

JUNIOR HARDROCK CHALLENGE – COMPETITOR INFORMATION

The Event

2 mini versions of the Dalbeattie Hardrock Challenge for age groups 8 – 11yrs old and 12 – 15yrs old. For the younger group there is a run of 1km on a forest road and a cycle ride of 3km, taking in some of the skills track, and a mixture of a road, boards and an easy single track. The older group will run 3km and cycle 8km mainly using the first and last sections of the 7stanes red route. Start and Finish will be at the Richer Trailhead with the younger group starting at 11am, the older ones approx. 12noon.

It is not possible to cater for all individual ages in the two groups given the huge variations in development and ability but the feeling is that these routes should meet the objectives of the day, which is to give the youngsters enjoyment and an introduction and feel for the senior event.

Notes for Parents and Responsible Adults

In setting the route we have tried to strike a balance between interest, challenge and safety but inevitably there is an injury risk, particularly on some of the single track sections which are lined with stones on each side. This increases the need for concentration. Please emphasize this point to the children and help to minimise the risk of injury. There will be a number of marshals at various points on the routes. It would also be helpful if the children were familiar with the new tracks before the event.

Bikes **MUST** be in good order and helmets are **COMPULSORY**. Ensure that helmets are the correct size and fitted properly. If necessary ask for assistance.

Note that photographers will be present. If anyone has a problem with this and did not say so on the entry form, please inform the people on the registration desk on the day.

During the 2015 Junior 10-11 event there was, for the first time, some unwanted and unacceptable behaviour. Hopefully these were isolated incidents and there will be no reoccurrence. Many people have put a lot of effort into building the Hardrock reputation. The Junior Event is not supposed to be a “win at all costs” situation, but rather an introduction towards the senior and other events. To this end we ask that the responsible adult explains this to the entrants. Their natural enthusiasm must be channelled along the right lines. Please read and understand the rules.

Additional facilities/attractions

Toilets	Catering Van serving tea/coffee, hot food, snacks etc.	Live commentary from Mac the voice.
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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.

ENJOY YOUR DAY