

EVENT RULES & SAFETY NOTES



EVENT RULES

- 1 Teams must consist of 4 people (3 competitors, 1 steward)
- 2 Team replacements/withdrawals/changes can be made through the Event Organiser up to 5 days before the Event. After this any changes can only be made at the Start Registration. No new Individual or Team entries on the day - only changes permitted.
- 3 Each team must pledge to raise £200(min) sponsorship for the Speyside Trust. Monies must be paid in by the end of September.
- 4 Competitor numbers must be worn and clearly visible at all times. Numbers must be pinned to the front for running/walking and changed to the back for biking/cycling.
- 5 Competitors must read and fully comply with all Safety Notes.
- 6 All bikes, bags, helmets, wheel/tyre changes etc must be clearly marked with competitor number before checking in/loading onto lorry transport.
- 7 No private support vehicles or supporters are permitted at Garva Bridge. All bikes, bags and changeover baggage must be loaded onto official Event lorry transport.
- 8 No multiple powered or power drive cycles or machines are permitted.
- 9 Competitors are responsible for the suitable protection of their cycles and kit for transit and the security of all their belongings after finishing.
- 10 Slipstreaming, drafting, pacing or unsporting behaviour is not expected or permitted. Complaints will be investigated and may lead to disqualification.
- 11 No 'relay' teams are permitted. Each competitor must complete their own category.
- 12 Competitors in the Mountain Bike category can only change wheels/tyres at the Changeover Point - not bikes/cycles.
- 13 Every finisher will receive a commemorative memento at Kincaig.
- 14 Extensive Team, Individual and Special Endeavour awards and prizes (for performances and sponsorship pledged) will be awarded at the 5pm prize presentation at Kincaig.
- 15 Team prizes will be based on the finishing position of the third team member (not team or individual times). All team members must finish to qualify.
- 16 Duathlon awards relate only to those who entered as Run/Cyclists (not Walk/Cyclists).
- 17 Teams can only take awards/prizes in any one category

EVENT RULES (cont'd)

- 18 Allocated teams are not eligible for awards/prizes.
- 19 The Event Organisers reserve the right to alter or amend the rules and route as circumstances dictate and their decision on any event related matter is final.

SAFETY NOTES

- 1 Make sure you are 'fit enough' for the category you enter - don't take part if you are injured or feel unwell.
- 2 Make sure you have the right kit for the event and are comfortable with your personal kit - don't wear new or borrowed kit!
- 3 Make sure you fully understand the event details, look at the referenced OS maps and know the route, terrain, distances and water points.
- 4 Make sure you are prepared for remote hilly terrain and changeable weather. Carrying light waterproof/windproof clothing as a minimum is recommended.
- 5 All bikers/cyclists must wear an approved cycle helmet at all times when cycling.
- 6 Make sure your bike/cycle is well maintained, safe and up to the event. The Mountain Bike Hill Section is steep, rocky and technical terrain in places.
- 7 All bikers and cyclists must carry a puncture repair kit and suitable bike repair tools and spares and know how to use them.
- 8 Use the watering stations and take in plenty of fluid. Carry your own fluids and snacks and take in little and often. Plan spare food/drink and kit at the Changeover Point.
- 9 You must co-operate with all Event Officials and Marshals and display your competitor number at all times. Follow the Highway Code on all public roads and respect all other road users.
- 10 Hill walkers must be prepared for a strenuous, long walk and must be at Garva Bridge for 4pm at the latest. You will be checked in and transported to the finish line at Kincaig.
- 11 You must respect the environment and conservation policy. Take all litter with you and use bins/bags provided particularly at water stations. Stay on the proper tracks at all times - area of concern will be taped off. Follow the Country Code.
- 12 **MOST IMPORTANT** - Any competitor withdrawing or retiring after the Start Registration must contact the Event Results Team at Kincaig either in person, via an Event Official or by telephone (see Marshall for telephone numbers) as soon as possible. If you are injured or need help - you must inform the nearest Marshall.