

Race Information

Date : Saturday 11th May 2019 – start time 11:00

Thank you to the following for supporting this event:-

SPAR Scotland – Strathglass Marketing - Run 4 It - Cannich Stores & Post Office – Kintail Mountain Rescue - 3GlensInternet - Cannich Woodland Campsite - Strathglass Community Fund - Ace Surfacing

The race format is as follows:-

All sections start and finish in transition, which is a large quarry area near the end of the road in Glen Affric. Fig 1 shows the race route and Fig 2 shows you how to get there. **Please note that the road from the NEW public car park before Chisholm Bridge to the end car park is closed to public vehicles for duration of the event.** There will be signs stating this at the new public car park. Duathlon competitors and spectator traffic however, must drive on past the new public car park to the event parking. There is no parking whatsoever at Chisholm Bridge

Run 1 – 7.5 mile hill run on hill track, bog & over stream & river, climbing to 1500ft.

This is uphill, not particularly steep, but steady. After 2 or more miles it gets wet, very boggy and slippery. There are a few minor streams to cross then a river. Take great **CARE**, and go **SLOW** crossing streams. This is advertised as a rough run, so don't expect sympathy from the terrain. Kintail Mountain Rescue will be at the river crossing to help you cross. After the river you are back on good hill track. You **WILL** get wet feet, and if in spate, the river current will be quite strong (if exceptional we will be forced to change to out and back at last minute). Mind your footing, cross slowly and use the rope to hold on. Be prepared for bad weather, in which case hat, gloves and rainproof top is recommended for first run.

Cycle – 18 miles fully looped for Mountain Bikes or Cyclo Cross bikes only.

Undulating. 1st 5miles on tarmac, then on wide forestry roads. Solid & sometimes rough. **Definitely NOT suitable for road bikes and maybe not hybrid bikes.** It is a fully looped course, but to get this the first 5 miles have to be on tarmac. On the tarmac, please be very wary of oncoming vehicles, as this road is open to public

traffic, and is twisty! For your safety, you **MUST KEEP LEFT** at all times and **MUST** obey normal highway rules. It is best to EXPECT ONCOMING traffic, so PLEASE take care. After the tarmac, you will be directed onto the forestry tracks at dog falls. These are wide but rough, and possibly muddy. CORNERS are GRAVELLY – you don't need signs to tell you this or marshals to warn you – you just need to be sensible. It is not a technical cycle but undulating. There is one sharp downhill where the track is rutted and stony, so PLEASE GO STEADY. There will be marshals on the route to warn you of potential hazards such as walkers. However, please don't rely on the marshals and be aware of such hazards, especially on bends.

Run 2 – 2.5 miles – road and X-country alongside river Affric. Flat, twisty & lumpy.

This is flatish and dry. Again, please **KEEP LEFT**. The 1km section alongside the river is narrow and twisty. **DO NOT** run in cycle cleats, as occasionally you will be turning on rock slabs by the river. Take care when overtaking on this section. Overtaking is best done on the road before and after. Again, beware walkers.

CAR PARKING

Parking is a challenge, so please LISTEN! There is strictly no car parking in transition OR at the Chisholm Bridge or anywhere on the road, especially NOT the laybys. The only vehicles in transition will be those of the race marshals. Competitor parking, and overflow parking is in the end car park only (figure 4). You will be directed there on arrival. Please park ONLY where the car park marshals specifically tell you, facing in the direction they tell you to, and do exactly as they say. This way we'll get everyone in, leaving the race route clear. Do NOT park in passing places before the end car park, because you will end up causing a problem if you want to leave early, doing 5 point turns in the road with cyclist and runners trying to get past you. Instead go all the way to the end and let the marshals park you. You will have to be patient and NOT make up parking yourself. If there is a queue, please just wait your turn. PATIENCE, PATIENCE, PATIENCE!!! Thank you

BAGGAGE

We will have a **small** marquee available where competitors might like to leave **small** items of baggage for the duration of the event. Labels will be available at registration.

INSURANCE

Competitors are covered for third party liability insurance by way of the £2 levy we pay to Triathlon Scotland (affiliated members are fully covered). It is the responsibility for competitors to arrange personal accident insurance as required.

TRANSITION

Fig 3 shows the planned layout of transition. It is about $\frac{3}{4}$ mile from the end car park. First Aid (courtesy of Outfit Moray) & registration will be located in transition.

TOILETS

Forestry Commission toilets are at the end car park. En route there are also public toilets at Cannich Hall and Dog Falls Car Park. In transition there will be 8 event toilets. Five will be for men, three for ladies. Please respect the environment of the National Nature Reserve by using the toilets.

REGISTRATION

Race start time is 11:00. Please register between 09:00 and 10:15 - **no later**. You will need to arrive earlier, as we would require you to park up first in the competitor car park, and walk with your race kit and cycle, back to transition before registering (about 1km walk). This will take some time, so please allow for this. **DON'T** park at registration or drop people off there as this will cause chaos. Drive past and park first.

Relay teams please register all together. At registration, you will pick up your race number, safety pins, wristband with timing dibber and T-shirt if you have pre-ordered one. Please fasten the race numbers to your front to ensure you feature in the results.

Tri-Scotland Members

If you have not paid the £2 third party insurance levy when you entered, that is, if you only paid £33 (individual race) you will be asked to show your Tri-Scotland/BTA licence, or pay the extra £2.

Your licence must clearly state 'This Is A Race Licence' – if you don't have a plastic card version then you can download it to your mobile phone or print off a PDF version.

IMPORTANT: All competitors **MUST** wear cycle helmets.

Then rack your cycle on the cycle racking, and arrange any change of clothing and helmet very near to, or on, your cycle. Please use minimal space to allow room for other competitors.

FEEDSTATION

The feed station is just before transition, and will provide sweets and water. This is the only feed station. It is an arduous course, so would suggest you carry full cycle water bottles on the cycle section.

HOW YOU ARE TIMED

At registration you will be given a wristband with a "dibber". Attach to either wrist. There will be a marshal with a "dibber box" at each of the following timing points:-

Transition IN Transition OUT FINISH

At these points, please "dib" your "dibber". This then records your times that get quickly published at the end of the race.

NB Relay team members have a dibber on a lanyard, which they must "dib" at transition IN before handing over the lanyard to the next team member.

RESULTS and PRIZEGIVING

Race results will be available as soon as possible after competitors start to finish.

Please be patient. There are plaques awarded to the first 3 men and ladies, first 3 vet men and ladies (over 40) and first 3 supervet men and ladies (over 50). Also team plaques to the fastest team of individuals (fastest 3 to count) and the fastest 2/3 person relay team. Trophies will be handed out from 3pm. Full results will be posted asap on www.glen-affric-duathlon after the event.

RACE SERVICES

Despite the remote location, there will be a range of snacks (including veggie) and hot & cold drinks for sale at transition, music and YearOne selling customised Glen

Affric Duathlon flip flops (Your name can be inscribed there and then). There will also be commemorative T-shirts for sale on the day. There are no shower facilities.

FINAL NOTE

This is the eleventh running of this event. For details of accommodation in the immediate area, refer to www.glenaffric.info. Any queries please email at admin@glen-affric-duathlon.co.uk. If you don't complete the course, you MUST inform us. Enjoy your training, and have a good day – here's to a sunny one!!!

There will be a collection for the charities MIND and Mikeys Line in memory of Lawrence Jones, who has marshalled at all previous 10 events and was due to take part this year for the first time.

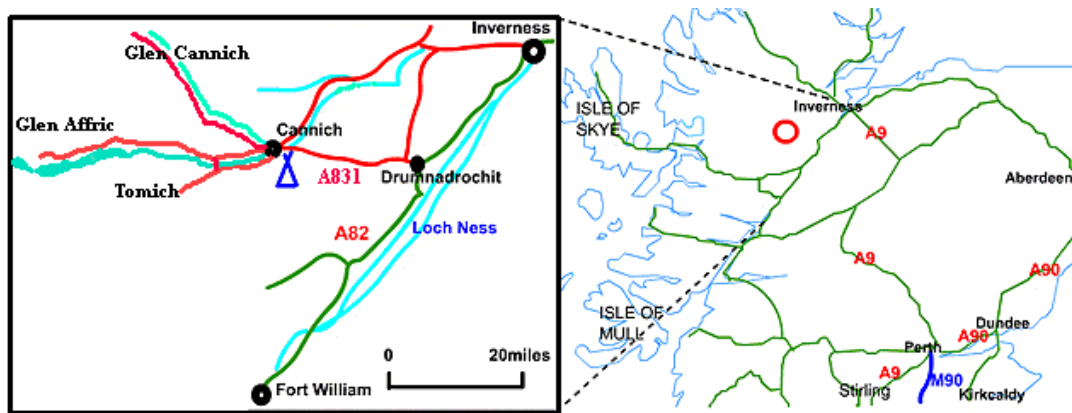
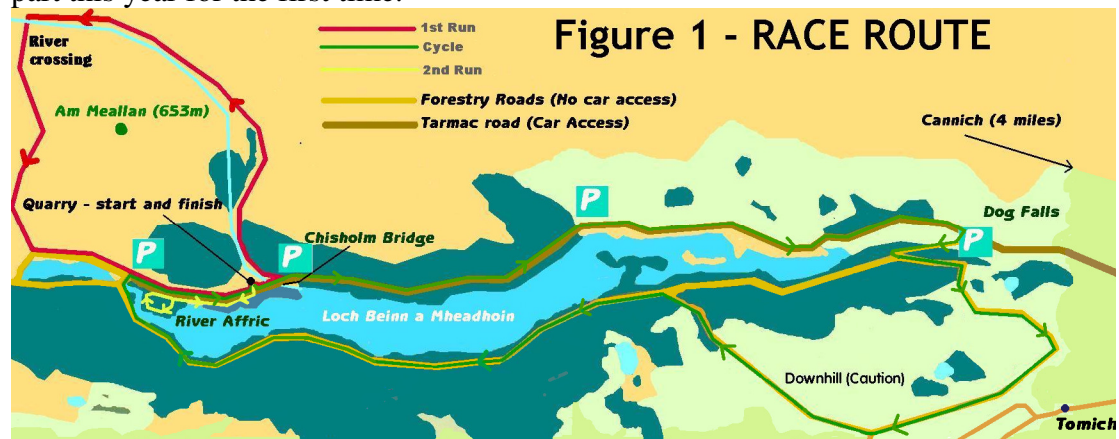


Figure 2 - How to get to Glen Affric

Figure 3 - layout of Transition

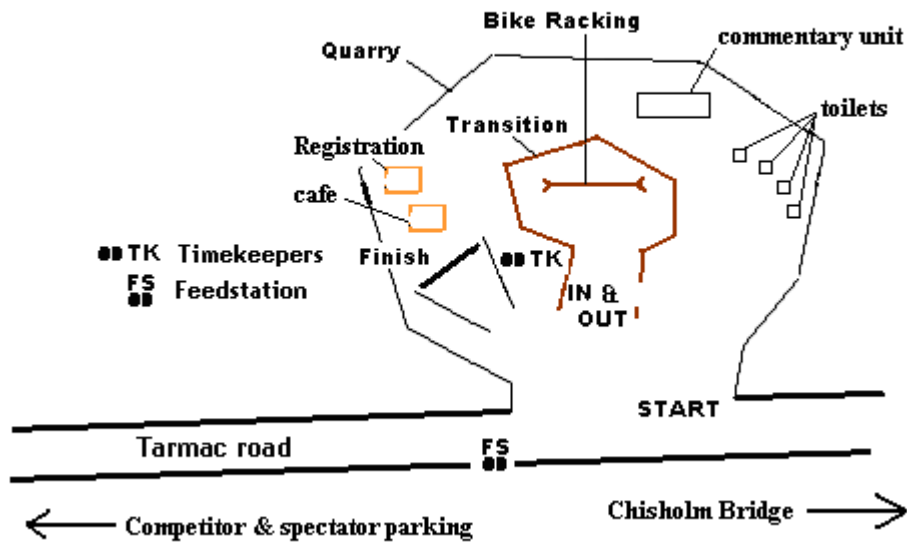
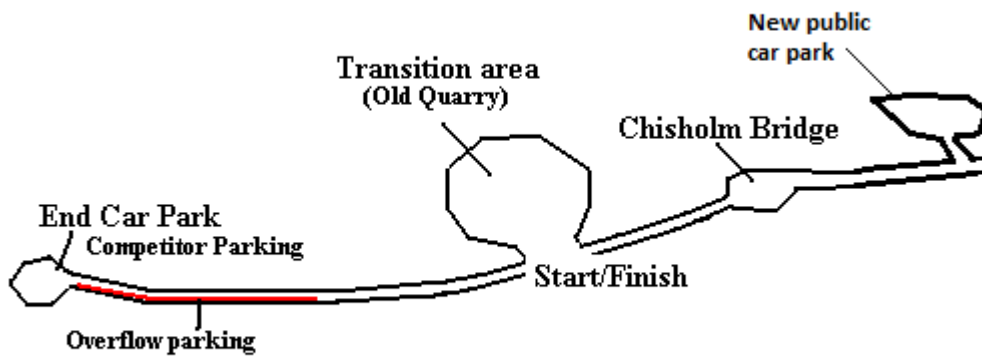


Figure 4 - Competitor Parking



Road from Chisholm Bridge to End Car Park closed to public traffic

Overflow cars must be parked facing East, so wait for the marshals to park you. Don't make it up yourself please, even if you think you know best.

PLEASE KEEP AN EYE ON OUR FACEBOOK PAGE FOR LAST MINUTE INFORMATION!

<https://www.facebook.com/glenaffricduathlon/>