



NO FUSS EVENTS

PRESENT

The Big Ben Nevis Triathlon 2008
The Big Half Ben Nevis Triathlon 2008

Saturday 20th September 2008

Fort William

Scotland

1900m/950m Sea Loch Swim

90km/45km Mountainbike

21km10.5km Mountain Run



Competitor Handbook



*Welcome to The Big Ben Nevis Triathlon 2008 and
The Big Half Ben Nevis Triathlon 2008*

Well done in entering the third and Big Ben Nevis Triathlon! And we are delighted to Welcome you to the Half Big Ben Nevis triathlon. We hope this years event will be as successful as last year, we are confident it will be, having listened to your comments and suggestions and making some improvements and changes to how we do things. All I can say now is good luck, you'll need it, but its worth all the training and I am confident you wont regret doing it!

Please read this information carefully, ensure you arrive in good time and register promptly. The information is subject to change by the organisers at any point. It is the responsibility of the competitors to heed announcements made at registration and in particular at the race briefing.

Programme

Friday 19th September

1800-2100 Registration and buffet at the No Fuss Saddlespan Tent at Lochaber Leisure Centre (If any competitors wish to bring friends and or family to buffet please could you book them in with us before 12th September, costs being £12 per adult and £6 per child.

2000-2030 - Race briefing



*No Fuss Saddlespan
Transition Moray 2007*

20th September

0530- Transition open.

0600 - Transport to Swim area and Transition 1 (bikes will be transported at 0530)

*0715- Swim Start After swim boxes will be transported to transition 2.
NB It is each individual responsibility to ensure that all contents are in the box and lid is secure.*

1700 -1730 - (approx.) Last competitor finish

1800-1830 - (approx.) Prize giving at Saddlespan Tent

2100 - Late - After race party at the Ben Nevis Inn

The race is run under Triathlon Scotland rules. It is the responsibility of all competitors to obey the rules, observe the Highway Code and be courteous and considerate to any members of the public encountered during the race.

Location

Fort William is located on the A82 approximately 100 miles north of Glasgow.

As you enter Fort William from the South, follow the bypass to the roundabout at the end, go straight through towards Macdonalds (don't stop there, you're an athlete! Wait till after!) , Before the next roundabout, if you look on your left you will see a large grassy area with ruins called The Old Fort. This is where the race starts and this is transition 1.

From the North drive towards the town centre but pass the turn to centre, just past the Belford Hospital on your left to the roundabout at the start of the bypass. Take the second left and you will pass The Old Fort on your left where the race starts.

Parking

Please Park at the leisure centre where there will be designated parking; competitors are encouraged not to park in Morrison's Car Park for the duration of the event. Please note that there is not a huge amount of parking at the Leisure Centre and you are encouraged to find alternative parking in Fort William if at all possible.

Facilities/ Accommodation

The Big Triathlon takes place in one of the most scenic areas of Scotland and Fort William town will hopefully provide you with everything and more that you will need for your stay.

Some Websites and numbers-

Tourist Information, Cameron Square, Fort William 01397 703781

www.visitscotland.com

www.visit-fortwilliam.co.uk

Registration

If you do not register by 2100hrs on Friday 19th, we will assume you will not be coming. If you are unable to make the briefing and buffet please can you inform us and we can make arrangements to get your race pack to you in the morning.

At registration you will be given a race pack which will comprise of 1 race number, this must be visible in its entirety, not cut down or folded numbers (race belts allowed) One stick-on number for the front of your bike helmet, one number for your bike, with cable ties, swim cap, and your timing chip (dibber).

Course maps and plans of transition will be on display at registration.

At the entry to the transition on the race morning, each competitor will have a race number marked on their swim cap.

It is the responsibility of the competitor to ensure their bike is road worthy and their helmet undamaged.

Safety and First Aid

First aid will be provided at transition areas and out on the course.

St Andrews will be providing cover at the transition and we will have trained First aiders out on the bike course.



Swim

1900m/1.2miles Swim First Lap must be completed in 45 mins no cut off for The Half Big Ben Nevis Triathlon. (Wetsuit Compulsory)

The swim will be a beach start. The course will be 2 laps(1 Lap fo the Half Big Ben Nevis triathlon), at the completion of your swim you will exit the water where you entered. The course may change due to weather conditions and sea state. There will be buoys marking the route and larger buoys marking the turn points. Canoes and two safety boats will be on hand for any swimmer experiencing difficulties. If any swimmer does experience difficulties, they should turn on their back and raise their hand.

Medical assistance will be available on shore.

Wetsuits will be compulsory.

On leaving the water, competitors will follow a carpeted path to transition where they will cross the timing mat (worn around the ankle) to register their swim time.

Please note that the generous cut off time of 45 mins to complete first lap will be strictly adhered to. Anyone outwith this time will be moved on to the bike section.

IMPORTANT: *The sea state will be closely monitored. In the event of heavy wind, waves or poor visibility, the swim will be cancelled, the race then becoming a duathlon.*



Cycle

Bike 90km/56miles 3rd lap must be complete by 1pm after this competitors will be put onto the run. The Half Big Ben Nevis Triathlon cycle is two laps of the same route.

The route is mainly off road with only one short technical section at the top of Glen Nevis before you head back down the road; please walk this if you are not confident. Also there is a difficult ascent followed by a steep winding and very fast decent, please make sure your brakes are working well, not a good spot to have brake failures! In previous years we found that some of the bikes were so heavy and fairly prehistoric that they became a real hindrance to some. Try and have as light a mountain bike as you can, beg borrow or steal and make sure its in good working order, the course is very arduous and you need as much going for you as you can!

Cyclists are not to mount their bikes until clear of transition area and must secure their helmet before unranking their bike and after they have racked their bike at end of cycle. (We have improved racking for bikes this year!) Cyclists must wear helmets that comply with recognised standards (ANSI or BSI).

Cyclists must obey the Highway Code at all times and follow all directions given by race marshals and police. The roads, paths and forestry tracks will be open to traffic and foot traffic, so PLEASE be aware of cars, walkers and animals.

We will have marshals placed at most junctions and areas of risk. We will try to make the markings as obvious as possible but try to keep an eye on where you are. Competitors must be vigilant and aware of other track and road users.

You may be required to stop at Nevis Bridge roundabout at the end of Glen Nevis, depending on traffic.

You must still ride with due respect for the Highway Code. Dangerous riding will result in disqualification.



Run

Runners will be required to carry with them, full waterproof bodycover (pertex or similar), whistle, hat and gloves in a bum bag or small rucksack and mobile phone. We would advise you to also carry sufficient food in whatever form, as we are limited as to how much food we can get carried up the Ben.

The water in the burns is generally safe to drink.

Ben Nevis can be a dangerous place as well as a place of incredible beauty, so we ask that competitors stay on the tourist path to conserve the terrain and to keep things as safe as possible. We can only mark the lower parts of the path, but from half way we will run a buddy system where local runners are volunteering to run/walk with competitors to the summit and back to half way. Please use this if you are unsure of where to go or feel you need some moral support as you will surely be either reaching your limit or have passed it quite some time ago. There will obviously be a limited number of buddy runners some of which are willing to do a few trips to the top, others may only manage one. So please only use them if you need them.

When competitors reach the summit, they will they must report to the summit marshal and return down the mountain by the same route.

We will be closely monitoring the weather on Ben Nevis with Lochaber Mountain Rescue Team. In the event of the weather becoming too severe, we will change the run turnaround to half way.

Showers and Post Race Refreshments

Superb hot showers and changing facilities will be available at Lochaber Leisure Centre next to the bike/run transition 2 at St George's Park. Refreshments and massage will be available for competitors after the race.

Results and Prizegiving

Results will be posted on www.nofussevents.co.uk as soon as possible after the race.

Prizegiving will take place at the Ben Nevis Inn everyone is encouraged to come along, you are all winners!

NB If you wish to eat at the Inn (which we strongly recommend) please ensure that you book a seat by telephoning 01397 701227

Party and a Few Beers

Ben Nevis Inn.