



THE HEB - RACE ON THE EDGE

30th Aug - 2nd Sept 2019

RACE BOOK



EMERGENCY CONTACTS

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Stage 1 (Day 1)

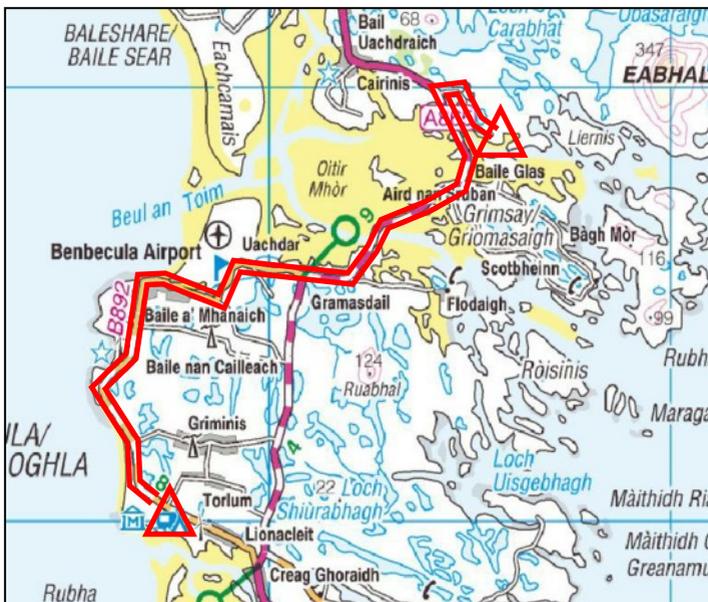


Start + Cycling

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)



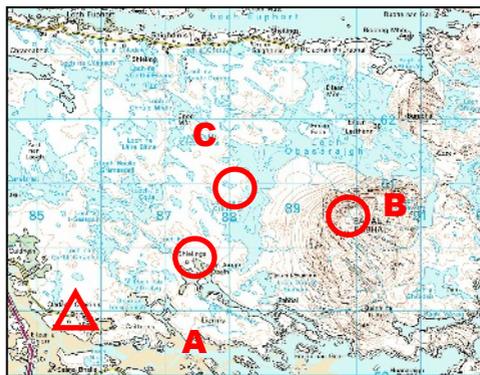
Running

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:

No.	Description	Adjustment (mins)
A	Shieling (Ruined Building), North Side	+30
B	Eaval Summit	+150
C	Stream Enters Loch	+120



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:

No.	Description	Adjustment (mins)
A	Stream flowing from Loch nan Smalag	60
B	Stream between two Lochs	60

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 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 Vallyay too early for the tide conditions.



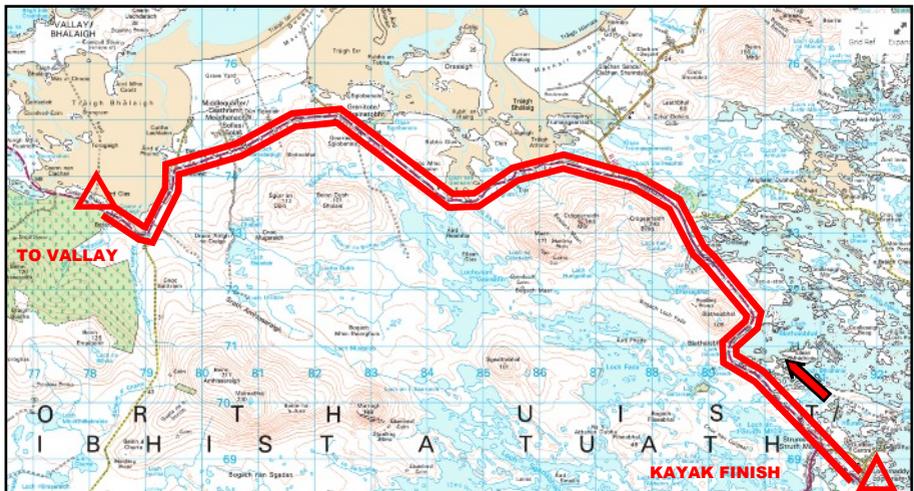
Stage 5 (Day 1)



Cycling North Uist

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:

No.	Description	Adjustment (mins)
A	Monument	30
B	Ruined Chapel (pile of stones)	45
C	Standing Stone	45
D	Southernmost point of headland	30



Stage 7 (Day 1)



THE HEB

BY DURTY EVENTS

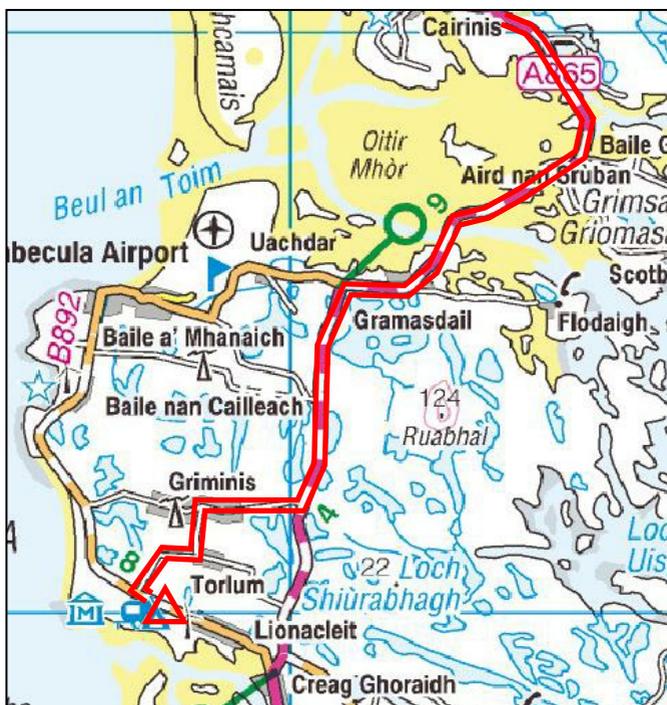
Cycling

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 9 (Day 2)



Running

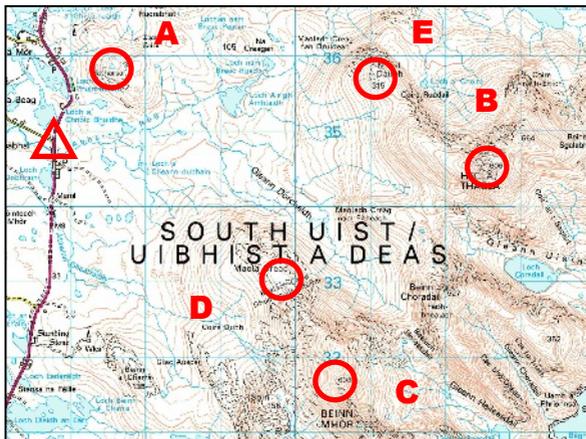
South Uist - Hecla

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:

No.	Description	Adjustment (mins)
A	Hatharsal Summit Trig Point	90
B	Hecla Summit	150
C	Beinn Mhor Summit	180
D	Bealach-Carra Dhomhnuill Ghuirm	120
E	Maoil Daimh Summit	120



Stage 10 (Day 2)



Cycling South Uist

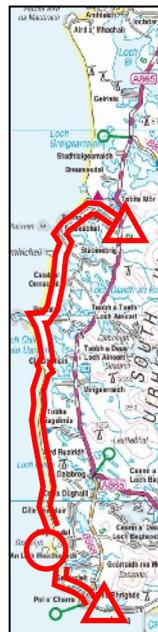
Leave Transition and head west on the minor road via Tobha Beag. After 4.5km turn **Right** onto a twintrack and head towards a large house. Follow the twintrack for 4.5km. Turn **Right**, then shortly afterwards turn **Left**, staying on twintrack (don't end up on the headland). Follow track for 2km 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)

No.	Description	Adjustment
A	Orasaigh Headland/Island Summit	M



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:

No.	Description	Adjustment
	As advised at Race Briefing and by Marshals	



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)

No.	Description	Adjustment
A	Coire Bheinn Summit	M



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.

Suppliers: Shellbay Campsite, Stepping Stones/MacLeans Bakery, Lionacleit School, Legends Promotional Wear, Kilbride Campsite, Polochar Inn, Wildfox Events, Dirty Timing, Dirty Tracking (Andy Upton).

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....



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