

Craggy Island Triathlon BY DURTY EVENTS

THE CRAGGY ISLAND TRIATHLON 2018

Saturday 6th and Sunday 7th October FINAL COMPETITOR BRIEFING

Entries are NOT transferable without the permission of the organisers. You must bring ID to race registration to be checked. We've had too many people swap places in previous years, and we risk serious issues through not being able to accurately identify participants. Sorry for the inconvenience this will mean.

OK, we'll try to keep this as short as possible, but there's a bit to get through....

Please (and I know for most of you this is teaching you to suck eggs, but you'd be surprised....) – read everything below very carefully – there's stuff you'll find useful, and also some bits that are important for your safety and enjoyment of the event.

Lots of information is either here, on www.craggyislandtriathlon.com, or is available on the online entry pages at <http://www.entrycentral.com/craggy>.

Marshalling

If you're racing on one of the days and fancy helping us by marshalling on the other, we'd love to hear from you!. The more folks we can put on the course means the more fun everyone has. I'm sure that you're all aware that a small army of helpers is essential for these kinds of events to be possible.

Please get in touch (info@durtyevents.com) if you're up for it.

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Race Schedule Stuff

Critical race day times are;

RACE DAY 1 - Saturday 6th October

- 0730 Car Park Open (please don't try to arrive before we open the car park – you'll cause chaos).
- 0730 Ferry starts running to/from the Island from the Gallanach slipway
- 0745 Registration and Bike Check-In Open (NOTE: this is on the Island, at the top of the slipway)
- 1015 Registration Closes
- 1030 Last ferry back to the Swim Start. Please catch an earlier ferry back to the mainland if you can to avoid crowding the last ferry.
- 1045 RACE BRIEFING – this will be on the MAINLAND Slipway, and is COMPULSORY.
- 1100 Race Start - Deep Water Start, just off the mainland slipway)
- 1230 Expected First Finisher
- 1400 Expected Last Finisher
- 1400 Prizegiving (TBC)

RACE DAY 2 – Sunday 7th October

Please note that if you want to do a pre-race recce, you must not be on the course during the race on Day 1.

- 0730 Car Park Open (please don't try to arrive before we open the car park – you'll cause chaos).
- 0730 Ferry starts running to/from the Island from the Gallanach slipway
- 0745 Registration and Bike Check-In Open (NOTE: this is on the Island, at the top of the slipway)
- 1015 Registration Closes **(including for the Kids Race!)**
- 1030 Last ferry back to the Swim Start. Please catch an earlier ferry back to the mainland if you can to avoid crowding the last ferry.
- 1045 RACE BRIEFING (Adults Race) – this will be on the MAINLAND Slipway, and is COMPULSORY.
- 1100 Race Start (Adults Race) - Deep Water Start, just off the mainland slipway)
- 1200 RACE BRIEFING (Kids Race) – this will be in the Transition area on the island, and is COMPULSORY.
- 1215 Race Start (Kids Race) – Deep Water Start, just off the Transition Area
- 1230 Expected First Finisher
- 1400 Expected Last Finisher
- 1400 Prizegiving (TBC)

Important Race and Kit Drop Info – **READ THIS BIT VERY, VERY CAREFULLY!**

This is a logistically very difficult race due to the split Start, Transition and Finish. However, we think the incredible journey you'll undertake to, and then around, and then across the island will justify it – it will all make sense at the finish – trust us!

- a) When you first go on to the island pre-race, this is the process;
- i) Take you, your bike, your bike kit, your run kit and anything you need in transition with you across to the island. Also, take a bag of warm/dry/waterproof kit across (in a waterproof bag – the kit store is not covered) for your use at the finish and after the race. Take money as well for post-race refreshments usage. You need to bear in mind that there are NO facilities on the island other than the temporary catering we're doing in the Transition/Finish area, and the Tea Room at the South end of the island.
 - ii) We will have several ferries working for us. A 'ferrymaster' will be on the slipway to oversee this. You and your bike may travel separately. Please follow their directions.
 - iii) Put your bike and race kit into Transition (on the island). Choose a spot in the marked pens on the grass and keep your kit tidy and compact.
 - iv) Register (at the top of the island slipway)
 - v) Please don't store any non-race kit in transition – it will get in the way and we will remove it
 - vi) Get back on the ferry and go to the briefing and swim start on the mainland (Adults Only – for the Kids Race, please stay on the island)
- b) The Adult race then works like this;
- i) Swim Start in deep water at the mainland ferry slip
 - ii) Swim across the Sound of Kerrera to the Island (and hope that no CalMac ferries come down the Sound). (Actually, we've spoken to them, and they won't!)
 - iii) Run out of the water, up the island slipway (you can leave shoes at the water's edge if you want – bear in mind this is a tidal section of water!) and into transition
 - iv) Change into your Bike kit, put your helmet on (and fasten it before touching your bike!), walk/run with your bike to the mount line – this is approx. 50 metres out of the top end of transition, on the track.
 - v) Ride your bike. Fast. Basically, take it out as hard as you can, until you're feeling physically sick. Then take it up a notch or two. If you can taste blood, you've got the pace about right.
 - vi) Come back to the transition area at the end of the bike loop. Dismount at the edge of the track. Dump your bike in transition.
 - vii) Change into Run kit, run out of the bottom end of transition, and up the hill on the track.
 - viii) Run across the rough, heathery, brackeney, trackless hillside to the Castle, then back to the Finish area via paths and tracks. Oh, and there's a cave you run all the way through!
- c) The Kids race then works like this;
- i) Swim Start in deep water near Transition Area (on the island)
 - ii) Swim around the side of the island and the breakwater and onto the Slipway
 - iii) Run out of the water, up the island slipway (you can leave shoes at the water's edge if you want – bear in mind this is a tidal section of water!) and into transition
 - iv) Change into your Bike kit, put your helmet on (and fasten it before touching your bike!), walk/run with your bike to the mount line – this is approx. 50 metres out of the top end of transition, on the track.
 - v) Ride your bike. Fast. Basically, take it out as hard as you can, until you're feeling physically sick. Then take it up a notch or two. If you can taste blood, you've got the pace about right.
 - vi) Come back to the transition area at the end of the bike course. Dismount at the edge of the track. Dump your bike in transition.
 - vii) Change into Run kit, run out of the bottom end of transition, and up the hill on the track.

Directions + Car Parking

The race is located at Gallanach, approx. 2 miles South of Oban. If you're coming from the East (i.e. Tyndrum/Crianlarich) or North (i.e. Fort William etc.), come into and along the main street in Oban, along the seafront. Keep going until you come to a large roundabout. You're aiming to go straight-on, and follow signs for 'Gallanach'. Keep following 'Gallanach', and go past the entrance to the large CalMac ferry terminal. The road then becomes narrow and twisty – keep following it for a mile or so.

Car Parking is extremely tight. Please share cars to come to the race site if you can. **Do not use the ferry slipway car park – not even for dropping kit off** (we need it to be kept clear for the islanders, kayak safety team and mountain rescue team).

We've negotiated the use of several car parks – please follow the directions of marshalls at all times. Be prepared to walk/ride up to 0.75miles from the car park to the ferry/start line.

Note: no campervans/motorhomes are allowed in our car parks (including Puffin Dive Centre).

Public transport exists – there are reasonable rail and bus links to Oban. There is a seasonal bus service to the ferry slips run by www.westcoastmotors.co.uk (service no. 431, but I've not been able to track down a timetable).

Ferry Tickets

Your ferry ticket to/from the island is included in your entry fee. However, if you bring any spectators, friends, family etc we'll need them to purchase ferry tickets as normal. All the details are on <https://www.calmac.co.uk/article/5559/Kerrera>

Spectator ferry tickets are £4.50 return.

Accommodation

There are many B+B's, Hostels and Hotels and in Oban – www.oban.org.uk

Note: no campervans/motorhomes are allowed in our car parks (including Puffin Dive Centre).

Local Facilities

Again, we're extremely fortunate to have a couple of great local shops on board and assisting us with the race. For all your pre and post-race outdoor equipment needs (and loads more – the place is like an Aladdin's Cave of interesting outdoor toys – trust me!) please get along and support Outside Edge in MacGregor Court, Oban (www.outsideedgeoban.com).

Race Stuff

The swim water temp is likely to be 11-14degrees. Wetsuits will most likely be compulsory (however, we've got no problem with you using 'shorty' watersports style suits rather than swim specific ones if that's what you've got). Both bike and run are exposed to whatever weather comes in off the sea. Please come prepared.

In particular;

- In the event of poor water or weather conditions we reserve the right to cut the swim and change the race to a Duathlon
- In the event of extremely poor water or weather conditions (and we can't physically or safely get you across to the island) we reserve the right to make the race a mainland-only Duathlon
- In the event of poor weather conditions we may make it compulsory for you to carry full body cover (i.e. waterproofs) on the Run and/or Bike. Please make sure you bring full waterproof body cover, and a means of carrying it with you to the race.

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 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!

Warning: there may still be vehicles moving on the tracks on the island. There are almost certainly going to be sheep, cattle and wild goats (yes, really!) on the tracks.

Relay Teams: Please don't hang around in transition waiting for your incoming swimmer or biker. We'll set you up a little holding pen outside the transition area itself.

The courses are hilly and have occasional technical sections and other hazards – they're 'proper' MTB and off-road run routes. Please familiarise yourself with the course before the race if you can. You must take responsibility for deciding what you ride and what you walk – only you can make that decision according to your ability. Oban Mountain Rescue Team will be at the race to pick up the pieces – we're fund raising for them

The race will be run under TS/BTF rules, and there will be a TS/BTF referee present. You are responsible for knowing the rules and the course. Here's a couple that might be different from normal races;

- Drafting on the bike IS permitted, (but is next to useless to you anyway!) but not between genders (i.e. men can't draft off women or vice versa).
- Cross Bikes are permitted, but I'm not sure they're the right choice. Up to you.

We have had one or two occasional problems in previous events with competitors being abusive and/or aggressive to other racers and marshals. For the avoidance of doubt – any reports of this behaviour will result in an instant DQ. Play nice with each other, and remember that the marshals are all giving up their day so that you can race.

In general, stick to normal 'rules of the road' – i.e. ride on the left, overtake on the right. If you need to walk, make sure you're not on 'the line' and blocking other cyclists who are able to ride the section.

Emergency Contact Phone (note, mobile coverage is patchy on the island) : 07972 370097

Timing

You'll receive your Sport Ident timing dibber and race number at registration. Please make sure you return your dibber after the finish line – there's a £35 charge if you don't return it. You (and only you!) are responsible for the safe return of this.

You might not be familiar with this system as it's a little different to the normal chip system. It's widely used in Orienteering and Adventure Racing though. Here's how it works;

- At registration you'll receive your 'dibber', a small plastic thing, which we'll attach to your wrist. Please make sure this goes UNDER the sleeve of your wetsuit (this will reduce the risk of you losing it during the swim and thus being stung for a £35 replacement charge).
- At the exit from Transition 1, make sure you poke your dibber into the hole in a magic box that a marshal will be holding – the box will beep and flash at you, so you know you've checked in.
- At the exit from Transition 2, make sure you again poke your dibber into the hole in a magic box that a marshal will be holding – the box will beep and flash at you, so you know you've checked in.
- At the finish make sure you poke your dibber into the hole in a magic box that a marshal will be holding – the box will beep and flash at you, so you know you've checked in. You've then finished, and the clock has stopped.
- After the finish, you'll be asked to 'download'. We stick the dibber into a magic box for the final time, your result is registered, and we give you an instant print out of your result.

Scottish Championships

On Saturday Craggy Island Triathlon will also host the Triathlon Scotland National Cross Triathlon Championships 2018. The race itself is open to all-comers, but the Championships are only open to those holding a Triathlon Scotland race licence before starting the race. Only those eligible for the Championships will be eligible for Scottish titles, and the cash prizes on offer for 1st, 2nd and 3rd in both Male and Female classes. Race referees will be present, so (a) familiarise yourself with the rules and (b) behave yerself!.

Triathlon Scotland rules are here:

http://www.triathlonscotland.org/files/2013_British_Triathlon_Rulebook_May_update.pdf

We will however also do the usual Durty prizes (don't get too excited) for 'all entries'.

Sponsors and Supporters

We're really grateful to our sponsors and supporters – if you get a chance, please repay their support;

Andrew Buchanan Roofing Contractor		
Outside Edge		www.outsideedgeoban.com
Oban Mountain Rescue Team		www.obanmrt.co.uk
Colonsay Brewery		www.colonsaybrewery.co.uk
Neil McGougan Ltd		www.neilmcgougan.co.uk

See you at the Race.

Paul