



Dear participant,

First of all, thank you so much for entering Traighathlon 2019! All proceeds from the event will go directly towards the refurbishment of Mallaig Pool & Leisure Centre so by signing up, you're making a huge contribution to our local community.

Here are a few notes to help you enjoy your day and to hopefully answer all of your questions!

Super Sprint Traighathlon

First, you will find your race specific instructions then, general information about the event. Have a read, if there is anything that is still not clear, please get in touch or ask on the day.

Race Schedule

Friday 20th September

Registration open at Mallaig Pool and Leisure, Mallaig 6pm to 8pm

Saturday 21st September

9am - 11am	Registration open at the pool
10.30am	Transition closes at Traigh
10.30am	Traigh Car Park closes (see notes later)
11.30am	Collect timing chips at the pool
11.50am	Race briefing on poolside
12pm	First start
Post race	Seafood Risotto and a wee dram
1.30pm (approx.)	Results and prize giving

Details

Registration and Timing

If you can, please pop up to the pool in Mallaig on Friday evening and register. At registration you will be given your race number, swim cap and event T-shirt. Please fill in the details on the back of the race number; this will just make things much easier on Saturday morning.

Race numbers are to be worn on your front so they can be easily seen. There are no race numbers for your bike.

We are unable to issue the timing chips until Saturday morning so you can collect these at the pool. Timing is provided by No Fuss Events - If you want to see how their system works, then have a look at this short video:-

<https://www.youtube.com/watch?v=bb7piUal1lo>

Getting Organised

This event has a split transition. Transition 1 will be on the all weather pitch beside the swimming pool. Transition 2 will be at Traigh. Set up your bike at T1. If you want to leave any running specific kit at T2, you will need to go there first and ask one of the marshals for directions as to where to leave things. You will have to do this before 10.30. After this time, the field will be closed to vehicle movements and the Transition area will also be closed.

There is ample parking at the pool.

Briefing

This is compulsory and will take place on poolside. This is a good time to ask any last minute questions or to clarify anything.

Swim

The swim is in Mallaig Pool. We will be running 4 lanes, with 2 swimmers in each lane. 20 lengths. There will be a marshal on each lane with a timing box.

Please wait on poolside until a lane becomes vacant.

Transition

Please note that T1 is NOT timed. This means that the clock stops when you finish your swim and does not start again until you go through timing when you leave transition with your bike.

Get changed into your bike kit, collect your bike, walk your bike to the exit gate and timing station. Mount your bike after the timing station. Strictly no cycling in the field.

Cycle

You must wear your helmet when you are on your bike!

Please note that the ride is all on public road. The Highway Code applies, please respect this. Marshalls will be positioned at most of the junctions. They are there primarily for your safety. Marshalls can not stop traffic but they can advise you if the way is clear ahead. Please respect this. If the Marshall tells you to stop, it is because another vehicle is coming and it is dangerous to proceed.

Transition

When you arrive at Traigh you will need to dismount before entering the field and going through the timing station. After the timing station, walk/run to Transition, put your bike in the rack and get ready for the run.

Run

The run starts through a small gate so you need to go through transition and out the far side.

Timing will be at the gate. Go through the gate and turn right onto the road.

After 1.25km you will come to the turning area. There will be a marshal there. Head back to the finish area, in through the main gate and under the finish arch. Please remember that your finish time is when you “dib” at the arch!

Teams

After the swim, hand over your timing chip to your cyclist.

After the cycle, put your bike on the rack, go through transition and hand over your timing chip to your runner who will be waiting at the small gate where the run starts.

Rules

The event will be run under ST/BTF rules. You are responsible for knowing the rules.

A high level of sportsmanship is expected from all participants.

Prizes

We will award 1st, 2nd and 3rd place prizes as follows:

Male 16 and under

Male over 16

Female 16 and under

Female over 16

Also there will be 1st prize in the Team category

In addition, there will be some random spot prizes

Maps

On the website you can download the following:

- Diagram of the Transition Layout
- Map of Super Sprint Cycle
- Map of Super Sprint Run

Transport

If you have parked at the pool and end up at Traigh with no means of getting back to your car, please let one of the marshals know and we will organise a lift for you

Marshals

If you have anyone in your party who is not taking part but would like to help out by being one of the marshals, please give Tiina at the Pool a ring on 01687462229. She would love to hear from you!

General Information

We hope training for the big day is going well and you're on course to be fit and raring to go on race day. It is important for us to remind you that if you have recently suffered a persistent cold/flu or have been unwell, it is vital to seek medical advice prior to the race. Furthermore, if you feel that your training has not gone to plan we would ask you to give serious consideration as to whether you should go ahead with the event. It may be possible to transfer to a shorter distance or switch to a relay team if you give us enough notice, so do bear this in mind.

First of all, when we talk about 'Traigh' we are referring to a field at the side of the road (opposite Traigh farm and house). There will be parking, toilets and transition starts and finish here.

Getting to the area

Whichever way you're travelling to the area, your eyes are in for a real treat!

Road: The Road to the Isles (the A830) officially begins at Fort William where you turn off onto the A830 beside the BP petrol station (the only petrol station before Mallaig so be sure to fill up if you're low). The journey to Mallaig takes approximately forty-five minutes, but you may wish to add on more time to take advantage of the fantastic scenery.

Rail: Scotrail operates an extremely scenic train ride from Fort William. Although there will be no services on the morning of Sunday 16th September, there will be several services running from Fort William to Mallaig on Saturday 16th September at 8.30am, 12.12pm, 4.19pm 10.14pm.

Ferry: If you are travelling to the area from Skye, do bear in mind that the earliest sailing on the morning of Sunday 16th September will not get you to registration on time. There are, however, a number of sailings from Armadale – Mallaig on Saturday 15th September.

Car hire: You can hire a car from Fort William and also locally from Morar Motors (01687 462118). Morar Motors operates a multiple drop off service whereby you can return your car to various locations.

We recommend that prior to race day, participants check with all public transport providers that their transport of choice is going ahead as scheduled. All the information given is correct to the best of our knowledge, but we cannot guarantee there will not be changes to timetables. A useful website to visit is www.travelinescotland.com which has a handy journey planner.

Accommodation

There are a wide range of accommodation providers to suit all tastes and budgets including hotels, B&Bs, hostels, self-catering and campsites. A very useful website to consult is: www.road-to-the-isles.org.uk which has an up to date list of accommodation providers in the area. **Please be aware that accommodation along the Road to the Isles books up very quickly, so please consider reserving accommodation as soon as possible.**

Getting to the start line

For Standard/Sprint distance participants, the postcode **PH39 4NT** will get you to the start/finish line and parking area at Traigh Beach. Otherwise, simply follow the alternative coastal route from Arisaig to Mallaig and you will see the start/finish line ahead of Traigh Golf Course. For Super Sprint participants, the postcode **PH41 4RG** will get you to Mallaig Pool & Leisure Centre. Otherwise, the Leisure Centre can be found at the top of Fank Brae next door to the High School.

Parking

Due to increasing popularity, we will be running 2 separate parking areas this year.

Area 1. This is in the main event field at Traigh. Entry and exit will be possible until 10.30am after which **no vehicle movements will be permitted**. The car park will open up again when the event has finished, probably around 1.30pm. There is only one entrance to the field and this will be used by competitors thus cars will not be permitted due to safety concerns. If you wish to leave before the prize giving, do not park here!

Area 2. We have use of the Caravan and Camping site at Silver Sands. This is located approx. 1km to the south of the main event field, just before the golf course. This car park will have no open/closed timing restrictions so you are welcome to come and go as you please. It is advisable to use this car park if you wish to leave the event before the prize giving

In both areas, please follow the directions of the Marshalls

If you decide not to park at the event field, we would advise leaving your car at your accommodation provider. There is very limited alternative parking in the area. Roadside parking is not permitted.

Race number

Please complete the contact details and medical information on the back of your race number and attach it to the front of your t-shirt using the safety pins provided. Please ensure that your race number is attached to the front of your t-shirt and visible at all times during the race and when you cross the finish line. If you have a medical condition, please provide as much information as possible on the reverse of your race number and put a red cross on the front. This is so the doctor and medical teams are aware of any existing medical conditions should you require assistance on the course.

Baggage

We suggest that you leave any baggage in your car if you have parked onsite. Otherwise there will be a space in the tent for bag storage. For Super Sprint participants, swim items can be left at the pool

Toilets, changing & shower facilities

There will be toilet facilities at the start/finish line at Traigh Beach. Participants are more than welcome to use the shower and changing facilities at Mallaig Pool and Leisure Centre.

Spectators

There are a number of parking bays dotted along the routes and therefore spectators will be able to locate a suitable spot to cheer along loved ones. **Please do not park on the verge and block the road.** There is also ample space at the start/finish line for spectators to welcome race goers as they make their way to victory!

Photography

We have an official event photographer whose great images will be available after the event. We will send you details when they become known!

First Aid & Medical Care

There will be several First Aiders both at the start/finish line and along the routes who will provide assistance if necessary. If you wish to retire at any point during the race, please approach one of our marshalls and let them know your race number. For safety reasons, please do not leave the course without informing an event official or marshall.

Morar Railway Crossing

The Jacobite Steam Train makes its way over the level crossing in Morar at approximately 12.15pm. There will be a marshal present at the level crossing with a timing box which you can 'dib' in and out of should you be affected by the train crossing. The time you spend waiting for the train will be deducted from your overall time. Please follow the marshalls instructions

Water stations

There will be a water station in the main field at the end of the bike rack area. In addition, there will be a water station approx. half way round the Standard Run in Arisaig village. Water will also be available at the finish line

Rubbish

Please help us keep our beautiful countryside tidy. After the water station, there will be a rubbish collection point. We would really appreciate it if you could only use this area or the water station itself for depositing your bottles, gels and other rubbish.

Weather

Obviously the weather is going to be completely perfect on the day however, in the event of extremely adverse weather conditions, we will let you know of any major changes.

Earphones

Please note that wearing earphones is not permitted under Scottish and UK Athletics rules..

Food & drink

We are so excited that Sarah Winnington-Ingram from Arisaig House will be at the finish line cooking up some tasty post-race seafood risotto in a giant risotto pan and the wonderful Iain from Iain Stewart Fish Sales will be donating some fresh, local seafood to add to the mix! The risotto is on us as a treat for race participants. The good people at the Ardnamurchan Distillery have also donated a number of bottles of their lovely whisky for a little post-race tittle to celebrate your achievement! If eating immediately after the event doesn't agree with you, there are a number of great cafes and restaurants all along the Road to the Isles. Please check out www.road-to-the-isles.org.uk for information on where to eat during your stay.

Results

Results will be available directly after participants cross over the timing point on the finish line. No Fuss Timing Solutions will be located by the finish line and they will provide participants with their time.

Goodies and food

We encourage participants to join us at Traigh Beach from 1.30pm where risotto, whisky and trophies will be given out.

.....and Relax!

Traighathletes will receive complimentary use of the facilities at Mallaig Pool & Leisure Centre after the race. Facilities include a swimming pool, sauna, jacuzzi, gym (unlikely!) and a fitness suite.

Things to Do

If you are planning on making a weekend/week of it, there are plenty of interesting and exciting things to do in the area. For an up to date list of activities and a guide to what's on in the area check out www.road-to-the-isles.org.uk.

Forthcoming Events

If you enjoy the area and would like to venture up again at the beginning of summer 2020, why not coincide it with the Road to the Isles Festival of Running. Marathon, Half Marathon, 10k, 5k and Walk on the Wild Side on Saturday 19th May 2020 We will also be holding the next Traighathlon in September 2020. Please see our website: www.mallaigleisure.org.uk or follow us on Facebook to keep up to date with our events.

Finally, from all of us at Mallaig Pool & Leisure Centre, we hope you have a fantastic race and really enjoy your time on the Road to the Isles. Good luck with your training and we look forward to seeing you on Saturday!