

# ***THE BIG BEN NEVIS TRIATHLON***



**SATURDAY 19<sup>TH</sup> SEPTEMBER**

**FORT WILLIAM  
SCOTLAND**

**1900M SEA LOCH SWIM  
90 KM MOUNTAIN BIKING  
21KM MOUNTAIN RUN**

## ***Welcome to the Big Ben Nevis Triathlon 2009***

*Well done on entering the Big Ben Nevis Triathlon 2009. In your competitors handbook all your questions should be answered and other important information about the race made clear. We do hope this year's event to be as successful as last years and after listening to your comments and suggestions we have made a few changes which will hopefully improve your race experience. 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 18<sup>th</sup> September*

*1800-2100 Registration and meal at the Nevis Centre, Fort William (if any competitors wish to bring family or friends could you please book them in with us before the 12<sup>th</sup> September, costs being £9 per adult and £4.50per child)*

*2000-2030 Race briefing. The race briefing is compulsory for all competitors to attend as vital race information will be given*

### *Directions to the Nevis Centre*

*From the North - Follow directions to the town centre and go past the turn on to the An Aird roundabout at the start of the bypass. Take the second exit and continue on to the next roundabout and take the second exit again. Go past Morrisons on your right and the Nevis Centre is just on your left.*

*From the South - Follow the bypass to the roundabout and the end and take the first exit. At the next roundabout take the second exit go past Morrisons on your right and the Nevis Centre is just on your right.*

*Saturday 19<sup>th</sup> September*

*0515- Transition open.*

*0540 - Transport to Transition 1 (bikes will be transported at 0530)*

*0700- 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*

*1700 -1730 - (approx.) Last competitor finish*

*2100 - Late - Prize giving and after race party at the Nevis Centre*

*PLEASE Note that as high Tide is at 0606 the swim time may be moved forward on the day depending on conditions please ensure that you are available for the pre race brief where final start time will be confirmed.*

*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.*

### *Registration*

*If you do not register by 2100 hours on Friday 18<sup>th</sup>, we will assume you will not be coming. If you are unable to make the briefing and the meal please can you inform us and we will make the arrangements to get your race pack to you in the morning.*

*At registration you will be given a race pack which will compromise of 1 race number, this must be visible in its entirety, not cut down or folded however number belts are allowed. One stick on number for the front of your bike helmet, one number for your bike, cable ties, swim cap and your timing chip which will go around your ankle.*

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

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

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

## *Location*

*Fort William is located on the West Coast of Scotland about 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 next to Transition 2, there is designated parking here for the race. Triathletes are advised not to park in the Morrisons car park next to Transition 1 because it is reserved for customers and you are likely to get a parking ticket. 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, Fort William 01397 703781*

*[www.visitscotland.co.uk](http://www.visitscotland.co.uk)*

*[www.visit-fortwilliam.co.uk](http://www.visit-fortwilliam.co.uk)*

## *Safety and First Aid*

*First aid will be provided at transition areas and out on the course by Events First Aid and Rescue from Galloway.*

*If you feel unwell or cannot carry on please contact the nearest marshal and they will get the appropriate help to you.*



## *Swim*

*1900m/1.2 mile Swim around Loch Linnhe First lap must be completed within 45 mins (wetsuit compulsory)*

*The swim will be a beach start. The course will be 2 laps of the course, on completing your swim you will exit the same way you entered. The course is liable to change due to weather conditions and sea state. There will be buoys marking the course and larger buoys marking the turning points along with canoes and two safety boats available for any swimmer experiencing difficulties. If you experience difficulties during the swim, turn on your back and raise your 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.*



### *Bike*

*Bike 90km/56miles 3rd lap must be completed by 1pm after this competitors will be put onto the run.*

*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 un-racking 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*

*Run 21km up and down Ben Nevis; Britain's highest mountain.*

*Runners will be required to carry with them, full waterproof body cover,, 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 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 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. Participants finishing later in the day will be able to use showers at the Nevis Centre.*

***Results and Prize giving***

*Results will be posted on [www.nofussevents.co.uk](http://www.nofussevents.co.uk) as soon as possible after the race. Prize giving will take place at the Nevis centre; everyone is encouraged to come along you are all winners!*

***Party and few beers at the Nevis Centre.***