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**Ayr Open Water Sprint
Triathlon**

2010

**Sunday, 8th August, 2010
11:15am Start**

Thank you for your entry to the Ayr Open Water Sprint Triathlon 2010.
Your application has been accepted.

RACE INFORMATION

Venue

The race will take place at Doonfoot, on the South Side of Ayr. To get there from the A77 follow signs for Alloway, Doonfoot, Greenan Shore.

Registration

Registration/declarations will be open from 9:45am at the Start area.

Facilities

There is ample car parking adjacent to the Start area at Castle Walk and Greenan Car Parks. Changing and showers/toilets are available at the Citadel Leisure Centre. Tents will be available for limited changing and to leave baggage at the start. **Please note there are very limited chemical toilet facilities at the start, however there are public toilets located on the seafront within one mile.**

Start

The race will start at 11:15am from the mouth of the River Doon. The transition area will be set up on the grassed area adjacent to the river.

Safety

The cycle route will not be closed to traffic, so normal safety precautions must be taken. The route will be marked and well marshalled – obey marshalls' instructions at all times. A helmet must be worn and fastened before mounting the bike.

Race Briefing

A full description of route and safety instructions will be presented 15 minutes before the race.

Finish & Prizegiving

Refreshments will be provided after the race close to the finish line at the mouth of the Doon where the prizegiving will also take place.

All finishers will receive a special commemorative finisher's prize.

The Course

The 750m swim will take place in the River Doon, a calm fresh-water stretch of water. The 20K cycle section is an undulating out and back route with a loop through the village of Dunure. The run section will be a 5K loop along cycle paths & quiet streets.



No Helmet - No Race!