

BORDERS SPORT AND LEISURE TRUST

# TRIATHLON SERIES 2010

*Go for it!*



## ... event dates

### TRIATHLONS

#### GALASHIELS

Sun 18th April

#### SELKIRK

Sun 9th May

#### PEEBLES

Sun 13th June

#### HAWICK

Sun 4th July

#### KELSO

Sun 8th August

#### EYEMOUTH

Sun 26th September

### DUATHLONS

#### TWEEDBANK (GALASHIELS)

Sun 30th May

#### PEEBLES

Sun 22nd August



## ... location of all events

### GALASHIELS TRIATHLON

Galashiels Swimming Pool  
Livingstone Place  
Galashiels TD1 1DQ

**Race co-ordinator:** Dave Scullion

**Contact:** 01896 752154

### SELKIRK TRIATHLON

Selkirk Leisure Centre & Caravan Park  
Victoria Park  
Buccleuch Road  
Selkirk TD7 5DN

**Race co-ordinator:** Carl Spence

**Contact:** 01750 20897

### PEEBLES TRIATHLON

Peebles Swimming Pool  
Port Brae

Peebles EH45 8AW

**Race co-ordinator:** Steven Watts

**Contact:** 01721 720779

### HAWICK TRIATHLON

Teviotdale Leisure Centre  
Mansfield Road  
Hawick TD9 8AG

**Race co-ordinator:** Lynne Nisbet

**Contact:** 01450 374440

### KELSO TRIATHLON

Kelso Swimming Pool  
Inch Road  
Kelso TD5 7JP

**Race co-ordinator:** Roy Maxwell

**Contact:** 01573 224944

### EYEMOUTH TRIATHLON

Eyemouth Leisure Centre  
North Street  
Eyemouth TD14 5ET

**Race co-ordinator:** Neil Tait

**Contact:** 01890 750557

### TWEEDBANK DUATHLON

Tweedbank Sports Centre  
Tweedbank  
Galashiels TD1 3RS

**Race co-ordinator:** Andrew Richardson

**Contact:** 01896 750456

### PEEBLES DUATHLON

Peebles Swimming Pool  
Port Brae

Peebles EH45 8AW

**Race co-ordinator:** Steven Watts

**Contact:** 01721 720779

## WEBSITE

The results for each event will be posted on our website within 2 days.

An overall Leader Board will also be available throughout the Series.

Any queries regarding the results please contact Ian Learmonth 01890 750557.

## ... event parking



### GALASHIELS

Parking is available at St Margaret's Primary School which is located just before the swimming pool. There will be no parking in the swimming pool car park as this will be sealed off for the transition area.

### SELKIRK

Ample parking is provided in the Industrial site car park which is next door to the Leisure Centre.

### TWEEDBANK

Plenty parking available in Tweedbank Industrial Estate, which surrounds the Facility. There will be no parking in the Leisure Centre car park as this will be sealed off for the transition area.

### PEEBLES

Limited parking available in the public car park, located behind the swimming pool. Additional parking is available at Kings Meadow Car Park, Kings Meadow Road which is located just past the swimming pool, over the bridge on the right.

### HAWICK

Ample parking is available at Teviotdale Leisure Centre.

### KELSO

Restricted parking is available in the swimming pool car park. This area will then be closed off while the event is taking place. Additional parking is available in Edenside School car park and Edenside Surgery car park. Both of these locations are a short distance from the swimming pool.

### EYEMOUTH

There will be no parking at the actual centre as this will be closed off. Parking will be available at the Co-op car park which is next to the Leisure Centre and also in the Tavern Pub car park. A marshall will be on hand to direct traffic.



## ... event information

### REGISTRATION

Registration for all the events will be from 8am-9.40am, and will take place in a designated area within each of the facilities. If there are any amendments required on the day then please inform the registration team prior to the event starting.

At registration you will be issued with your swim cap (for triathlons), informed of what swim heat and lane you will be swimming in and have your competitor number drawn on your leg and arms.

All competitors who have a race licence number must bring their card along with them to each event.

Maps for both the run and cycle routes will be displayed in the registration area, along with a copy of the risk assessments.

### START TIMES

All events in the 2010 Series have a start time of 10am.

For the Triathlons this will mean that the first swim heat will start at 10am and for the Duathlons all competitors will start their first run at 10am.

### RACE BRIEFING

The race briefing will take place at 9.45am at each event. Competitors will be told at registration the exact location as to where the race briefing will take place. It is the responsibility of each competitor to make sure that they do not miss the briefing.

The briefing will provide details on all the elements of the event, with specific details of race rules, transition areas, and the cycle and run routes.

There will be an opportunity at the end of the briefing to ask any questions that you may still have.



## ... event categories

### EVENT CATEGORIES AND PRIZES

At each event the following prizes will be awarded.

1st, 2nd & 3rd Overall (female)

1st Senior (female)

1st Junior (female)

1st Veteran (female)

1st Super Veteran (female)

1st Vintage (female)

1st Come & Try (female) - Triathlon events only

1st, 2nd & 3rd Overall (male)

1st Senior (male)

1st Junior (male)

1st Veteran (male)

1st Super Veteran (male)

1st Vintage (male)

1st Come & Try (male) - Triathlon events only

At Selkirk Triathlon an additional prize of 1st Team will be awarded.

The winners of the overall series will be awarded at Eyemouth where the final event in the Series takes place. To compete in the Overall Series a competitor must compete in a minimum of 4 events. A competitors best 4 scores will be used for calculating the Overall Series winners.

Each competitor is automatically entered into one of the above categories eg Senior or Vintage etc, according to their date of birth given on the entry form.

CATEGORY	AGE AS AT 31ST DEC 2010
Junior	Under 21yrs
Senior	Under 40yrs
Veteran	Over 40yrs
Super Veteran	Over 50yrs
Vintage	Over 60yrs

## ... event routes



### ROUTES/DISTANCES

All route maps for both the cycle and run elements are available by logging on to our website. For information on the cycle and run routes prior to each event please contact the race co-ordinator at each site. Contact details listed on page 2. Route maps will be displayed at each facility on the day of the event.

Every effort is taken to ensure that the actual distances for all the cycle and run routes are as close to the stated sprint/come & try distances as possible. Exact distances will be displayed on the day of the event.



### USEFUL CONTACTS

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Series Coordinator

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