



THE DURTY TRIATHLON 2011 – Sat 30th July – FINAL COMPETITOR BRIEFING

OK, we'll try to keep this as short as possible, but there's a bit to get through....

Lots of information is either here, on www.durtytriathlon.com, or is available on the online entry pages at www.entrycentral.com.

Please, please, check these sources before ping me an email with questions. When 400 of you do this it makes my life just that bit more difficult – I do this stuff voluntarily, and also try to hold down a real job, and some semblance of a life ☺.

Contents

- Race Timing Stuff
- Social, Practical and Other Stuff (Tickets, Camping, Breakfast, Car Parking, Bike Hire, Accomodation)
- Race Stuff (Rules, Race Numbers, Race Licences)
- Other Exciting Stuff
- Sponsors

Race Timing Stuff

Critical race day times are;

1100 Car Park Open (please don't try to arrive before we open the car park – you'll cause chaos). If you've arrived on the Friday and have parked in the pub car park, we NEED you to shift your car at 11am on race day to the car park field).

1100 Registration and Transition Open at Tibbie Sheils Pub.

1345 Registration Closes

1400 Transition Closes (you must have racked your bike and equipment by then – this applies to both Long Hard and Short Fast Durty competitors)

1400 Race Briefing at Lochside or Marquee (attendance compulsory)

1430 Long Hard Durty (Scott X-Tri and Scottish Cross Championship) START

1530 Short Fast Durty START

c.1700 Expected 1st finishers

1900 Ceilidh, and perhaps a couple of beers

Social, Practical and Other Stuff

The Social Ticket (every competitor gets one as part of the entry fee, plus there was an option to buy additional for friends + family on the entry form) covers you for;

- Saturday night camping (no problem to camp Friday and Sunday nights, but please liaise direct with the pub on this, and there will be a small additional charge)
- Ceilidh (bring yer dancin' troosers!)

Please note.... No Ticket = No Camping = No Ceilidh.

If you need to purchase additional tickets, no problem. Please send me a cheque for £5/person (£2.50 for U16's) payable to 'Border Triathletes' to 10 Viewfield Lane, Selkirk, TD7 4LJ as quickly as you can.

There may be additional social tickets available for purchase on the day from registration, but (a) only until the close of registration, and (b) availability may be limited.

The pub will be doing simple 'Pay As You Go' food throughout the day and evening – this will probably be BBQ style.

Camping is tents and campervans only (caravans might be possible, but you MUST pre-arrange this direct with the pub). Campervans will need to use the race car park, or possibly the pub car park in the event of cr*p weather. If it's decent, we'll get you onto the camping field itself. You'll need to all get cozy and squeeze up to each other if we're to fit you all in. Please follow the directions of the pub and race staff on this. Please – only 'pub bought' alcohol in the campsite (this is a condition of the pub's licence).

The pub will be providing breakfast (Bacon Rolls etc) on a 'pay as you go' basis on the Sunday morning. Should help soak up your hangover.

Car Parking is extremely tight. Please share cars to come to the race site if you can. **Do not use the Tibbie Shiels pub car park – not even for dropping kit off.** You MUST only use the car park field.

Public transport is sadly non-existent. St. Mary's Loch is in a remote, albeit incredible and spectacular location, and the trains and buses just don't come this way. The closest railway station is probably Edinburgh (c. 45 miles). Closest towns with Bus services are Peebles, Innerleithen and Selkirk (all approx. 14-20 miles from the race).

Bike Hire. You've got a few options if you need to hire. Try Alpine Bikes in Innerleithen and at Glentress Forest, The Hub at Glentress Forest, and Glentress Bikes in Peebles.

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 the race website.

Race Stuff

To be eligible for Scottish Championship prizes (which include £400/£200/£100 cash for the first 3 Male and Female Triathlon Scotland Race Licence holders across the line) and placings in the Long Hard Dirty Race, you must hold a current full race licence from Triathlon Scotland (i.e. English and Welsh licences won't count!). We will be checking these at registration.

It's been damp up here for the last couple of weeks (years!) or so, and there's no immediate, dramatic shift in the weather forecast. This means that the swim water temp is likely to be 12-14degrees. Wetsuits will 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). It also means that the race will be 'Dirty' again this year – the bike course never fully dries out anyway, and this year will be no exception!. The race also climbs (both bike and run) to around 1200' where it can be breezy, even in July (it was -1 degree in bits of Scotland a couple of nights ago!), so come prepared.

No Litter. Anywhere. Full Stop. This includes the car parks (please, no nappies left behind this year!) 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 marshall. 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!.

The Bike Mount line will be approx. 100m from Transition, and will be on the private road outside the pub that leads to the first climb. We've also re-worked the bike finish a little – you'll enter the pub grounds via a break in the fence, and go round the edge of the camping field. This should reduce the chaos we encountered last year at the pub entrance itself.

Warning: there may still be vehicles moving in this area to/from the pub and the sailing club.

Transition Area:

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.

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 (e.g. in the marquee or your car). 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 – it's only fair.

Course Maps: No, we don't issue these (I get dozens of questions about this!). This is a deliberate decision – we don't want to irritate the landowners 'out of season' – we obviously rely heavily on their goodwill. Technically you're allowed to ride the course whenever you like, but we feel it's part of our duty of 'responsible access' to not make this a free-for-all outside the race weekend – sorry. However, Transition Layout map is attached – Red = Bike, Yellow = Run. The car park field is at the bottom of the map.

The courses are hilly and have occasional technical sections and other hazards – they're 'proper' MTB and off-road run routes. Tweed Valley Mountain Bike Patrol and the Tweed Valley Mountain Rescue Team will be at the race to pick up the pieces.

You'll receive your timing chip, race number and bike numbers at registration. Bike numbers on your bike, race number on you (either a number belt, or pinned to your front ready for the run), chip on your ankle. Please make sure you return your chip after the finish line.

The race will be run under TS/BTF rules, and there will be a TS/BTF referee present. You're responsible for knowing the rules. 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!) but not between genders (i.e. men can't draft off women or vice versa).
- Cross Bikes are NOT permitted. You wouldn't want to ride one anyway. Trust me.

We have had one or two occasional problems in previous years 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.

Exciting Stuff

We have a Pro-Racer field coming to the race, including several of the regulars on the XTERRA European and World Series Tour. We've also got some of the recent Age Group European and World Cross Tri Champs athletes.

If you like the Dirty Tri, you might just like my other new race, The Craggy Island Triathlon. www.craggyislandtriathlon.com. It's a 550m Swim from the Mainland (near Oban) to the Island of Kerrera, then a 15km MTB, and a 4km 'Proper' Hill Run. This race will probably sell out in the next couple of weeks. So be quick.

Also, have a look at www.nofussevents.co.uk for details on the truly epic Big Ben Nevis Triathlon in September.

I'm really grateful to our sponsors and supporters – if you get a chance, please repay their support;

- Scott Sports
- The Tri Centre
- Craft
- Honey Stinger
- Damm Good Jam
- Scottish Borders Council
- Tweed Valley Mountain Bike Patrol
- Tweed Valley Mountain Rescue Team
- Selkirk Canoe Club
- Scottish Borders Triathletes
- Triathlon Scotland
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Phew, I think that's it. See you at the race.

Cheers

Paul McGreal
Race Organiser