

# SATURDAY 6th JULY 2019

#### **TIMETABLE**

## FRIDAY 5th JULY at BADAGUISH

**Registration in café** + **bike loading** – check in and collect entrant numbers, bike numbers, safety pins, cable ties, labels for luggage and any other information required for the event.

**6 – 9 pm** Pasta Party – Although the café is currently closed, we are hoping Annie will join us to host our usual Pasta Party and provide refreshments. If however, circumstances become different by the end of June, we will let you know....

## SATURDAY 6th at BADAGUISH

6 – 6.30 am	<b>Registration in cafe + bike loading –</b> check in and collect entrant numbers etc (as above).
6.45 am	Bike transport leaves for Fort Augustus & Melgarve.
6.50 am	Buses leave for Fort Augustus for runners/walkers/bikers.
9.30 am	<b>Gun start</b> – no official timings.
3.30pm	Hill section closes and Melgarve station stands down
1 - 6 pm	Finish and medals – collect BBQ voucher.
4 pm	Prizegiving
2 - 6 pm	BBQ & Refreshments – FREE for competitors with their competitor number.
	Tickets available for family and friends at £3 each. Please email <a href="mailto:events@badaguish.org">events@badaguish.org</a> to
	give us an idea of numbers joining us for the BBQ by Friday 28th June – payment will be
	taken on the day.

## SATURDAY 6th JULY at FORT AUGUSTUS

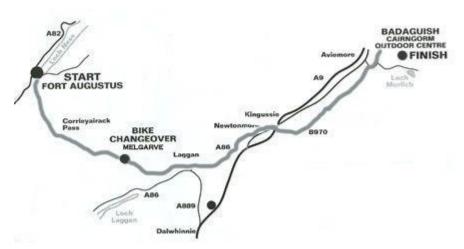
Anyone going straight to the start – please register with Victoria when the buses arrive from Badaguish about 9am.

#### **GENERAL INFO**

The Organisers at Badaguish, **must** be notified of any withdrawals or changes in race category details before the last Wednesday before the event - after this, any last minute changes will be dealt with at Registration at Badaguish or at the start in Fort Augustus.

Note: Last minute changes may disqualify you from awards.

## THE ROUTE



For full details refer to OS Maps 1:50,000 Sheets 34 and 35

#### THE START

- The Start of the Corrieyairack Pass begins on the main A835 Fort Augustus to Fort William road at the Kilchuimen Cemetery
- Transport is provided for all competitors to get to the Start/Registration at Fort Augustus from Badaguish (the Finish).

  Separate transport is provided to get Mountain Bikes from Badaguish to Fort Augustus for those in the Mountain Bike event and from Badaguish to Melgarve Changeover Point for bikes in the Duathlon Run/Cycle or Walk/Cycle events.
- Competitors' kit, clothes and belongings will be transported back to the finish immediately after the Start. If you want to **make** your own way or bike arrangements to the start, please let us know by <a href="mailto:ema
- All Duathlon Run/Cycle and Walk/Cycle bikes and personal kit must go on official transport only to the Melgarve Changeover Point.

**HILL SECTION - 13.5 miles**: Start of the Corrieyairack Pass begins on Ardachy Road, on the Culachy Estate NB - The initial Road section is well signed and marshalled. The pass ascent is a good 'vehicle sized' mountain track, clearly defined. There are **NO** watering stations on the climb until a watering station check point at the summit. The descent is steep with large rock cross drains on the Z bends. The 'Changeover Point' and next water stop is at Melgarve.

#### THE MELGARVE CHANGEOVER POINT

- The Melgarve Changeover Point will be manned by event Marshals
- A Portaloo and changing screen are provided here.
- Please note there is NO ACCESS for private vehicles to Melgarve.
- The hill section closes at 3.30pm and the Melgarve Station is stood down at this time

**CHANGEOVER POINT - MELGARVE**: On arrival, Marshals will rapidly direct you to meet up with your bike or wheel/tyre change (your competitor number must be clearly seen for this to happen) and assist you to get away on your bike as quickly and safely as possible. A 'portaloo' plus hill sweep with emergency medical cover and a *'bike doctor'* will be available. All baggage, mountain bikes and kit will be transported back to the Badaguish finish.

**ROAD SECTION - 38.5 miles**: From Melgarve, cycle approx. 10 miles on undulating single track road to the A86 at Laggan. Follow the A86 to Newtonmore then on into Kingussie where the route turns onto the B970, over a railway level crossing, then over the River Spey before heading through Insh and Feshiebridge to Inverdruie. Turn right onto the Ski Road towards Cairngorm and a big welcome at the Finish at Badaguish. The whole cycle route is NOT signed or marshalled. Two final speed bumps on the Badaguish road have small central ramps.

## THE FINISH - BADAGUISH OUTDOOR CENTRE

- On the 'long straight' coming up Badaguish access road, ramps over the two speed bumps will be signed. Marshals will direct cyclists to the Finish Line at the Centre;
- Where you will receive your well-deserved medal;
- Toilets, Showers and Changing Facilities are provided at the Centre;
- Baggage collection collect yours in the car park near reception from about 4 pm;
- **Refreshments** at the BBQ are available;
- Car parking is available.

#### **ACCOMMODATION & FOOD**

Free camping and toilet/showers are at Badaguish - book through Badaguish either by telephoning 01479 861285 or email events@badaguish.org

We gratefully acknowledge the support received from our event sponsors