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# KNOCKBURN TRIATHLON - RACE INFORMATION

## SUNDAY 12<sup>TH</sup> SEPTEMBER 2004

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Dear Competitor,

Thank you for your entry to the 1<sup>st</sup> Knockburn Triathlon promoted by Fleet Feet Triathletes. This document contains details of the following, which should provide you with everything you need before the day itself:

- Knockburn Loch Location
- Race Day Timetable
- Course Route
- Competition Rules
- Food On-site
- Massage
- Photography

### LOCATION

The loch is situated approximately 3 miles south of Banchory, and can be approached from 2 main directions. The following link will take you to a map showing its exact location: [Knockburn Loch Location](#)

If you are travelling from the **Stonehaven or further South**, we would recommend you take the A90 to Stonehaven then the A957 towards Banchory. Approximately 10 miles after Stonehaven (and 2 miles after the summit of the Cairn Monearn hill) turn left immediately after a small bridge (signposted to Strachan). Follow this narrow and winding road for 3.5 miles to the loch, which you will see on the left hand side.

If you are travelling from **Any Other Direction**, first take the A93 to Banchory then the B974 to Strachan. At Strachan turn left (still on the B974) and cross the River Feugh. 100m after this bridge turn left again towards the loch (signposted for Stonehaven). The loch is approximately 2 miles up this road on the right hand side.

Note that all vehicles must be parked within the loch grounds.

Please note that the **B974 Cairn o'Mount road will be closed to through traffic** for roadworks at the time of the event and therefore cannot be used for access from the south.

### RACE DAY TIMETABLE

#### **9:30 – 11:00am REGISTRATION**

We would also recommend that you allow enough time to drive round the bike course before registration, as it is hilly and technical in places. To drive one of lap of the course will take approximately 20 minutes.

#### **11:30am BRIEFING**

The race briefing will take place next to the Transition Area. It is **mandatory** for competitors to attend this.

#### **11:45am COMPETITOR WARM-UP**

Competitors will be allowed to enter the loch early to warm-up.

#### **12:00 midday START**

#### **3:30pm PRIZEGIVING**

The PrizeGiving will take place at the loch next to the Registration tents.

Every effort will be made to produce a complete set of results on the day, however the priority will be to collate the results of the overall winners and each age category in time for the PrizeGiving. A copy of the results will be e-mailed or posted (if a you provided a SAE) shortly after the event. These will also be published on the Fleet Feet website ([www.fleet-feet.com](http://www.fleet-feet.com))

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Assisted by...



*The Running Shop*

## COURSE ROUTE

### **1.5km Loch Swim**

Link to Fleet Feet website: [Loch Area Detail](#)

- Knockburn Loch is man-made and at it's deepest it is 2m, thus very safe. The circumference of the swim course is 650m. The swim route will be approximately two and a quarter laps of the loch.
- You must be down at the loch exit point 10 minutes before the start, suited-up and ready to swim. There will only be one heat with a deep-water start.
- Canoe support is present if any swimmer gets into difficulty. If you do get into difficulty please raise your hand, lie on your back and float - support will be on its way.
- Please check out the swim exit before entering the loch as it is a different point from the start and just after it there are static wooden posts just below the surface that we don't want you to swim into. Be warned!
- You may leave running shoes to put on at the swim exit as the route to transition is fairly gritty. It is your decision BUT only training shoes are allowed at this point.

### **42km Cycle**

Link to Fleet Feet website: [Race Route](#)

- You must run through transition with your bike and continue to run with your bike down the sand/grit road until the loch exit gate, where you can mount your bike. No cycling is permitted in the transition area or on the road leading to the loch exit gate.
- At the loch exit turn LEFT and follow this road to the T-junction with the B974.
- Turn RIGHT then 200m further on at the T-junction turn LEFT onto the B976 through Strachan.
- 4km along this road (just past the Feughside Inn) turn LEFT. Caution, the road you turn into is narrow!
- Follow this road for another 4km and make a LEFT turn onto the B974 at the AA PhoneBox.
- Caution on the next section - it is fast with a couple tight turns.
- At Templeton 3km down this road, you must stop using tribars and put your hand on the brake hoods as there is a sharp 'Z' descent shortly afterwards.
- 100m past here is the end of the FIRST lap. Two further laps of this circuit are required and it is your responsibility to count the number of laps. It will be obvious from the split times if this is not the case.
- At this point on the third lap, turn RIGHT. Caution again as this is a tight turn with kerbing at the far side of the road.
- Follow this road back to the loch entrance. Dismount at the gate and run with your bike up to the transition area.
- Please drive round the course before you register - it would be worth the extra time.
- Obey marshals at all times, they cannot stop traffic and are there for your safety.

## COURSE ROUTE (CONTINUED)

### 10km Run

Links to Fleet Feet website: [Loch Area Detail](#)  
[Race Route](#)

- Run through transition and follow the marked route to the bridge, back near the swim exit.
- Turn LEFT over the bridge and follow the marked route along the edge of the loch, round behind the volleyball courts and back along the other side of the loch.
- At the Stone Circle turn LEFT and head up towards the upper loch exit gate.
- Exit the loch area turning LEFT onto the road, crossing as you do so to run on the right hand side of the road.
- 100m further on turn RIGHT towards Knockhill onto a farm track.
- After another 50m turn LEFT and follow the farm track until you reach a T-junction and tarmac road at Pilmuir (approximately 1km).
- Turn RIGHT and run on the right hand side of the road.
- Follow this road up the hill past Eslie farm to a T-junction and turn RIGHT.
- Follow this road until a T-junction and turn LEFT.
- 50m further on turn LEFT onto forest track. There will be a water station at this point.
- Run round the path barrier and along the track until reaching a taped area leading RIGHT onto a single track path. Watch your footing on this small section as there are a number of tree roots.
- Follow the path straight up the hill until you reach Nine Stanes Stone Circle and another taped area leading you RIGHT to the forest exit.
- Join the tarmac road turning RIGHT, keeping to the right hand side of the road.
- Follow the road down past where you entered the forest, keeping fellow competitors running up the hill to your right. Take care on this 50m section where competitors are running in both directions.
- Follow the road downhill for 1.5km, again keeping to the right hand side of the road. Do not cross the road until you reach the upper loch entrance.
- Obey the marshal's instructions, cross the road and turn LEFT into the loch area. Take care at this point. Follow the path straight down the hill and round the far side of the loch. This path will take you round to the FINISH line just before the bridge near the swim exit.

## COMPETITION RULES

This event will be run under the standard **triathlonscotland** rules (as defined in the 2004 Handbook).

### General Rules

1. It is the competitor's responsibility to be well prepared for competition, both regarding general health as well as present level of training.
2. Each competitor is responsible for his/her own equipment and must ensure it meets with regulations.
3. Competitors may not interfere with the progress of another competitor, whether intentionally or accidentally.
4. Competitors must not compete in the cycling or running sections with a bare torso. The lower body must be adequately covered with a bathing costume as a minimum.
5. Shortcutting or disregarding the official course will result in immediate disqualification.
6. Obey race marshals at all times. No competitor will be permitted to continue who, in the opinion of a race marshal, is unfit to do so.
7. Competitors will be given a pin-on competition number when registering that must be worn over clothing such that it is visible clearly to race marshals from behind during the cycle and run sections. This same number will also be clearly marked on the left leg and arm.

### Swimming Section

1. Competitors must wear allocated swim hats and a wetsuit. **NO WETSUIT – NO RACE.**
2. No artificial aids, such as paddles, fins and snorkels are allowed. Swimming goggles are recommended.
3. Swimmers must count their own number of laps of the loch. The swim course will be approx. two and a quarter laps of the loch.
4. Swimmers will exit the loch side at the designated spot and run to transition.

## **COMPETITION RULES (CONTINUED)**

### **Cycling Section**

1. Competitors are responsible for his/her bike to be in safe order.
2. Competitors must wear an “approved” helmet throughout the cycle section. Helmets must be fastened before leaving transition and until after re-entering the transition area. **NO HELMET – NO RACE.**
3. Competitors incurring punctures, accidents, etc, must repair the cycle themselves, without assistance, to the satisfaction of the race marshal. Do not continue if your bike is unsafe.
4. The Highway Code **MUST** be obeyed at all times. Safety is ultimately the competitor’s responsibility.
5. Heed all marshal warnings. The cycle course is technical and needs to be ridden with care!
6. No assistance shall be allowed to competitors through pacing by escort vehicles, drafting (a minimum of 7 meters / 5 bike lengths between cycles) or in the transition area. Side by side riding is only permitted during overtaking and should be completed within 30 seconds.
7. Cyclists must count their own number of laps of the circuit, of which **THREE** must be completed.

### **Running Section**

1. Competitors again must obey the Highway Code.
2. The run is a mixture of road and off road; normal running shoes will be fine.
3. Running shoes must be fastened by means of tied laces or toggle system to prevent tripping

### **FOOD ON-SITE**

A sandwich van will be present at the loch throughout the day selling food and drink. Competitors will also be given a food voucher to use at this van to receive a complimentary food bag.

### **MASSAGE**

Two qualified sports massage therapists will be on-site and situated in a tent near Registration. This will only be available after the race has started, but will be open to both competitors and support crews.

This will be provided on a first come basis at a cost of £5 for 10 minutes massage.

### **PHOTOGRAPHER**

A professional photographer will be on-site and around the course to take photos of the event – so remember to smile when you're racing! These will be posted on a website a short time after the event. Details will be provided on the day.

Lastly, we hope you are preparing well for the race and look forward to seeing you on the day itself!

Steve Boyd & Neil Shand  
Race Organisers