



Craggy Island Triathlon 2024

Athlete Guide

28th September

SUPPORTED BY:



WELCOME

Thank you for your entry to Craggy Island Triathlon!

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:

- [Event Information](#)
- [Schedule](#)
- [Event Logistics](#)
- [Course Maps](#)
- [Race Information](#)
- [Registration and Timing](#)
- [And Finally](#)

We look forward to welcoming you to the race.

See you on Race Day.



EVENT INFORMATION

Location

The race venue will be the Isle of Kerrera. To get to the Island, head for the Oban Times Pier opposite the Oban War and Peace Museum in Oban.

Parking

There is no official race car park, however there is plenty of parking in Oban, head over to www.parkopedia.com or the [Argyll & Bute Council](#) page for more information.

Please do not try to pull up at the Oban Times Pier or the North Pier to drop off kit you will cause chaos in the town. We suggest you park elsewhere and then walk/cycle to the North Pier.

How to get there

The ferry point for the race is located at the Oban Times Pier, Corran Esplanade, Oban

Public transport exists – there are reasonable rail and bus links to Oban.

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.

FERRY INFORMATION – PLEASE READ

Craggy Island Triathlon is, logistically, an extremely difficult event to organise. This year it's going to be extremely busy. All ferries must run at full capacity.

Therefore, we are allocating everyone a specific time slot for the Ferry to Kerrera. We simply don't have the luxury of people turning up en masse for the last few ferries. Please adhere to your allocated slot. The only exception to this is if you are part of a group that needs to cross together, please turn up for the earliest ferry allocated to someone in your group.

Any supporters will be on the ferries after all the competitors which run from 10.20am until 11.20am. [They can also book a regular ferry to the marina after this time here.](#)

If you do have to arrive in Kerrera in plenty time there are excellent facilities at the Marina for you to enjoy breakfast and keep warm. You can additionally recce the course and enjoy the island.



SCHEDULE

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

TIME	EVENT
SATURDAY 28th	
07.00	First ferry starts running to/from the Island from the North Pier, Oban
07.00	Registration and Bike Check-In Open (NOTE: this is on the Island, at the top of the slipway)
10.30	Registration Closes
10.45	RACE BRIEFING – this will be on the Jetty 500m from Transition, and is COMPULSORY
11.00	Race Start - Rolling Start, from the Jetty
12.30	Expected First Finisher
14.55	Expected Last Finisher
14.30	Prizegiving (TBC)

EVENT LOGISTICS

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

This is logistically tricky race due to taking place on a small island. However, we think the incredible journey you'll undertake around 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;

1. 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 may not be 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 few facilities on the island other than the bar/café that will be doing catering near the Transition/Finish area
2. 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.
3. You should have received your race number ahead of the event, please collect your bike from the boat and head to transition. .Put your bike and race kit into Transition (on the island). You must rack your bike at the spot with your race number on the bike racking please keep your kit tidy and compact, do not bring large bags/boxes
4. Head to the registration area and collect your race number and swim hat (In the Large Barn near the bike racking, please **do not bring your bike into the barn**)
5. Please don't store any non-race kit in transition – it will get in the way and we will remove it.
6. Head over to the Jetty (500m walk) for the briefing and swim start. You may wear shoes but please bring a drawstring bag (no bigger than a carrier bag to place your shoes in to, we will bring your shoes back to the finish area), **Do Not Wear any Footwear that you require for the race**

HOW THE RACE WORKS

The race then works like this:

1. Swim Start will be a rolling start, athletes will be called forward in groups of 4-6, they will dib their dibber, enter the water and immediately start swimming. **Your race start is from when you dib.** Please bring a drawstring (or similar) bag no larger than a carrier bag to put them in and then place them in the large rubble sack provided to be brought back to the finish, **DO NOT USE THE TRAINERS YOU PLAN TO RACE IN**
2. Swim around the Kerrera Marina, pay attention to the swim buoys and kayakers, we don't want you ending up back in Oban!
3. Run out of the water, up the island slipway and into transition.
4. 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, in the boat yard.
5. 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.
6. Come back to the transition area at the end of the bike loop. Dismount at the line. Rack your bike back in it's place in transition.
7. Change into Run kit, run out of the bottom end of transition toward the sea and up the hill on the track on your left.
8. Run around the rough, boggy (tie your laces tight!), heathery, brackeney, mostly trackless hillside of the island until you reach the Finish area. Oh, and take in the views over towards Mull they are worth a couple of seconds on your time😊

SWIM MAP



BIKE MAP



RUN MAP



RACE INFORMATION

Swim

The swim water temp is likely to be 11-14 degrees. 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. Our Medical Team will be at the race to pick up the pieces but we'd rather they didn't have to.

Run

The Run will be on a mix of trails, grass and slightly boggy sections, watch your footing but also take time to look at the views. Take 30 seconds to look around you, it'll be worth it!

RACE INFORMATION

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 jetty to begin your swim. The transition area is numbered so make sure you are in the correct spot and set your stuff up 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 area 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.

Feed Stations

For the sake of our planet we have stopped using plastic cups at our feed stations on all our races, this means if you want water from the feed station you will need to bring your own foldable cup or similar and we will be happy to fill it for you.

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 them 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!

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 or Gravel 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 losing it during the swim and thus being stung for a £35 replacement charge).
- You will be asked to "Dib you Dibber" at the swim entry, at the entry and 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 entry & 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 return your dibber for 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.

There will be no changing facilities available on race day.

We will have portable toilets and there is a bar/café near the transition and finish line

RESULTS & PHOTOGRAPHY

There will be no changing facilities available on race day.

We will have portable toilets and there is a bar/café near the transition and finish line

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. The photos published are general coverage from the event from start to finish, we do not guarantee that we can capture everyone.

Marshalling

If you're bringing friends and family who might fancy helping us by marshalling we'd love to hear from you! The more folks we can put on the course, 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 with us at info@durtyevents.com if you're up for it.



AND FINALLY

Ferry Tickets

For competitors your ferry ticket to/from the island is included in your entry fee, you must use one of the chartered ferries. On your return trip back to the mainland after the event keep your race number handy and show it to the stewards on the slipway as your free ferry pass. Anyone without a race number will be charged £5 for the return fare, if you are the swimmer of a relay team we will provide you with a wristband to access the free ferry. If you bring any spectators, friends, family etc they will need to purchase ferry tickets as they board the ferry to leave the island but they will be on a different ferry to you, once all competitors have been transferred to the island.

Spectator ferry tickets on Chartered vessels are £5.00 return, please bring cash for ferry fares, you will be charged as you leave the island.

Staying Pre or Post Race?

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

Food

The Waypoint bar/café will be open with various food and drinks options for you to purchase in the finish area. Please support them by popping in for a cup of tea or a bacon roll.

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).

Emergency Contact Phone (note, mobile coverage is patchy on the island) : 0330 223 5706

CARL'S LANE

0.5% ABV



UNTAPPD

**Good hoppy
flavour, I did not
even notice it was
alcohol free till
afterwards!**

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