

# YT Industries TweedLove Enduro Series Round 1: Laggan

27 & 28 April 2024

Photo credits: Brodie Hood



tweedlove enduro



ENDURA 



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*This event is created & produced by Hillside Outside Ltd, in collaboration with Laggan Forest Trust & with the help and permission of Forestry & Land Scotland. Special thanks & all the credit to the trailbuilders.*

# Table of Contents

- 1. SEEDING RUN ON PRACTICE DAY – NEW!..... 3**
- 2. EVENT SCHEDULE ..... 5**
- 3. GETTING THERE & PREP..... 6**
  - 3.1 Parking ..... 7
  - 3.2 Camping..... 7
  - 3.3 The Seelies, Kingussie ..... 7
  - 3.4 Clothing & Kit..... 7
- 4. RIDER REGISTRATION..... 9**
  - 4.1 Registration ..... 9
  - 4.2 New Seeding Info – IMPORTANT!..... 10
  - 4.3 Unseeded Riders..... 11
  - 4.4 Timing Chip Collection on Race Day ..... 11
- 5. EVENT FACILITIES..... 12**
  - 5.1 Food & Drink ..... 12
  - 5.2 Bike Wash..... 12
- 6. COURSE MAP & INFORMATION ..... 13**
  - 6.1 Start & Finish ..... 13
  - 6.2 Course Summary ..... 14
  - 6.3 Course Practice - IMPORTANT!..... 14
  - 6.4 Course Marking..... 15
  - 6.5 Food & Water on Course ..... 16
  - 6.6 Shuttling & Retirement..... 16
- 7. RESULTS..... 17**
  - 7.1 Categories..... 17
  - 7.2 Who Wins?..... 17
- 8. RULES & REGULATIONS..... 18**
- 9. MEDICAL..... 21**



# 1. SEEDING RUN ON PRACTICE DAY – NEW!

## Important – Please read carefully!

*This is mandatory for seeded riders only.*

*Unseeded start time info: 4.3 Unseeded Riders.*

## HOW IT WORKS

New for this year is a seeding race run - to be held under race conditions on Saturday afternoon. Your seeding run will determine your seeding position and start times for race day. **If you don't do a seeding run, you can't be seeded.**

The seeding race run is a section of Race Stage 5. The exact seeding race run will be advised before practice day.

*You will only be permitted to race the seeding stage if you had signed up as a seeded rider on SiEntries and have a timing chip in place (on right wrist).*

**Note:** Only one seeding race run is permitted. DQ if your timing chip shows multiple runs. Practice of this stage is permitted during scheduled practice times.

## RESULTS

**Your seeding and stage start times will be emailed to you individually on Saturday evening – please make sure you can receive emails!**

Screenshot your start times ready for race day and make sure you keep to those times. Wet day? Set the screenshot as your phone's home screen.

If you're not able to access emails on the Saturday evening or have not received one by 8pm, come to registration at Event HQ (Wolftrax) between 8pm-9pm on Saturday and we will help you.

You will also be able to check seeding start times on our event webpage [here](#).

### Please note:

- FOR SEEDED RIDERS, THE STAGE START TIMES ARE MANDATORY.
- Seeding will be split into Male, Female and eMTB – there'll be no seeded age categories.
- Note! Practice is split – see info at 6.3 *Course Practice*.
- There are no longer start time stickers.



## TIMING CHIP - Seeding Run

**IMPORTANT!** If you're a seeded rider, you'll need to collect a timing chip from registration between **11am and 2pm** on Saturday before you head up to the start of the seeding run and it must be worn on your right wrist.

**You must hand your timing chip back in again** at the end of the seeding race run, returning it to the Timing Tent at Event HQ. If you don't, you'll not receive a seeding result and will not be able to ride seeded on race day.

## SEEDING RUN TIMELINE | Saturday 27 April

**11:00 – 14:00** Timing chip collection for the seeded race run. If you don't pick up your timing chip, you can't do a seeding run and can't ride seeded on Sunday – it's your own responsibility.

**14:30 – 17:00** Seeding race run.

You will race at the below times (based on your category and age on 31<sup>st</sup> December 2024):

- 14:30 – 14:45 | E-MTB
- 14:45 – 15:00 | Female
- 15:00 – 15:20 | Grand Vet & Veteran (40-50+)
- 15:20 – 15:40 | Master (30-39)
- 15:40 – 16:00 | Senior (21-29)
- 16:00 – 16:20 | U21 & U18

**18:00 – 20:00** Seeding results emailed to you.

**20:00 – 21:00** Event HQ/registration at Wolfrax open for questions or problems RE seeding times.



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Coilltearachd agus  
Feasann Alba

## 2. EVENT SCHEDULE

### Thursday 25 April

**17:00** Course map released. All race trails closed until Race Practice on Saturday.

### Friday 26 April

**ALL DAY** Course closed.

**16:00 – 19:00** Camping and parking sign-in open.

**16:00 – 19:00** Registration open.

### Saturday 27 April (Practice Day)

**07:30 – 09:30** Camping and parking sign-in open. NO parking at Wolftrax.

**08:30 – 12:00** Registration open. **NEW IMPORTANT seeding info below.**

**09:00 – 17:00** Practice open. **NOTE!** Practice is split – time breakdown at *6.3 Course Practice*.

#### **NEW! SEEDED RIDERS ONLY:**

**11:00 – 14:00** Timing chip collection for the seeded race run. If you don't pick up your timing chip, you can't do a seeding run and can't ride seeded on Sunday – it's your own responsibility.

**14:30 – 17:00** Seeding race run.

**18:00 – 20:00** Seeding results emailed to you.

**20:00 – 21:00** Event HQ/registration at Wolftrax open for questions or problems RE seeding times.

### Sunday 28 April (Race Day)

**07:30 – 09:30** Camping and parking sign-in open. NO parking at Wolftrax.

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

- You should arrive at Event HQ 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 Enduro Series Rd 1: Laggan **Starts**.

**Approx. 17:00** YT Industries TweedLove Enduro Series Rd 1: Laggan **Podiums**.





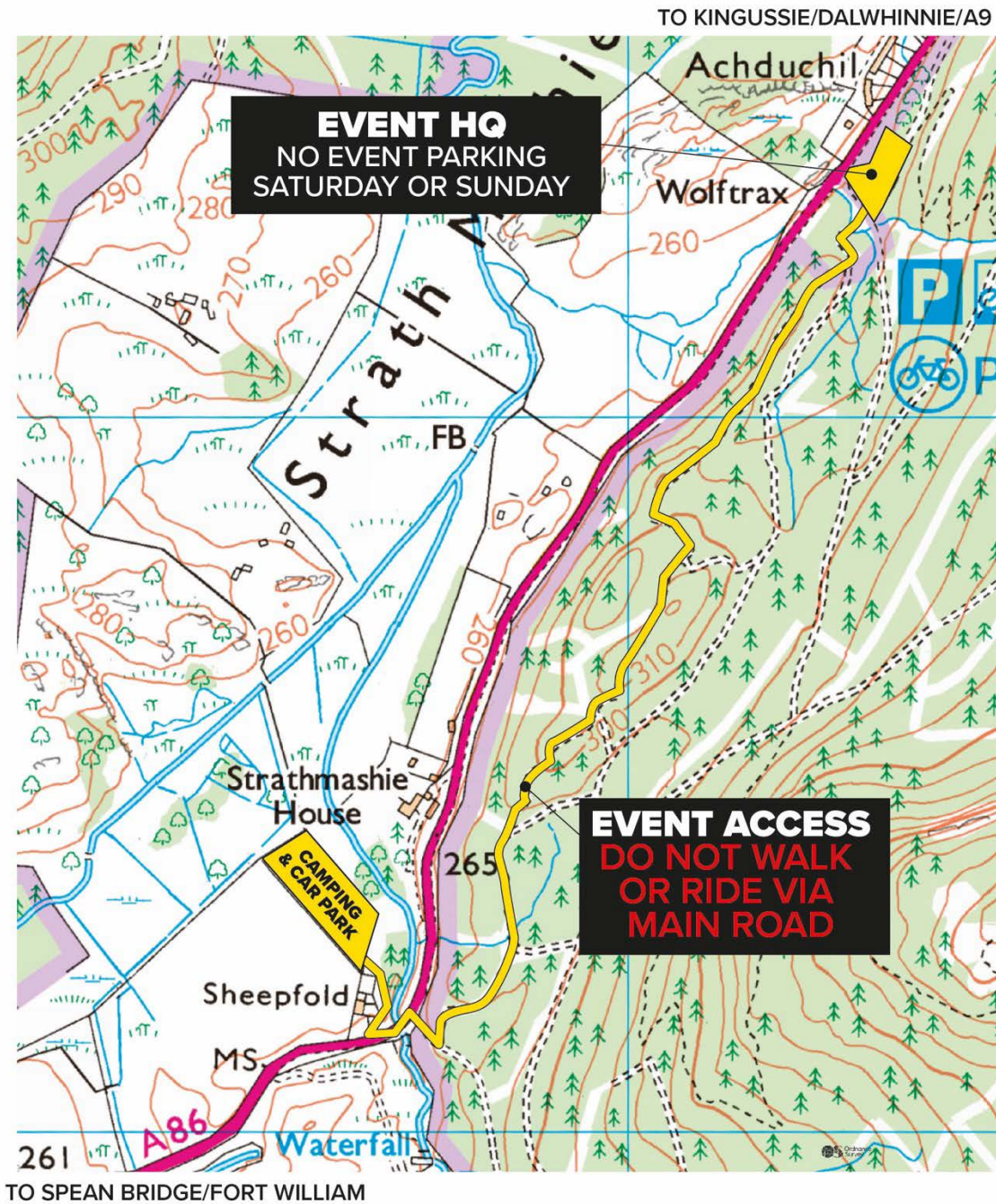
### 3. GETTING THERE & PREP

**Event HQ** What3Words: <https://what3words/colleague.letters.flattens>

**Camping & Parking** What3Words: <https://what3words/salaried.extra.most>

Advance bookings for Camping & Parking are now closed but spaces will still be available on the day.

You can download the below map [here](#).



### 3.1 Parking

**You must park at the official Event Parking at Strathmashie.**

**There's NO event parking at Wolftrax, and absolutely NO parking on roads!**

The Event Car Park is at Strathmashie, just over 1km from Laggan Wolftrax. You will be directed to a parking space upon arrival.

Parking is £10 for the whole weekend. If you have not already booked, you will need to pay £12 at the gate or HQ. If you have paid in advance, you'll be emailed a parking pass which must be displayed in your car at all times. Our team will regularly check cars for the parking passes.

Please note: Responsible parking is a permission condition for the event, so please help us comply!

### 3.2 Camping

Event Camping is at Strathmashie. You will be directed to a camping space upon arrival.

Camping is £15 for 1 night, £20 for 2 nights and £25 for 3 nights. If you have not already booked, you will need to pay at the gate or HQ. If you have paid in advance, you'll be emailed a camping pass which must be displayed in your car/van/camper at all times. Our team will regularly check for the camping passes.

Showers are available at Laggan Wolftrax Centre: <https://what3words/colleague.letters.flattens>

### 3.3 The Seelies, Kingussie

Want something a bit fancier? If you're looking for luxury accommodation to relax in after a day of adventure on your bike, The Seelies is the place to be! <https://theseelies.co.uk/>. As partners of the TweedLove Laggan Enduro, The Seelies are offering you an exclusive 5% discount on your reservation - simply use the code 'Tweedlove' when booking directly through their website.

<https://houseofdanu.bookeddirectly.com/g/listings?city=Kingussie>

### 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.

*Need some last-minute kit? We're huge fans of Endura kit - check out their gear [here](#).*

**You must have the following:**

- FULL-FACE HELMET (removable chin guards are acceptable)

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

- 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





## 4. RIDER REGISTRATION

**Event HQ, Start/Finish & Registration** What3Words: <https://what3words/colleague.letters.flattens>

### 4.1 Registration

- Friday registration: 16:00 – 19:00
- Saturday registration: 08:30 onwards

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

Registration is at Event HQ, where your emergency contact details will be checked, and you'll receive your number board, cable ties and more. 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 practice or racing without a number board and you cannot use someone else's.

- **Unseeded riders:** Start times are allocated on a first come, first served basis at registration. If you want to ride with your mates (unseeded riders only), register at the same time to get similar start times.
- **Unseeded eBikes:** go out last, so prepare for a later start time.

### Number boards

Your number board will identify whether you're full/short course, seeded/unseeded, or eBike

- Starting at 1001 | Seeded full course.
- Starting at 2001 | Unseeded full course.
- Starting at 3001 | Short Course.
- Starting at 4001 | Unseeded eBikes (blue background).
- Starting at 5001 | Seeded eBikes (blue background).



STANDARD NUMBER BOARD



BLUE BACKGROUND FOR NUMBER PANEL  
EMTBS ONLY



PLEASE FILL IN THIS INFO



## 4.2 New Seeding Info – IMPORTANT!

*This is mandatory for seeded riders only.*

### HOW IT WORKS

New for this year is a seeding race run - to be held under race conditions on Saturday afternoon. Your seeding run will determine your seeding position and start times for race day. **If you don't do a seeding run, you can't be seeded.**

The seeding race run is a section of Race Stage 5. The exact seeding race run will be released before practice day.

You will only be permitted on the seeding stage if you had signed up as a seeded rider on SiEntries and have a timing chip.

**Note:** Only one seeding race run is permitted. DQ if your timing chip shows multiple runs. Practice of this stage is permitted during scheduled practice times.

### RESULTS

**Your seeding and start times will be emailed to you individually on Saturday evening** – please check make sure you can receive emails! Screenshot your start times ready for race day and make sure you keep to those times. Wet day? Set the screenshot as your phone's home screen.

If you're not able to access emails on the Saturday evening or have not received one by 8pm, come to registration at Event HQ (Wolftrax) between 8pm-9pm on Saturday and we will help you.

You will also be able to check the times on our event webpage [here](#).

#### Please note:

- FOR SEEDED RIDERS, THE STAGE START TIMES ARE MANDATORY.
- Seeding will be split into Male, Female and eMTB – there'll be no seeded age categories.
- Note! Practice is split – see info at 6.3 *Course Practice*.
- There are no longer start time stickers.

### Timing Chip Collection - Seeding Run

**IMPORTANT!** If you're a seeded rider, you'll need to collect a timing chip from registration between **11am and 2pm** on Saturday before you head up to the start of the seeding run and it must be worn on your right wrist.

**You must hand your timing chip back in again** at the end of the seeding race run, returning it to the Timing Tent at Event HQ. If you don't, you'll not receive a seeding result and will not be able to ride seeded on race day.



## TIMELINE | Saturday 27 April

**11:00 – 14:00** Timing chip collection for the seeded race run. If you don't pick up your timing chip, you can't do a seeding run and can't ride seeded on Sunday – it's your own responsibility.

**14:30 – 17:00** Seeding race run.

You will race at the below times (based on your category and age on 31<sup>st</sup> December 2024):

- 14:30 – 14:45 | E-MTB
- 14:45 – 15:00 | Female
- 15:00 – 15:20 | Grand Vet & Veteran (40-50+)
- 15:20 – 15:40 | Master (30-39)
- 15:40 – 16:00 | Senior (21-29)
- 16:00 – 16:20 | U21 & U18

**18:00 – 20:00** Seeding results emailed to you.

**20:00 – 21:00** Event HQ/registration at Wolftrax open for questions or problems RE seeding times.

### 4.3 Unseeded Riders

You will still start in waves and you can select a start time wave at registration. You will be able to ride with friends if you select the same wave. *There are no longer start time stickers.*

**You must take a photo of your start times at registration.** We suggest using it as your phone's wallpaper/home screen on race day.

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

NEW! Practice is split – see info on page 14 “6.3 Course Practice”.

### 4.4 Timing Chip Collection on Race Day

**IMPORTANT!** Collect your timing chip on Sunday from 08:30 and wear it 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.

The event uses the SI Air system timing.



## 5. EVENT FACILITIES

### 5.1 Food & Drink

#### Event HQ

**Laggan Wolftrox Centre Café** will be open throughout the event weekend, offering great coffee, hot food & home baking. [Menu here.](#)

After your ride, come and enjoy wood-fired pizza with fresh dough and delicious toppings from **G's Pizza Box**.

The **Tempest Brewery** Bar will be open Friday – Sunday afternoon/evening and serving the best beers - from our favourite Scottish Borders brewery.

Opening times:

	Fri 26th	Sat 27th	Sun 28th
<b>Wolftrox Cafe</b>			
Breakfast	10am – 11.30am	7am – 11am	7am – 11am
Lunch	12pm – 6pm	12pm – 6pm	12pm – 5pm
BBQ		12pm – 7pm	12pm - 5pm
<b>G's Pizza Box</b> <i>Based at Wolftrox</i>	5pm - 9pm	12pm – 3pm	
		5pm – 9pm	
<b>Tempest Bar</b>	5pm - 9pm	2pm - 9pm	2pm - 5pm

#### Other local cafes

Check out the biker-friendly Falling Down A Mountain Café, just a couple of kms from Wolftrox at Caoldair Pottery, Laggan, Newtonmore, PH20 1BT. Open 10am – 4pm Fri, Sat & Sun. We've heard the blueberry scones are something else!

Coffee Bothy Laggan serves hot & cold drinks, breakfast rolls, tasty lunches & cakes & is easy to find on the A86. Opening times, Fri 9.30am – 8pm, Sat 7.30am – 8pm & Sun 7.30am – 2pm.

#### BC Suspension

We're delighted to have the experts from BC Suspension with us all weekend – come and have a chat & check out their bikes, clothing and helmets. They'll be on hand for quick, on-the-spot repairs and have some workshop stock if you need it – tyres, brake pads etc.

### 5.2 Bike Wash

There will be a bike wash area next to Laggan Wolftrox Centre, which will be open from 09:00-18:00 on Saturday and Sunday. 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.](#)





## 6. COURSE MAP & INFORMATION

**Thank you for the hard work by Laggan Forest Trust & Laggan Dig Crew to design and prepare the course for this event.**

You must follow all marshal instructions.

Course map will be released on Thursday 25<sup>th</sup> April at 17:00.

### 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. Riders are not permitted to start a stage before their pre-set time. 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 are liable to incur 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

### Unseeded full course riders

You must finish the complete course within **4h 30min**. This time limit allows lots of time for stops and mechanicals etc., but you will probably be faster than this if you stick to your wave times.

### Short course riders

You must finish the complete short course within **3h 45min**. This time limit allows lots of time for stops and mechanicals etc., but you will probably be faster than this if you stick to your wave times.

### eBike riders

Unseeded eBike riders will be sent out in the last waves.

### 6.1 Start & Finish

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.

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.



## 6.2 Course Summary

Full Course - Approx 27km / 1200m ascent: Five Race Stages

Short Course – Approx 21.4km / 1030m ascent: Four Race Stages (1, 2, 3 & 5, not 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 event participants.

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.

## 6.3 Course Practice - IMPORTANT!

### Saturday 27 April 09:00 – 17:00

PLEASE NOTE: the below guide times are when you can practice certain stages. Please keep to these guide times to limit queuing and so everyone can get as clear a run on the stages as possible.

#### Number Boards starting 1001 & 5001 | Seeded

- **09:00 – 11:30** Stage 1, 2 & 3 practice open
- **11.30 – 17:00** Stage 4 practice open
- **11.30 – 14:00** Stage 5 practice open

*Strictly NO practice after 2pm on Stage 5. Seeding race run 14:30-17:00.*

#### Number Boards starting 2001, 3001 & 4001 | Unseeded

- **09:00 – 12:30** Stage 4 & 5 practice open
- **12.30 – 17.00** Stage 1, 2 & 3 practice open

Strictly NO practice after 2pm on Stage 5.

This practice does not involve set 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 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 eBike if you are *racing* on an eBike. Any rider caught practicing on an eBike while racing in a standard category will be disqualified.

### 6.4 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.



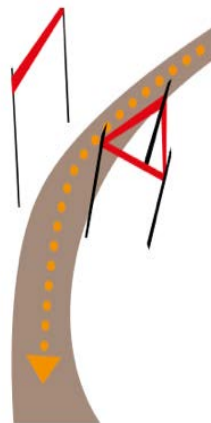
#### Double Downward Arrow

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.**

## 6.5 Food & Water on Course

A feed station will be on course (see course map) providing water, nutrition products from High5, bananas from local supplier & delicious home baked cakes from Laggan Wolftrax Café. Please ask marshals at feed station for vegan and gluten-free options.

## 6.6 Shuttling & Retirement

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

## 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.



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# 7. RESULTS

## 7.1 Categories

Below are all the categories for this race. Results will be published on the relevant webpage.

This is Round 1 British National Enduro Series so our age categories reflect those used by BNES. We reserve the right to add additional podiums for further categories.

### Full Course categories:

#### Male

- U18
- U21
- Senior (21-29)
- Master (30-39),
- Vet (40-49)
- Grand Vet (50+)

#### Female

- U21
- Senior (21-34)
- Master (35+)

#### E-MTB

- Female
- Male U40
- Male 40+ (minimum age 14 in line with E-MTB law)

### Short Course categories:

#### Male

- U15
- 15+

#### Female

- U16
- 16+

#### E-MTB

- eMTB M
- eMTB F

*Note: categories are calculated by your age at the end of 2024. For example, if you turn 30 this year but are currently 29, you will be entered into the 30-39 yrs age category.*

## 7.2 Who Wins?

Total time over the race stages will be used to work out who has won. All stages will be included.

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.

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

## Protests

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



## 8. RULES & REGULATIONS

### Terms & Conditions

Click here for full [Terms & Conditions](#).

### Courtesy

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, will be open to the public for riding as usual. Race stages are all closed to the general public for the duration of the race and practice.

#### Important good conduct requests:

- Don't ride on pavements!
- ALWAYS give way to pedestrians!

Park considerately! Event attendees must park at the Event Parking at Strathmashie.

### 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.

### Photography & 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.

### Cameras

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

### 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!

## 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.



## 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.





## 9. MEDICAL

### First Aid

Medical support is in place on practice and race day provided by MX Medical. 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.

**In case of emergency, always call 999.**

### 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.

### A short 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

### 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.

