



AVIEMORE TRIATHLON 2026 ATHLETE GUIDE SUNDAY 13TH SEPTEMBER

SUPPORTED BY:



WELCOME

Thank you for your entry into Aviemore 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 the 13th September.

This document includes information on the following:

- [Event Information](#)
- [Timing Schedule](#)
- [Race Information](#)
- [Registration and Timing](#)
- [Scottish Championships](#)
- [Accommodation](#)

We look forward to welcoming you to the race.

See you in September.



IMPORTANT INFO...

- Queries in regard to Accommodation at Badaguish should be directed to the accommodation provider and not Durty Events Staff/Volunteers
- If you are a Home Nations Member you must bring your Race Licence to registration. Please have this ready to show registration marshals
- This race has a split transition, if you intend to change any clothing or shoes from bike to run, you must leave your run items in T2 prior to heading down to the swim start
- At registration you will be given a numbered bag for T1, you must put all items from the swim into this bag and we will return this to Badaguish for collection – this process takes us some time – arrival time approx. 12noon (might be later).
- Towels in transition must not exceed 30cmx30cm unless kept inside your bag outside of usage times.
- Wetsuits are likely to be mandatory. **Swim gloves are not permitted** unless you have a medical exemption from Triathlon Scotland/England/Wales. Swim socks are permitted however the bottom of the wetsuit must cover the top of the sock for more information on these and other rules see: [The British Triathlon Rule Book](#)
- Please ensure you know the course - specifically the **section of the bike route that you will ride twice**. If you withdraw from the event mid race **you must report to the finish line** and hand in your timing chip

EVENT INFORMATION

Location

The race venue for Aviemore Triathlon will be Badaguish Outdoor Centre, Aviemore, PH22 1AD

Parking

Car Parking is extremely tight. Please share cars to come to the race site if you can. **Parking on the Badaguish site must be paid for in advance, you can purchase parking [here](#).** Please do not arrive prior to 7am when the car park opens. NOTE: no sleeping in vehicles is permitted (this is a condition of Badaguish's licence).

NOTE: there will be no vehicle movements permitted on the Badaguish site between 8.30am and 12.00pm on race day. We would appreciate your co-operation with this to ensure that all competitors have a safe event. Traffic exiting the site will only be allowed to move from 12.00pm.

How to get there

Public transport is a viable way of getting to the race. Aviemore is approx. 4 miles from the race venue, and has a train station on the Perth-Inverness line. Aviemore is also served by long distance bus services between Glasgow/Edinburgh and Inverness.



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

EVENT SCHEDULE

TIME	EVENT
SATURDAY	
15.00 – 20.00 (approx.)	Food and Drink available from Scottish Fayre Event Catering (located at Badaguish) Food served from mid-afternoon until early evening.
16.00 – 18.00	Registration open at Badaguish Centre (Sports Barn building)
SUNDAY	
07.00	Car Park at Badaguish Centre Open (please don't try to arrive before we open the car park, or try to use the Forestry Commission car-park at Transition 1 – you'll cause us problems!). £5 per car parking charge – this goes to the Badaguish Centre/Speyside Trust. NOTE: Buy your Parking Ticket at - Aviemore Triathlon Parking & Tent Camping
07.00	Registration Open at Badaguish Centre.
07.00	Transition 1 Opens at Loch Morlich
07.00	Scottish Fayre Event Catering open for Breakfast and Hot Drinks
08.30	Registration Closes
08.30	Transition (T1 and T2) Closes (you must have racked your bike and equipment by then – this applies to both Long Hard and Short Fast Durty competitors)
08.45	LONG HARD DURTY Race Briefing at Swim Start Lochside
09.00	Long Hard Durty START – this may be split into 2 waves depending on entry numbers, we will advise at Registration
09.15	SHORT FAST DURTY (Including Non-Competitive Entries) Race Briefing at Swim Start Lochside (Both Waves to attend)
09.30	Short Fast Durty START (NOTE: there are likely to be two wave starts – you will be advised of this at registration, and which wave you are in)
11.15 (approx.)	Expected 1st Tri finishers
13.00	Expected Podium Ceremonies (this may change – please listen for announcements)

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

CATERING



Handcrafted BARISTA COFFEE

BARISTA COFFEES

Espresso
Americano
Cappuccino
Latte
Flat White
Mocha
Caramel Latte
Vanilla Latte
Hazelnut Latte
Hot Chocolate
Tea
Ice Latte – Caramel / Vanilla / Hazelnut

DAILY SPECIALS

Ask our team what's cooking today!

BREAKFAST

Bacon Roll
Gourmet Sausage Roll
Square Sausage Roll
Black Pudding & Sausage Roll

SERVED UNTIL 11:00AM

SCOTTISH FAYRE

EVENT CATERING

EST. 2002

GOURMET BURGERS

STEAK BURGER

100% Aberdeen Angus beef patty, baby gem lettuce,
red onion, tomato, gherkin, burger sauce,
in a toasted brioche bun.

ANGUS CHEESE BURGER

100% Aberdeen Angus beef patty, melted cheddar,
baby gem lettuce, red onion, tomato, gherkin,
burger sauce, in a toasted brioche bun.

HUNTERS CHICKEN BURGER

Crispy chicken fillet, streaky bacon, cheddar cheese,
BBQ sauce, baby gem lettuce, red onion,
in a toasted brioche bun.

VEGGIE BURGER (V)

Plant-based burger, baby gem lettuce, red onion,
tomato, gherkin, burger sauce,
in a toasted brioche bun.

Gourmet BURGERS & FRIES



FRIES

Skinny Fries
Fries with Curry Sauce
Fries with Cheese Sauce
Salt & Chilli Chicken Fries
Katsu Chicken Curry Fries

HOT DOG

CLASSIC HOT DOG

Premium pork hot dog, fried onions,
tomato ketchup, mustard,
in a soft roll.

★ ALL OUR BEEF IS 100% ABERDEEN ANGUS ★ COOKED FRESH TO ORDER ★

RACE INFORMATION (1)

Swim

Swim water temp is likely to be 13 or 14 degrees. Wetsuits will most likely be compulsory – this will be confirmed at Registration.

It will be a deep water start (though it's actually quite shallow – you'll be waist deep or so) for both races. There will be an opportunity to get into the water a few minutes before race start to acclimatise. Short Fast Durty will do one swim lap, Long Hard Durty will do two swim laps. Swim Laps are clockwise.

Water Quality is expected to be excellent – it is regularly monitored by SEPA. Results are here:

<https://bathingwaters.sepa.org.uk/locations-and-results/results/?location=366986>

Bike

Short Fast Durty: Along Old Logging Track to Glenmore, and up the hill path to the rear of Glenmore Café. Along forest roads to a junction to the east of Badaguish. You'll then head back down to Glenmore on a forest road, and do the climb for a 2nd time. You're effectively doing a lap-and-a-half of the 'Forest Road Loop'. Then into Badaguish for a lap of their MTB trail.

Long Hard Durty: Along Old Logging Track to Glenmore, and up the hill path to the rear of Glenmore Café. Along forest roads to a junction to the east of Badaguish. You'll then head back down to Glenmore on a forest road, and do the climb for a 2nd time. You're effectively doing a lap-and-a-half of the 'Forest Road Loop'. Then into Badaguish for a lap of their MTB trail, then out to the north and west of Badaguish for an anti-clockwise lap of the 'long technical loop' in the forest.

Run

The Run will be on a mix of forest trails, and includes a section of open hill running (Long Hard Durty only) with breathtaking views; take 30 seconds to look around you! Bits of the course meander through rough and trackless natural forest.

RACE INFORMATION (2)

Transition Area - Please Note: the race has a 'split transition' format....

Swim Start & Transition Area (TA) 1 are at the beach beside the Forestry Commission car park, next to Loch Morlich Sailing Club (note: not the Watersports Centre). Spectator cars are not permitted (and will be unable to return to Badaguish anyway as the access road will be closed for the duration of the race).

TRANSITION 1

Before you start the race you will need to place your bike on the racking adjacent to the loch. Please use your numbered slot.

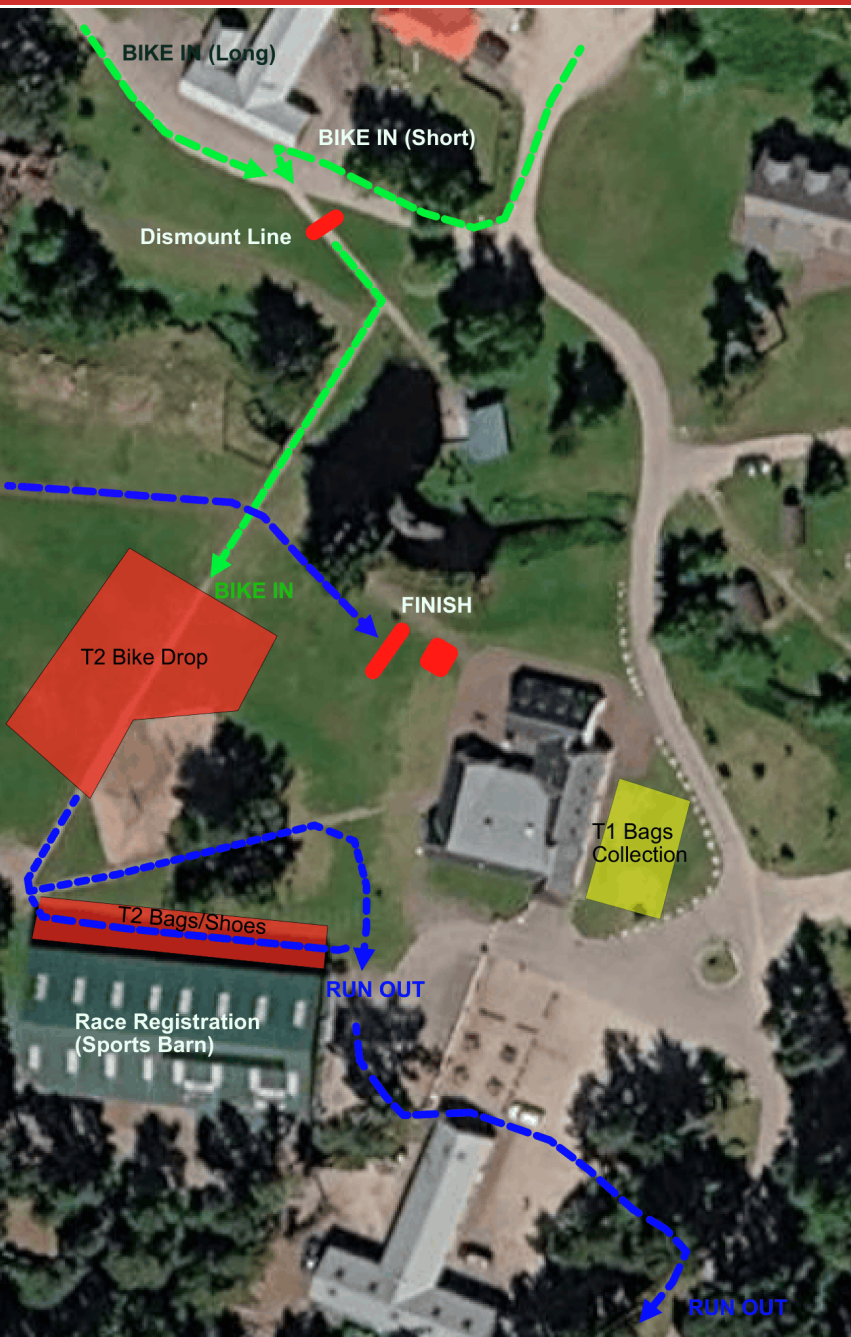
After the swim, place your wetsuit, cap, goggles and any other equipment you are not taking on the bike course into the numbered bag (you'll be provided with this at registration) and leave it at your racking slot. We will take this back to Badaguish for you to collect after the finish. **Any equipment not in your numbered bag will not be taken to Badaguish, so please take care when doing this.** Equipment not collected after the race will be disposed of, some more valuable items may be taken back to Durty Event's offices in the Borders. You'll be responsible for collecting, or paying postage to get them back!

BTF Rule: Towels may not be used to mark space. Towels should be no larger than 12"x12" (30cmx30cm), the towel must be placed either in the competitors' shoes or rolled up and place directly under the horizontal bar of the transition racking unless in use. Any larger towel must be kept in competitors' bags unless in use.

The Bike Mount line will be approx. 100m from Transition and is on the 'Old Logging Track' on the opposite side of the tarmac road. Take great care crossing the road (pushing your bike) and follow the instructions of the marshals. If you need to wait a few seconds for traffic to pass, well... you'll just need to 😊

Relay Teams: Please don't hang around in transition waiting for your incoming swimmer. We'll set you up a little holding pen outside the transition area itself. Relay changeover will be passing the timing dibber from member to member.

RACE INFORMATION (3)



TRANSITION 2

Transition Area 2 (T2) & Finish are at the Badaguish Outdoor Centre in Glenmore Forest

You will need to set your Run equipment up in Transition Area 2 before you leave to start the race. This will be simple area marked on the ground with barrier tape. Choose a small area to set up your run equipment, and remember where it is!

On arrival at T2, get off your bike at the Dismount Line and make your way to the bike racking. Rack your bike in the next available slot, please follow marshals instructions to do this. Make your way to where you left your Run equipment.

It is approximately 1.8km between the two TAs. Make sure you give yourself enough time to walk/ride to the Swim Start/TA1 area and set-up your kit. **Please walk/ride from Badaguish to Swim Start** – we DO NOT want cars using the Badaguish access road, or the Lochside Car Park during the race.

Your friends, family, pet budgie etc. are **NOT** allowed in the transition area.

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

BADAGUISH OUTDOOR CENTRE

FINISH INFORMATION

FINISH

Located at Badaguish Centre. Make sure you 'Dib' at the Finish Line (this is what 'stops the clock' for you), and then make sure you 'Download' in the nearby tent to get your result. You can collect your Bike and Swim kit on presentation of your race number (we will get T1 bags back to Badaguish as quickly as we can, but this takes some time). Bag collection is on the grass area on the opposite side of the building from the Finish.

After the finish please retrieve your bike as early as possible (once we've opened T2 for kit collection). You will need to show your race number to be able to remove your bike from T2.

Course Info

The courses are hilly and have occasional technical sections and other hazards – they're 'proper' MTB and off-road run routes. You must take great care and ride to your abilities – you are responsible for deciding what you ride and what you don't ride. 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.

Golden Rule

No Litter. Anywhere. This includes the car parks and transition areas, and covers 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 have been warned!

NEW! GET A MASSAGE AT AVIEMORE TRIATHLON



**10 MIN PRE/POST EVENT MASSAGE
£10 PER SESSION**

Once you've **crossed the finish line** why not recover and recharge with a **massage** from Darach Body Therapies.

Judy from Darach Body Therapies will be available on the day of the event offering 10 minute pre and post event massage to all athletes, £10 per session.

Pre event massage will be available during registration the day before to get you race ready.

You'll find the Darach Body Therapies massage tent in the race village, ready and waiting to help you relax and recover.

NO BOOKING REQUIRED AS THIS WILL BE ON A FIRST COME FIRST SERVED BASIS. CASH OR MOBILE PAYMENT LINK

REGISTRATION AND TIMING

You'll receive your timing chip (Sport Ident 'dibber' type) and two race number at registration. The Tyvek race number goes on you (on your back for the bike, and front for the run) – a race number belt is a useful bit of kit for this. If you don't have a race belt, please pin the number on your front. The plastic race number goes on your bike using cable ties provided.

Your timing chip will go on your wrist. Please make sure you **DOWNLOAD** and **return your dibber** after the finish line or you will not be given a result and will incur a replacement charge of £35.

Your timing chip will need 'Dibbed' in the following locations:

- Transition 1 In
- Transition 1 Out
- Transition 2 In
- Transition 2 Out
- Run Turn
- Finish

It is possible these points will not be manned and will instead have a 'Dibber Box' on a stake and a red 'DIB HERE' sign. It is your responsibility to make sure you do.



TS/BTF RULES

The race will be run under TS/BTF rules and there will be TS/BTF Technical Officials present. You are responsible for knowing the rules. Here's one that might be different from none-Cross races;

Drafting on the bike IS permitted (but is next to useless to you anyway!).

For the avoidance of doubt – **any reports of poor behaviour towards marshals 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.

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.



SCOTTISH & BRITISH CHAMPIONSHIPS

If you would like to be eligible for a British or Scottish Championship prize, you must be a Core or Ultimate member of Triathlon Scotland by the time the race starts

You can join or renew your membership here: <https://www.britishtriathlon.org/membership>

We also recommend that you take time to read over the rules of the sport. You can download the rules here: <https://www.britishtriathlon.org/competitionrules>

Triathlon Scotland staff will be there at the event, and so if you have any questions at all, then please don't hesitate to talk to them.



SUSTAINABILITY

A Greener Aviemore Triathlon!

Feed station cups are our biggest source of waste. So we have stopped using them. **Completely.**

There will be NO CUPS at feed stations.

You need to bring your own or, if you don't have one, you can buy one at Registration for £2.50.

You will need to carry this with you and use it on the course if you wish to use feed stations.



STAYING PRE OR POST RACE?

Camping: if you want to camp on site at Badaguish, this is possible, to book a pitch [click here](#). The contact details etc. are here: <https://www.badaguish.org/>

No Campervans or sleeping in vehicles is allowed at Badaguish.

A number of the Lodges (luxury!) and Wigwams are available at Badaguish – please contact them directly as above.

Local Accommodation: if you don't fancy camping, there are many B&B's and Hotels and similar in the local towns – follow the links from this website - <http://visitcairngorms.com/>

Bike Hire

You've got a few options if you need to hire:

Bothy Bikes in Aviemore (it's buried in a small industrial estate to the North of the town - <http://www.bothybikes.co.uk/>

Mikes Bikes <http://www.aviemorebikes.co.uk/bike-hire-demo-guiding/bike-hire-information/>,

In Your Element https://iye.scot/mountain-bike-hire_aviemore/



RUN|RIDE|SWIM|TRI|ADVENTURE

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