



20TH ANNUAL ROYAL DEESIDE TRIATHLON / BIATHLON RACE PACK

11TH MAY 2002

1.0 INTRODUCTION

Thank you for participating. Please read the following instructions carefully;

1.1 STARTING TIME

- The event will start at 10.00am at the Games Park, Braemar, Aberdeenshire. Competitors will start at 1-minute intervals

1.2 RACE REGISTRATION

- Registration will take place at the start point, between 9.00am and 9.30am. Race numbers and a start time will be issued.
- Pre-race briefing will be at 09.45am

1.3 ROUTE

CYCLE Starts in Braemar, follows the A93 towards Aberdeen through Crathie, turns left through Pass of Ballater (B972), turn left back onto A93, though Dinnet, Aboyne, Kincardine O'Neil to Potarch Bridge - Distance 34.2 miles

RUN Starts a Potarch Bridge and follows the A93 to Banchory turning right at Kinneskie Road (east of the War Memorial) round the Golf Course road to Bridge Street turning right into Dee Street. Cross Dee Street and turn left onto road through King George V Park. WATER STATION AT THIS POINT. Follow the road and paths to the old railway line. Follow the old lines to Crathes. Near Crathes, the route goes through a small sand quarry then past houses and on to the A957 Slug Road. Turn right and continue to Durris Bridge. - DISTANCE 10.1 miles

CANOE Down the River Dee from Durriss Bridge to Aberdeen Boat House. Backup crews can see the competitors at Park Bridge, Maryculter Bridge, Bridge of Dee, King George VI Bridge and finally at the Boat House. - DISTANCE 15.5 miles

CYCLE Duathlon continues from the end of the run point at Durriss Bridge along the South Deeside Road (B9077), into Aberdeen as far as the end of Leggart Terrace. Cyclists will be diverted into a lay-by once at the finishing point. - DISTANCE 13 miles.

- Competitors will need to make their own way from the finish to the Aberdeen Boat House (approx. 1 mile). Shower facilities are available.
- Each competitor must have a back up team to assist with transportation of equipment between stages, for which the organisers will not be responsible
- Any competitor failing to complete any section of the race must inform one of the race officials of their withdrawal before leaving'

2.0 PRESENTATION OF PRIZES

The presentation of prizes will take place at the Aberdeen BoatHouse or Riverbank, South Esplanade, Aberdeen at approximately 4.30 pm. Each competitor and back up team can participate in the post race refreshments.

3.0 RULES

CYCLING SECTION

- Each competitor must ensure their machine is in a safe and roadworthy condition
- During the event, competitors are individually responsible for the repair of their machines. Any assistance received other than that provided by the organisers, will result in disqualification.
- Competitors must wear the race numbers provided in such a way that they are clearly visible from behind
- All competitors shall on no account take pace from another cyclist or vehicle. The riders must ride alone, singly and not two abreast except for the purpose of overtaking, and must ride no closer than five metres from a rider in front.
- While overtaking another competitor, a rider must pass as widely and as quickly as possible. On no account must there be 'racing' side by side on the course.

N.B. All cyclists must wear helmets, failure to do so will result in disqualification

RUNNING SECTION

- The run section starts from the car park at Potarch Bridge
- All competitors shall run on the right hand side of the road, towards any oncoming traffic, using any footpath that exists where possible
- No individual support vehicles, cyclists or escort runners are allowed

- Competitors must wear their race number, clearly visible from the front, for the duration of the run

CANOE SECTION

- Life jackets must be worn throughout the watercourse
- Competitors must assist any fellow canoeist that gets into difficulty in the river

4.0 GENERAL RULES

- Competitors are reminded that this is an individual endurance event and that teamwork is forbidden
- Each competitor is responsible for their own cycling / running / canoeing equipment and clothing
- It is the responsibility of all competitors to navigate the prescribed course and be familiar with the route prior to the start
- Enjoy yourself, that's what you're here for

5.0 ROUTE DETAILS

CYCLE ROUTE – Helmets to be worn, no helmet, no race

- Parking and registration outside the Highland Games Park, Braemar Town Centre
- Start is on the road to the Lin of Dee, outside the Highland Games Park entrance.
- Turn left onto the A93 and continue through Crathie, until the left turn at the Pass of Ballater, B972. Sign and Marshall will be present here
- Continue over the pass to the T-junction, turn left back onto the A93
- Continue through Aboyne, Kincardine O'Neil, to Potarch Bridge
- Dismount on the LEFT HAND SIDE of the road, then cross over the road on foot to begin the run section

RUN ROUTE

- Run along the A93, on the RIGHT HAND SIDE of the road, until you reach Banchory
- Go past the War Memorial then turn right into Kinneskie Road and through the Golf Club car park.
- Turn right into Bridge Street, then right into Dee Street. Cross Dee Street then turn left into the park. The footpath will be marked with arrows, and marshall's will be present
- A water station will be available in Banchory, between 6 and 7 miles into the run
- Cross the park onto the Deeside disused railway line, through the sand quarry till the Deeside line meets the Slug Road. Turn right down the Slug Road to Crathes Bridge.

Crathes Bridge is the transition from run to cycle, or run to canoe

CYCLE ROUTE

- Cross over the bridge and turn left onto B9077 and continue for 13 straight miles to Leggart Terrace in Aberdeen where you will be flagged down at the finish point.

CANOE ROUTE

- Cross the bridge, pick up your canoe which should be on the beach at the far side of the bridge on the downstream side. Competitors will have to negotiate a gate to get to the waters edge.
- Paddle downriver under Park Bridge, Maryculter Bridge, Bridge of Dee and finally the King George VI bridge to the Aberdeen Boathouse, 50m past the bridge on the right hand side of the river.
- The triathlon finishes when you pass the timekeepers at the Boathouse shore – Please shout your number in case it is concealed under your life jacket.

COMPLETION

On completion all competitors and backup teams are welcome to the Riverbank for refreshments and the prize giving. Facilities for showering and changing will be available at the Boathouse. Prize giving will commence as soon as possible after the last competitor has finished.