
IRVINE SPRINT TRIATHLON

SUNDAY 4TH AUGUST 2024



RACE INFORMATION GUIDE

WELCOME

THE IRVINE SPRINT TRIATHLON IS AN OPEN WATER TRIATHLON HOSTED AND ORGANISED BY AYRODYNAMIC TRIATHLON CLUB. UTILISING LOCAL AREAS THE CLUB FREQUENTLY USE FOR TRAINING, WE ARE PROUD TO HOST THE RACE WHICH HAS BEEN ENJOYED BY BOTH EXPERIENCED ATHLETES AND NEWCOMERS TO THE SPORT IN PREVIOUS YEARS.

WHETHER YOU ARE AIMING TO WIN THE RACE OR TAKING YOUR FIRST STEPS IN TRIATHLON, WE HOPE YOU ENJOY THE EVENT WITH US AND WISH YOU THE BEST RESULT.

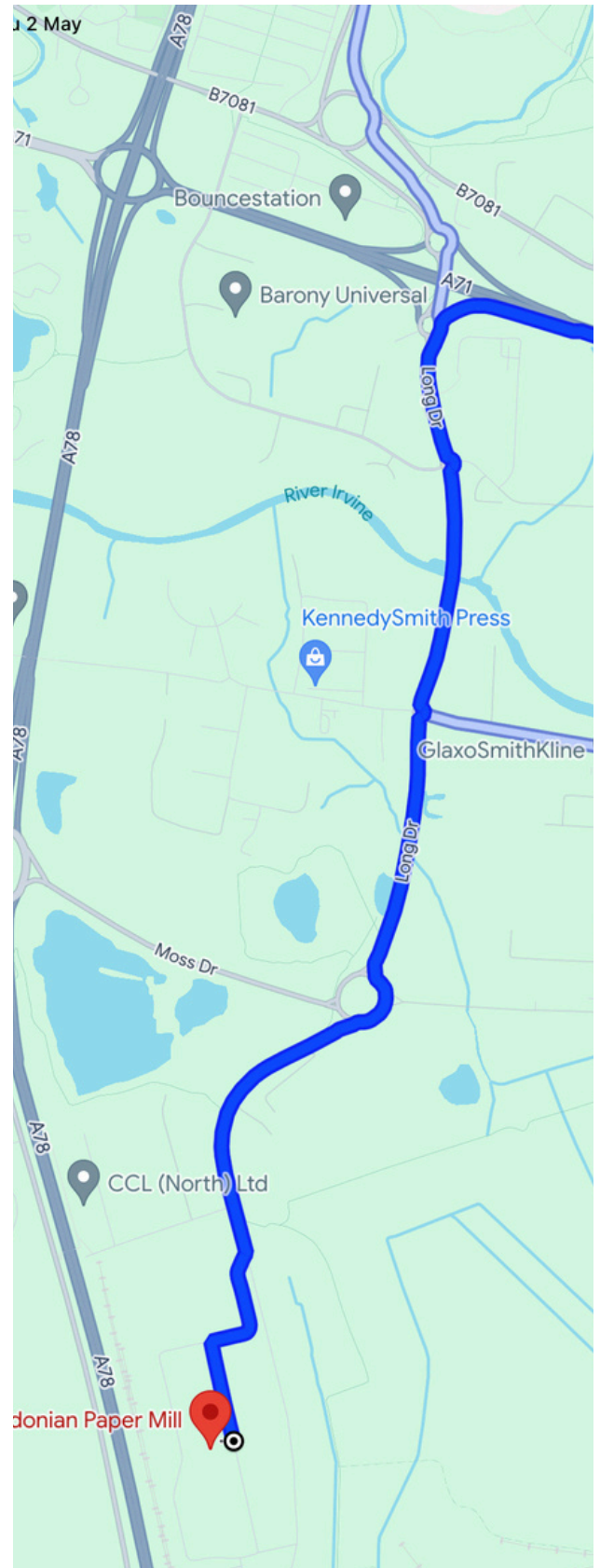
GETTING HERE

THE RACE IS BASED AT SHEWALTON WATER JUST OUTSIDE IRVINE, IT IS ACCESSED FROM THE A71. TAKE THE EXIT FOR GREENWOOD INTERCHANGE, AT THE BOTTOM OF THE SLIP ROAD TAKE 1ST EXIT AT THE ROUNDABOUT AND CONTINUE ALONG "LONG DRIVE". FROM THERE YOU WILL PICK UP SIGNS FOR MEADOWHEAD PAPERMILL WHICH IS THE LOCATION OF THE EVENT CAR PARK.

GOOGLE MAPS LINK TO CAR PARK.

https://maps.app.goo.gl/fYttSdDDZfSyQ8gJ8?g_st=ic

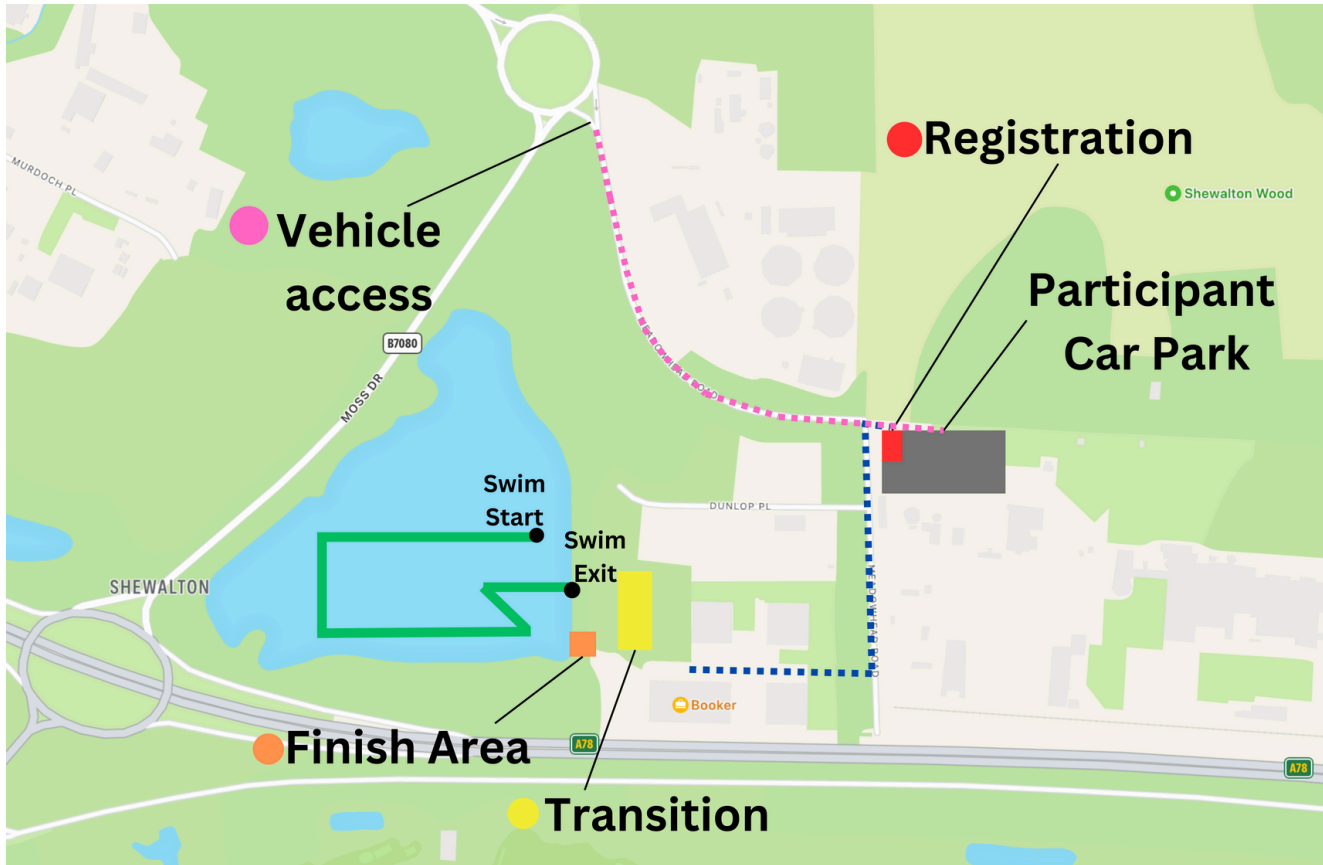
PLEASE NOTE THERE IS NO ACCESS TO MEADOWHEAD AVENUE FOR ATHLETE OR SPECTATOR PARKING, PLEASE USE THE EVENT CAR PARK AND FOLLOW THE DIRECTIONS OF MARSHALS



COURSE GUIDE



VENUE OVERVIEW



■ ■ ■ ■ ■ Vehicle Access Route to Car Park **NO VEHICLE ACCESS TO MEADOWHEAD AVE.** ■ ■ ■ ■ ■ Walking Route from Car Parking to Race HQ

ON ARRIVAL AT THE VENUE, YOU WILL FIND RACE REGISTRATION WITHIN THE CAR PARK, HEAD THERE AND OUR FRIENDLY REGISTRATION MARSHALS WILL GIVE YOU YOUR RACE PACK AND TIMING CHIP.

ONCE YOU HAVE REGISTERED, TRANSITION AND THE START AREA IS AROUND 5 MINUTES WALK FOLLOWING THE ROUTE SHOWN ON THE MAP ABOVE,

THERE IS A BAG DROP TENT ADJACENT TO TRANSITION SO YOU DON'T NEED TO WORRY ABOUT RETURNING TO YOUR CAR ONCE YOU HAVE SET UP IN TRANSITION.

TOILETS WILL BE LOCATED IN BOOKERS CAR PARK CLOSE TO TRANSITION.

COURSE GUIDE



SWIM COURSE



THE SWIM COURSE IS A ONE LAP 750 METRE CIRCUIT. EACH WAVE WILL BE A DEEP WATER START. THERE IS A SMALL WARM UP AREA CLOSE TO THE START, BUT PLEASE STAY WELL AWAY FROM THE RACE COURSE IF WARMING UP.

YOU WILL BE CALLED TO THE START 10 MINUTES BEFORE YOUR WAVE START TIME FOR A SHORT BRIEFING BEFORE ENTERING THE WATER.

THE START WILL BE SIGNALLED BY A HORN. YOU WILL SWIM ANTI CLOCKWISE AROUND WHATS LOCALLY KNOWN AS THE "PACMAN" CIRCUIT.. YOU WILL SWIM THREE SIDES OF A RECTANGLE, BEFORE SWIMMING TO A CENTRAL BUOY THEN RETURNING TO THE BEACH WHERE YOU WILL FINISH THE SWIM, THE FINISH WILL BE MADE VISIBLE WITH LARGE FLAGS.

COURSE GUIDE



BIKE COURSE



THE BIKE COURSE IS 2 LAPS (WITH AN OUT AND BACK ACCESS SECTION) AND IS JUST OVER 21KM. YOU WILL RIDE OUT THE ACCESS SECTION TO JOIN MARINE DRIVE WHERE YOU WILL RIDE TWO LAPS, FOLLOW MARINE DRIVE ALL THE WAY TO THE HARBOURSIDE WHERE THERE IS A U-TURN AT THE ROUNDABOUT,

YOU RETURN ALONG MARINE DRIVE BEFORE DOING A U-TURN AT THE THREE STANES ROUNDABOUT AND HEADING BACK TO THE HARBOURSIDE, WHEN YOU TURN AT RHE HARBOURSIDE FOR THE SECOND TIME YOU ARE ON THE ROAD TO HOME, SO RIDE BACK ALONG THE SAME ROUTE TOWARDS T2.

REMEMBER THIS RACE IS ON OPEN ROADS AND IS NON-DRAFTING, SO MAINTAIN A 10 METRE GAP FROM THE BIKE IN FRONT OF YOU, AND RIDE ACCORDING TO THE HIGHWAY CODE!

LINK TO STRAVA BIKE ROUTE:

[HTTPS://WWW.STRAVA.COM/ROUTES/3180847861466561354](https://www.strava.com/routes/3180847861466561354)

COURSE GUIDE



RUN COURSE



THE RUN COURSE IS A FLAT OUT AND BACK 5KM. IT IS ON TARMAC THE WHOLE WAY AND IS ALMOST ALL ON TRAFFIC FREE PATHS.

WHEN YOU LEAVE T2 YOU WILL RUN ALONG THE CYCLE PATH BEFORE TURNING RIGHT WHEN YOU REACH THE ROAD. MARSHALS WILL ASSIST IN CROSSING THE ROAD WHERE YOU WILL ENTER SHEWALTON NATURE RESERVE. FOLLOW THE PATH ALL THE WAY OUT TO THE TURN POINT AT THE FAR END BEFORE RETRACING YOUR STEPS BACK TO THE FINISH.

THERE WILL BE A WATER STATION AT THE ENTRANCE TO THE NATURE RESERVE WHICH YOU WILL PASS AT APPROXIMATELY 1KM AND 4KM. PLEASE USE THE DESIGNATED LITTER ZONE IMMEDIATELY AFTER THE WATER STATION.

LINK TO STRAVA RUN ROUTE:

[HTTPS://WWW.STRAVA.COM/ROUTES/3183428588689463894](https://www.strava.com/routes/3183428588689463894)

COURSE GUIDE



TRANSITION MAP



TRANSITION WILL BE ON THE GRASS AREA ADJACENT TO THE SWIM COURSE AND FINISH AREA. IT WILL HAVE CARPETED PATHWAYS AND EACH ROW WILL BE ORGANISED IN WAVE ORDER.

TRANSITION WILL OPEN AT 07.00.

PLEASE ENTER AT "BIKE IN" AND HAVE YOUR HELMET ON AND FASTENED, ALSO HAVE YOUR RACE NUMBER TO HAND.

TRANSITION WILL RE OPEN FOR COLLECTING YOUR BELONGINGS ONCE THE LAST ATHLETE IS THROUGH T2.

WHEN RETURNING TO TRANSITION PLEASE SHOW YOUR RACE NUMBER WHEN ENTERING AND EXITING.

THE PATH TO THE BIKE MOUNT/DISMOUNT LINE IS NARROW, PLEASE RESPECT OTHER ATHLETES AND FOLLOW MARSHAL INSTRUCTIONS.

THE MOUNT/DISMOUNT LINE IS IN BOOKERS CAR PARK, DO NOT MOUNT YOUR BIKE PRIOR TO CROSSING THAT LINE.

RELAY TEAMS: THE HANDOVER ZONE WILL BE WITHIN TRANSITION, MARSHALS WILL BRIEF YOU ON RACE DAY.

TIMETABLE



TIME		
07.00	REGISTRATION AND TRANSITION OPENS	
07.45	TRANSITION CLOSES FOR WAVES 1 AND 2	
08.00	REGISTRATION CLOSES FOR ALL WAVES	WAVE 1 STARTS
08.30	TRANSITION CLOSES FOR WAVES 3 AND 4	WAVE 2 STARTS
09.00	WAVE 3 STARTS	
09.30	WAVE 4 STARTS	
11.00 (APPROX)	TRANSITION RE OPENS FOR EXIT	
12.00 (APPROX)	PRIZEGIVING	

Post race refreshments will be located close to the finish line

GENERAL INFORMATION



BAG STORAGE

THERE IS A BAG STORAGE TENT NEXT TO TRANSITION, YOU WILL RECEIVE A BAG STICKER IN YOUR RACE PACK. PLEASE ATTACH THAT TO YOUR BAG. YOU WILL NEED TO SHOW YOUR RACE NUMBER TO RECLAIM THE BAG AFTER THE RACE. WHILE THE STORAGE AREA WILL BE MONITORED, ANY BAGS ARE LEFT AT YOUR OWN RISK

FIRST AID

THERE WILL BE MOBILE FIRST AIDERS ON COURSE, SHOULD YOU OR ANYONE ELSE REQUIRE THEIR ASSISTANCE, PLEASE ALERT A MARSHAL

MARSHALS

ALL OF OUR RACE MARSHALS INCLUDING THE RACE DIRECTOR AND ORGANISATIONAL TEAM ARE ALL VOLUNTEERS. PLEASE RESPECT THEM WHEN THEY ISSUE INSTRUCTIONS AND GIVE THEM A THANK YOU! MANY ARE EXPERIENCED TRIATHLETES HAPPY TO ANSWER ANY QUESTIONS.

PRIZEGIVING

PRIZEGIVING FOR OVERALL AND AGE GROUP PRIZES WILL BE ADJACENT TO THE FINISH LINE AS SOON AS POSSIBLE AFTER THE LAST FINISHER

RESULTS

CHIP TIMING AND RESULTS WILL BE PROVIDED BY "WHAT'S MY TIME". RESULTS WILL BE AVAILABLE AT THE FINISH AREA AND ONLINE IMMEDIATELY AFTER THE RACE.

RULES

THE RACE IS SANCTIONED BY TRIATHLON SCOTLAND AND THEREFORE RUN UNDER BRITISH TRIATHLON RULES.

IF YOU ARE UNSURE PLEASE FIND THE BTF RULEBOOK HERE:

[HTTPS://WWW.BRITISHTRIATHLON.ORG/COMPETITIONRULES](https://www.britishtriathlon.org/competitionrules)

COMMON THINGS TO REMEMBER:

- NON DRAFTING - ON THE BIKE YOU ARE REQUIRED TO REMAIN 10 METRES BEHIND THE BIKE IN FRONT UNLESS OVERTAKING
- RACE NUMBER TO THE REAR ON THE BIKE AND FRONT ON RUN
- NO PHONES OR MUSIC PLAYERS DURING THE RACE
- NO TOW FLOATS OR SWIM AIDS
- FASTEN YOUR HELMET PRIOR TO TOUCHING YOUR BIKE IN TRANSITION, AND DO NOT UNFASTEN IT UNTIL AFTER YOUR BIKE IS RACKED AT THE END OF YOUR CYCLE.

WATER STATION

THERE WILL BE A WATER STATION ON THE RUN COURSE AT APPROXIMATELY 1KM AND 4KM, PLEASE EITHER RETAIN YOUR PAPER CUP OR DISPOSE OF IT IN THE LITTER ZONE EITHER SIDE OF THE AID STATION.

WATER SAFETY

KYLE KAYAK CLUB WILL BE PROVIDING WATER SAFETY BOATS, AS WELL AS SEVERAL MARSHALS ON LAND WITH THROW LINES SHOW ANY ISSUES OCCUR, IF YOU NEED ASSISTANCE WHILE IN THE WATER, ROLL ONTO YOUR BACK AND RAISE YOUR HAND IN THE AIR AND A SAFETY KAYAK WILL COME TO ASSIST YOU.

WATER TEMPERATURE

WATER TEMPERATURE WILL BE CONFIRMED AND DISPLAYED ON RACE MORNING, WE EXPECT IT TO FALL INTO THE "WETSUIT OPTIONAL" CRITERIA

WETSUIT MANDATORY: BELOW 14°C

WETSUIT OPTIONAL: BETWEEN 14-22°C

WETSUIT PROHIBITED: ABOVE 22°C

WITHDRAWALS

IF YOU REQUIRE TO WITHDRAW DURING THE RACE PLEASE INFORM THE NEAREST MARSHAL. IF YOU ARE ON THE BIKE COURSE WE WILL MAKE EFFORTS TO RECOVER YOU AND YOUR BIKE IF REQUIRED.
