THE HEB - RACE ON THE EDGE

30th Aug - 2nd Sept 2019

RACE BOOK

EMERGENCY CONTACTS

07972 370097
07924 036491
07743 093033
Stage 1 (Day 1)

Start + Cycling

Benbecula

Start: Near the wind turbine behind the school. Be ready to start at 0845. ‘Le Mans’ style running start (approx. 1km) to pick up pre-placed bikes at another nearby location (TBC at briefing). Follow the course markers and/or lead runner.

Stage 1: Cycling, all on roads. Leave bike pick up heading NW then North and through Balivanich village. At junction (4km after airport) with A865 turn Left. Head North on A865 for approx. 6km then turn right onto a minor road to ‘Cladach Chairinis’. After 2km the road ends and you have arrived at the Transition Area.
Stage 2 (Day 1)

Running
North Uist - Eaval

Visiting this Transition Area (TA) is compulsory. Leave your bike at the TA at Cladach Chairinis. There are three optional running/trekking Checkpoints on Eaval and surrounding watery landscape. Choose to visit as many or as few as you like, your own order, and the route between them. No swimming during this run. Return to collect your bike.

Checkpoints:

<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
<th>Adjustment (mins)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Shieling (Ruined Building), North Side</td>
<td>+30</td>
</tr>
<tr>
<td>B</td>
<td>Eaval Summit</td>
<td>+150</td>
</tr>
<tr>
<td>C</td>
<td>Stream Enters Loch</td>
<td>+120</td>
</tr>
</tbody>
</table>
Stage 3 (Day 1)

Cycling
North Uist

Stage 3 - Cycle: Leave the Stage 2 transition and return to the A865. Turn Right and ride for 2km to Cairinis.

You now have a choice of two routes;

1) Hebridean Way (Off-Road)

20m after the road junction in Cairinis turn Right up a small private road. We will mark this. As the road bends to the left behind the houses, go straight on onto the moorland. The track is vague initially, but follow occasional markers. On reaching the B894 turn Left, then after 1.25km turn Right onto a small path (the Hebridean Way).

On reaching the Langais Hotel tarmac road turn Right. (*) Go straight past the front of the hotel and through the gate. Follow the track round Beinn Langais, and through another gate into the woodland. Follow the woodland track straight on until reaching the A867. Turn Right to Lochmaddy.

CP3A and CP3B will be on the Hebridean Way path.

Checkpoints:

<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
<th>Adjustment (mins)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Stream flowing from Loch nan Smalag</td>
<td>60</td>
</tr>
<tr>
<td>B</td>
<td>Stream between two Lochs</td>
<td>60</td>
</tr>
</tbody>
</table>

2) On-Road (mostly) Option

This route will by-pass CP3A and CP3B (you cannot just do one of them).

After Cairinis stay on the A865 for 3.7km to Clachan an Luib. Turn Right onto the A867 to Lochmaddy. After 2.8km turn Right onto the minor road to Langais Hotel (signpost ‘Langais Lodge’). Pick up instructions as above from (*).
Stage 3 (Day 1)

Cycling
North Uist

ON-ROAD / OFF ROAD
OPTION SPLIT
Stage 4 (Day 1)

Kayaking
North Uist

Stage 4 - Kayak: All details TBC and are weather dependent.

Arrive in Lochmaddy via the A867 then A865. Turn **Left** off the A865 when in the centre of the village, and opposite the Lochmaddy Hotel (signposted Taigh Chearsabagh Museum). Leave your bikes at the Transition Area in the car park. Follow marshal instructions about the course you are required to follow. Buoyancy Aids must be worn at all times in the Kayaks. Approx. 3km of kayaking in the Lochmaddy area.

**Note:** we might hold you at the cafe at Taigh Chearsabagh Museum until c. 1100hrs to avoid you arriving on Vallay too early for the tide conditions.
Stage 5: Leave the Kayak stage by leaving the Museum car park and turning Right onto the A867. After 0.7km turn Right onto the A865 (signposted ‘Sollas’). After 18km (and approx. 1km after the road junction with the C83 Dubhasairidh road), turn Right onto a sandy twintrack.

Note: the Vallay island stage opens at c. 1130hrs. If you arrive at this point (on the mainland) before then, you may be held until that time (timeout will operate).
Stage 6 (Day 1)

Running
North Uist - Vallay

After riding across the sands and leaving your bike at the Transition Area on Vallay (a tidal island), there are four running/trekking Checkpoints on this beautiful and little visited place. All CP’s are optional (except the Transition, which is compulsory). Choose to visit as many or as few as you like, and choose your own order, and route between them. Return to collect your bike and ride back across the sand.

Cut Off: You **MUST** be back at Transition and heading to the mainland no later than 1700hrs. Please make sure you choose checkpoints that enable you to achieve this.

**Checkpoints:**

<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
<th>Adjustment (mins)</th>
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<tbody>
<tr>
<td>A</td>
<td>Monument</td>
<td>30</td>
</tr>
<tr>
<td>B</td>
<td>Ruined Chapel (pile of stones)</td>
<td>45</td>
</tr>
<tr>
<td>C</td>
<td>Standing Stone</td>
<td>45</td>
</tr>
<tr>
<td>D</td>
<td>Southernmost point of headland</td>
<td>30</td>
</tr>
</tbody>
</table>
Stage 7 (Day 1)

Cycling
North Uist + Benbecula

Leave Vallay and return to the mainland. Turn **Left** on the tarmac road. After c. 1km turn **Right** onto the C83 Dubhasairidh minor road. Follow this to it’s junction with the A865. Turn **Left** to Clachan an Luib, and stay on the A865 through Cairinis.

After passing the turn for Cladach Cairinis (you saw this earlier today) stay on the A865 for 11km (do not go back through Balivanich village).

Turn **Right** on minor road (“Griminis”). After 1.5km turn **Left** onto track. After 1km turn **Right** onto the road, then continue for 1.5km to the B892, then turn **Left** to FINISH.
Stage 8 (Day 2)

Start + Cycling
Benbecula/South Uist

Start: Will be from Shellbay Campsite. It will be a semi-Chasing Start for the 1st, 2nd and 3rd placed Teams/Solos and others following at rolling intervals. Dib when you start.

Stage 8: Turn Right out of the campsite onto the B892. After 2.2km turn Right onto the A865. Follow south for 13.5km and turn Right into Transition Area on the minor road to Tobha Beag.
Stage 9 (Day 2)

Running
South Uist - Hecla

After leaving your bike at the Transition Area at the road junction (A865/Tobha Mhor minor road) there are five running/trekking Checkpoints on the brooding Hecla and Beinn Mhor. All are optional. Choose to visit as many or as few as you like, and choose your own order, and route between them. The navigation and ground on the higher CPs is challenging. Return to collect your bike.

Cut Off: You MUST be back at Transition and starting Stage 10 no later than 1430hrs. Please make sure you choose checkpoints that enable you to achieve this.

Checkpoints:

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<tr>
<th>No.</th>
<th>Description</th>
<th>Adjustment (mins)</th>
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<tbody>
<tr>
<td>A</td>
<td>Hatharsal Summit Trig Point</td>
<td>90</td>
</tr>
<tr>
<td>B</td>
<td>Hecla Summit</td>
<td>150</td>
</tr>
<tr>
<td>C</td>
<td>Beinn Mhor Summit</td>
<td>180</td>
</tr>
<tr>
<td>D</td>
<td>Bealach-Carra Dhomhnuill Ghuirm</td>
<td>120</td>
</tr>
<tr>
<td>E</td>
<td>Maoil Daimh Summit</td>
<td>120</td>
</tr>
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</table>
Stage 10 (Day 2)

Cycling
South Uist

Leave Transition and head west on the minor road via Tobha Beag. After 4.5km turn **Right** onto a twintrack and head towards a large house. Follow the twintrack for 4.5km. Turn **Right**, then shortly afterwards turn **Left**, staying on twintrack (don’t end up on the headland). Follow track for 2km to a small group of farm buildings. Go through the gate and turn **Right**. Follow the track for 1km, then drop onto the sandy beach. Ride South (sea on your right!) on the beach for 12km (minor diversion to reach the Orasaigh headland CP).

Leave the beach up a rough twintrack 1.8km after the Orasaigh CP. Follow twintrack to minor tarmac road. After 1km on road, go straight across the junction with the B888, after 750m turn **Left** into Kilbride Campsite - Transition Area.

Close all gates behind you.

**Checkpoints: (M = Mandatory)**

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<tr>
<th>No.</th>
<th>Description</th>
<th>Adjustment</th>
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<tbody>
<tr>
<td>A</td>
<td>Orasaigh Headland/Island Summit</td>
<td>M</td>
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Stage 11  (Day 2)

Kayak
South Uist

NOTE: All details TBC and are weather dependent. We'll inform you of the plan at race briefing on the morning of Day 2.

Leave your bikes at the Transition Area at Kilbride Campsite. Run across the road and onto the beach. Follow the small path around the small headland to the left. This will take you to the Kayak Start point.

Follow marshal instructions about the course you are required to follow (will be c. 3km and within 200m of shore). Return to the same point for the Kayak Finish. Then run back around the headland (off-road!) to Kilbride Campsite.

Buoyancy Aids must be worn at all times in the Kayaks. Please take great care crossing the road.

Checkpoints:

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<tbody>
<tr>
<td></td>
<td>As advised at Race Briefing and by Marshals</td>
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Stage 12 (Day 2)

Run + Finish

Kilbride

Leave Kilbride Campsite along the track heading NE (away from the sea). Go through the gate at the end (closing it behind you) and head up the open hillside to the minor summit of Coire Bheinn. Take time to savour the view, especially to the North as the whole of The Heb is laid out before you. Return by the same route. The FINISH LINE of The Heb is on the beach opposite the Kilbride Campsite.

Checkpoints: (M = Mandatory)

<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
<th>Adjustment</th>
</tr>
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<tbody>
<tr>
<td>A</td>
<td>Coire Bheinn Summit</td>
<td>M</td>
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THANKS...

The Heb - Race on the Edge simply wouldn’t be possible without the support of a bunch of amazing people. In no particular order.....

Our incredible team of volunteers and race marshals - special thanks to you all.

Our generous event sponsors: Caledonian MacBrayne, Colonsay Brewery and Wild Island Botanic Gin.

Media people: Carrick ‘Pyro’ Armer (photos)

Medics and Safety: Tim Pickering (water safety), Hebrides Mountain Rescue Team.


Landowners: North Uist Estates, Vallay Island Farm, Andrew Mackinnon, Angus (Vallay), Sam MacDonald, Storas Uibhist, Taigh Chearsabagh.

Special thanks to Gary Tompsett - Course Planner

And everyone else involved....