.

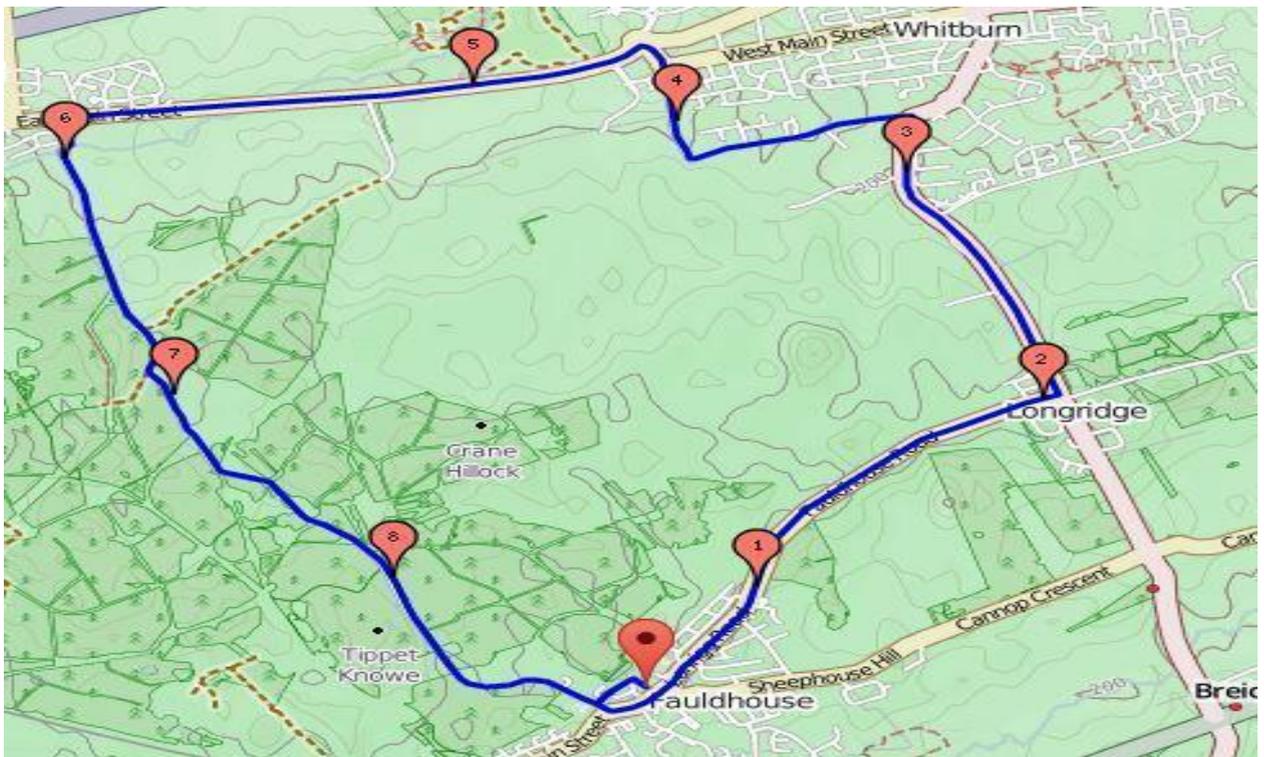
**Remember: No chip, no time! Secure it with the band provided around your left ankle and wear throughout the swim, bike and run.**

**Relay Teams** - If you have a team mate they should be waiting for you in the designated tag zone. If you are the team cyclist, make sure that you are waiting in the tag zone. To tag you need to transfer your team timing chip from the swimmer to the cyclist and ensure they put this securely around their left ankle. Please tag only in the tag zone area.

Please note the team member doing the bike section **must** leave their helmet by their bike and once they have been tagged put their helmet on before removing the bike from the rack.

## Bike Section

The Bike section consists of a single lap of approx. 15km / 9 miles. The map below shows miles.



There are quite a few pedestrian crossing points, road narrowing and traffic lights on the cycle route as the route is on the public highway.

### **ALL COMPETITORS MUST OBEY THE HIGHWAY CODE AT ALL TIMES.**

Marshals will be at the main junction points to warn you, the cyclist; please **follow the marshal instructions at all times.**

**Drafting is not permitted during the race.** You must **stay at least 10m behind the cyclist in front of you.** To overtake pass on the right hand side of the cyclist in front, so that you are clear of any drafting benefit. You will be allowed 20 seconds. to make your passing manoeuvre.

Ride within your ability and experience levels. Report any medical incidents to bike course marshals who will take the appropriate action.

You will **mount your bike at the 'Mount here' line** located outside the exit gate and **dismount your bike at the 'Dismount here' line.** It will be clearly signed at the exit and entrance to transition. You are **not allowed to cycle in transition.**

**Do not remove your helmet until your bike is racked. Bikes are to be racked by the seat.**

## WLT GRC Fauldhouse Sprint 2022 Race Guide

Your **bike must be in a roadworthy condition**, please check everything is in working order when you drop your bike off and make sure you have fixed the labels given to you on your bike. The **bike sticker needs to be clearly visible round the seatpost of your bike** and all numbers must correspond.

Your **race number must be clearly visible on your back**.

Your **helmet must be in a good condition (with sticker in place)** and it has to be **worn at all times when cycling**, you will not be allowed to race without one. Your helmet must be on and fully secure and fastened before touching your bike and leaving transition

**Marshals/Officials may prevent competitors from leaving the transition area if helmets are not fastened and race numbers are not correctly displayed.**

**No mobile phones, iPods, MP3 players etc. in transition or while cycling.** This will result in disqualification.

The race will be allocated British Triathlon Technical Officials (TO); one official will be the lead TO and will be static and sited around the race transition area. The other official (if required by Triathlon Scotland) is a motorcycle official and will be patrolling the bike route, they will be looking after the safety of the athletes on the bike section and also applying the British Triathlon rules i.e. drafting.

For Relay Teams - upon completion of the bike section, the runner must be ready to run when the cyclist returns and tags you in the tag zone area and transfer the timing chip only after they have placed their bike on the rack.

### Run Section



**The 5km run is shown on the map and consists of 2 laps of the top loop section.**

**The run follows forest trails.** Please make sure you are wearing appropriate footwear.



## WLT GRC Fauldhouse Sprint 2022 Race Guide



If you have a **race belt your number should be displayed on the front**. If using pins, the **number should be displayed on your back as worn for the cycle**.

**No mobile phones, iPods, MP3 players etc in transition or while running**. This will result in disqualification.

From transition follow the 'RUN OUT' signs. **Please run on the left hand side at all times**

The run route is **traffic free but there may be other users on the run route**.

**Marshals will be at the key turning points** to instruct you, but please be aware of other users at all times on the route. You may also encounter dogs not on leads on the run route, please be aware of this.

Please **follow the marshal instructions at all times**. If you are asked to call out your number by a race marshal, please call your number out CLEARLY.

**Report any medical incidents** to run course marshals who will take the appropriate action.

**Relay Teams** - make sure your teammate has racked their bike before they transfer the timing chip and tag you in the tag zone.

## 5 Race Day: At the finish, results and photographs

### Completing the event

You'll **pass through the finish arch in the car park and over the timing mat where you can collect an event medal**.

All finishers will receive an event medal. Relay runners will collect one medal for each member of the team.

**PLEASE ENSURE YOU RETURN YOUR TIMING CHIP!**

**IF YOU'RE ABLE TO, PLEASE STAY AROUND TO SUPPORT YOUR FELLOW COMPETITORS AS THEY FINISH THE RACE.**

**If for any reason you do not complete the race, please report to either the Race Director or the Timing Manager, and return your timing chip.**

### Race Timing / Results

We **aim to provide a results kiosk** to allow competitors to print off their **provisional timing results** at the finish. The provisional results will not contain age group positions as this is not possible until all competitors have finished.

As well as the timing chips, we will also be operating a manual timing back-up in case any of the timing chips do not read correctly.

The **timing team must not be approached with timing queries** as this distracts them from the job in hand and may result in the inaccuracy of other results. **All disputes/queries will be reviewed after the race**, and if necessary before the medal presentation.



## WLT GRC Fauldhouse Sprint 2022 Race Guide



Results will be available after the event on the

- WLT Tri website: [www.WLTtri.wordpress.com](http://www.WLTtri.wordpress.com)
- Triathlon Scotland Website: [www.triathlonscotland.com](http://www.triathlonscotland.com)

### Prizes

Prize giving will take place after the final competitor has completed.

Prizes will be given to:

- 1st overall male
- 1st overall female

1st, 2nd and 3rd prizes will be awarded for the following categories for both, men, women and teams:

Category	Ages (years)
Youth	17-19
Senior	20-39
Veteran	40-49
Super Veteran	50-59
Vintage	60+
Relay Team	-

### Photographs

Photography will be by [Abigail Lessels](#). All photos will be free to download and will be shared via a OneDrive link no later than a week after the event.

If you do not want your photograph taken, please make the registration team know, they will take your race number and pass it to the official photographer.

**Photography is not be permitted in the pool and changing areas.**

# ***GOOD LUCK AND ENJOY YOUR RACE!***