

# Craggy Island Triathlon

BY DURTY EVENTS



## Athlete Guide

### Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> October 2021

Supported by:



# Welcome

Thank you for your entry to the Craggy Island Triathlon event.

It's almost event day and we want to make sure you have all of the information you need so that you're ready to go on when you arrive on race day.

This document includes information on the following:

- Race Timings
- Ferries & Race Logistics
- Transport and Accommodation
- Race Rules, Numbers and Licences
- Sponsors and Exhibitors

We look forward to welcoming you to the race.

See you on Race Day





# TOP OUT BREWERY

# Event information

## Location

The race venue will be the Isle of Kerrera. To get to the Island head for slipway at Gallanach, approx. 2 miles South of Oban.

## Parking

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 marshals at all times. Be prepared to walk/ride up to 0.75 miles from the car park to the ferry/start line. If your vehicle is larger than a transit van we would suggest you park up in Oban and ride the 2 miles to the ferry slip, large vehicles are not permitted in our car parks.

Note: no campervans/motorhomes larger than a standard transit van are allowed in our car parks (including Puffin Dive Centre).

## How to get there

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.

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](http://www.westcoastmotors.co.uk) (service no. 431, but I've not been able to track down a timetable).

## Schedule

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

### RACE DAY 1 - Saturday 2<sup>nd</sup> October

- 0800 Car Park Open (please don't try to arrive before we open the car park – you'll cause chaos ).
- 0800 Ferry starts running to/from the Island from the Gallanach slipway
- 0800 Registration and Bike Check-In Open (NOTE: this is on the Island, at the top of the slipway)
- 1030 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
- 1430 Prizegiving (TBC)



# Event information Cont

## Schedule Cont.

### RACE DAY 2 – Sunday 3<sup>rd</sup> 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.

- 0800 Car Park Open (please don't try to arrive before we open the car park – you'll cause chaos ).
- 0800 Ferry starts running to/from the Island from the Gallanach slipway
- 0800 Registration and Bike Check-In Open (NOTE: this is on the Island, at the top of the slipway)
- 1030 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)
- 1145 RACE BRIEFING (Kids Race) – this will be in the Transition area on the island, and is COMPULSORY.
- 1200 Race Start (Kids Race) – Deep Water Start, just off the Transition Area
- 1230 Expected First Finisher
- 1400 Expected Last Finisher
- 1430 Prizegiving (TBC)



**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.**

## 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](mailto:info@durtyevents.com)) if you're up for it.



# Event logistics

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

This is logistically a 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!.

### 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 (cash!) 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.
- 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)

### The Adult race then works like this;

- i) Swim Start is 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!.

### 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.
- 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.



# Race information

## Swim

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 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.

## Bike

The courses are hilly and have occasional technical sections and other hazards – they're 'proper' MTB and off-road 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

## Run

The Run will be on a mix of forest trails, and includes a section of open hill running with breath-taking views, take 30 seconds to look around you!

## Transition Area

The Transition area is on the Island, please make sure all the kit you need for bike and run are set up in this area before heading over to the mainland to begin your swim. The transition area is not numbered so just choose your spot and lay your stuff down neatly, remember we need to fit all the athletes kit in this area, any large bags or boxes will be removed.

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.

**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.

## Golden Rule

**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!

**Please don't leave valuables in transitions. We do not accept any responsibility for lost or stolen items.**

Course Maps and descriptions can be found on our [website](#).



# Race information cont...

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!)

Cross Bikes are permitted, assuming you have the skills to ride them, 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.



# Registration and 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 loosing 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.

**Race results will be available at [www.durtyevents.com/results](http://www.durtyevents.com/results). Race Photographs will be published on our social media cannels as soon as possible after the event.**

There will be no changing facilities available on race day. We will have portable toilets and food and drinks vendors exhibiting with the Sports Village during the event.



# And finally

## 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.

## A Greener Craggy Island Triathlon!

Feed station cups are our biggest source of waste. So we're stopping using them. **Completely.** There will be no cups at feed stations. **You need to bring your own** or, if you don't have one, we'll provide you with a re-usable soft folding cup with your race entry in 2021. You will need to carry this with you and use it on the course if you wish to use feed stations.

## Trade Stands

Top Out Brewery

## Staying Pre or Post Race?

There are many B+B's, Hostels and Hotels and in Oban – [www.oban.org.uk](http://www.oban.org.uk)

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

## Food

The local mountain rescue will be providing a catering tent in the finish area, please support them by popping in for a cup of tea or a bacon roll. Our friends at Top Out Brewing are bringing along their craft beers to help you relax post event.

## 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](http://www.outsideedgeoban.com)).

Emergency Contact Phone (note, mobile coverage is patchy on the island) : 0774 309 3033



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# LOOKING FOR YOUR NEXT CHALLENGE?

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