



ABERFELDY MULTISPORTS FESTIVAL 2019 – MARSHAL/CREW BRIEFING

Firstly – thanks very much for offering to help at the race this year, it's much appreciated. It's an overused phrase, but it also happens to be true: it simply wouldn't be possible to put these events on if it wasn't for the volunteers and helpers.

OK, some practicalities and logistics....

Contacts

Richard Pearson – Race Organiser – 07935 259 001 (race day only)
Diane Ford – Assistant Race Organiser – 0774 309 3033 (race day only)
Event Control – 07946 594 111

Venue

Race HQ, Car Parking, Registration, Transition 2, Finish: Kenmore Sports Pavilion, Kenmore, Perthshire, PH15 2NU

Swim Start, Transition 1: Taymouth Marina, Kenmore, Aberfeldy, PH15 2HW

Volunteer Briefing Times

Friday 16th August

17:30 Active Root Drummond Hill Trail Run Marshal Briefing Location: Kenmore Sports Pavilion
19:00 Loch Tay Sprint Triathlon Powered by Lomo Marshal Briefing Location: Kenmore Sports Pavilion

Saturday 17th August

18:00 Aberfeldy Middle Distance Triathlon Marshal Briefing Kenmore Sports Pavilion

At the race briefing we will provide you with hi-viz vest, radios and any other equipment you may require for your roll as well as a thank you gift. Lunches will be dropped to you in your locations (Middle Distance

Race Weekend Timeline

Friday 16 August 2019 – Active Root Drummond Hill Trail Run

16:00 Athlete Village Opens
17:30-18:15 Registration for Hill Run Open
18:15 10k Run Race Briefing
18:30 10k Run RACE START

Saturday 17 August 2019 – Loch Tay Sprint Triathlon Powered by Lomo

07:00-10:30 Car Park Opens at Kenmore Sports Pavillion
07:00-09:00 Registration at Kenmore Sports Pavillion
07:30-09:45 T2 Run Equipment Racking Open @ Sports Pavillion
07:30-09:45 T1 Bike Racking Open @ Taymouth Marina
09:45 Race Briefing @ Taymouth Marina

10:00 RACE START (possible wave starts in quick succession)
10:30-12:00 No Entry/Exit from Car Park @ Sports Pavillion (the access road forms part of the bike course)
11:00 Anticipated First Finisher
12:00 Anticipated Prize-Giving @ Sports Pavillion

Saturday 17th August 2019 – Taymouth Marina Loch Tay Swims

12:00-14:00 Registration Open at Kenmore Sports Pavilion
14:00-14:15 The Tay Splash - 250m Open Water Swim Open to those aged 8+ (under 12's must be accompanied by an adult 1:1)
14:15-14:30 Tay-K the Plunge - 750m Open Water Swim Open to those aged 12+
14:35-15:30 Tay-K it Further - 1500m Open Water Swim Open to those aged 16+
15:35-16:45 Tay-K it to the Limit - 3000m Open Water Swim Open to those aged 18+ (Best Suited to Experienced Swimmers)

Saturday 17 August 2019 – Aberfeldy Middle Distance Triathlon Registration

14:00-1900 Registration & race pack pick up at Kenmore Sports Pavilion
16:00-18:45– Mandatory Race briefings for all athletes at Kenmore Primary School
Race Briefing 1 16:00-16:45
Race Briefing 2 17:00-17:45
Race Briefing 3 18:00-18:45

(Note: there will be no bike racking on Saturday)

Sunday 18 August 2019 - Aberfeldy Middle Distance Triathlon

05:30-06:40 Transitions and Car Park Open
06:40-07:00 Swim Briefing and Muster
07:00-07:15 Swims Starts (multiple wave starts)
11:20 Anticipated first finisher
14:30 Presentation ceremony at Kenmore Recreation Ground

For registration helpers, we need you on site and ready to go approximately 30mins before registrations open, this to ensure you are properly briefed and registration is ready for each event.

For course marshals and transition area management volunteers, we will provide a schedule detailing when you should be in place. Please report to Race Control when you are in position.

We'll have team leaders for various sectors, these will be:

Kathie Pearson – Volunteer Co-Ordinator
Pam Curran – Registration
Pam Curran – Finish Line Middle Distance Triathlon
Eilidh Boyle – Trail Run
Chris Jackson – T1 for both Triathlons
Chris Jackson – T1 Bag Co-Ordinator for both Triathlons
Peter Donaldson – Bike Course Sprint Triathlon
Keith MacLure – T2 Sprint Triathlon
Eilidh Boyle – Run Course – Sprint Triathlon
Diane Ford - Finish Line –Sprint Triathlon
Chris Jackson - Run Course Middle Distance Triathlon
Peter Donaldson - Bike Course Middle Distance Triathlon
Henry Trotter – Timing for All Events

Please let us have a mobile number for you (there will be a 'sign-on' sheet for you at the event briefing) so we can contact you (e.g. to let you know when to expect the final person to pass you). We've also got a limited number of radios that we will issue to people in key locations.

1st Aid

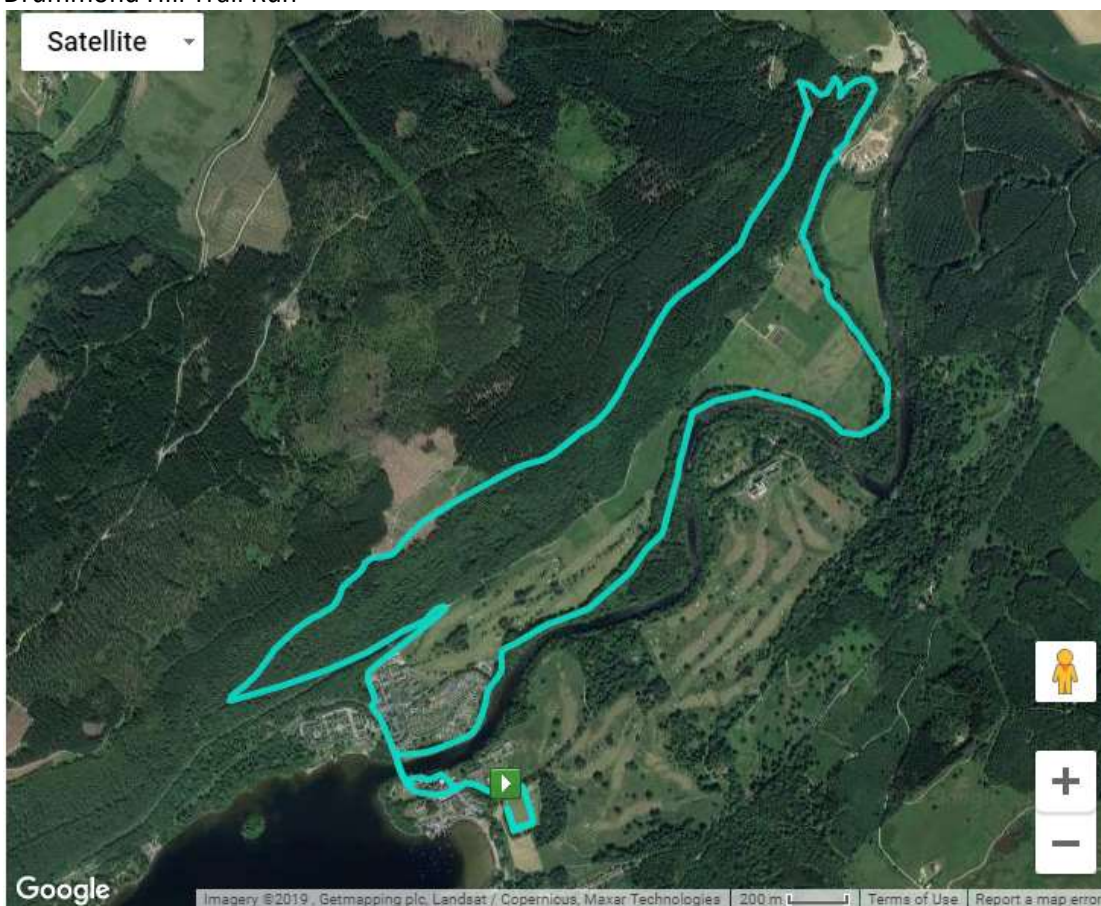
Scottish Ambulance Service (1st aid provider) will be out on the course and at the race HQ area. They are all Paramedics or Ambulance Technicians, and will have a 4WD Rapid Response Vehicle with them. They will be in attendance for all events.

There are additional 1st aid kits at Race HQ and in transitions

Courses

Please see the attached maps of the Courses and wave start times for each event.

Drummond Hill Trail Run



Loch Tay Sprint Triathlon

Swim Course

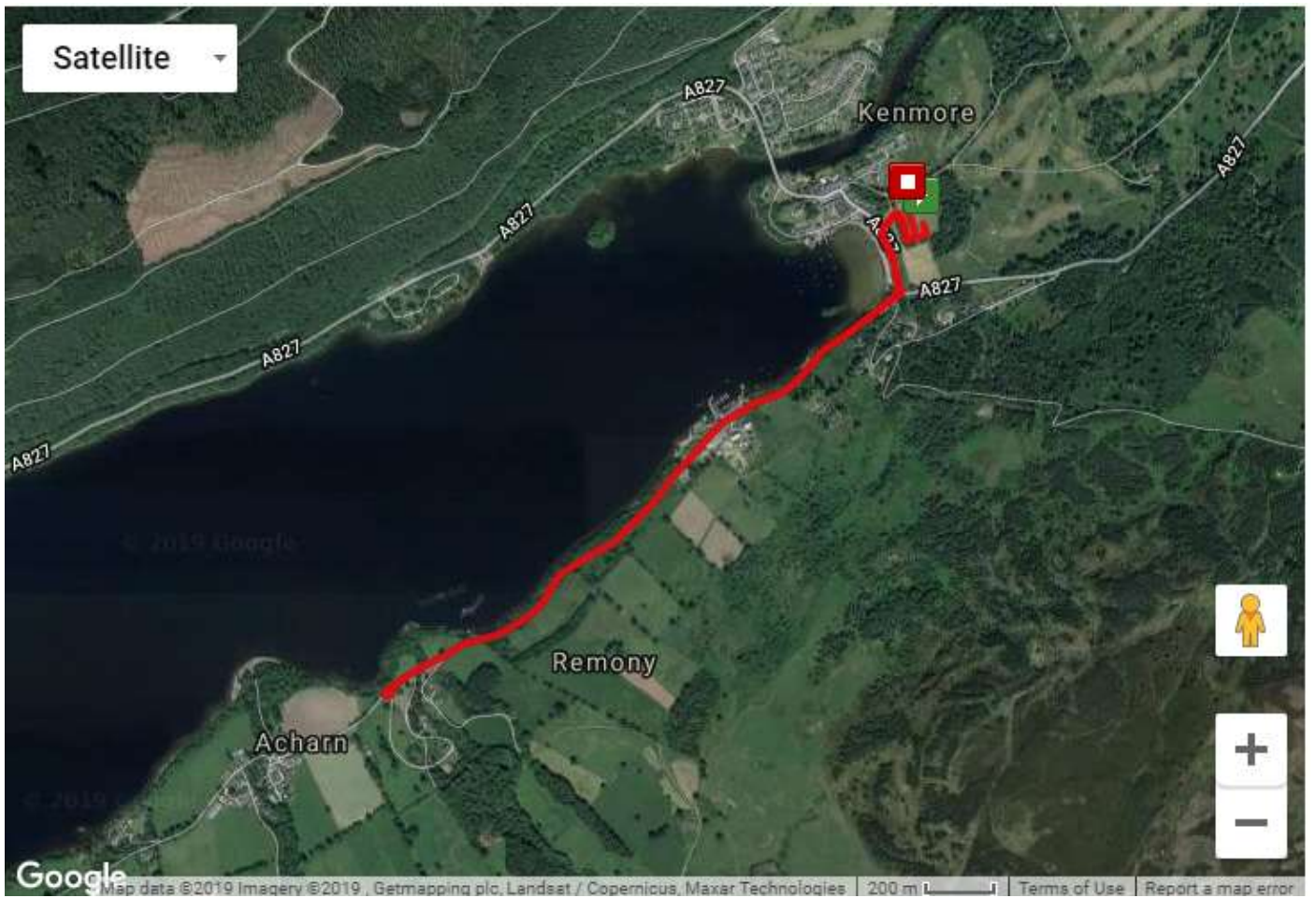
All swims take place from Taymouth Marina



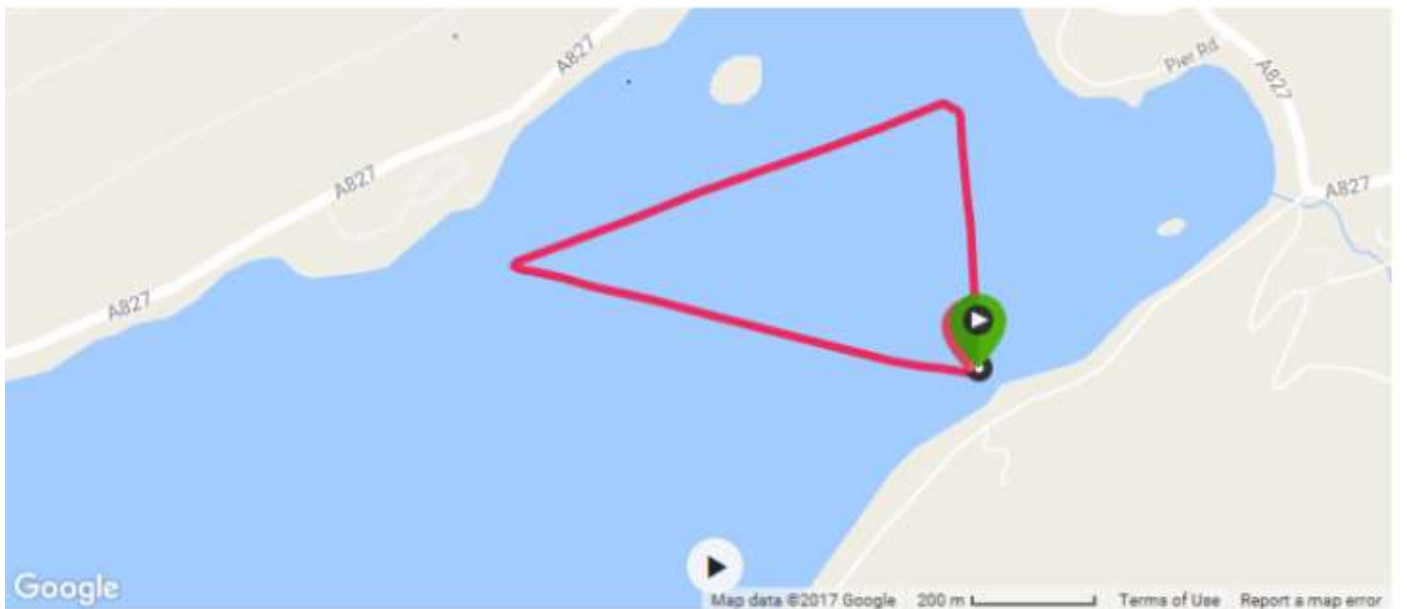
Bike Course



Run Course



Middle Distance Swim Course



Bike Course



Run Course



Course Timings for the triathlons

Aberfeldy MD 2019				
Wave Starts			First	Last
			Athlete	Athlete
mi	km			
START			07:00	07:15
1.18	1.9	Swim Finish	07:24	08:25
		swim speed - kph	4.59	1.62
		total swim time	00:24	01:10
		T1 transition time	00:03	00:10
0	0.0	Taymouth Marina	7:27 AM	8:35 AM
1.62	2.6	Kenmore Bridge	7:31 AM	8:42 AM
3.4	5.5	Duneaves Road left turn	7:36 AM	8:51 AM
7.91	12.7	End of Duneaves Road Right Turn	7:46 AM	9:11 AM
9.32	15.0	Fortingal Village	7:50 AM	9:18 AM
12.1	19.4	Coshieville Left Turn	7:56 AM	9:30 AM
15.7	25.3	Straight on at Schiehallion Road	8:05 AM	9:47 AM
19.9	32.1	Feed Station 1 Tummel Bridge PS	8:15 AM	10:07 AM
20.9	33.6	Right Turn onto Trinafor Road	8:17 AM	10:11 AM
24.3	39.1	Sharp Left onto B847	8:26 AM	10:27 AM
27.8	44.7	Right onto B846 towards Rannoch	8:34 AM	10:43 AM
30.4	49.0	Kinloch Rannoch	8:40 AM	10:55 AM
39.6	63.7	Feed Station 2 Loch Kinardochoy	9:02 AM	11:37 AM
40	64.4	Right Turn off Schiehallion Road	9:03 AM	11:39 AM
44.4	71.4	Straight on Comrie Bridge	9:14 AM	11:59 AM
48.3	77.8	Weem	9:23 AM	12:17 PM
48.8	78.6	Wades Bridge	9:25 AM	12:19 PM
49.2	79.1	Dunolly Roandabout	9:25 AM	12:21 PM
54.7	88.1	Bottom of Fort Brae	9:39 AM	12:47 PM
55.3	89.0	Kenmore Square	9:40 AM	12:49 PM
55.6	89.5	Kenmore Recreation Ground T2	9:41 AM	12:51 PM
		bike speed - kph	40.23	21
		Total bike time	02:16	05:36
		T2 transition time	00:02	00:10
0	0	Kenmore Recreation Ground T2	9:43 AM	12:51 PM
0.62	1.0	Drummond Hill Road Mains of Taymouth	9:46 AM	12:59 PM
1.24	2.0	Drommond Hill Road	9:50 AM	1:08 PM
1.86	3.0	Drummond Hill Road White House	9:54 AM	1:16 PM
2.31	3.7	Feedstation 1 Quirky House outbound	9:56 AM	1:22 PM
2.49	4.0	Drummond Hill Road	9:57 AM	1:25 PM
3.11	5.0	Duneaves Road	10:01 AM	1:33 PM
3.73	6.0	Feed Station 2 Sub Station outbound	10:04 AM	1:42 PM
4.35	7.0	Duneaves Road	10:08 AM	1:50 PM
4.97	8.0	Duneaves Road	10:12 AM	1:59 PM
5.59	9.0	Duneaves Road	10:15 AM	2:08 PM
5.74	9.2	Fedstation 3 Duneaves Farm Outbound	10:16 AM	2:09 PM
6.21	10.0	Duneaves Road	10:19 AM	2:16 PM
6.52	10.5	Turnaround	10:21 AM	2:20 PM
6.84	11.0	Duneaves Road	10:22 AM	2:25 PM
7.31	11.8	Feedstation 4 Duneaves farm inbound	10:25 AM	2:31 PM
7.46	12.0	Duneaves Road	10:26 AM	2:33 PM
8.08	13.0	Duneaves Road	10:30 AM	2:42 PM
8.7	14.0	Duneaves Road	10:33 AM	2:50 PM
9.24	14.9	Feedstation 5 Sub Station Inbound	10:36 AM	2:58 PM
9.32	15.0	Duneaves Road	10:37 AM	2:59 PM
9.94	16.0	Duneaves Road	10:40 AM	3:07 PM
10.4	16.8	Feedstation 6 Quirky House inbound	10:43 AM	3:14 PM
10.6	17.0	Balloch Park Drummond Hill Road	10:44 AM	3:16 PM
11.2	18.0	Drummond Hill Road	10:47 AM	3:24 PM
11.8	19.0	Drummond Hill Road	10:51 AM	3:33 PM
12.4	20.0	Mains of Taymouth Road end	10:55 AM	3:42 PM
13.1	21.1	Finish Line	10:57 AM	3:51 PM
		run speed - kph	16.70	7.02
		total run time	01:15	03:00
		Total swim, cycle, run time	03:57	08:36

Transition

Transition Area is for competitors and officials only. No supporters, friends, family, hangers-on, pet budgies etc. We will also not have relay changeovers at the TA racks – we'll have a small holding pen at the end of the TA.

Transition 1 will have numbered bike racking for each competitor. Each competitor will also have to place their wetsuit etc. in a bag for us to transport back to the finish area. We will need to move the bike racks off to the side of the car park after the Sprint and pack away as soon as possible after the middle distance event to allow Taysmouth Marina use of their car park.

Helmets must be fastened in TA before bikes are removed from the racks. Racers run with their bikes to the mount line which is on the road next to the swim exit. The dismount line on their return is just before they enter the transition field, they run with their bikes back into T2 from that point, and can only unclip helmets once their bike is racked.

Bike reclaim: when competitors have finished their race they will come back into the T2 area to collect their bike and other gear. As they exit transition, please can we check that their race number and any other numbers match. I'm sure it won't happen, but the last thing any of us need is stolen bikes/equipment – this has happened at other races!

What to bring

Who knows what the weather will do!. Bring warm clothes and waterproofs. One of those foldy-up chairs might be handy as well if you have it. Water and perhaps a flask?. A whistle is a useful thing for attracting the attention of racers and spectators. Midgie repellent may also be a lifesaver if we get a still day and perhaps bring your sun tan lotion, you never know!

What you'll be doing

There's a variety of jobs that need doing – registration, transition management, finish line management, course marshalling 'on the hill'. We have attached a document showing your role, if there are any issues with where you are placed then please let me know and we will try to reallocate. Please come prepared for being outside!.

How to handle an incident;

We'll issue you with a sheet with some basic protocols, and useful stuff like contact numbers.

Most on-course incidents are minor – competitors will often pick themselves up after a while and carry on. Others will be walking wounded and able to make their own way back to race HQ for 1st aid. Where possible and safe, both approaches should be encouraged.

As a course marshal, the first you may hear about an incident is from another competitor who has seen it, and then reported it to the next marshal they encounter.

- Make your way to the scene (if it is safe/possible for you to leave your allocated location)
- Your safety is the first priority – let's not get into a situation where we've got additional injured people. Please take care and protect yourself from dangers (e.g. speeding cyclists, cars). Stop and use other competitors if necessary to set up a safe zone around an incident.
- Assess the situation and find out some basic information if you can – race number, name, injuries/issues.
- If you suspect an athlete may have a spinal injury (e.g. a high speed bike crash, or a large fall), do not move them. Wait for assistance from the MRT. Keep the athlete warm and comfortable if you can.
- Call for assistance – use radio, mobile phone or other competitors as necessary. In radio blackspots, you may need to relay a message from person to person.
- In urgent and significant situations, call 999 and ask for Police/Ambulance/Mountain Rescue as appropriate. Afterwards, please try to inform Race HQ ASAP.

Contacts

I plan to be on Radio Channel 1 during race day, and also via mobile phone – 07935 259 001. You can also contact race control directly if there is an issue on the course or if medical assistance is required, tele: 07946 594 111

Thanks for assisting at this event.

Richard Pearson
Race Director
Aberfeldy Multisports Festival