

YT Industries TweedLove King & Queen of the Mountain

20/21 MAY 2023



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1. SCHEDULE

Monday 15 May

17:00 Course map released. All race trails closed until Race Practice - 09.00, Saturday 20 May. Course closed to all riders, while taping, preparation and marking is underway.

Saturday 20 May

08:30 – 14:00 Registration open. Collect your number board and timing sticker.

09:00 – 17:00 Practice open.

If you want to register for a friend, you must have their emergency contact details and if you want to ride with your mates (unseeded riders only), register at the same time to get similar start times.

Seeded riders: Start times are pre-allocated.

Unseeded riders: Start times are allocated on a first come, first served basis at registration.

IMPORTANT: e-bikes will be out last, so prepare for a later start wave, approx. 10.30am.

Sunday 21 May (race day)

08:00 Registration opens, timing chip collection opens & race briefing.

You should arrive at Event HQ approx. 15 minutes before your start time to get your timing chip.

If you do not collect your timing chip, you won't get a race result.

Wear your timing chip on your RIGHT WRIST!

08:30 YT Industries TweedLove King & Queen of the Mountain **Start**

16:30 YT Industries TweedLove King & Queen of the Mountain **Podiums**

2. EVENT FACILITIES

2.1 Mechanical support

[Ride Innerleithen](#) will be offering mechanical services at their shop throughout the weekend. They will also be offering a 10% discount to our riders. Mechanical support will not be available on course. Ride Innerleithen is situated behind the Traquair Arms, just a short cycle away from the Event HQ.

2.2 Bike wash

There will be a bike wash area beside the public toilets in the park, which will be open from 09:00-17:00 on Saturday 20 and Sunday 21 May. You must wash your bike and tyres thoroughly after riding to reduce the risk of forest diseases, which currently (and seriously) threaten larch, ash and other species throughout the UK. [Look after our forests.](#)

2.3 TweedLove Shop

Grab yourself a new limited edition 2023 race jersey at the event HQ, made by Endura and only £35. [Visit our online shop](#) for more.

3. GETTING THERE

3.1 Parking

There is absolutely NO parking around Victoria Park, Hall Street, or at the car park off Hall Street next to Victoria Park. This parking is **RESERVED FOR LOCAL RESIDENTS ONLY**. Parking permits have been issued to all permitted vehicles.

DO NOT park anywhere near the forest entrance to the Golfie or at Innerleithen Golf Club.

Please use the car parks at the Memorial Hall (EH44 6HZ) and the Forestry Trail Head (Red Bull) Car Park at Innerleithen (EH44 6PW, parking charges apply).

The car parking machines take coins **ONLY**. All are a short distance from the event village. There is extensive free parking on many side streets around the town, but **please park responsibly and be courteous to the local Innerleithen residents**.

3.2 Accommodation

Our friends at Go Tweed Valley have created a comprehensive website listing different kinds of accommodation from hotels & inns to bunkhouses and lodges. Check out their page [here](#).

3.3 Courtesy

Please do not ride on the pavement at any time.

Please be courteous to residents and everyone else. Let's make sure the MTB community has a good name and a reputation for good conduct.

The forests will be busy as it's a weekend – be courteous to other forest users, walkers and riders at all times. Transition sections, between the race stages, may be open to the public for riding as usual. Race stages are all closed to the general public by law for the duration of the race and practice.

3.4 Clothing & kit

Please make sure that you are well prepared for a day out on the hills. Remember, you'll be exposed to the elements for several hours and must be prepared for potential delays.

You must have the following:

• Full-face helmet

HELMETS MUST BE WORN & FASTENED AT ALL TIMES WHILE YOU ARE RIDING YOUR BIKE.

- Helmets with removable chin guards are acceptable
- Mobile phone (charged)
- Bar end plugs

Strongly Recommended

- Knee pads
- Elbow pads
- Gloves
- Eye protection (glasses or goggles)
- Front mudguard
- Full body cover and waterproof jacket if conditions are cold/wet
- Suitable back or hip-pack
- Basic, well-maintained first aid kit & foil blanket
- Inner tubes/puncture repair kit
- Multi-tool
- Food and fluids

3.5 Love Local

TweedLove aims to provide a beneficial outcome for our local community, and while the area welcomes all MTB riders and visitors, we'd encourage you to visit the High Street and visit local shops and businesses. Let's share the love, and show our appreciation for the local community, some of whom face significant inconvenience from MTB events.

Our friends at Go Tweed Valley have a fantastic [website](#) with lots of things to see and do whilst you're visiting Innerleithen.

There's a fantastic café at Innerleithen Golf Club, [The 19th Hole](#); why not stop there on practice day for a coffee, soup or cake!

The folk at [Pie Innerleithen](#) are offering all riders 10% off all purchases over the event weekend. Just show your SiEntries booking confirmation – they're the best pies in town!



PIES & COFFEE

47 HIGH STREET INNERLEITHEN



SiEntries Online Entries System

Thank you for using SiEntries. Details of your activities / purchases are shown below. Should it be necessary to make any changes you can do this online by visiting our website.

YT King & Queen of the Mountain - Saturday 20th to Sunday 21st May 2023

Participant Name: John Smith
Location: West Lothian (North 10-14)
Class: Men 19-24

Y-Event Name: Y10001

Race Category: Cross

Race Details:
Select which type of 200 you want to race (see the event details page)
 1000m
 1500m
 2000m

Event Dates:
Event Start Date: Saturday 20th May 2023
 Event End Date: Sunday 21st May 2023

What brand of bike do you ride?
 Specialized
 Canyon
 Scott
 Other

How did you hear about the event?
 Facebook
 Twitter
 Other

Your participation in this event is subject to the Organiser's Terms & Conditions. The full event details are available on the website. The Organiser may contact you with further information and updates to this event.

SHOW YOUR SI ENTRIES CONFIRMATION

KING & QUEEN OF THE MOUNTAIN

1

% OFF

All Purchases
Saturday 20th May 2023
Sunday 21st May 2023

Important good conduct requests:

Don't ride on the pavements

ALWAYS give way to pedestrians!

Park considerately! If in doubt, park somewhere else.

4. RIDER REGISTRATION - IMPORTANT

4.1 Registration

Event Start/Finish & Registration: Victoria Park, Innerleithen, EH44 6QX

You must register:

E1 seeded & E2 unseeded riders – registration open from 08:30 – 14:00

E3 short course & eMTB riders – registration open from 09:30 – 14:00

Sunday 21st registration from 08:00

You must register and fit your number board to your bike before riding the course.

Firstly, head over to the registration tent at Event HQ, where your emergency contact details will be checked, and you'll receive your number board, goodies and cable ties. Don't forget to complete the information required on the back of your number board. If you're signing up for a friend, make sure you have their emergency contact details too.

There's absolutely no racing without a number board and you cannot use someone else's – this goes for practice day too.

You'll then collect your start times sticker for race day – attach this to your bike's top tube.

For seeded riders, the stage start times are mandatory.

For unseeded/short course riders, they are a guide time (please keep to this schedule in order to reduce queues at stage starts).

Once your number board and sticker are on your bike on Saturday morning, that's you, ready to head to the trails for practice!

4.2 Timing chip collection on race day (important!)

IMPORTANT! You should collect your timing chip on Sunday 21st from 08:00, before you head to the start and it **must** be worn on your **right wrist**.

It is the rider's responsibility to collect a timing chip. If you start on the course on race day without your timing chip, you can either continue without it and receive no race times, or come back to the village to collect it (a time penalty may be incurred for seeded riders).

You must hand your timing chip in again at the end of the race to get your times. If you don't hand in your chip at the end of the race, you'll be invoiced £60 for it.

Please Note: Stay away from timing beacons (4m) around stage starts and finishes, as your timing chip is a sensitive piece of equipment, and this can lead to false timing recording. All timing beacons will have taped exclusion zones around them, so stay out of these sterile areas at all times.

The event uses the SI Air system timing.

4.3 Riders under 16 years

Parental Consent Forms must be completed for anyone racing under the age of 16. These must be done in advance of the event, otherwise anyone under 16 without one, will not be able to race - [Parental Consent Form](#).

5. COURSE MAP & INFORMATION

E1 Seeded full course riders

Seeded riders have pre-set start times for every stage of the race and face penalties if they miss their race or stage start times. Being seeded means you will have much less chance of encountering traffic while on your race stages, and less likelihood of queuing at stage starts.

Seeded Riders - Penalties for late or missed starts:

Up to 5 minutes late = 1 minute penalty

5+ minutes late = 3 minute penalty

30+ minutes late = 20 minute penalty

E2 Unseeded full course riders

You must finish the complete course within **5h 05min**. This time limit allows lots of time for stops and mechanicals etc., but you will be faster than this if you stick to the times on your sticker.

E3 Short course riders

You must finish the complete short course within **4h 15min**. This time limit allows lots of time for stops and mechanicals etc., but you will be faster than this if you stick to the times on your sticker.

eMTB riders

Ebike riders will be sent out in the last waves – please take account of this if you have a longer journey home!

Start & Other Marshals

It's very important that you try to keep moving efficiently round the course – if everyone keeps to their stage start times, there should be very little queuing at stage starts. You must follow all marshal instructions.

Finish

There is a finish timing beacon at the Event HQ – which you'll pass to register your total journey time. Seeded riders then have additional time to hand in their timing chip and collect their results – but race timing stops when you pass the final beacon at the finish.

5.1 Course Summary

Full Course - Approx 28km / 1150m ascent: Five Race Stages

Short Course – Approx 23.5km / 911m ascent: Four Race Stages (*short course does not include stage 4*)

You can only practice on Saturday – and you **must** wear a full-face helmet and have your number board attached to your bars.

Please follow all signage and directions.

All race trails are closed to the public for both practice day and the race – they are ONLY available to YT Industries TweedLove King & Queen of the Mountain riders.

Transition stages remain open to the public at all times. Please be courteous to other trail users!

Signage and rider flow has been designed to keep everyone safe and avoid conflicting traffic. Please help keep yourself and everyone safe by following the signs and instructions. The course contains some steep and technical trails which are not suitable for novices. Practice days allow riders to inspect any trail hazards and choose preferred riding lines. You must walk any steep or technical features before riding.

5.2 Course Practice – IMPORTANT!

Saturday 20 May 09:00 – 17:00

ALL STAGES: OPEN

This practice does not involve set start and finish marshals on every stage - instead event staff and marshals will be present throughout the course. We strongly recommend that all riders practice each stage and allow themselves time to look at all features en route prior to the event. As above, all course hazards, such as drop offs will be clearly marked with double arrows, or for more severe hazards, triple arrows.

Walk technical features before you ride them. If pushing back up, you must do so outside the tape and off the track. Don't block the track and be aware of other riders at all times.

Take care and ride within your abilities. You may lose a lot of time and risk damaging your bike if you crash, so a steady but upright run might be the best way to go. Ride safely at all times.

Please note you can only *practice* on an e-MTB if you are *racing* on an e-MTB. Any rider caught practicing on an e-MTB while racing in a standard category will be disqualified.

5.3 Course marking

The course will be marked with tape throughout. Some sections where there are no optional lines or crossings, will be left relatively free of tape. All junctions or crossings will be clearly taped off. Signage will be in place as required.

Transitions will be marked with a combination of arrows, tags of course tape and other markers beside the road or trail.

Major hazards on the course will be identified with warning signs.

Double Downward Arrow

This indicates a steep or technical section/trail hazard.



Triple Downward Arrow

This indicates the most difficult or most severe technical sections on the course.

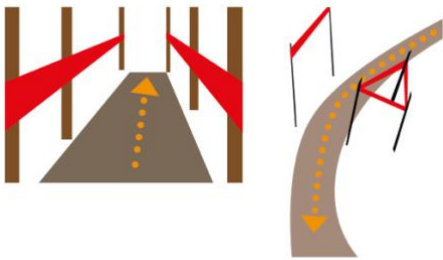


Gates

Where taped gates are set out, you must always pass between the two taped sides. On some more open sections, these taped 'gates' will be used.

This will involve a set of taped posts on either side of the track. Anywhere there is tape on both sides of the track, the rider must pass between the two sides of the gate. Failure to do so will be regarded as course-cutting and lead to disqualification.

Our race tape is recycled.



Important Notes

- There is enough slack in the overall time allowance for the whole course that an averagely fit and fast rider will have spare time for food stops and will not have to totally beast themselves to get round the course.
- However, delays caused by accidents or other circumstances will be taken into consideration, but these **MUST BE NOTIFIED TO MARSHALS** during the event – not just at the finish.
- Your timing chip will record all your stage start and finish times, as well as your overall course time.
- You can only race each stage once.

- All riders' times are logged and available at the finish. On handing in your timing chip, you will be given a printout of all your times.
- If you have unforeseen delays or issues which will affect your ability to complete the course in time, please notify a marshal or race official.
- If the race is stopped or delayed for any reason, timings will be adjusted accordingly.
- **All results will be posted on the [event website](#) asap after the event.**

5.4 Food & water on course

A feed station will be on course (see course map) providing water, nutrition products from High5, bananas from local supplier Orange Grove and delicious cakes from local Innerleithen bakery, John Adam Bakery.

5.5 Shuttling

There is NO shuttling on Practice or Race Day. All stages and transitions must be pedalled.

5.6 Early retirement

A sweeper will go round the course behind the last riders. If you retire for any reason, please inform Event HQ on 07496 871220 — please program this number into your phone prior to the event as this will ensure that it is easily available to you.

6. RESULTS

6.1 Categories

Full course

For both male and female

- 17-18 yrs
- 19-29 yrs
- 30-39 yrs
- 40-49 yrs
- 50-59 yrs
- 60+
- eMTB 17-34 yrs
- eMTB 35-49 yrs
- eMTB 50+

- Hardtail
- Open

Short course

For both male and female

- 13-14 yrs
- 15-16 yrs
- Over 16 yrs
- eMTB
- Open

Please note that categories are calculated by your age at the end of 2023. For example, if you turn 30 this year, you will be entered into the 30-39 yrs age category.

If there are under five entrants in a race category, we reserve the right to combine categories, and will endeavour to have rider's consent. We also reserve the right not to have podium presentations for categories with three or less riders.

6.2 Who Wins?

Total time over the race stages will be used to work out who has won. All stages will be included. Results will be posted [here](#).

The results are based on the categories in 7.1.

1st, 2nd and 3rd fastest in each of the categories will receive a prize.

In the event of a tie, the highest placed rider in the final stage of the race will be awarded a higher placing.

Due to the number of entries in each category, some have been merged. Below is the list of podiums that will be happening at the event.



Full course

eMTB 50+ male
 eMTB 35-49 male
 eMTB 17-34 male
 Fastest unseeded female
 Fastest unseeded male
 50-59 yrs male
 40-49 yrs female
 40-49 yrs male
 30-39 female
 30-39 yrs male

Short course

16+ Short course female
 13-14 yrs female
 13-14 yrs male
 15-16 yrs female
 15-16 yrs male

Full course

17-18 yrs female
 17-18 yrs male
 19-29 yrs female
 19-29 yrs male

6.3 Responsibilities

Riders attend the event on their own account and at their own risk. The rider is responsible for the safety of their bike, equipment and clothes. The organisation is not responsible and cannot be held responsible for any injuries and/or damages as results of any action during the event, or during practice for the event.

The organisers reserve the right to disqualify any rider in breach of any of these regulations.

This agreement starts with the entry. The organisation reserves the right to make any necessary changes or even to cancel the whole event according to safety problems at any time, official orders, government laws or other unforeseen events.

The organisers will endeavour to give all entrants a time derived from the electronic timing chip system provided. However, they are not responsible in the unlikely event of a fault in the electronic timing system.

6.4 Protests

Protests against the result or disqualifications should be addressed to the Event Organisers within the 30 minutes following the end of the race.

6.5 YT Industries TweedLove Triple Crown Standings

The race categories noted in 6.1 will be maintained for all three rounds of the Triple Crown Series. This is Round Two in the series. Points will be allocated and accrued after each round and here are the current standings:

<https://www.sportident.co.uk/results/TweedLove/2023/TripleCrown>

Waiver Of Liability

Every rider understands and admits that participation in the event is voluntary. They assume full responsibility for any injuries or damages from their participation in, or practice for, the event.

They recognise and understand that mountain biking and the activities associated with this event may be hazardous, that their participation is solely at their own risk and that they assume full responsibility for any resulting injuries and damages that may occur.

Every rider affirms that they are in good health. They declare that they are physically fit and capable to participate in the event. Every rider understands it can be a strenuous day out with significant amounts of climbing and distance to be cycled in order to complete the course.

Every rider has to acknowledge that they have read and understood this entire waiver of liability and agrees to be legally bound by it.

7. RULES AND REGULATIONS

7.1 Terms & Conditions

Full terms and conditions can be viewed [here](#).

7.2 Insurance

Personal insurance coverage is not provided by Hillside Outside.

Participants are responsible for securing their own accident, rescue, health, travel, property and liability insurance.

7.3 Photography And Videos

The organisers shall have unlimited rights to publish pictures and video images of the participants and may be used for promotional and publicity purposes. You are also agreeing to any video recording by drone. Images and video may be forwarded to press representatives and for marketing activities.

7.4 Cameras

We acknowledge that many racers decide to use an onboard camera such as a GoPro to record events.

It is the policy to allow for cameras to be worn on either bike attachments, or breakable chest and body mounted positions.

However, camera equipment must not be attached directly onto the main body of the helmet, but can be attached to the visor.

In using the equipment, the rider is fully aware and conscious of the potential risks that are then exposed to them as a result. This concerns incidents of injury, accidents or damage to equipment.

7.5 Rules & Information

IMPORTANT INFO!

The organisers retain the right to change rules, terms and conditions as required.

- Full-face helmets must be worn on practice and race day. If riders are not wearing one on practice day, they will be asked to leave the course. Any riders not wearing one on race day, will be disqualified.
- Helmets must be worn at ALL TIMES WHEN RIDING.
- Attending race briefings is mandatory.
- Riders must obey all event marshals' and event officials' instructions.
- Course-cutting, moving of any course tape or markers, riding under/over tape and shortcutting, aggressive riding or poor behaviour towards other riders will be disqualified and banned from future events.
- Anyone found to be changing equipment/wheels etc will be disqualified. New tubes are fine of course.
- In case of a mechanical failure leading to the need for major equipment replacement, a race official should be informed.
- Every rider is responsible for their bike and equipment. The condition, quality and construction should be suitable to ensure the safety of riders or other persons. Riders must carry sufficient spares for their own use.
- **Riders must be courteous and aware of other riders. Slower riders must allow faster riders to pass by pulling over at a suitable place to enable safe overtaking. Riders catching the rider in front must clearly (and politely) indicate which side they wish to pass.**
- You must provide an emergency contact number.
- The course features climbs and descents on a wide variety of trail surfaces. All riders must complete the entire course on the same bike – frame, suspension (rear and front) and wheels.
- Signage will be in place along the entire course warning traffic of the event, but riders are always responsible for their own safety.
- The transition may include public roads with traffic present, where you must ride responsibly and considerately. Follow the Highway Code at all times. For riders from abroad, please remember to ride on the left.
- The race is open to all riders, and no licence is required.
- Please don't drop any litter – marshals will have bin bags!

8. Medical

8.1 First Aid

Medical support is in place on race day and throughout the festival weekend, provided by JMP Medical Ltd. There will be mobile units on the hill, and first aid trained event staff at the Event HQ/Start & Finish area.

If you come across an injured rider – help if you can, but let the nearest marshal know as soon as possible and we'll get help to them. At any point if you need assistance, please call Event HQ on 07496 871220.

The nearest A&E is at Borders General Hospital in Melrose. In case of emergency, always call 999. =

8.2 Head Injuries

There's increasing awareness of the big problems surrounding head injuries, so we have new measures in place. Race marshals and riders will all be expected to play their part in looking out for head injury incidents, and if, following a crash, anyone is suspected of a bad head knock, they may be asked to pause until they can be assessed. The EWS has produced a lot of info on this – please check it out [here](#).

Here's a short part of that guidance:

Visible signs of concussion for riders/riding buddies/support staff.

The presence or development of any one or more of the following visible signs may indicate a concussion injury has occurred. If concussion is confirmed or suspected the rider should stop riding/racing immediately and not return to riding for the rest of that day.

- Changing level of consciousness or responsiveness
- Slow to get up after a direct or indirect hit to the head
- Unsteady on feet/ balance problems or falling over/incoordination
- Grabbing/clutching of head
- Dazed, blank or vacant look
- Obvious facial injury and/or head trauma
- Disorientation or confusion and an inability to respond appropriately to questions

8.3 Safety

Full-face helmets must be worn – not doing so will result in disqualification. This is for the safety of all our riders.

You must ride safely, in control and within the limits of your ability at all times – this includes when overtaking. Helmets must be worn and fastened at all times while riding your bike. Any rider failing to comply with this will be disqualified.

On practice day, while inspecting the tracks, DO NOT stop in the middle of the track. Make sure you and your bike are not causing an obstruction or danger.

Trails used for the race stages are closed to the public for both practice and race days. However, please remain vigilant in case someone strays onto the course who shouldn't be there - particularly on practice day.

Bike Safety

Please stay vigilant and keep a close eye on your bike. Bike theft is now a huge problem in the UK and there will be people out there who'll take yours if given half a chance. Let's not let these criminals get what they want.

9. Join Us Next Time

[YT Industries TweedLove Vallelujah](#)

30 SEP – 1 OCT 2023, Innerleithen