

Route Schedule

OS Landranger series 1:50 000

Welcome to RSABI Great Glen Challenge 2019. This schedule is designed to be used alongside the route card and maps. The maps are kindly provided by Rettie & Co, adapted from OS Landranger series 1:50 000. Keep an eye on the timings – the distances between locations can be large so allow plenty of time to travel and try to be in situ. ahead of time. Be careful around busy road junctions and verges – try not to get distracted, stay safe.

Contact Details

Event director: Nina Clancy – 07780 442 746

Mountain bike marshal: Margo Wills - 07342 880 357

Kayak marshal: Stuart (Rockhopper) - 07739 837 344

Steward: Lauren Worrell (RSABI) – 07771 883362

Walk marshal: George Lawrie - 07879 883 803

Run marshal: Andrew Dunlop – 07746 677 423

Results: Harry Seran - 07847 899 712

Logistics: tba

First aid vehicle cover: Rescue Medics 07901686821

Scottish Canals (Fort William) 01397 772249

RSABI Ingliston Office: 0131 472 4166

Emergency Details

Marshals carry basic first aid kits. If the first aid vehicle is required please call Nina in the first instance. In the event of a serious incident, call 999 (Coastguard is also 999). In such a circumstance, please also ensure that RSABI staff are informed.

Location 1

Fort Augustus, Head of Lock staircase GR3709

Mountain Biking (marked by RSABI flag)

Start time: 9am to 9.30am in race number order

Marshal and Steward (Margo, Nina)

Water; first aid vehicle; public toilets; additional volunteers as reqd.

Notes: There is no parking at the start. A large public car park and toilets are situated off the main road by Fort Augustus garage in the town (see map). Cyclists should be dropped off there and cycle the short distance to the start, or perhaps cycle from accommodation in town. Competitors should note that there is a staggered start and there may be a short wait before your allotted start time. Cyclists may leave a bag of dry kit and a towel with the marshal at the start which will be transported to the finish for them.

Location 2a

Bridge of Oich car park and jetty GR3303

Kayaking

Start time: 10.00am (gather from 9.30am)

Marshal: Stuart (Rockhopper)

Steward: Lauren

Car park volunteer steward: BoS x 4 (in place from 9.10am), including alternative car park.

Water; parking; portaloo; first aid

Notes: Vehicles dropping off must not stop on the main road. Vehicles please take care when slowing down and accessing/leaving car parks. There is an alternative car park some 300m from the bridge towards Fort William. The jetty for kayak launch is by the large car park upstream of the bridge.

In extreme weather conditions and cancellation of kayaking, competitors may be required to walk the length of Loch Oich to Laggan Locks car park as part of the competition. Please bring appropriate footwear.

Location 2b

Mountain Biking - Bridge of Oich bridge crossing ****warning: busy road crossing****

Volunteer stewards: x 3 (in place for 9.05am including Culloch lock, count all cyclists)

Water; RSABI portaloo (2a)

Notes: Cyclists please take care crossing the busy A-road across the bridge. Stewards will control this. Highland Council/Scottish Canals has a 10mph restriction on all bikes using towpath sections.

Location 3

Minor road junction to Easter Mandally off main road at Invergarry GR3000

Walking

Start time: 10am to 10.30am

Marshal: George

Stewards: additional volunteers as reqd.

Volunteer steward: BoS x 2 track/road Laggan bridge SW of Locn 3 (in place 10.15 am). BoS x 2 upper track junction beyond Laggan Lock

Competitor drop off point (by Invergarry Hotel): water; first aid

Notes: Vehicles should not drop off or park at the start. Walk 350m from the hotel, over the bridge and up the hill to the marked start point. **Cars should not be left in the private hotel carpark** unless using the hotel, purchasing coffee etc. Walkers set off alone or in small groups on arrival as directed by the marshal. Slower walkers should arrive promptly, ready to go first from 10am.

Location 4

Laggan Bridge Forestry Commission car park GR3098 (Sign-posted "Loch Oich")

Kayak finish

Marshal: Stuart, Rockhopper

Stewards: Lauren (shore patrol from 10.15am), Harry (results, in place after 11am)

Competitor pick up point; water; first aid; first aid vehicle; additional volunteer as reqd (**Notes overleaf**)

Notes: The Forestry Commission has requested that everyone uses their car park responsibly. Please remove all litter.

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Mountain bike volunteer steward x 2, Activity Centre road crossing GR3098 (toilets) - in place for 9.15am).

****warning busy road crossing****

Mountain bike volunteer steward x 2, Laggan Locks, South Laggan GR2896 (in place for 9.15am – measure any time delay at lock gate).

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Location 5

Clunes car park GR 2088

Running

Start time: 1.45pm. Gather from 1.15pm. The run will not start early.

Marshal: Andrew

Steward: additional volunteers as reqd.

Walking

Finish and pick up point

Marshal: George

Steward: additional volunteers as reqd.

Water; first aid; additional volunteers as reqd.

Volunteer stewards (Run) x 4 on road including 1 at top of hill (in place for 1.45pm).

Notes: Clunes is a drop off for runners and a pick up location for walkers. Some teams may wish to leave a car for the walker to drive to the finish. To avoid congestion it may be best to park at the end of the road on the main track by the Forestry C. sign, and walk up to the start (3 minute walk).

The run departs from the road on to forestry track at marked locations. **Mountain bikers** remain on B8005 road at all times earlier in the event.

Location 6

Gairlochy (either side of bridge) GR1784

Volunteer stewards, BoS x 4 (in place for 1.45pm – measure any time delay at lock bridge. Count all runners (list provided).

Water; first aid vehicle

Notes

In the event of lock gates closing at Gairlochy, any runners who have to wait for a short period will be credited with appropriate time as recorded by Steward.

Location 7

Neptune's Staircase, Banavie GR 1176

Running, Mountain biking and overall event finish

Marshals: Margo (bike) and Andrew (run)

Stewards: Nina, George

Results: Trailer (Harry)

Goody bags: (Margo/Lauren)

Hotel reception: (Margo/Lauren)

Volunteers x 2 (500m/1km/2km/3km up the towpath from finish, in place for 2.25pm – remove signage once 27 runners have passed).

Water; first aid; toilets; first aid vehicle 3pm

Notes: The finish is marked by an RSABI flag, half way down the staircase. Bikers and runners - once your time is recorded, walk across the bridge towards the event trailer.

The bar at the Moorings Hotel is open for refreshments. The reception buffet (vouchers required) begins 30 minutes (approx.) after the finish of the run. A prize-giving follows immediately afterwards.



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