



WINTER DUATHLON SERIES 2024

SUPPORTED BY:



NATIONAL PRIDE
Aligning People, Place and Planet



BOWHILL

WELCOME

Thank you for your entry to the Winter Duathlon Series 2024, either for the whole series, or a sub-set of the races.

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

This document includes information on the following:

- Race Timings
- Venues
- Transport and Accommodation
- Race Rules, Numbers, etc
- Course Descriptions

We look forward to welcoming you to the race.

See you at St. Ninians and Bowhill!





**#1 ST. NINIAN'S
9TH MARCH**



**#2 BOWHILL
23RD MARCH**

DURTY DUATHLON SERIES



**#3 ST. NINIAN'S
6TH APRIL**



**#4 BOWHILL
20TH APRIL**

ST. NINIAN'S - 9TH MARCH AND 6TH APRIL

LOCATION

St. Ninians Former Opencast Mine, Kelty, Dunfermline, KY4 0JN

PARKING

Car parking space may be tight. Please share cars where possible. Please follow marshals' directions.

There are several options within the grounds that we will use for car parking, some are a few minutes' walk away from the Registration and Transition areas.

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.

HOW TO GET THERE

St. Ninians: leave the M90 at Junction 4 (Kelty). Head into Kelty village on the A909. In the centre of the village (approx. 2/3rd mile after leaving the M90), turn right onto the B917. After another 2/3rd mile at the small roundabout, turn right onto the B912. Approx 1/3rd mile after crossing the M90 turn right into St. Ninians. Follow event signage.

BOWHILL- 23RD MARCH AND 20TH APRIL

LOCATION

Bowhill House and Country Park, Selkirk, TD7 5ET

PARKING

Car parking space may be tight. Please share cars where possible. Please follow marshals' directions.

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 until the last finisher has crossed the line.

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.

HOW TO GET THERE

Bowhill is 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 (B7039) across the River Yarrow, and go uphill for approx. 100metres. Then turn right into the Bowhill Estate and follow the event signage.

NEW TRIAL OFFER
20% OFF CARL'S LANE

(0.5% LOW ALCOHOL PALE ALE)

20% OFF
for duathletes
until 30th April.

Use code: BowHill
www.durtybrewing.com



ST. NINIAN'S SCHEDULE

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

TIME	DETAIL
08:30	Car Park Open. Please don't try to arrive before we open the car park – you'll cause chaos!
08.30	Registration and Transition Open at Car Park
10:00	Race Briefing at the Start Line
10:05	RACE START
11:30 (APPROX.)	Short Race Prizegiving at Race HQ
12:00 (APPROX.)	Medium Race Prizegiving at Race HQ

BOWHILL SCHEDULE

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

TIME	DETAIL
10:30	Car Park Open. Please don't try to arrive before we open the car park – you'll cause chaos!
10:30 – 15:00	Tea Room Open at Bowhill House Courtyard
10:30	Registration Open at Courtyard, Transition Open at Visitor Car Park
12:00	Race Briefing at the Start Line
12:05	RACE START
13:30 (APPROX.)	Short Race Prizegiving in Courtyard
14:00	Medium Race Prizegiving in Courtyard

COURSES & FORMAT

Short is planned to have a winning time of 20 mins Mountain Bike + 20 mins Trail Run. Distances below are approximate (and may be meaningless dependent on ground conditions, ascent etc.)

- St. Ninians (Short): Run 1 = 3.1K, Bike = 6.2K, Run 2 = 1.8K
- Bowhill (Short): Run = 3.9K, Bike = 6.6K (Note: this race is Run then Bike)

Medium is planned to have a winning time of 30 mins Mountain Bike + 30 mins Trail Run.

- St. Ninians (Medium): Run 1 = 5K, Bike = 9.8K, Run 2 = 2K
- Bowhill (Medium): Bike = 8.4K, Run = 5.4K (Note: this race is Bike then Run)

Course Maps

See www.durtyevents.com (then follow links for the Short/Medium race as appropriate), 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. Bear in mind that it is winter in Scotland, so warm and waterproof will be useful to you. St. Ninians in particular has the potential to be wet, windy and bleak. 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 Type 2 fun :)

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

Bowhill: Transition will be on hard-standing in the Visitor Car Park – this is approx. 100m from the Registration/Finish area in the Courtyard, 200m from the Start Line, and 500m from the Car Park.

St. Ninians: Transition will be on hard standing adjacent to the car park and close to Registration, Finish and Start.

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 – 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.



BIKE MOUNT / DISMOUNT

The Bike Mount/Dismount line will be approx. 30m from Transition in both venues – look for the signage and line.

Bowhill 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.

Race Rules

The rules of Triathlon Scotland will apply – you can find them linked from www.triathlonscotland.org

Golden Rules

No Litter. Anywhere. Full Stop. This includes the car parks. It specifically includes gel wrappers, banana skins, plastic cups etc. If you've got any of these, bring back to the finish with you. 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!

Report to the Finish, whatever happens to you. Otherwise we're coming looking for you and we won't be happy ☹️



REGISTRATION & TIMING

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. We will demonstrate this at the Race Briefing.

- Transitions In
- Transitions Out
- Finish Line

Please make sure you return your dibber after the finish line so we can DOWNLOAD your time. At BowHill, 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.



FINISH & PRIZE GIVING

After you finish make sure you head back to the Registration and hand in your timing chip so we can process the results. No chip hand in & download = no result.

Prize-Giving will be held in the Registration area as soon as possible after the race. Get warmed up, have a coffee and claim your prize (or cheer on those that did win a prize!). We plan on booze/sweeties for the individual races and podium medals and perpetual trophies for the series (at the Race 4 prize-giving).

Race results will be available at www.durtyevents.com/results. Race Photographs will be published on our social media channels as soon as possible after the event. Give us a chance to get home and unpack before hassling us on this, eh?





**KESWICK
MOUNTAIN
FESTIVAL**

MAY 17TH = 19TH 2024

KESWICKMOUNTAINFESTIVAL.CO.UK

The central graphic features a blue background with a white and pink logo on the left. The logo consists of a stylized mountain peak, a sun, and a tree. To the right of the logo, the text 'KESWICK MOUNTAIN FESTIVAL' is written in white, bold, uppercase letters. Below this, the dates 'MAY 17TH = 19TH 2024' are written in white, bold, uppercase letters. At the bottom, the website 'KESWICKMOUNTAINFESTIVAL.CO.UK' is written in white, bold, uppercase letters.

WITH THANKS TO OUR SPONSORS



DURTY
BREWING