

Edinburgh Triathlon



Saturday 21st June 2003

FutureSport Hotline 0131-529 7794

www.edinburghracingcoop.co.uk

Edinburgh Triathlon

Registration	8:00am - 9:00am		
Race Briefing	9:15am		
Adult Start	9:45am	Children Start	9:30am
Closing date for entries	9 th June	Max number of entries	400

The transition area will be situated in the car park at the Royal Commonwealth Pool. Competitors will be required to park in the overflow car park at the pool or the car park at Holyrood palace. Registration will take place in the Commonwealth pool foyer. Toilet and shower facilities are also situated in the pool building.

Swim : 750m The swim will consist of 15 lengths of the commonwealth pool, and will use a continuous wave format.

Bike : 18.5Km Cyclists will complete two 5.5mile loops of a hilly circuit within Holyrood Park on roads closed to traffic.

Run : 5K The run will be a single loop mixed terrain circuit in and around Holyrood Park.

