



www.threepeakstri.org.uk

Bennachie Duathlon

Sunday 29th August 2010

WELCOME TO THE 7th BENNACHIE DUATHLON

A spectacular setting for this event with one of the finest cycle routes in Aberdeenshire

Your entry has been accepted - please read the following information closely.

Important Information for all Competitors

Timetable

0900 -10.00	Registration Open
10.00 - 10.10	Marshals Briefing at Registration
10.10 - 10.20	Main Event Competitor Briefing - Transition Area
1030	Main Event Start
10.40 - 10.45	Novice Event Briefing - Transition Area
1050	Novice Event Start
1300	Prize Giving

Venue: Archaeolink, Oyne, off B9002, 7miles NW of Inverurie (OS 668263)

Ample free parking, toilet facilities but no showers available.

Novice run route is minor public road. Main event run continues on forest track which may be muddy if poor weather.

The cycle route is on the public highway and normal rules apply.

Main event: 5k run - 35k bike - 5k run

Novice: 3k run – 13.5k bike - 3k run

Prizes: 1st, 2nd, 3rd overall in each event and in age categories

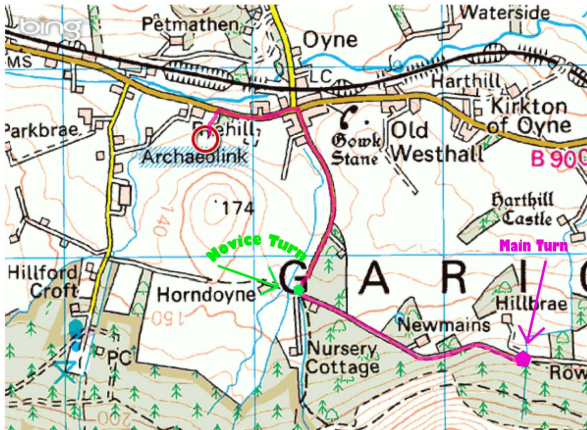
We must remind you that you undertake this race within the terms of the following disclaimer:

Abide by the rules and directions of the event organisers
Do NOT compete unless you are in good health on the day of the race
Accept that you will be competing in the race at your own risk and that the organisers will not be liable for any loss, damage, action, claim, costs or expenses which may arise in consequence of your participation in the event.

If you have any questions, please email: ishbel.robertson@tiscali.co.uk

Visit TPT Website www.threepeakstri.org.uk for race info, latest news and results

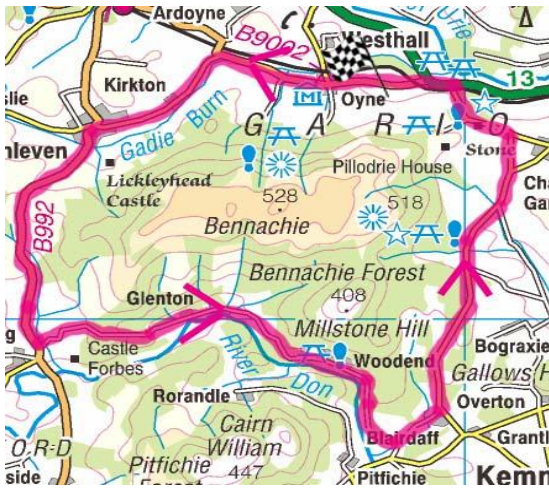
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RUN ROUTES A hilly run on minor road and forest tracks.

1st and 2nd runs follow the same route.

Exit transition and turn right, running on pavement for approx 400m. Turn right onto minor road. Both routes continue until novice turn at 1.5km. Main run continues on hardcore track, then forestry track. Turn at 2.5km. Both routes follow same routes back. Total climb is 50m for novice route, 90m for main route.



MAIN CYCLE

From transition, turn left onto B9002 for approx 2k, then turn left towards Auchleven. After approx 3.5k take left in Auchleven onto B992. After approx 6k take left along 'My Lord's Throat'. After approx 10k take left towards Bennachie Centre. After approx 7.5k take left before Chapel of Garioch. After 1k take left, then after 2k join A96 (take care ... steep descent). Take left and almost immediately fork left again onto the B9002 to Oyne (Insch). After 3k, turn left into transition.



NOVICE CYCLE

From transition, turn left onto B9002 and continue over railway line to Insch, crossing level crossing in Insch (5k). Turn left onto B992 for approx. 3.5k to Auchleven, then left towards B9002 (3.5k). At T-junction with B9002, take a right turn and after approx 2k, turn right into transition.