

Dalbeattie Community Initiative
The 13th Annual
Dalbeattie Hardrock Challenge
Sunday 2nd October 2016
Information for Competitors

We are grateful for the following sponsors who are supporting the event this year.

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Thanks to Forestry Commission Scotland and the 7stanes Project for their help in preparing the trail and the use of the forest facilities. Also to Events First Aid and Rescue, Raynet radio network and all the volunteers, marshals and helpers who will be giving up their time to help with this event.

The Event

A Duathlon, over the Marathon distance, contained within Dalbeattie Forest. A ten mile run with eight miles on forest roads and two miles on woodland tracks. This is followed by a 16 mile bike ride over the 7stanes 'RED ROUTE', with approximately 8 miles on forest roads and 8 miles on rough and steep single-track.

The route is hilly in places with a height gain of 700ft on the run and 1000ft on the bike. The forest is varied in nature with many outstanding views.

The event starts, changes over and finishes at the 'Richorn Trailhead' 7stanes car park.

The foot section will be waymarked with YELLOW arrows, tape and ground painted arrows. The bike section will be similarly marked in RED to supplement the signs for the 7stanes 'RED ROUTE'.

How to get there

ALL car parking and access to the Start/Finish area is via the field used in previous years for Spectator parking. The entrance, which will be clearly signed and marshalled, is less than one mile south of Dalbeattie on the Solway Coast Road, the A710, across the road from Little Richorn Farm.

There is NO access to the Richorn Trailhead. This is reserved for the actual Start/Finish area and vehicles supporting the event such as First Aid and Rescue.

Estimated Time

Based on previous Hardrock Challenge events, the leading times, in both disciplines, are just over one hour. Average run time is approximately 1hr 20m – 1hr 30m. Average bike time is 1hr 30m – 1hr 45m. A rough guide would be 2hrs 30m – 4hrs for the complete event.

On the Day

The start will be at 11am. Competitors should get to the start in good time to register, number, rack bike, pick up their timing tag (new system for 2010, individual tags will be attached to a wrist band, teams on a lanyard)) and to generally prepare for the race. Aim to be registered by 10.30am. Helmets are compulsory and bikes must be fit for purpose. At the start of the race all the timing tags will be automatically activated by the timers. At the end of the run all the runners will be funnelled to a timing marshal who will scan the timing tags. All runners must scan their tag at the control station and either pass the tag onto their partner or continue to the bike station to collect their bikes. Failure to scan your tag will mean that your times will not be recorded. At the end of the bike race a chicane will be set up just before the finish line, to reduce the bike speeds prior to entering the finish area. Bikers will then cross the finish line where a timing marshal will automatically record the time of the biker. Bikers must then safely dismount, and enter the end funnel in the order that they crossed the finish line. A marshal will be present to make sure everyone stays in the correct position. Timing tags will then be scanned at the end of the funnel to allocate the finish time to the competitor timing tag. Competitors must then proceed to the Hardrock stage, where they will hand in their timing tag to be downloaded onto the timing system. Timing officials will then give the competitor a print out of their split and finish times. A TV screen will also be set up in the main tent which will show competitors times as they finish. Tags **MUST** be returned at the end of the race. A charge of £25.00 be made for the non-return of the tags.

Water will be available at the start, changeover and finish and also at the ‘clearing’ at Map Ref: 854593. This is 5 miles on foot and 13 miles on the bike. Some competitors may consider bringing their own drink bottles and hydration packs. The route will be marshalled at numerous places including three checkpoints. Selected marshalling points will be in radio contact with the organisers at the Start/Finish area.

There will be caution signs on the bike route indicating rougher, steeper areas where there is increased risk of injury.

Additional Caution Note – The new single-track on Phase 2 sections is lined with stones to assist with ground consolidation. It may seem obvious but please be aware of this and maintain concentration to avoid this potential hazard. Individuals are responsible for their own safety and the safety of others. Please observe normal protocol and allow others to pass when appropriate. Although it is a competitive event, we wish to stress that it is designed as a fitness and endurance event. Use judgement on the rougher sections and time can be made up on the roads. Heavy rain over the last two years has washed out a lot of the subsoil from some steeper single track. Be aware that this has left some sections much rougher than originally made. Please note increased injury risk.

Additional information (Bike Rack)

All bikes must be in place on the rack 15 minutes before the arrival of the first runner. Approximately 11.45.

Bikes will be racked in NUMERICAL ORDER. This to help the bike Marshalls and the transition process. NO exceptions will be allowed.

Additional Facilities/Attractions

Toilets and Showers	Catering Van serving tea/coffee, hot food, snacks etc.	Live commentary from MAC the voice.
Castle Douglas Cycle Centre, qualified bike mechanic, spares,	Massage tent for post-race massage.	

Enjoy the challenge and our forest.

After the event

As soon as possible after the competitors have been safely accounted for, a prize giving ceremony will be held in the Lounge Bar of the King Arms Hotel in Dalbeattie, starting at approx. 16.30 - 17.00.

Trophies

Will anyone holding a trophy from last year please remember to BRING IT BACK with you on the day?

Litter Note

Please remove all your litter from the forest and dispose of it properly. It is essential to restore the forest to normality after the event. This will help us to further develop this event on the annual sporting calendar. Please leave water bottles near to a marshal (if possible). Otherwise leave on road in sight for easy collection in line with our litter policy.

Contacts

Should you have any queries during the period leading up to the event, you can contact one of the organising committee listed below:

Andy Webster	Tel 01556 612253	email: andywebster@hotmail.com
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Betty Howard	Tel 01556 610998	email: betty.howard@btinternet.com