



NAIRNSHIRE CHALLENGE – SUNDAY 22 MAY 2016

FINAL INSTRUCTIONS – PLEASE READ CAREFULLY

We hope your training is going well and look forward to meeting you on the day. Please read the following information carefully, along with the detailed information on the website at <http://www.nairnshirechallenge.co.uk/participant-info/>

CUT OFF DATE FOR ENTRIES

The cut off dates for Registrations will be Midnight on 15 May 2016 but please encourage anyone you know is thinking of entering to do so as soon as possible.

ENTRANT NUMBERS

Your personal number, a bike number and plastic zip ties will be handed to you when you deliver your bike on Saturday 21 May. Please keep your Entrant and Team numbers safe, as you will need to know them when you bring your bike on the Saturday. If you have mislaid either, please do not hesitate to contact me to ask beforehand so that things can go smoothly on the day.

The bike numbers are already pierced - please attach them securely to your bike using the plastic zip ties provided. Ensure they are visible - the brake cables are usually good attachment points. Help will be available to do this at the bike delivery locations.

The personal numbers are plain numerics, and are to be attached to your clothes so as to be visible from the front. (You **must** complete the reverse side in waterproof ink clearly giving at least any emergency contact numbers and, if applicable, details of any medical

condition or medication which might be useful in the event of an emergency.)

To avoid delay at Registration on Sunday please ensure you are wearing the personal number and that you have completed the details on its reverse before you enter the Registration marquee, where it will be checked.

Please comply with these requirements because there are safety implications. If your personal bib is not clearly visible, you may not be checked off at the checkpoints throughout the route.

BIKE DELIVERY - SATURDAY 21 MAY 2016

Bikes must be delivered to the event organisers on Saturday. Bikes will not be accepted under any circumstances on Sunday.

Our strong preference is that each team takes its bikes to the changeover point in the field next to Drynachan Lodge (Grid ref 866395) where they will be accepted between 2pm and 7pm. To avoid congestion on the narrow roads, please transport as many bikes as possible on each vehicle. You **MUST** travel into Drynachan from the **WEST** via Balmore and leave **EASTwards** towards Dulsie. The route will be signposted from the A96 at Gollanfield with our yellow signs.

If you wish us to transport your bikes, take them to the Nairn Links car park between 4pm and 6pm on Saturday 21 May 2016. We will take every possible care but cannot be responsible for damage to bikes in our possession. We have a security team to guard the bikes overnight at Drynachan.

Any items of clothing or equipment, which you wish to have at the Drynachan changeover, must be securely attached to your bike in a bag clearly marked with your Entrant number. Any items you leave at the changeover (again, in a clearly numbered bag) will be transported for you to collect at the Finish. This will only be done at the end of the event, so do not leave important items such as car keys!

RELAY TEAMS

The two members of a Relay Team will share the same Entrant Number. This number will be passed over from the first member to the second member at the Drynachan Changeover point. Relay Teams will be contacted directly and given specific instructions.

REGISTRATION AT THE LINKS ON SUNDAY 22 MAY

REGISTRATION is between 8.00 am and 8.50 am marquee at the Links Car park in Nairn.

The Links are adjacent to the central beach in Nairn, and well signposted. There is car parking at the Links

PLEASE NOTEYOU CANNOT REGISTER AT THE START POINT AT AUCHTERTEANG

You may leave clothing etc. at the Links (which is also the Finish) in a bag clearly marked with your Entrant number.

You will be taken by bus from Nairn to the Start. The buses will be available for boarding from 8:30am and you will be checked on as you board. Please do not leave the bus after you have been checked on, and listen carefully to the short briefing which will be given before the bus departs.

If you delivered your bike but cannot take part on the Sunday because of unexpected circumstances, please let us know if possible.

THE ROUTE

Maps showing the route, including feeder station locations and stewarding points are available on our website at <http://www.nairnshirechallenge.co.uk/participant-info/route/>

THE START AT AUCHTERTEANG

Look out for passing traffic as you get off the bus and cross the road to go through the gate to the Start. The event will start as close to 10am as possible, and water will be available to top up your bottles. There will be portaloos on site.

The buses do not return to Nairn so please do not leave anything on them. Any item left in the marked van at the Start in a bag clearly marked with your Entrant number will be taken to the Finish. Unwanted bags or litter should be left in the bins provided.

If you are going to walk the foot section, please leave room near the Start line tape for those who will be running.

THE ROUTE - FOOT SECTION

The route will be well signposted and marshaled, but you are ultimately responsible for finding your own way. The track on the foot section is a vehicle track. The few junctions are well marked with direction signs and the non-entry points taped off in case visibility is poor.

Cawdor Estates have again kindly permitted the Nairnshire Challenge to cross their land. The route crosses prime grouse moors where the birds will be laying and hatching so please be respectful of the land and keep to the track. **Do not train or practice on the route itself before the event.**

Please use the litter bins provided at the watering stations and at about one mile intervals in-between - they will be clearly marked. There will be a litter clearance team following the entrants but they will not be able to see litter that has blown into the heather.

From the Start the track winds through the farm at Auchterteang and gently upwards for just less than 2 miles to the "Green Bothy". Please be respectful of the farm property in this area. The fragile environment around the highest point in Nairnshire is a site of special scientific interest for its mosses and lichens. If you have time,

pause to look at the summit on your left and backward at stunning views of the Cairngorms.

As you continue over the moor there is a second watering station at around 5 miles (908321). The route then flattens out then undulates and twists until you descend and approach the “Black Bothy” (896336) where the third watering station is situated. Continue on the track northwards and uphill to the “Lewis Bothy” about 2 miles beyond (888395) which is the fourth and last watering station on the foot section. Just before this watering station is a burn, and if this is in flood marshals will be in attendance. After the Lewis Bothy you turn northwest over the last hill before the final and picturesque descent to the bridge over the Findhorn River (866395) and the changeover point and fifth watering station at Drynachan. Please ensure your number is visible so that you are recorded by marshals as you cross the bridge, and we know you are safely off the foot section.

THE ROUTE – BIKE SECTION

For the entire bike route, you will be travelling on public roads and are reminded that you must obey the rules of the road at all times. **Cycle Helmets must be worn and we will not allow anybody to continue from Drynachan without one.** Signs will warn motorists of the event but you will not be given priority at any road junction.

On leaving the field at Drynachan, turn right and follow the spectacular road eastwards along the Drynachan valley. The sixth watering station is on the bike station about four miles from Drynachan (910409). Turn left at the T-junction about a mile later (933418) and head northwards taking the second right, down the Meikleburn Road. Turn left at the end (912482) and head for the crossroads (881490). Turn right (with care!) and go north enjoying the panoramic view of the Moray Firth and Black Isle and past the seventh and last watering station (882493). You then pass through Regoul and towards the junction with the B9101. Take special care just where you begin the long straight descent towards this junction because you do not have priority over traffic coming from the road to your left at the start of the descent. Again take special care at the junction with the B9101 where you will turn right because you are

joining the busy Cawdor – Nairn road and do not have priority. Some 150 yards after joining the B9101, turn left and follow the B9090 into Nairn. Note that Police will be manning road junctions in the town and also the “chicane” under the railway bridge. Turn left onto Leopold Street and right at the lights – **you must stop if they are red. The traffic lights will be turned off for about an hour whilst the early finishers pass through, and you must follow the directions of the police on duty.** Take care on the short stretch of the A96, turn left at the mini-roundabout and then first right towards the Finish! **Take particular care in Nairn as you approach the Finish – your route is not sectioned off and there will be moving traffic around you.**

THE FINISH

When you reach the Finish Line, slow down and obey instructions from Marshals. Your number must be correctly recorded by the timekeepers, and you will then receive your medal. Collect your belongings, get your refreshments in the Inner Wheel Marquee and you may use the facilities at the Swimming Pool for a shower if you wish.

Finishing times will be displayed as soon as possible, as well as being provided to the local media.

IF YOU ARE UNABLE TO FINISH

Although you may be entered in a team, you don't have to finish in order for your teammates to receive their medals. **Don't carry on if you are exhausted.** You are responsible for your own safety.

If you are unwell or in difficulty for any reason, **do not leave the route and do not turn back.** Each hill watering station has radio communication facilities and access to medical support. If you are between stations ask a fellow Challenger to advise the next station of your situation. There is also a sweep team, which travels the whole route on foot and bike behind the slowest participant. It is important that you stay on the route and help will come to you.

SAFETY, CLOTHING AND EQUIPMENT

Outfit Moray is providing us with full safety cover and every hill watering station is in communication with our Command and Control Centre on the Links. We all hope that this Nairnshire Challenge will be blessed with ideal weather but we do remember that the first Challenge took place in thick mist and torrential rain. Be prepared for the worst. It may be rainy wet and cold and the route on the foot section is 13 miles long, remote and exposed. We strongly recommend that you take waterproof clothing and an extra sweater/fleece. You should wear suitable footwear as the foot section takes you over rough and stony vehicle tracks suitable only for Landrovers. Although some food and water will be available at watering stations, you should take your own supplies with you if possible.

In the event that severe weather sets in on the foot section, the bothies will be used to provide temporary shelter and all available 4x4s will be mobilised for transport. In this eventuality please comply with requests by the official marshals. In the (hopefully highly unlikely) event that the weather is so severe that we cannot allow the Cawdor Estate tracks to be used, we will start by adopting Plan B – see below.

At the other extreme, be aware of the risk of a long day's exposure to the sun.

PLAN B

If conditions over the Foot section on the Cawdor Estates make its use unsafe, we will revert to Plan B. The decision to do so will be taken by 8pm on the Saturday evening and will be communicated by our website, Facebook and email. A map of the alternative route is also found on our website at <http://www.nairnshirechallenge.co.uk/participant-info/route/> . The foot section will commence in Cawdor village and the route on foot to Drynachan will be mainly along public roads. The distance is very

slightly shorter than via the hill and it is a steady climb. Note that you might want to bring alternative footwear with you just in case we have to adopt this alternative route for the foot section – the decision will have been taken if necessary before you arrive at the Links on Sunday morning.

BIKE MAINTENANCE

Outfit Moray will provide bike support at Drynachan when they will check each bike and provide repairs where necessary and, on the Sunday, running a sweep over the route. They intend to bring a few spare bikes on a trailer should any participant have a bike that is not repairable and wish to carry on. You are advised to carry your own spare inner tube and pump.

TIMES

The Nairnshire Challenge is not a race. It is a personal challenge. You should feel free to take enough time to enjoy the beauty of Nairnshire. However, there is a clock at the Finish and times will be published in the press and on our website, though these may differ slightly from your personal timing.

SPONSORSHIP MONEY

Sponsorship should be arranged through JustGiving, with whom we are registered as Nairn Rotary Club – Nairnshire Challenge. Setting up your own sponsorship page on their site can make the whole process of sponsorship much easier. Just click on the following link – [JustGiving](#)

One of the benefits of arranging sponsorship through JustGiving is that it facilitates the collection of Gift Aid from the Government. Challengers can increase the value of their sponsorship by 20% by asking sponsors to fully complete the Gift Aid details if they are a qualifying UK taxpayer – this costs them nothing but allows tax to be

recovered and added to the total sponsorship. To be valid for Gift Aid purposes the address on the form of each sponsoring donor must be a home address and NOT a business address. The home address MUST also have a Post Code.

If you prefer not to use JustGiving, you can collect sponsorship the old fashioned way. A form is available on the website at <http://bit.ly/1WSAysc> . Please note that there is a deadline for returning sponsorship money. Money collected outwith (or in addition to) JustGiving should be sent to us at the address below by 22 July 2016. Cheques should be made payable to The Rotary Club of Nairn and sent to The Treasurer, Nairnshire Challenge, c/o Mount Pleasant, Sandown Road, Nairn, IV12 5NW

CERTIFICATES

Teams whose members have returned their sponsorship by 22 July 2016 will be entitled to certificates for each individual showing the individual's finishing time and position.

WITHDRAWALS, SUBSTITUTES AND QUERIES

Should you be unable to participate and have arranged a substitute, or have a query, please advise us as soon as possible. Email info@nairnshirechallenge.co.uk or phone/text 07540142338

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