



**22nd ROYAL DEESIDE TRIATHLON/DUATHLON RACE PACK
9th MAY 2004**

Dear athlete,

Thank you for participating in this year's Royal Deeside Triathlon/Duathlon. Please read the following instructions carefully and acquaint yourself with the routes and regulations. The information is subject to change by the organisers at any point.

1 Race registration

Registration takes place at the start point (Games Park, Braemar), between 9.00 and 9.30. Race number and start time will be issued to all competitors. ALL triathlon team members must register and collect their number.

2 Race briefing

A pre-race briefing will be held at 9.45. The race briefing is compulsory for all competitors, including ALL triathlon team members. Back-up crew are advised to attend the race briefing. It is the responsibility of individual competitors to heed announcements made at the race briefing.

3 Start time

The event will start at 10.00 at the Games Park, Braemar, Aberdeenshire. Competitors will start at half-minute intervals. The organisers will endeavour to keep splits only if sufficient marshals are available.

4 Routes

Please refer to attached maps. In severe weather conditions the route(s) may need to be altered. Listen out for announcements at the race briefing and/or instructions from the marshals.

4.1 Cycle (1)

Start in Braemar. Follow A93 towards Aberdeen through Crathie, turn left through Pass of Ballater (B972), turn left onto A93. Pass through Dinnet, Aboyne and Kincardine O'Neill to Potarch Bridge. Distance 34.2 miles.

The lay-by at Potarch Bridge is the transition from Bike (1) to Run.

Bike/Run Transition: Competitors must dismount their bike on the left hand side of the road at the Potarch transition layby, and hand their bike to their support team. The competitor will then cross the road on foot when safe into the layby on the right hand side of the road, change shoes etc and begin the run. Transitions must only take place in the right hand side layby. No transitions are allowed on the left hand side of the road. Support team must wheel the bike over the road to the layby - competitors who wheel their bikes across the road will be disqualified. (these measures are to promote safe transition and prevent slippages when crossing this busy section of road).

4.2 Run

Start at Potarch Bridge in the lay-by. Run on the right-hand side of the road. Follow the A93 to Banchory. Turn right at Kinneskie Road (east of the War Memorial) round the golf course road to Bridge Street and turn right into Dee Street. Cross Dee Street and turn left onto road through King George V Park. There will be a water station at this point. Follow the road and paths to the dismantled railway. Follow the dismantled railway to Crathes Bridge. Near Crathes, the route goes through the sand quarry and past some houses onto the Slug Road (A957). Turn right and continue down hill and over Durriss Bridge. Distance 10.1 miles. There will be mile markers, arrows and marshals on this route.

Crathes Bridge is the transition from Run to Bike (2) or Run to Canoe.

Run/Bike Transition: Transition will take place on the grassy verge at the southern end of the Durriss Bridge. Transitions must not take place on the bridge itself. Support cars must not be parked on the bridge (please park cars further up Slug Road (A957) towards Stonehaven or on the minor road opposite transition area).

Run/Canoe Transition: Entry to the river will be on downstream of the Durriss Bridge, on the southern bank. Access will through a gate on the South Deeside Road.

4.3 Canoe

Canoe down the River Dee from Durriss Bridge to finish at Aberdeen Boat Club clubhouse. Back-up crews can view spectators from Park Bridge, Maryculter Bridge, Bridge of Dee, King George VI Bridge and also at the boathouse. Distance 15.5 miles.

4.4 Cycle (2)

Remount at Durriss Bridge transition and follow the South Deeside Road (B9077) towards Aberdeen. The Duathlon finishes at the lay-by of Leggart Terrace. Cyclists will be diverted into the lay-by. Distance 13 miles.

Finished cycle competitors should make their own way to Aberdeen Boat Clubhouse, approximately 1 mile away just downstream of Queen Elizabeth Bridge.

5 Prize-giving

The prize-giving will take place at the Aberdeen Boat Clubhouse or riverbank, South Esplanade, at approximately 16.30. All competitors, back-up crew and marshals are invited to participate in post-race refreshments, provided by the organisers and their support team. Shower facilities are available.

6 Rules and regulations

Rules and regulations are put in place to ensure the safety of all competitors, marshals, spectators and members of the public. Failure to comply with all rules and regulations may result in serious injury to yourself, or to third party, and will also result in your disqualification from the race.

6.1 General

Obey marshals. Marshals are present on the course to advise you. Marshals do not have the authority to stop traffic. Athletes are responsible for their own safety.

Each competitor MUST have a back-up team to assist with transportation of equipment between transition points. The organisers are not responsible for the transportation of equipment between stages.

Any competitor failing to complete any stage of the race must inform one of the race officials of their withdrawal before leaving.

Each competitor is responsible for his or her cycling/running/canoeing equipment and clothing and should take reasonable care to ensure they remain safe and undamaged.

It is the responsibility of the competitors to familiarise themselves with the route prior to the start of the race and to navigate the prescribed course.

6.2 Cycle leg(s)

NO HELMET – NO RACE

Each competitor must ensure that his or her bike is in a safe and roadworthy condition.

During the event, competitors are individually responsible for the repair of their bike. Any assistance received other than that provided by the organisers will result in disqualification. Bring sufficient spare inners and tyre levers!!

Competitors must wear the race number provided in such a way that the number is clearly visible from behind.

This event is a non-drafting event. Competitors shall on no account take pace from another cyclist or vehicle. Cyclists must ride no closer than five metres from a rider in front. Cyclists must ride alone, singly and not two abreast except for the purpose of overtaking. While overtaking another competitor, a rider must pass as widely and as quickly as possible. On no account may there be racing side by side along the course. Any competitor judged to be drafting will incur a ten minute time penalty.

All participants, including the drivers of support vehicles, should be briefed not to hinder or obstruct other road users. Cyclists should keep to their own side of the carriageway at all times and should comply with the rules of the Highway Code. Failure to comply with these regulations could severely jeopardise the staging of similar events in the future.

6.3 Run leg

All competitors shall run on the right hand side of the road, towards any oncoming traffic, using footpaths where these are available.

No individual support vehicles, cyclists or escort runners are allowed.

Competitors must wear their race number clearly visible from the front for the run.

6.4 Canoe leg

BUOYANCY AID AND HELMET COMPULSORY

Canoes with understern rudders are not recommended. The water level is quite low and there are some shallow sections to watch out for.

It has been brought to the organisers' attention that there is a hazardous section upstream of the East Park Bridge (Drumoak). Overhanging trees on the right bank are making the passage through the right-hand channel hazardous. Canoeists are recommended to use the other channel.

Competitors must assist any fellow canoeist in difficulty in the water.

6.5 Support Team and Vehicles

Support teams are an integral part of this event. On that basis, all support vehicles will be issued with a number matching that of their competitor. This number must be stuck to the rear windscreen of the vehicle. Failure to do this will result in competitor disqualification. As this is a non-drafting event, drivers of support vehicles deemed to be encouraging drafting behind their vehicles or hindering other competitors/road users will result in their competitors incurring a ten minute time penalty.

Support vehicles must be parked safely and responsibly at all transition areas. This is of paramount importance to ensure the safety of competitors when entering and leaving transition. Support crews must obey the marshals if instructed to move their vehicle.

Support crews should be encouraged to head off towards Potarch fairly promptly after their athlete has started – some crew were late to the transition in previous years for their athlete after encountering heavy traffic and many cyclists on the road!

7 Thanks

Our thanks are extended to Grampian Police, Leisurelend, Aberdeenshire Council, the Dunecht estate owner, Bert McIntosh, Aberdeen Boat Club, TriathlonScotland for sanctioning this event and of course thanks go to our support team and helpers.

Our biggest thanks go to the marshals, without whom this event could not be staged safely.

BRING PLENTY OF SUNSHINE !!