



# FLOORS CASTLE *DUATHLON*

**Athlete Information  
Adult Duathlon**

**28**

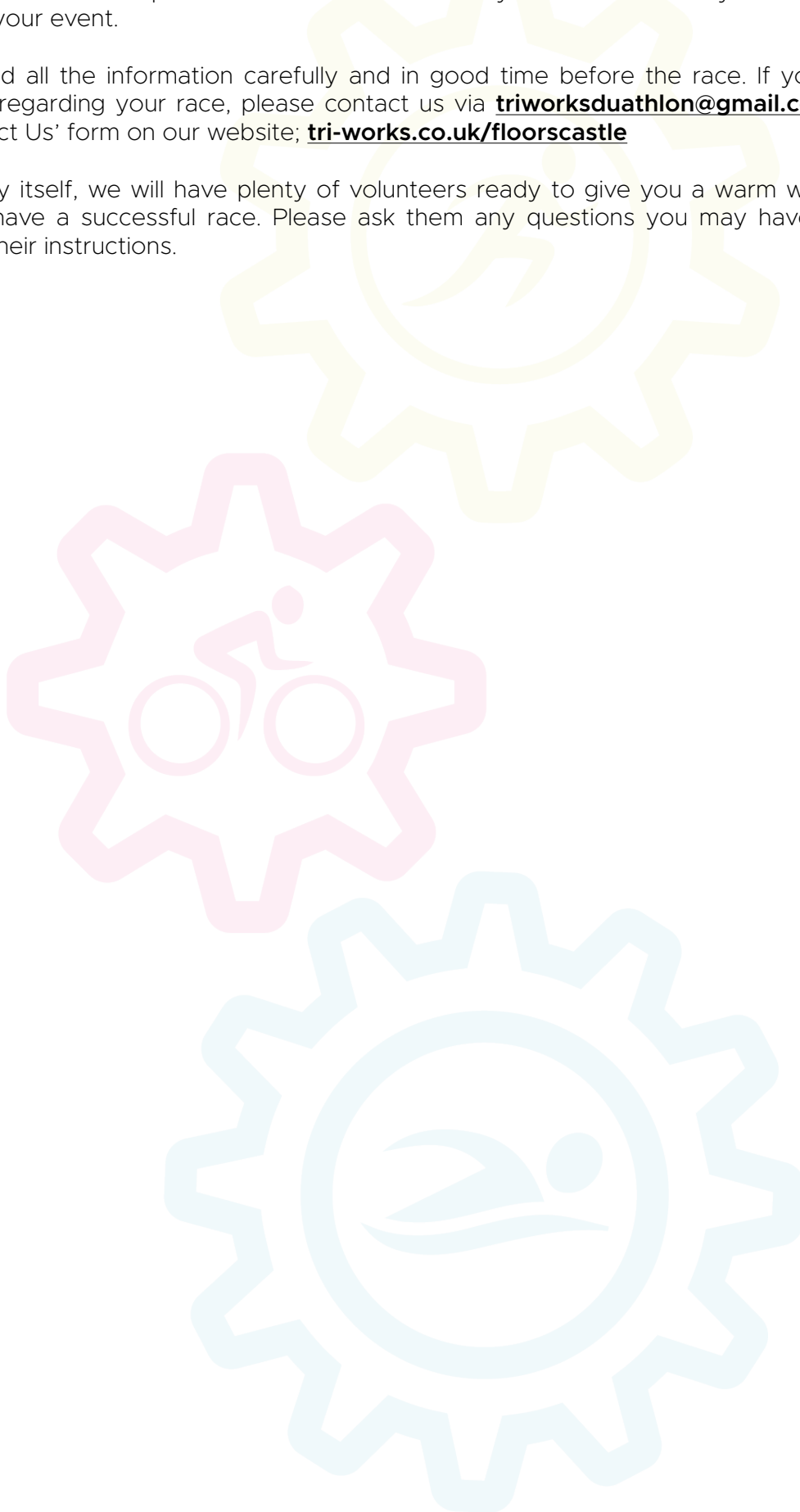
**SEP**

**2025**

Thank you very much for entering the **TriWorks Floors Castle Duathlon** on **28th September 2025**. This document provides all the information you need to safely and successfully complete your event.

Please read all the information carefully and in good time before the race. If you have any questions regarding your race, please contact us via [triworksduathlon@gmail.com](mailto:triworksduathlon@gmail.com) or using the 'Contact Us' form on our website; [tri-works.co.uk/floorscastle](http://tri-works.co.uk/floorscastle)

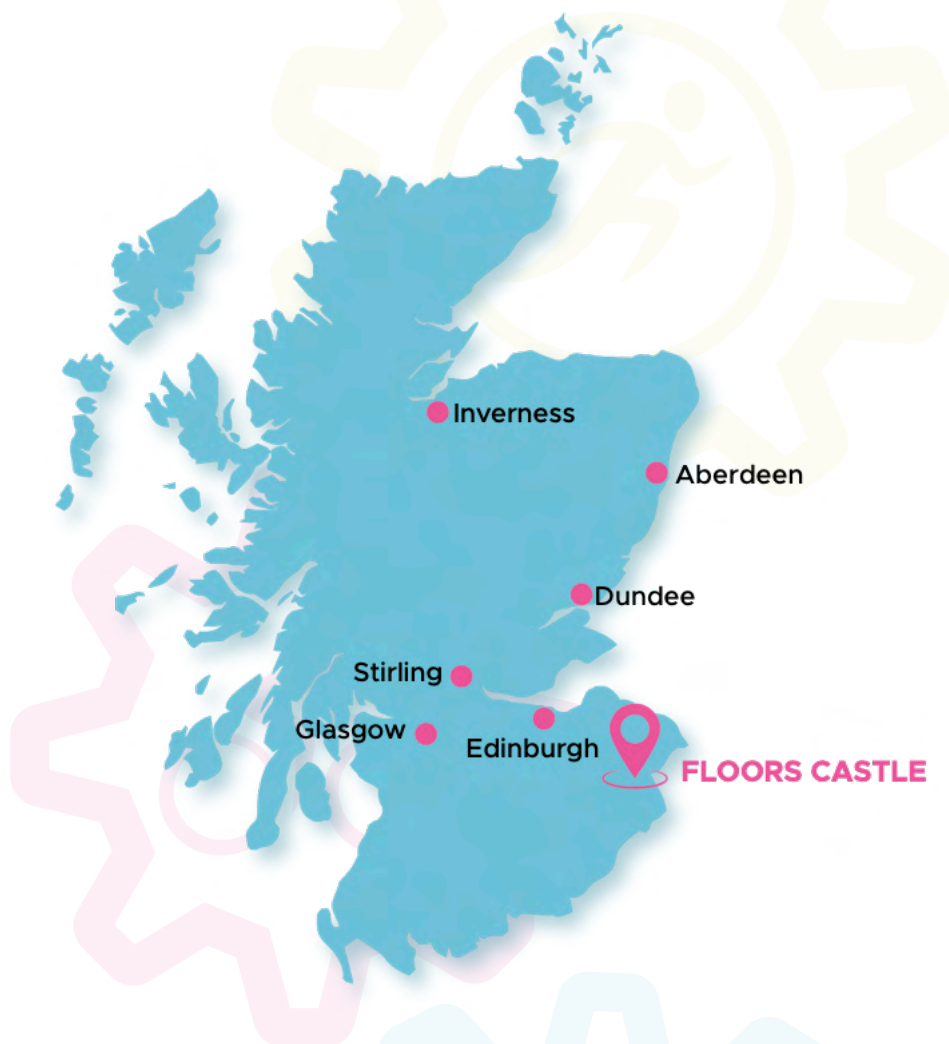
On the day itself, we will have plenty of volunteers ready to give you a warm welcome and help you have a successful race. Please ask them any questions you may have as well as following their instructions.



# LOCATION AND TRAVEL

## LOCATION

The race is located at Floors Castle (TD5 7RN), in Kelso, approximately 40 miles south east of Edinburgh.



## GETTING TO THE VENUE

### *Car*

Floors Castle is easily accessible by car and there is plenty of free parking. Wherever possible please consider car sharing with other competitors and spectators.

**Please enter the grounds of Floors Castle via the main gate in Kelso.** There will be no entrance from the B6397. If you are using sat nav please **use the post code TD5 7RL to take you to the correct entrance.**

There will be pink signs at the entrance saying "TriWorks Event". Once inside the venue please follow the further pink signs for the car park and follow the directions of the marshals.

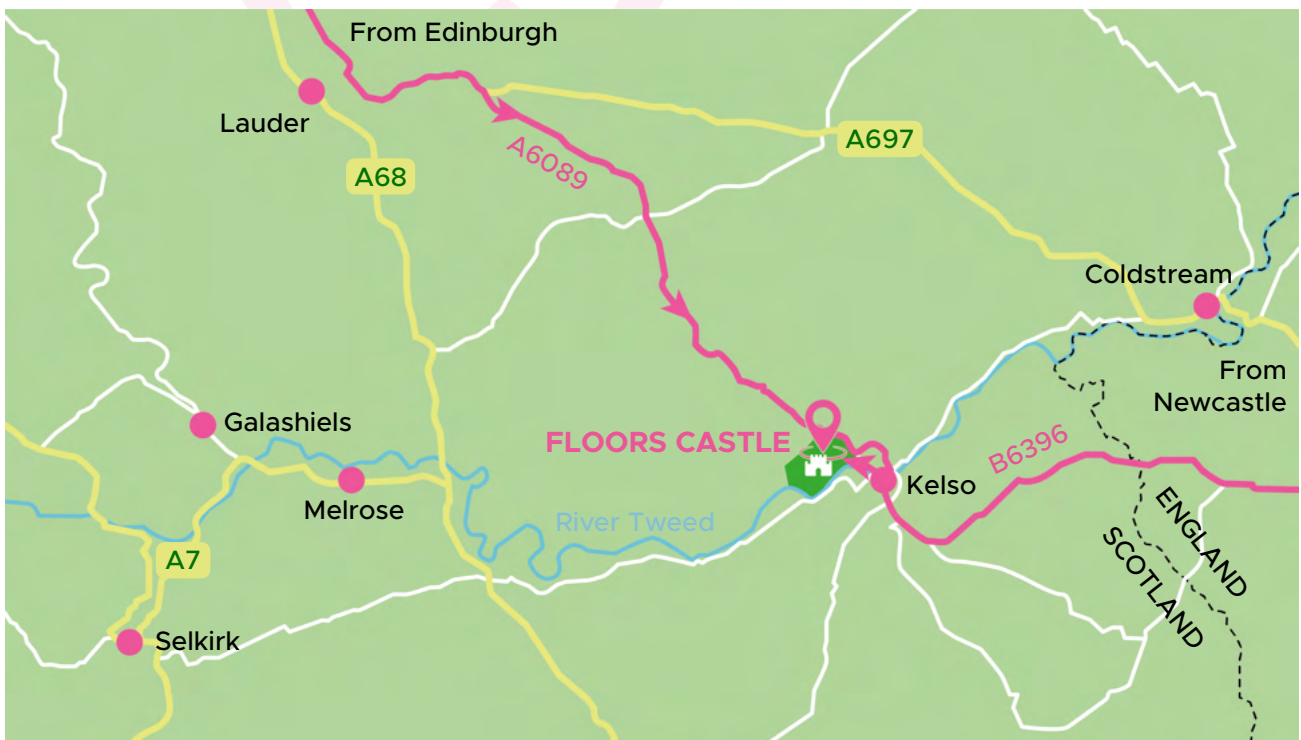


### ***Travelling from Edinburgh and the North;***

- Travelling from Edinburgh on the A68 take the first exit onto the A697 at the roundabout at Carfraemill.
- After 7 miles turn right onto the A6089 at Whitburn.
- Continue on the A6089 including going straight over at the crossroads in Gordon.
- Take the second exit at the first roundabout in Kelso onto Edinburgh Road.
- Follow the one way system onto Bowmont Street then make a right turn onto Winchester Row.
- At the end of the road, turn right onto Roxburgh Street.
- The main entrance to Floors Castle is on the left hand side after 200m.

### ***Travelling from Newcastle and the South;***

- Travelling from Newcastle on the A697 take the left turn just after Milfield before shortly turning left again onto the B6352.
- Continue straight onto the B6396 in Mindrummill.
- After 7 miles at the T junction turn right on to the B6352.
- Take the second exit at the roundabout in Kelso to stay on the B6352.
- Cross the bridge over the River Tweed and continue on the A699 which becomes Roxburgh Street.
- The main entrance to Floors Castle is on the left hand side less than a mile after the bridge.



# RACE DAY TIMETABLE

Please make sure you know which race you have entered and make a careful note of the timings for your race. You need to register **at least 30 minutes before the start of your race**. Transition will close **15 minutes before the start of your race**.

Registration is a 5-10 minute walk from the car park. Please arrive in plenty of time to register and get yourself ready for your race. We recommend arriving **at least 1 hour before your race is due to start**.

Attendance at the **race briefing is mandatory** as it will contain any updated safety information and a reminder of the course. **Your race briefing will take place at the Start Line 10 minutes before the start of your race**.

0830 Registration Opens for all Trail Races

## STANDARD DISTANCE INDIVIDUAL & RELAY

0700 Registration Opens  
0730 Transition Opens  
0800 Registration Closes  
0815 Transition Closes  
0820 Race Briefing  
**0830 Race Start**

1230 Prizegiving

## SPRINT DISTANCE INDIVIDUAL & RELAY

0730 Registration Opens  
0730 Transition Opens  
0830 Registration Closes  
0845 Transition Closes  
0850 Race Briefing  
**0900 Race Start**

1230 Prizegiving

## RACE VILLAGE

The Floors Castle Duathlon is very spectator friendly and our race village provides a lively atmosphere and a beautiful vantage point from which to watch the race. Spectators will be able to see the start, transition and finish as well as supporting athletes on each run lap. Spectators will also be able to explore the stunning grounds of Floors Castle

Our race village will have catering provided by Brew 52 (tea, coffee, breakfast rolls, tray bakes).

Portable toilets will be available for all competitors and spectators.

Dogs are allowed in the venue but must be kept on a lead at all times for the safety of competitors and to avoid interfering with the race. Please clean up after your dog.

# REGISTRATION AND RACE NUMBERS

## REGISTRATION

On arrival at Floors Castle you will need to register for your race. Please follow the marshals' instructions and signs when leaving the car park. **Please only cross the run course at the designated crossing point.**

Follow signs to Registration and **ensure you register at least 30 minutes before the start of your race.**

At registration please provide either physical or digital evidence of the following;

- ▶ **Photographic ID** (driving licence or passport);
- ▶ **Home Nation Race Licence (if you have one)**
  - ▶ If you have Core or Ultimate membership of Triathlon Scotland, Triathlon England or Welsh Triathlon then your membership card is your race licence
  - ▶ Your race licence (membership) must be in date
  - ▶ The personal details on the race licence must match your Photographic ID



At registration you will be provided with the following;

- ▶ Race Number
- ▶ Race Number Stickers for your bike and helmet
- ▶ Timing Chip to be worn around your left ankle
- ▶ Race T-Shirt (if purchased at the time of entry)
- ▶ Race Belt (if purchased at the time of entry)

## RACE NUMBERS

Your Race Number needs to be clearly visible at all times and worn to the front whilst running and to the back whilst cycling. The easiest way to do this is using an elasticated race belt around your waist. Please ensure you bring one with you or have purchased one from us prior to the event.

Please ensure you accurately complete the medical and contact information on the back of the Race Number. We will have pens available at registration. Race Numbers must not be altered, cut down or folded.

The Race Number Stickers need to be applied to the seat post of your bike and to both sides of your helmet. If you have any questions, please just ask one of our friendly volunteers.



If you wish to check out the run course ahead of the race then Floors Castle grounds are open to the public between May and September. Please visit [www.floorscastle.com](http://www.floorscastle.com) to find out more information and to book tickets.

GPX files are available for each of the run and bike routes and can be downloaded using the QR codes on the maps below. On the day of the race all courses will be clearly signed with black arrows on a yellow background.

## **RUN 1 - SPRINT 5KM / STANDARD 10KM**

Run 1 consists of one (sprint) or two (standard) laps of the 5km run course. The run course is undulating in nature with 52m of elevation gain and loss over each 5km lap.

If completing two laps, at the end of the first lap follow the arrow labelled 'LAP'. At the end of your final lap follow the arrow labelled 'TRANSITION' and enter transition through the 'RUN IN' entrance.

## **BIKE - SPRINT 23KM / STANDARD 43KM**

Leave transition via the 'BIKE OUT' exit, running whilst pushing your bike. You must not mount your bike until after the 'MOUNT' line.

The bike course leaves the grounds of Floors Castle after which it consists of one (sprint) or two (standard) laps of a 20km circuit on the open roads to the north of the castle. Each lap consists of three left turns.

Please note the **bike course takes place on open roads** with the potential for other vehicles to be present at any point.

For your safety there are two points on the course that require specific attention:

1. **Right turn exiting Floors Castle is a mandatory STOP** - you must put your foot down on the ground before proceeding through the junction.
2. **Descent to the narrow bridge at Nenthorn is a 'No TT Zone'** - you must ride with your hands on your brakes down this descent and then be prepared to give way to vehicles already on the bridge.

If completing two laps, at the end of the first lap follow the arrow labelled 'LAP'. At the end of your final lap follow the arrow labelled 'TRANSITION' indicating the right hand turn back into the grounds of Floors Castle. Make sure you dismount before the clearly marked 'DISMOUNT' line and enter transition via the 'BIKE IN' entrance.

The bike course will be clearly marked with marshals present at key points. Please note that marshals are there for your safety and to help direct you around the course. However, **marshals do not have the ability to stop traffic and it is your responsibility to obey the highway code at all times.**

## **RUN 2 - SPRINT 3KM / STANDARD 5KM**

Run 2 consists of one lap of either the 3km (sprint) or 5km (standard) run course. The point where the 3km route turns off the 5km loop will be signed with a right hand arrow labelled "SPRINT RUN 2".

At the end of your final run lap follow the arrows labelled 'FINISH'.

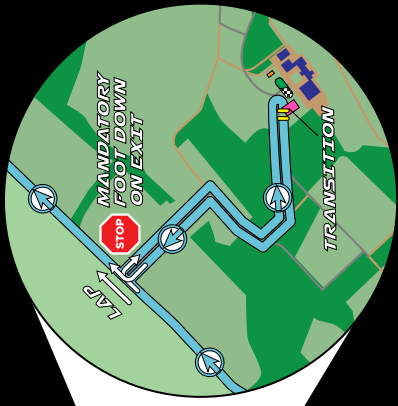
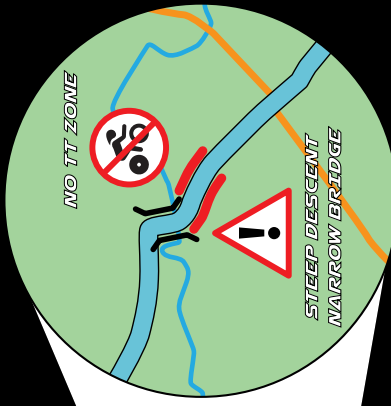
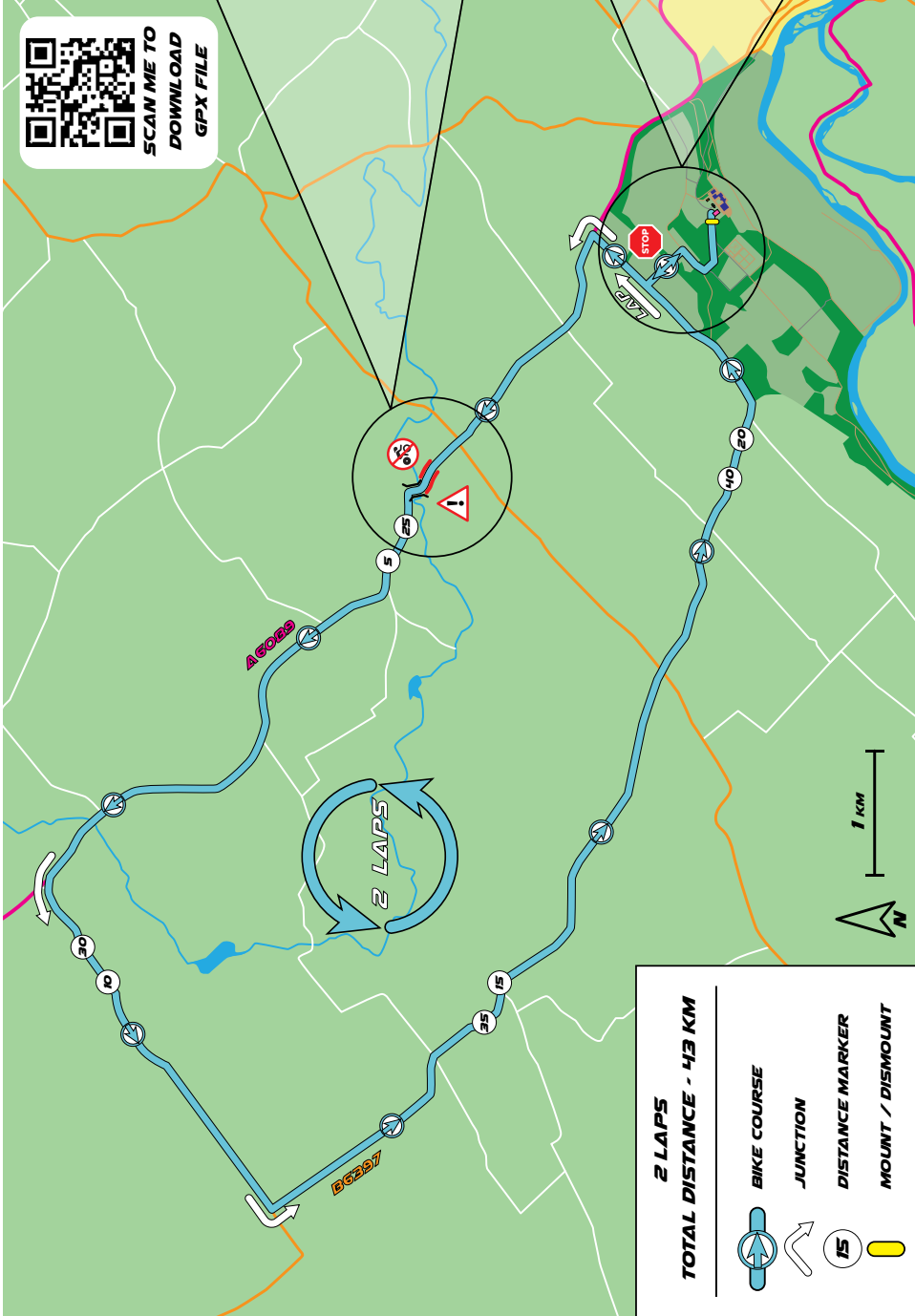
# STANDARD DUATHLON RUN 1

FINISHWORKS  
**FLOORS CASTLE  
 DUATHLON**



**TRAVELWORKS**  
**FLOORS CASTLE DUATHLON**

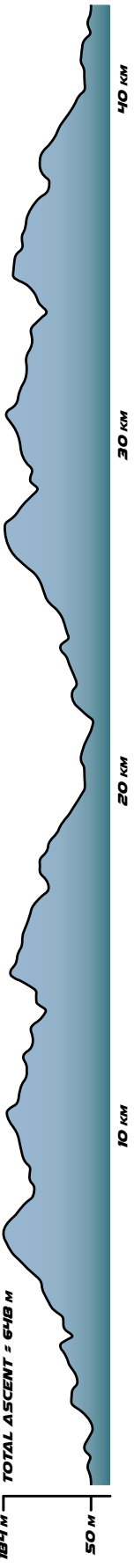
**STANDARD DUATHLON BIKE**



**2 LAPS**  
**TOTAL DISTANCE - 43 KM**

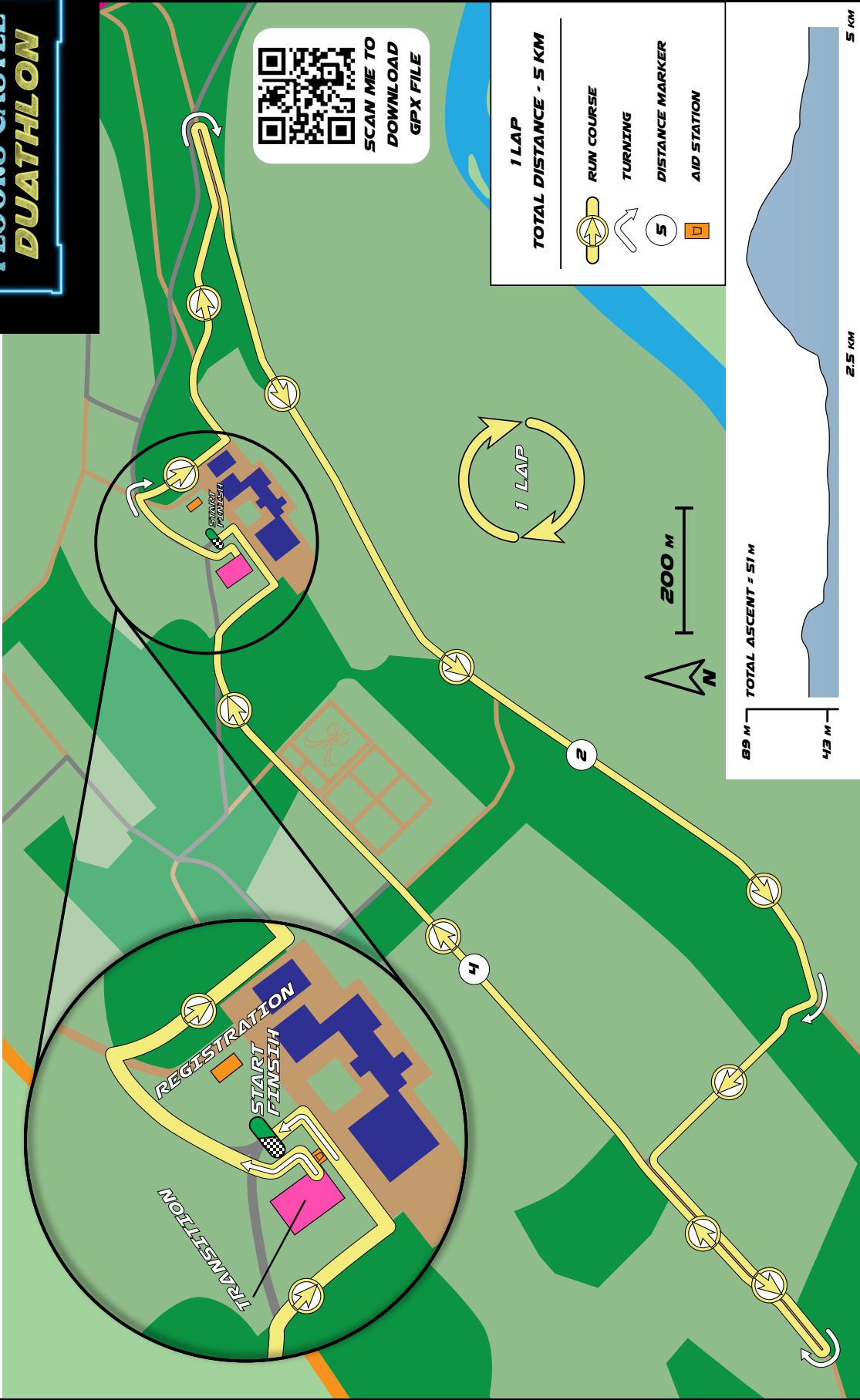
- BIKE COURSE
- JUNCTION
- DISTANCE MARKER
- MOUNT / DISMOUNT

184 M TOTAL ASCENT - 648 M

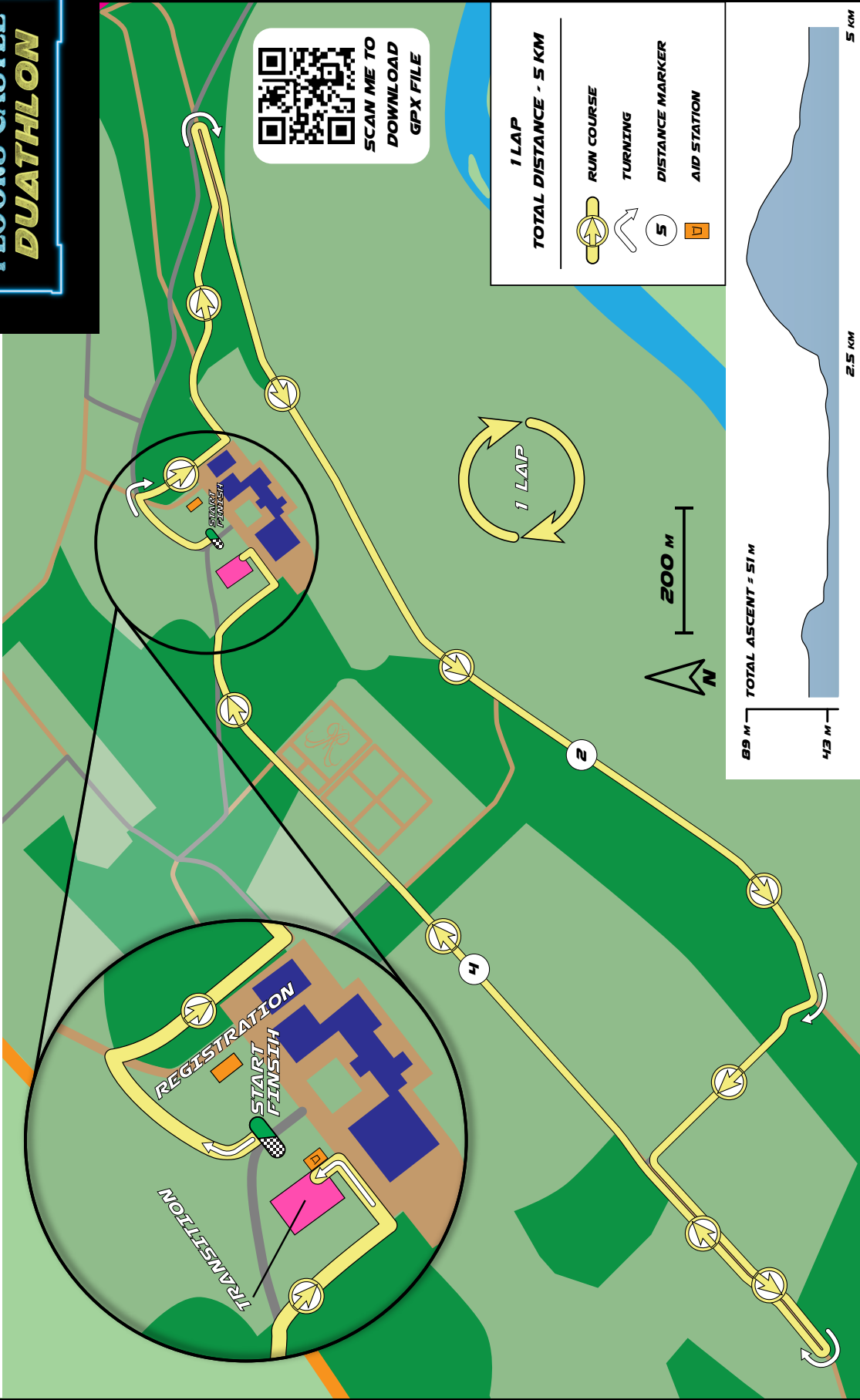


# STANDARD DUATHLON RUN 2

**FINSIH**  
**FLOORS CASTLE**  
**DUATHLON**

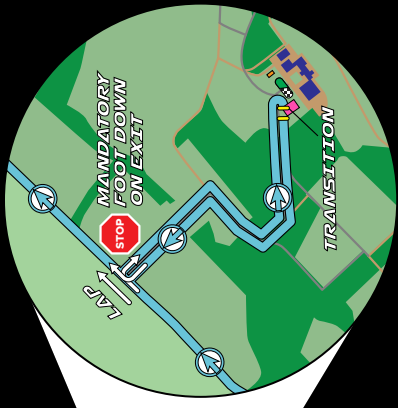
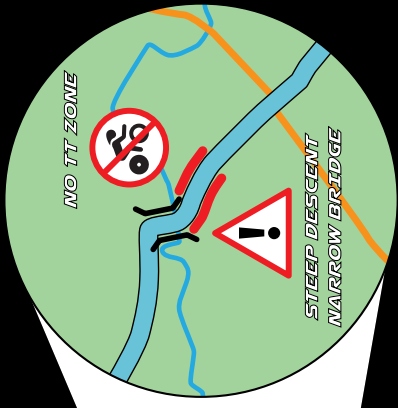
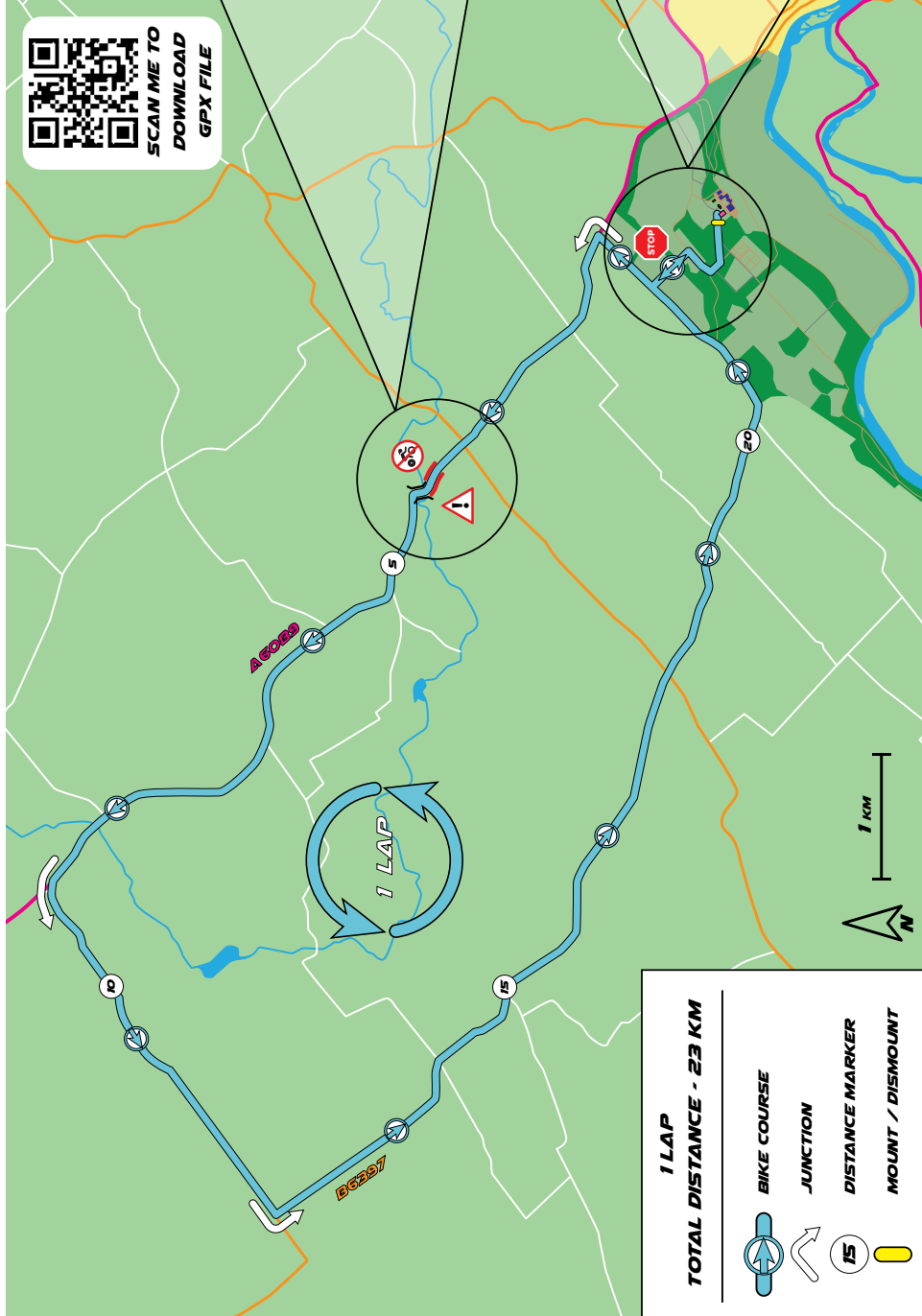


# SPRINT DUATHLON RUN 1



# SPRINT DUATHLON BIKE

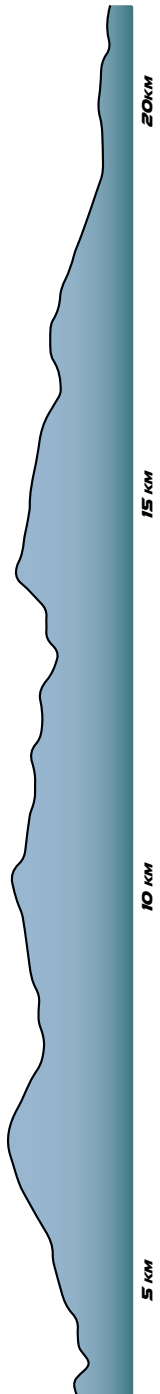
## FLOORS CASTLE DUATHLON



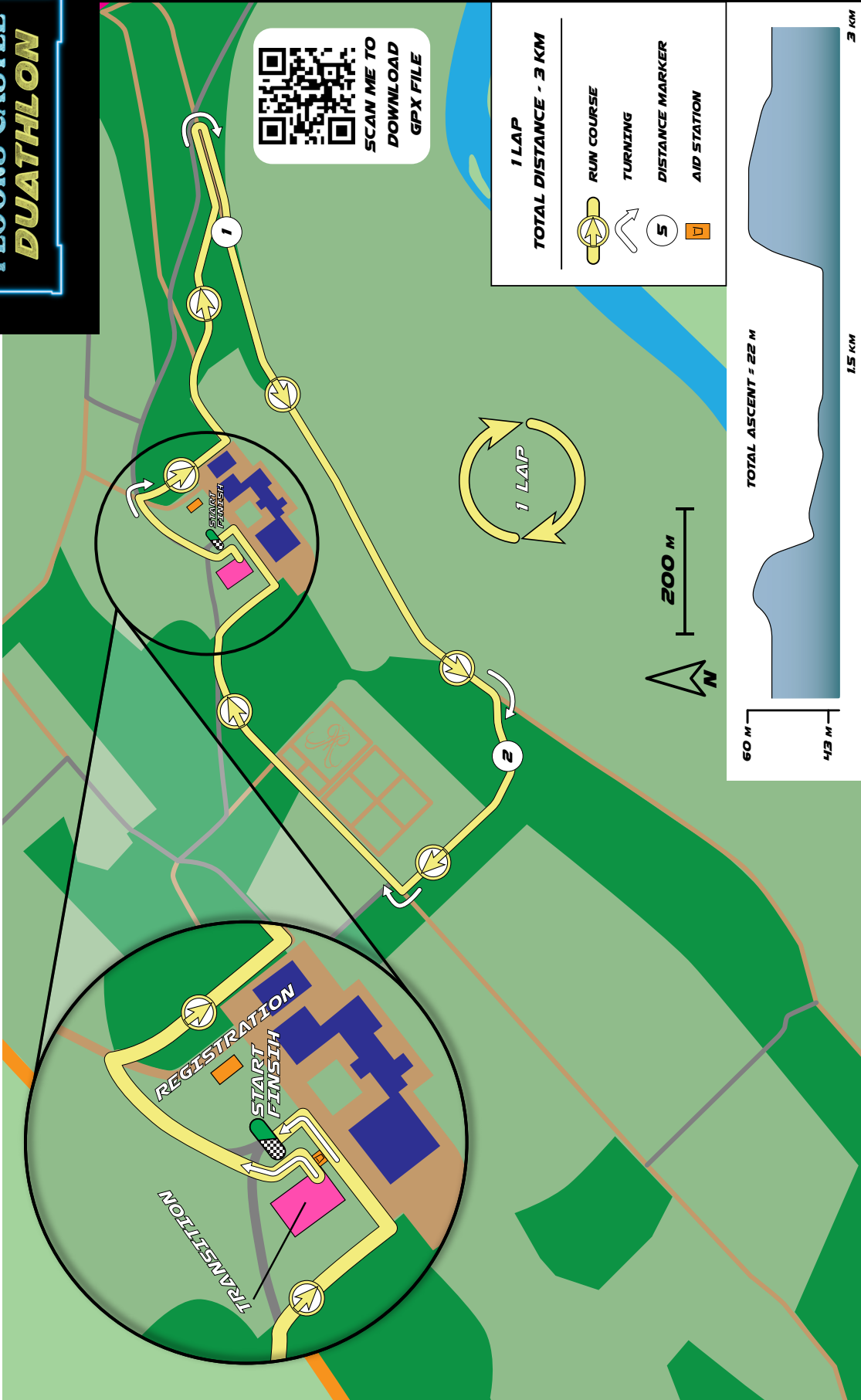
**1 LAP**

**TOTAL DISTANCE - 23 KM**

- BIKE COURSE
- JUNCTION
- DISTANCE MARKER
- MOUNT / DISMOUNT



# SPRINT DUATHLON RUN 2



# TRANSITION

After registration please head to transition to rack your bike and set up your equipment.

When you enter transition you will need to have your helmet on and the strap clipped up. A Race Official will check your helmet and your bike before directing you to your transition rack.

Please find your space identified with your race number and rack your bike by hanging it from the saddle with the handlebars facing towards you.

Please only leave the equipment you require in transition. No plastic boxes or bags should be left in transition. Please leave your bag and any spare equipment in the Bag Drop at Registration.

It is likely that there will be other athletes racing whilst you are racking your bike. **Please follow the marshals' instructions at all times and be careful not to impede any other athletes.**

**Transition will close 15 minutes before the start of your race.**

## **BAG DROP**

There will be a covered Bag Drop at Registration where you are able to leave a bag. Please label your bag using the bag tag provided at registration.

Volunteers will be present at Registration throughout the day, but the bags will not be directly supervised. Please do not leave any valuables in your bag. The Event Organisers can take no responsibility for items left in the Bag Drop. In order to retrieve your bag you will need to show your race number.

## **DURING THE RACE**

### ***Run to Bike (T1)***

At the end of Run 1 follow signs for 'TRANSITION' and enter transition through the 'RUN IN' entrance. Follow the numbering system to locate your bike. **You must ensure your helmet is fully fastened before you remove your bike from the rack.**

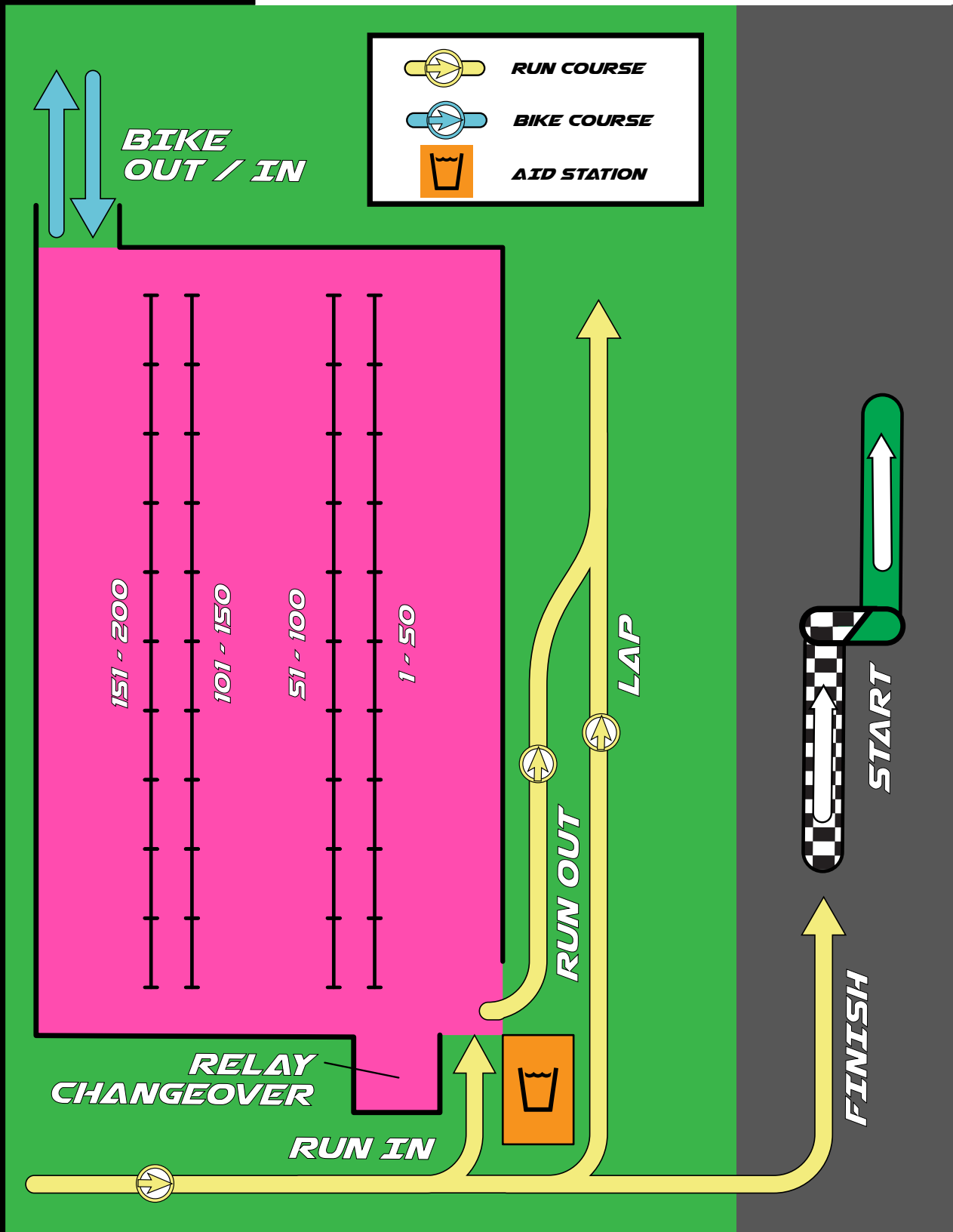
Leave transition by running with your bike through the 'BIKE OUT' exit. **Do not mount your bike until you have placed at least one foot across the Mount Line which will be clearly marked.** Please watch out for other cyclists coming from over your right shoulder as you join the race circuit.

### ***Bike to Run (T2)***

Towards the end of your final bike lap, keep left on the race track and follow signs for 'TRANSITION'. **You must dismount from your bike, with at least one foot touching the ground, before the Dismount Line which will be clearly marked.**

Run with your bike and enter transition through the 'BIKE IN' entrance following the numbering system to your original racking space. **Your helmet must remain fastened until after you have placed your bike on the rack.** Exit transition via the 'RUN OUT' exit and head onto the run course.

# TRANSITION



## RACE RULES

Your race will be conducted under British Triathlon Competition Rules. These can be accessed via the following link;

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2022.pdf>

Please familiarise yourself with these rules before your race. If you have any questions before the day of the race please contact us via [triworksduathlon@gmail.com](mailto:triworksduathlon@gmail.com). Alternatively any of our Race Officials at Registration will be happy to answer your questions.

Please note that abusive behaviour or language towards race officials, volunteers and other competitors will not be tolerated and will result in disqualification.

## DRAFTING REGULATIONS

Drafting (gaining an advantage by riding close to another rider) is not allowed. **You must keep to the left hand side of the course and stay at least 10m behind all other athletes**, unless you are overtaking.

If you are overtaking you have 20 seconds to make the pass. If you are unable to make the pass in this time, you must drop back. If you have been overtaken, it is your responsibility to drop back by at least 10m.

Please see the British Triathlon 'Drafting Rules Explained' poster for more information. If you have any questions about the drafting regulations please speak to one of our Race Officials on the day of the race.

## EQUIPMENT (ALL RACES)

### *Clothing*

The weather in September can be quite variable. We would recommend wearing either a tri suit or cycle shorts and cycle jersey for the race.

If the weather is cold or wet you might also want to consider a long-sleeved base layer or arm warmers and possibly thin gloves. **Please make sure you have enough dry and warm clothes for before and after the race.**

A covered and private changing tent will be available for both male and female competitors.

### *Bike*

You will require a road worthy bicycle. In particular, you must make sure your **brakes are in good working order and your bar ends are plugged**. This will be checked when entering transition prior to your race.

### *Helmet*

During the cycle leg you must wear an **approved cycle helmet** which meets British Standard EN 1078 or an equivalent international standard. The helmet must be well fitted and the chin strap must fasten securely. **Please wear your helmet, with the strap fastened, when you enter transition** before your race so that your helmet can be checked.

## **Footwear**

All run routes take place on a mixture of hard packed gravel tracks with short sections on tarmac, grass and deeper gravel. The gravel tracks are slightly uneven under the foot but none the less allow for fast running.

Choice of footwear is at your discretion. We would recommend trail shoes if the ground conditions are wet but in dry conditions a road shoe would also be suitable.

The use of elastic laces will make your transitions between bike and run quicker but are not essential. You are permitted to use a different pair of trainers for Run 1 and Run 2.

## **NUTRITION AND HYDRATION**

There is an aid station at the 5km point of the run course which will also be available to athletes as they leave transition at the start of Run 2. This will have water and Active Root available.

There will be water, Active Root and Stoats bars available for each competitor at the Finish Line.

## **LITTERING**

Littering is not allowed anywhere on the course outside of the designated bins in the Aid Station. Anyone found to be littering will be disqualified.

## **MEDICAL SUPPORT AND WITHDRAWAL**

Fully qualified first aiders will be present throughout the event provided by 'Event First Aid and Rescue'. They are located adjacent to the finish line.

If you need medical attention during your race, please contact the closest Marshal who will be able to contact the first aid providers.

If you see another competitor in need of medical attention, please inform the closest Marshal.

**If you decide to withdraw from the race, you must report to the finish line.** Firstly, to ensure we are able to account for all athletes. Secondly, in order to return your timing chip. **Any lost timing chips will incur a fee.**

# DRAFTING RULES EXPLAINED

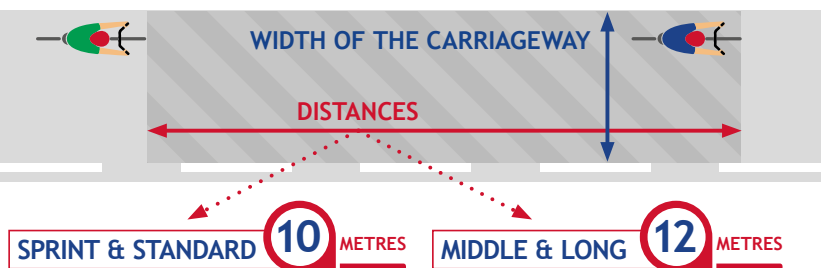
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## WHAT IS DRAFTING?

**IT'S AGAINST THE RULES**

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

## THE DRAFTING ZONE

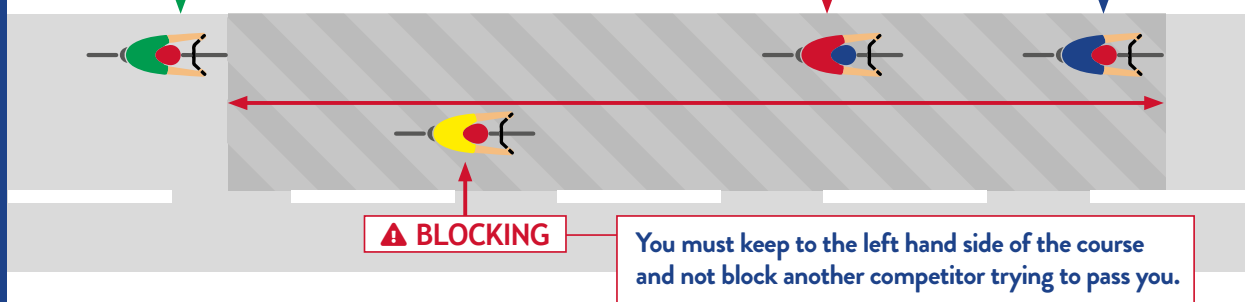


## DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

⚠ DRAFTING BIKE

LEAD BIKE



## MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD

**20**  
SECONDS

MIDDLE & LONG

**25**  
SECONDS

If the pass cannot be made you must drop back.  
Any overtaken cyclist must drop back once passed.



## OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

## PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

# FINISH, RESULTS AND PRIZES

Congratulations! You've finished your race. After you cross the finish line take a moment to catch your breath and receive the congratulations of our volunteers.

Before you leave the finish area please hand your timing chip to one of the volunteers. **Please do not leave with your timing chip. Any lost timing chips will incur a fee.**

## **Refreshments**

Refreshments will be available at the finish line. This will include; water, Active Root and a Stoats bar.

## **Finisher's Medal**

If you requested a Finisher's Medal at the time of entry you will be presented with this at the finish line.

## **Finisher's Photo**

Take a moment to pose in front of our backdrop and let our photographers capture your winning moment and provide you with a moment to celebrate your achievement.

## **Results**

Results will be available very shortly after finishing your race. Overall results will be displayed on a large screen by the finish line. You will also be able to print a copy of your individual results from the Perfect Timing van.

A full list of results will be published on the TriWorks website as soon as possible after the race; [tri-works.co.uk/floorscastle](http://tri-works.co.uk/floorscastle)

If you have any queries about your results, or wish to lodge an appeal against any penalties, this must be done within 1 hour of completing your race. Please speak to a Race Official at the finishing line.

## **Prize Giving**

Medals and prizes will be awarded in the following categories;

1st, 2nd and 3rd Female Standard Distance  
1st, 2nd and 3rd Open Standard Distance

1st Standard Relay Team

1st Female Youth Sprint Distance  
1st Open Youth Sprint Distance

1st, 2nd and 3rd Female Sprint Distance  
1st, 2nd and 3rd Open Sprint Distance

1st Sprint Relay Team

TriWorks is a club of dedicated age group triathletes who value commitment, hard work, inclusivity and the desire to improve.

Our squad is based in Edinburgh and our members enjoy training, racing and socialising together. We are always on the lookout for others who share these ambitions and values to join us.

We want to show that triathlon is an 'individual' sport that can be improved through cooperation and coaching excellence. TriWorks with teamwork!

If you would like more information please chat to any of our members on the day of the race or visit our website at [tri-works.co.uk](http://tri-works.co.uk).



## EVENT TEAM

Your race would not be possible without the hard work and dedication of a large group of people. A huge thanks to the following people who have taken on key roles;

Race Director	Duncan Birse
Chief Marshal	Alice Loudon
Registration Director	Shona Bathgate
Transition Director	Hollie Hindley
Run Director	Broc Drury
Bike Director	Paul Chowdhry
Start/Finish Line Director	Simon Peltenberg
Race Announcer	Joel Enoch

Also, an even bigger thanks to our army of volunteers...the event is not possible without them! We will all be doing our best to cheer you on to success during your race and to ensure you have the best race experience possible. Please give our volunteers a smile and their support will give you a boost to race even faster!

