

## **BOWHILL DUATHLON SERIES – FINAL COMPETITOR BRIEFING**

**SHORT RACE – Sunday 2<sup>nd</sup> December 2018**

**MEDIUM RACE – Sunday 20<sup>th</sup> January 2019**

**LONG RACE – Sunday 17<sup>th</sup> February 2019**

Lots of information is either here, or on <http://www.durtyevents.com/bowhill-duathlon-series.html>

### **Race Schedule Stuff**

Critical race day times are below –precise start times will be made clear at registration and/or the briefings;

1030	Car Park Open. Please don't try to arrive before we open the car park – you'll cause chaos!. Please also see the ' <a href="#">Car Parking</a> ' section below.
1030-1500	Tea Room Open at Bowhill House Courtyard
1030	Registration and Transition Open at Bowhill House Courtyard
1200	Race Briefing at the Start Line
1205	Race Start
1330 (approx.)	Short Race Prizegiving in Tea Room
1400 (approx.)	Medium Race Prizegiving in Tea Room
1430 (approx.)	Long Race and Series Prizegiving in Tea Room

### **Venue and Directions**

The Bowhill Duathlon Series will be located at Bowhill House and Country Park, just outside Selkirk in the Scottish Borders. From Selkirk Rugby Club, head west on the A708 (towards Moffat) for approx. 2miles. At the Generals Brig, turn left onto the minor road across the River Yarrow, and go uphill for approx.. 100metres. Then turn right into the Bowhill Estate and follow the signs.

Race HQ postcode is TD7 5ET.

Transition, Registration and Race HQ will be in the sheltered and attractive courtyard of the house. There is an adjacent and on-site cafe/tea-room, and also 'real' toilets. So it's very much suitable to bring friends and family along to spectate and have a day out in the Country Park.

## Car Parking

Car parking space may be tight. Please share cars where possible.

There are several options within the grounds of Bowhill House that we will use for car parking, some are a few minutes walk away from the Registration and Transition areas. Please follow marshalls direction.

**There is a car parking charge of £3 per car – please bring the correct change with you, and stick it in the bucket as you arrive at the race.**

## **Car Park Locations**

One of our car parking areas is along the **left side** of the main drive up to Bowhill House itself. It's not the widest road at the best of times, so please park well in to the **left side**, nice and tight!. We need to leave a 3m corridor clear at all times for emergency vehicle access.

Please also note that you may not be able to leave immediately after your race as other competitors may still be using sections of the exit road. Please be prepared to hang on (in the Tea Rooms?) until the last finisher has crossed the line.

## Courses + Format

Thanks to Bowhill Country House and Estate, we've got a massive network of paths, forest roads, secret singletrack, tunnels, streams, brambles and all sorts of other stuff to play with. Expect hills and a bit (!) of mud though.

**Short** is planned to have a winning time of 20 mins Mountain Bike + 20 mins Trail Run. **The Short race will be Run first, then Bike.**

**Medium** is planned to have a winning time of 30 mins Mountain Bike + 30 mins Trail Run. **The Medium race will be Bike then Run.**

**Long** is planned to have a winning time of 40 mins Mountain Bike + 40mins Trail Run. **The Long race will be Bike then Run.**

See the website - [www.durtyevents.com](http://www.durtyevents.com) (then follow links for the Short/Medium/Long race as appropriate) - for course maps, though please bear in mind that these may change right up to the start of the race for reasons of forestry work, trail conditions, or organiser's obtuse-ness.

Kit: you'll need a roadworthy mountain bike, or potentially a 'hybrid' or a cyclocross with chunky tyres, with two working brakes, a bike helmet, and some grippy running shoes as a minimum. Oh, and some clothes. Yep - they'll be useful to avoid hypothermia and arrest by the Selkirk police. Bear in mind that it is winter in Scotland, so warm and waterproof will be useful to you. We might insist that full body cover (waterproof jacket plus long trousers - e.g. running tights) are carried if the weather is particularly poor. Please come prepared with this stuff, and a means of carrying them during the race.

The most important thing you'll need to bring is a smile, and a positive attitude to mud, cold and discomfort :)

**You must take great care and ride to your abilities. You MUST allow faster riders to pass you – if you're walking, stay off the riding line and give others plenty of space to ride.**

### Transition Area:

Please see the maps on the website: [www.durtyevents.com](http://www.durtyevents.com) (then follow links for the Short/Medium/Long race as appropriate) – note that the flow through transition for the Short race is the opposite of the Medium and Long races. When entering transition at the end of the Short run, please **take extreme care** when descending the steps into the courtyard.

Relay Teams: Please hang around when your team-mate is due near your transition rack slot, but please do not get in the way of other competitors – stand back a bit. Relay changeover will be passing the timing dibber from member to member.

Everybody: Racks will be numbered – hang your bike in the correct slot. The only kit you should have in transition is stuff you need during the race. ALL other kit will need to be removed, and stored elsewhere. Please also don't hang around in there pre/post race as there's a good chance that transition will be 'live' and other athletes still racing – it's only fair.

### Race, Rules and Timing Chip Stuff

The rules of Triathlon Scotland will apply – you can find them linked from [www.triathlonscotland.org](http://www.triathlonscotland.org)

**No Litter. Anywhere. Full Stop.** This includes the car parks, and transition areas, and also includes gel wrappers, banana skins, plastic cups etc. If you've got any of these, either bring back to the finish with you, or hand to a marshal. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!.

The Bike Mount/Dismount line will be approx. 30m from Transition, and will be on the estate road outside the courtyard archway.

**Short Race:** there will be an additional bike dismount line approx. 50metres before the finish. You **MUST** dismount, and continue to the finish on foot, pushing your bike. **Once you've 'dibbed' at the Finish – you must keep moving to keep the area clear for athletes finishing behind you.**

Warning: there may still be vehicles moving on the estate roads.

You'll receive your timing chip (Sport Ident 'dibber' type) and race number at registration. Your number should be on either a number belt, or pinned to your front ready for the run) and the timing chip on your wrist (lanyard for teams).

You will need to 'dib' your timing chip at the following locations;

- Transition In
- Transition Out
- Finish Line

Please make sure you **DOWNLOAD** and return your dibber after the finish line. It is most likely that return of your dibber for download will happen in the cafe – if you do not return, or lose your dibber, the replacement cost is £35.00.

### Misc. Stuff

Bike Hire. You've got a few options if you need to hire. Try [Alpine Bikes](#) at Glentress Forest or [Hardies Bikes](#) in Melrose.

[Local Accommodation](#): there are many B+B's and Hotels and similar in the local towns.

There are loads of things to do in the Borders if you stay on. Many of the world-famous '[7 Stanes](#)' mountain biking centres are within easy striking distance of the race. There's also plenty of great opportunities for walking and road biking. If you fancy taking it a bit easier post-race, the local towns are all attractive and vibrant, and there are several castles, stately homes and gardens locally that are open to the public.

Phew, I think that's it. See you at the race!

Cheers,

Durty Events