

EventInstructions



www.etapelochness.com









Please take a few moments to read through these event instructions to ensure you have a safe and enjoyable event. Everything you need to know about the event is covered here, so please read these important instructions carefully. Please also refer to the event website, Facebook and Twitter to keep up to date.

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Introduction



On behalf of the events team at Caledonian Concepts, we look forward to welcoming you to the fourth Etape Loch Ness on 23 April 2017.

Everything you need to know about the event is covered **here**, so please read these important instructions carefully. Please also refer to the **event website**, **Facebook** and **Twitter** to keep up to date.

We would like to take this opportunity to thank Police Scotland, Transport Scotland, Highland Council, BEAR Scotland, Alba Traffic Management and other agencies and organisations who have provided invaluable support and advice with the planning of the event.

A huge thank you must also be extended to the local residents, communities and businesses along the route for their support and cooperation; and a special mention for the many individuals, charities and organisations who volunteer over the event weekend for their invaluable support.

Further thanks go to our official charity, Macmillan Cancer Support, and our sponsors: EventScotland, Highland Council, VisitinvernessLochNess, Clif Bar, JBT and Parcelinq and our event partners: Alpine Bikes, Dryburgh Cycles, Fuel I OK, Harry Gow and Scottish Canals.

We would like to wish you all good luck with your final couple of weeks of training.

See you all at Registration on Saturday 22 April.

Malcolm Sutherland
Event Director



Official Charity

Good luck to everyone taking on the Etape Loch Ness for Team Macmillan. We are extremely proud to say that over 1,000 of you are riding for people affected by cancer!

No one should face cancer alone and because of amazing fundraisers like you, they won't have to. Thank you for helping us to be there for the 31,824 people diagnosed with cancer in Scotland every year.

We would like to invite all of our riders to come and see us in the Event Hub over the course of the event weekend. At registration you will be able to collect your jersey if you have raised £200 or more and after the ride on the Sunday, we will have masseurs on hand to help your recover from the ride!

We look forward to meeting you all!





Sponsors & Partners



Sponsors:













Partners:

















Read more about our Sponsors & Partners here.



Event Weekend Timings, Registration, Event Pack and Getting to the Start

EVENT WEEKEND TIMINGS

SATURDAY 22 APRIL

10.00 - 19.00

Registration for all participants at the Event Hub, Eden Court Theatre, Bishops Road, Inverness IV3 5SA

SUNDAY 23 APRIL

06.15 - 06.53

Start of the Etape Loch Ness by the riverside at Bught Park, Bught Road, Inverness, IV3 5SQ. Please note the start is 0.6 miles from the Event Hub and all riders should be at the start area 20 minutes before their start wave time.

09.00 - 13.00

Participants expected to cross the finish line by the riverside at Eden Court Theatre.

10.45

Prize Giving at the Event Hub

REGISTRATION

All participants MUST attend pre-event registration between 10.00-19.00 on Saturday 22 April at the Event Hub at Eden Court Theatre to collect your event pack.

During the registration process, you will be required to show a form of photo ID in order to receive your event pack. If you are unable to attend Registration and wish to send a friend or relative to collect your event pack on your behalf, they must bring a form of photo ID for themselves as well as a signed letter of authorisation from you confirming that they can collect your event pack.

During Registration there will be basic mechanical support provided by Alpine Bikes and Dryburgh Cycles along with official merchandise, food and drink and other stands including Macmillan Cancer Support.

Please note: there is no registration on Sunday morning.

There are absolutely no event weekend entries for the Etape Loch Ness, and strictly no substitutes or transfer of places to another participant. We do not offer refunds or a deferment of places to next year's event.

If you have ordered an **Etape Loch Ness cycle jersey**, you can collect this from the merchandise stand at the Event Hub during registration on Saturday 22 April, please remember to take a copy of your order confirmation with you. **Cycle jerseys will also be for sale during the event weekend, subject to stock availability.**

EVENT PACK - IMPORTANT INFORMATION

Within your event pack you will receive the following:

- **Rider Number** which must be attached to the BACK of your cycle top during the event (using the safety pins provided). Your number should be clearly visible at all times.
- **Bike Number with TIMING CHIP** fixed to the front of your bike using the cable ties provided, with the number clearly visible to the front, please avoid bending the timing chip.
- **The timing chip** is registered to your rider number and will provide your official times for the event if used correctly. The timing chip will automatically start recording your time when you cross the start line, and will also provide a split time for the King of the Mountain stage.
- **IMPORTANT:** please complete the emergency contact / medical information on the reverse of your rider number before attaching to the BACK of your cycle top. If you have a medical condition, please put as much information as possible on the reverse of your rider number and put a red cross on the front. This is so medical teams are aware of any existing medical condition should you require assistance on the course.

GETTING TO THE START

On event day please ensure you arrive early to allow plenty of time for parking as the area around the Event Hub and the Start will be very busy. Please also note the **road closures** in place on the event morning and plan your journey carefully. Please follow signs and marshal directions to guide you to your start holding area and the Start line. We recommend car sharing or cycling to the Start if you are staying locally, to help reduce congestion on the day.

If you are travelling from the Loch Ness area on event day, please note there will be **road closures** in place around the loch prior to the event start. Please note that the start is 0.6 miles from the Event Hub and all riders should be at the start area 20 minutes before their start wave time.

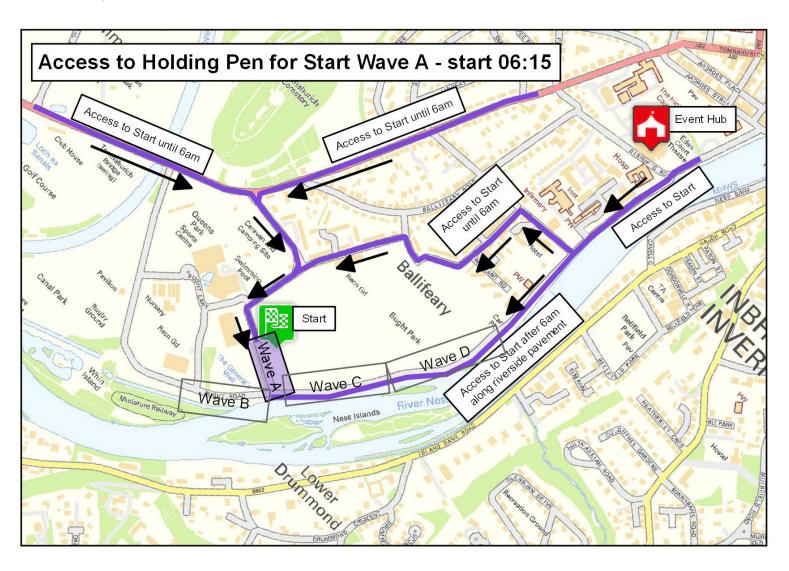


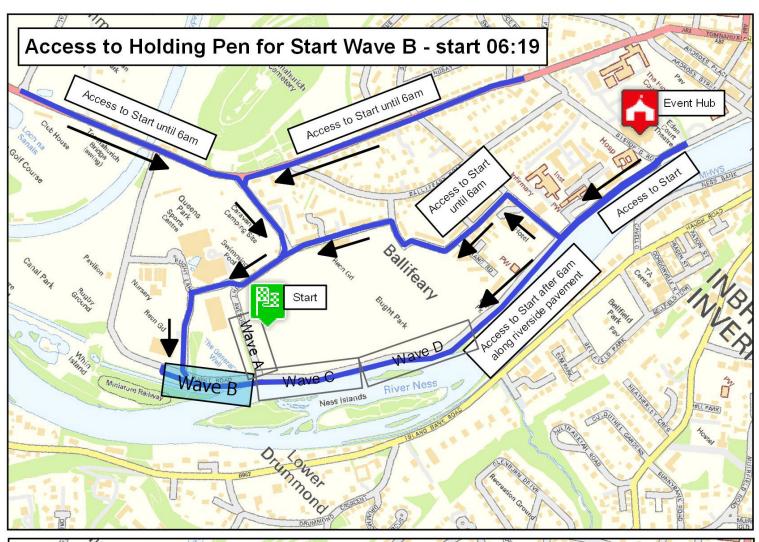
The Start

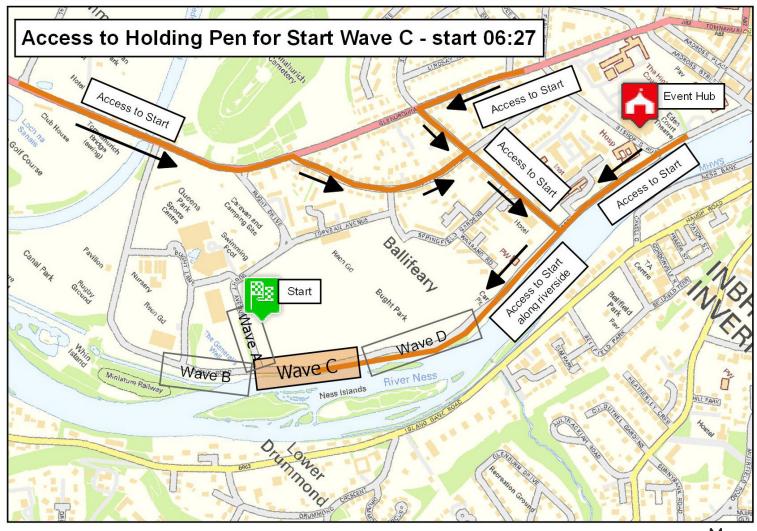


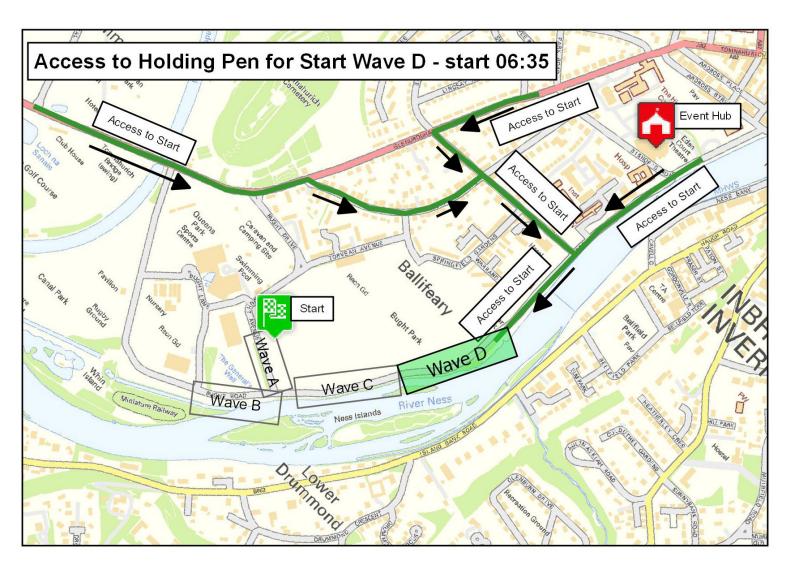
THE START

- Participants will start in waves of 260 riders at 2 minute intervals between 06.15 and 06.53. You have been informed of your start time and start holding pen (A-D) by email and all start times are posted on our website.
- Your start wave is based on your estimated finish time as provided when you entered online. This ensures that the fastest riders start at the head of the field and allows you to cycle with participants of similar ability.
- Please allow plenty of time to get to your start holding area as the area will be very busy. The start area is 0.6 miles from the Event Hub. We advise that you arrive at least 20 minutes prior to your wave start time.
- Please note that there are different access routes for each start wave (see below and following pages for detailed maps). This information will also be available at Registration on Saturday 22 April.
- If you miss your start wave you will be asked to join the next start wave. If you miss the final start wave you will NOT be allowed to take part in the event.









The Route and King of the Mountain



THE ROUTE

The Etape Loch Ness route covers a distance of 66miles / 106km and has a total ascent of 900m. The route map is shown on **page 16** and is available to download **here**.

- The event takes place on roads which are closed to all forms of traffic (access is allowed for emergency services and official event vehicles).
- Please cycle on the left at all times: If you need to walk at any time, please walk in single file on the LEFT.
- Please note that one section of the route is left lane closure only. This is the final section on entering Inverness (from Holm roundabout) to the finish where traffic will be travelling on the opposite carriageway. Participants must take extra care on this section and must NOT cross the central white line at any time, which would result in your disqualification.
- Make sure you know the route! There will be clear signage throughout but it is your responsibility to navigate the course successfully and safely.
- · Please give way, stop and pull off the road for any emergency vehicles that require access on the route.
- Please take care when continuing straight through, or stopping at feed stations there are a lot of riders stopping at each of these and signs will be in place giving adequate warning of what side of the road the feed station is on. Please pay attention to these and keep to the appropriate side. Pay particular attention to riders around you, as some may stop or change direction suddenly at these points.
- The roads around the route vary in width and there are steep descents and sharp bends. It is up to you to judge the safe speed at which to negotiate any part of the course.
- The route is marshalled for your safety with motorcycle marshals patrolling the route and static marshals covering identified points. You must be prepared to slow down when necessary and obey the instructions of marshals or event officials.
- Please take care when passing other participants, and always look over your shoulder before overtaking. Please allow faster riders to pass you when possible.
- The Organisers reserve the right to alter the route if operationally required.
- You will be riding in a large group from the start, so please take care, especially when the route turns left onto Glen Urquhart Road shortly after the start, goes around the new Tomnahurich roundabout and crosses the Caledonian Canal at the Tomnahurich Swing Bridge.
- There is a swing bridge in Fort Augustus over the canal which will resume operation after 09.35am (after the event sweep convoy passes over it). If the swing bridge is in operation, you will be asked to obey the road signs / warning lights, and any instructions from the Bridge Keeper. You will be asked not to use the lock gate walkways, and should wait for the road to open again.
- Please note there are two cattle grids on the route: one at 1-mile into the King of the Mountain stage and one at the summit of the King of the Mountain. The best way to approach a cattle grid is straight on: freewheel and don't brake on the grid, as the quicker you go over, the easier it is.

KING OF THE MOUNTAIN

At approx. 34 miles (55km) into the route as you leave Fort Augustus, there is a 4.8 mile (9km) climb gaining 380m in height with a gradient reaching 12%. The start and finish of this hill climb will be clearly marked and timed with the option of taking it slow and steady or going for the burn and the King of the Mountain title – the choice is entirely yours!

All participants will receive a split time for the King of the Mountain section, which will be included in the results.

If you do decide to walk up any of the King of the Mountain, please walk in single file and keep LEFT at all times.

Hydration & Nutrition & Feed Stations, Toilets, Rubbish and Slow Riders



HYDRATION & NUTRITION

Endurance cycling is a very intensive activity; remember to keep well hydrated for the duration of the event. Water, Clif Shot Bloks & Gels, Harry Gow tray bakes and bananas will be provided at the feed stations. Please note that water will NOT be provided at the Start so please arrive at the Start line with full water bottles and energy snacks to begin your ride, and more water can be obtained at the feed stations.

For further information on **Clif Bar** products click **here** and **Harry Gow** click **here**.

FEED STATIONS

There will be 3 feed stations around the course, located as follows:

- Feed station I Invermoriston (mile 27)
- Feed station 2 Whitebridge Hotel (mile 42)
- Feed station 3 between Inverfarigaig and Dores (mile 54.5)

TOILETS

Portaloos are available at the Event Hub, Start and located at each feed station (mile 27, 42, 54,5) and just north of the King of the Mountain summit (mile 39). For the consideration of residents, businesses and the local community, we request that you only use the toilet facilities provided.

RUBBISH

Please help us keep Loch Ness and Inverness tidy. After each feed station there will be a rubbish collection point. Please help us by ONLY depositing your bottles, gel wrappers and other rubbish at these points or at the next feed station along the route.

SLOW RIDERS AND RETIRING

Shortly after the last wave of participants has left the Start, our sweep convoy will set off at a fixed speed of 13mph. The roads will reopen at the specified time and once it is deemed safe to do so by the Event Organisers.

Participants who are overtaken by the Pace Car will hear the following message:

"This is the PACE CAR, you need to get ahead of us as roads will be reopening soon. Please follow the Highway code and keep left; there is a team behind who will support you."

If you have suffered mechanicals you will be able to catch and overtake the Pace Car and will be able to complete the course.

The Event Organiser wants everyone to complete the course and enjoy the experience and we will support all riders around the course.

For those participants who can no longer continue, the sweep team will take you, and your bike, back to the Event Hub in Inverness.

The Event Organiser reserves the right to use discretion as to when riders are picked up. This would be on the grounds of safety of the rider or other road users, specifically on the section of the route on the A82, or for medical reasons. Please note the Event Organiser's decision is final.

Any rider who refuses to get on the sweep bus will be asked to sign an event disclaimer, will have their timing chip and rider number removed, will be advised that the Highway Code and usual Road Traffic Laws apply and will no longer be supported.

IMPORTANT: For safety reasons, please do not leave the course without informing an Event Official.

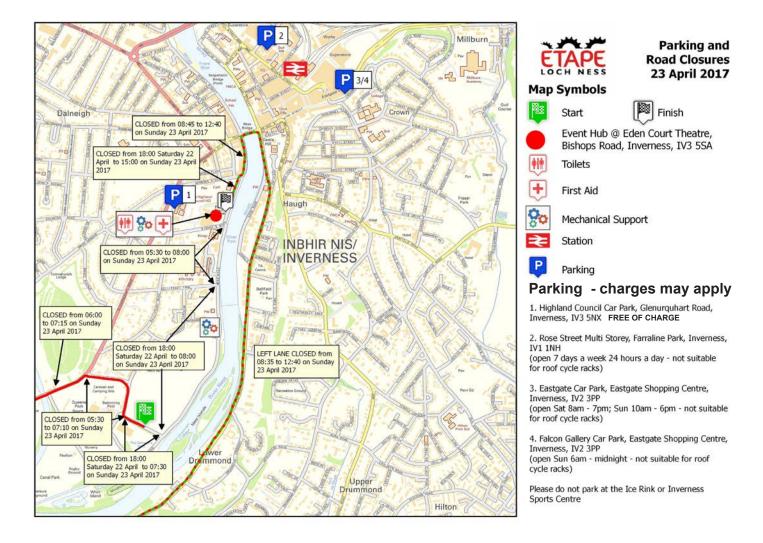


Parking and Info Point



PARKING

Parking is available at the following locations for Registration at the Event Hub on Saturday 22 April and for the Start, Finish and Event Hub on Sunday 23 April. Please also note the **road closures** in place on the event morning and plan your journey carefully.



INFO POINT

An Info Point will be located in the Event Hub during Registration on Saturday, and on Sunday for the duration of the event. **Please note this is for information and last minute queries only, NOT late registrations.**

GO PRO FOOTAGE

Are you planning to use a Go-Pro or similar device to record your Etape Loch Ness experience? If so, would you be willing to share some of the footage so that it may be included in our promo film? If you'd like to find out more, please contact us at info@etapelochness.com or come to the Info Tent at the Event Hub when you have finished and we can download your footage on the spot for ease.



Road Closures, Spectators and First Aid & Medical Support



ROAD CLOSURES

We have priority on all roads throughout the Etape Loch Ness, however please keep to the left hand side of the road at all times as it might be necessary for emergency and official event vehicles to travel along the route in either direction. More information on road closures can be **found here**. Please note that the final section on entering Inverness (from Holm roundabout) to the finish is left lane closure only and traffic will be travelling on the opposite carriageway.

SPECTATORS

If you live in or are visiting the following villages, why not get your friends and family to give the riders a cheer as they go past, it really does make a difference!

- Drumnadrochit riders expected through the village between 06.50 08.00
- Invermoriston riders expected between 07.20 09.00
- Fort Augustus riders expected between 07.35 09.25
- Foyers / Inverfarigaig riders expected between 08.10 11.00
- Dores riders expected between 08.40 11.45
- Inverness riders expected between 09.00 12.30;

The final 2 miles through Inverness City Centre alongside the River Ness will provide the best vantage points for spectators and at the Event Hub at Eden Court Theatre.

We encourage all spectators to come along to the Event Hub to welcome riders home. First riders expected from 09.00 onwards, and the bulk of riders expected between 09.00-13.00.

FIRST AID & MEDICAL SUPPORT

British Red Cross and Scottish Ambulance Service will provide first aid and medical care in both static and mobile units along the route. First Aiders will be located at every feed station, other static locations and at the Finish. Please refer to the route map on page 16.

If you wish to retire at any point during the event, please approach an Event Official or one of our medical team. Should participants NOT be allowed to continue for medical reasons or require hospital treatment, Event Control will be notified.

If you see another participant who is experiencing difficulty on the route and needs assistance, please report it to the nearest Event Official or one of the medical team, stating their rider number if possible.

IMPORTANT: Please give way, stop and pull off the road for any emergency vehicles that require access on the route.

If you are at the side of the road and need to stop a motorcycle marshal for any reason, please stand clear of the road facing oncoming participants, and raise your right hand, clearly indicating that you need assistance. When doing this, please make sure your hand is raised in enough time to allow for the motorcycle marshal to see you and stop safely.

Whether or not you have a medical condition, if you feel unwell on the event day we strongly recommend that you do not ride. The organisers reserve the right to prevent participation on the day due to medical grounds.

We hope your training has gone well, but would like to remind you that if you have recently had a cold or have been ill it is important to seek medical advice prior to the event. Also, if your training has not gone to plan we ask you to give serious consideration to your ability to undertake the event.

Please ensure you add the Event HQ number: 07444 522510 to your phone. Please note that this number will be operational from 06.15 on Sunday 23 April and is to be used in an emergency ONLY.

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MECHANICAL SUPPORT

Mechanical support will be available at the following locations along the route:

- Feed station I Invermoriston (mile 27)
- Feed station 2 Whitebridge Hotel (mile 42)
- Feed station 3 between Inverfarigaig and Dores (mile 54.5)

We strongly recommend that you come prepared, and we advise all participants to carry a pump, puncture repair kit, tyre levers and a couple of spare inner tubes with you. This is crucial to ensure that you have a safe and enjoyable day.



Alpine Bikes and **Dryburgh Cycles** are delighted to be providing Mechanical Support for the Etape Loch Ness. Our experienced mechanics will be on hand providing free labour repairs and last minute tweaks to ensure that your bike is ready for the exciting challenge ahead. We will be with you all the way from start to finish including workshops at the feed stations, as well as mobile support out on the route.

TIMES

Every participant will receive a finish time (subject to proper use of the timing chip) and a split time from the King of the Mountain stage. Your time will be sent via a SMS text message on the day (as long as you provided us with your correct mobile number when you entered online) and will also be posted on **www.etapelochness.com** on Monday 24 April.

MEDAL & i-TaB

A medal will be given to every participant who completes the event. If you ordered your iTaB at the time of online entry, you don't need to do anything - just wait for your iTaB to arrive in the post. If you still need to order your iTaB, engraved with your name and finish time, just **click here**.

PRIZE GIVING

Prize Giving for the top 3 finishers (Male and Female) and the King of the Mountain (1st Male and 1st Female) will take place at 10.45am on Sunday 23 April at the Event Hub.

Prizes are supplied courtesy of Alpine Bikes and Dryburgh Cycles.



Baggage, Changing Facilities & Showers, Massage and Official Photos, Lost Property, Getting Here and Things to do

BAGGAGE, CHANGING FACILITIES & SHOWERS

Please note there are NO facilities at the Event Hub for storage of participants' baggage or belongings. All items left in parked vehicles are left at the owner's risk.

A small changing facility will be available at the Event Hub after the finish. Please note there are no showers available at the Event Hub.

MASSAGE

Athletes' Angels will be available at the Event Hub on event day to provide massage therapy to all riders.

- Post-event massage aids recovery, boosts circulation, removes lactic acid and promotes relaxation. You'll definitely deserve it after 66 miles of Monster cycling!
- Pay just £10 for 15 minutes
- We will accept cash or card payments on the day and will take card payments for advance bookings. To book and pay for a treatment, please email: caroline@athletesangels.com

OFFICIAL PHOTOS

Marathon-Photos.com is the Official Event Photographer, and will capture your exciting moments at the Etape Loch Ness. Marathon-Photos.com is the leading event photography company in the world, photographing over 700 mass participation events in over 35 countries. Participants will be able to view their photos and video within 24 to 48 hours after the event, and a FREE personalised Event Certificate will be available to **download**.

LOST PROPERTY

Please hand any items found to the Info Point at the Event Hub. We will keep lost property for 2 weeks after the event. Please **email info@etapelochness.com** to register any lost items, giving as much detail as you can about the item and where it may have been lost.

GETTING HERE

The Event Hub at Eden Court Theatre, Bishops Road, Inverness, IV3 5SA is less than a mile from Inverness city centre, bus and train stations, and I I miles from the airport. The start is at Bught Park, Bught Road, Inverness IV3 5SQ, which is approx. 0.6 miles from the Event Hub and the finish is on the riverside by the Event Hub. Please visit our **website** for information on getting to Inverness and **www.trafficscotland.org.uk** for travel updates.

ACCOMMODATION, TRAVEL & THINGS TO DO

visit **Inverness loch ness**

Cycling around Loch Ness is enough of a challenge without having to worry about how to get there, where to stay and what to do after. Make sure that your weekend all goes to plan! For travel information to Inverness, see our **Travel section**. For accommodation, check out our **Accommodation** guide and for "What to see & do" after checkout click **here**. The area also offers a fine range of **restaurants** in which to relax and enjoy a meal. Have a great day on Sunday! **www.visitinvernesslochness.com**

We've teamed up with **VisitInvernessLochness** to offer 2017 Etape participants some fantastic **offers** over the Etape weekend.



Mandatory Kit, Recommended Kit, Bike Safety, Courtesy & Common Sense



MANDATORY KIT

Please be aware that weather conditions can change and deteriorate rapidly in the Scottish Highlands and you should bring appropriate clothing to keep warm in any adverse weather.

- Make sure that your bike is in PERFECT working order road bikes are preferable, but mountain and hybrid touring bikes are acceptable. Please note that fixed wheel bikes (bikes that use pedals as a brake) are NOT permitted
- Helmet the wearing of hard shell helmets conforming to CE standard EN I 078 is mandatory and must be worn at all times
 when cycling
- Filled water bottles & energy snacks
- Mobile phone (with Event HQ number added: 07444 522510)

Basic bike repair kit that includes:

- 3 inner tubes
- puncture repair kit (with glueless patches)
- tyre levers
- multi-tool with chain splitter
- chain speed links (to join a broken chain)
- pump or air canister inflator

There are plenty of YouTube clips on how to change a tube, it's worth practising at home!

RECOMMENDED KIT

Other items we recommend that you carry:

- waterproof jacket
- · small first aid kit
- sun screen
- sun glasses
- emergency money

In cool or adverse weather conditions, we also recommend:

- warm base layer
- windproof jacket
- warm long leggings to keep the leg muscles insulated from cold conditions
- insulated waterproof gloves
- skull cap or buff for underneath your helmet
- over boots on top of your cycling shoes

BIKE SAFETY, COURTESY & COMMON SENSE

Despite being timed, this event is non-competitive and therefore NOT a race. Please ensure you act accordingly when participating.

Do:

- Enjoy the ride
- Challenge yourself
- Follow the Highway Code and be aware of other road users
- Wear a helmet
- Remember to cycle on the left at all times
- · If you hear a siren or see blue lights, immediately cycle single file as close to the left verge as is safe to do so
- Be aware of weather conditions and dress appropriately
- Walk on the left in single file if you have dismounted

Don't:

- Drop litter respect your surroundings
- Behave in a manner that may offend or endanger others
- Impede traffic flow
- · Ride in large groups in the middle of the road



And Finally... Event Rules & Regulation



The Etape Loch Ness is intended to provide every cyclist with the best event experience. In order to do this, the following Event Rules & Regulations are in place to ensure the smooth running of the event. This list is not exhaustive and the Organisers reserve the right to amend these Rules prior to the event.

- Participants must ensure they adhere to the mandatory kit rules these will be strictly enforced.
- Safety-approved cycle helmets (CE standard EN1078 or equivalent national standard) are compulsory and must be worn at all times when cycling. Any cyclist not wearing a helmet whilst participating in the event will be excluded.
- You must use a bike that is deemed safe for the purposes of the event in the opinion of the Event Organiser. Specifically, no fixed-wheel bikes are permitted, no recumbent bicycles and no bicycle (conventional or otherwise) is permitted to have unconventional handlebars including triathlon bars, aero bars, clip-ons, prayer bars, Spinaci bars or cow bars. However, MTB bar ends are permitted on mountain bikes. Bikes with children in child seats, tag-along bikes or trailers are NOT permitted.
- Participants must display all rider numbers provided at Registration at all times: a bike number (with timing chip attached) fixed to the handlebars and a rider number attached to the back of cycle top with emergency contact / medical information completed in full on the reverse of the rider number.
- You may NOT ride under someone else's rider number under any circumstance. Doing so will result in disqualification.
- You must register on the date and times as specified by the Event Organiser.
- Participants will set off in waves every 2 minutes at the Start. Please do not start earlier than your allocated time.
- Please cycle ON THE LEFT at all times.
- Keep left and in single file if you have dismounted.
- Be aware of other participants around you and allow faster riders to pass you on the right.
- Please note that there is one section of the route that is left lane closure only. This is the final section on entering Inverness (from Holm roundabout) to the finish where traffic will be travelling on the opposite carriageway. Participants must take extra care on this section and must NOT cross the central white line at any time, which would result in disqualification.
- You must not deviate from the official event route which will have directional signage throughout. Failure to comply may result in disqualification.
- Participants must adhere to the minimum speed of I3mph. Participants falling behind this will be given the option of returning to
 Inverness in the sweep convoy or can complete the course on open roads. The Event Organiser reserves the right to use their
 discretion to insist that riders get on the Sweep Bus. This will be on the grounds of safety of the rider or other road users, specifically
 on the section of the route on the A82, or for medical reasons. Please note the Event Organiser's decision is final.
- For safety reasons, please do not leave the course without informing an Event Official.
- You must follow the instructions provided by Event Officials, Marshals and Event Organiser at all times. Failure to do so will result in disqualification.
- The Event Organiser will provide water and feed stations at specific locations around the route, but we encourage you to start the event with full water bottles and enough snacks for the duration of the event.
- It is your responsibility to dress appropriately for the conditions on the event day. Remember that the weather can change and deteriorate very quickly in the Scottish Highlands; you should therefore bring appropriate clothing to keep warm and dry in any adverse weather.
- Please adhere to both the Scottish Outdoor Access Code and the Highway Code for the duration of the event.
- · You may not use your mobile phone while cycling. You must stop at the road side if you need to make or receive a call.
- You may not use a music player with headphones while participating in the event.
- Littering is both against the law and unacceptable behaviour, especially in an area of such outstanding natural beauty. Any participant seen disposing of litter other than in the bins provided at feed stations and at the Event Hub will be disqualified from the event.
- Toilets are available at all feed stations on the route, north of the King of the Mountain and at the Event Hub. Please use these facilities and respect the local area and residents.
- The Event Organiser will make every effort to provide participants with a finish time but is not responsible for any electronic timing issues.
- The Event will only be cancelled or postponed due to unforeseen and unavoidable circumstances. In such an eventuality all participants will be notified by email or SMS as soon as possible. The Event Organiser shall not be liable in respect of any costs and expenses you may incur as a result of such cancellation or postponement.
- The Event Organiser has event insurance cover; however we recommend that participants have appropriate personal insurance cover (including personal accident and personal item insurance).



Route Map



