

YT Industries TweedLove Enduro Series Round 2: The International

15 & 16 June 2024



tweedlove enduro



ENDURA



tweedlove
Original
Independent racing
since 2010



TEMPEST
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CREATED & PRODUCED BY
hillsideoutside

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1. SEEDING RUN ON PRACTICE DAY – NEW!

Important – Please read carefully

This is mandatory for seeded riders only.

Unseeded start time info: see 4.3 Unseeded Riders.

HOW IT WORKS

New for this year is a seeding race run - to be held under race conditions on Saturday. 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 and will race as an unseeded rider.**

The seeding race run will consist of one full race stage – Stage 3. Further info when the course map is released on Thursday 13th June.

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 afternoon/evening – please make sure you can receive emails!

You can collect your race start time sticker at the Timing Tent at Event HQ on Sunday morning from 8am at the same time as you collect your timing chip.

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

Please note:

- FOR SEEDED RIDERS, THE STAGE START TIMES ARE MANDATORY.
- Note! Saturday Practice is split – see info on page 14 “6.3 Course Practice”.

TIMING CHIP - Seeding Run

IMPORTANT! If you're a seeded rider, you'll need to collect a timing chip from registration between **8am and 12pm on Saturday** before you head up to the start of the seeding run and it must be worn on your right wrist.

Your timing chip will be collected by a marshal at the end of the seeding race run and returned to the Timing Tent at Event HQ. If you don't hand your timing chip to the marshal, you'll not receive a seeding result and will not be able to ride seeded on race day.



SEEDING RUN TIMELINE | Saturday 15th June

08:30 – 12:00 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.

12:00 – 14:00 Seeding race run.

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

- 12:00 – 12:15 | Grand Vet & Veteran (40-50+)
- 12:15 – 12:30 | U18, U21
- 12:30 – 12:45 | All Seeded Ebike riders
- 12:45 – 13:00 | All Female Seeded riders
- 13:00 – 13:40 | Senior (21-29), Master (30-39)

Late afternoon Seeding results emailed to you.



2. EVENT SCHEDULE

Thursday 13 June

17:00 Course map released – link emailed to all riders. Course Preview Video released – link emailed to all riders. All race trails closed until Race Practice on Saturday.

Important: all stages will be closed. Event officials will be working on stages and anyone riding will be disqualified. For reasons of safety and fairness, practice is not allowed until after you have registered and the course opens for practice.

Friday 14 June

ALL DAY Course closed.

16:00 – 19:00 Registration open.

Saturday 15 June (Practice Day)

08:00 – 12:00 Registration open.

Seeded riders - IMPORTANT – see seeding info above.

Unseeded riders – at Registration you can choose a start wave for race day. You will be given a start time sticker to attach to the top tube of your bike.

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

NEW! SEEDED RIDERS ONLY:

08:00 – 12:00 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.

12:00 – 14:00 Seeding race run.

Late Afternoon/Evening Seeding results and start times emailed to you.

Sunday 16 June (Race Day)

07:30 Registration opens

08:00 Timing chip collection opens

08:00 Race start time start sticker collection opens (seeded riders only – unseeded riders were given theirs on Saturday)

· 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 2: The International **Starts**, with a “rolling” race briefing.

Approx. 17:30 YT Industries TweedLove Enduro Series Rd 2: The International **Podiums**.



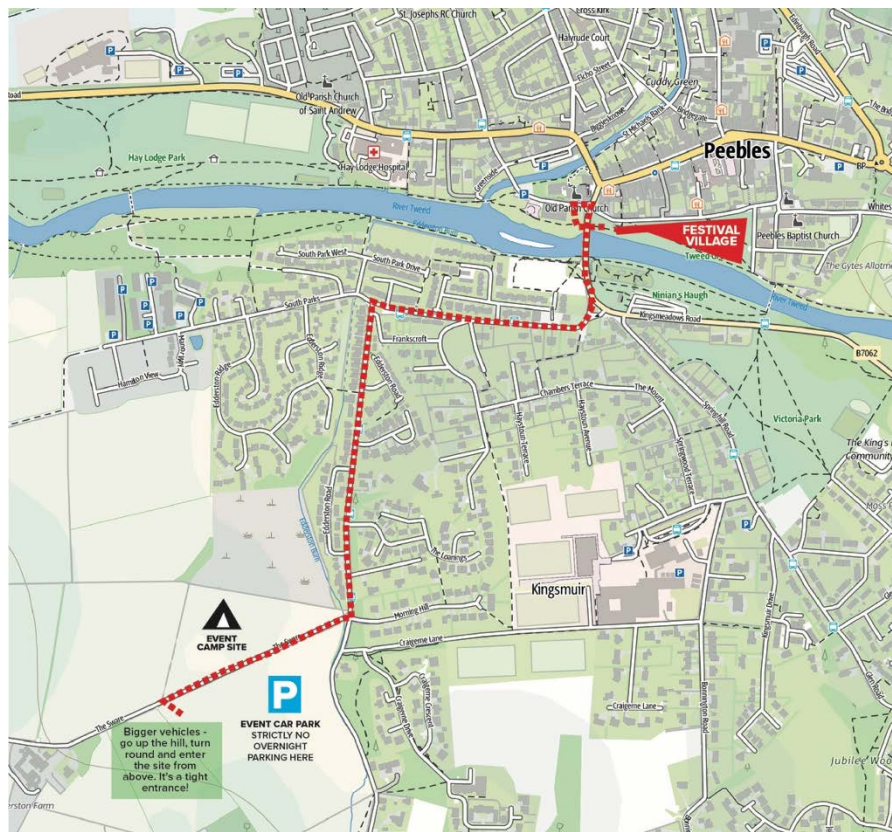
3. GETTING THERE & PREP

Event HQ, Start/Finish & Registration: Tweed Green, Peebles, EH45 8AP

What 3 Words: ///shoving.salary.loses

Camping & Parking

What3Words: ///slant.render.speeches



Download camping & parking map [here](#).

3.1 Parking

All weekend, official **FREE** event day parking is at Edderston Farm in Peebles. From the event day parking site it's an easy five min ride to the event start – waymarked with arrows. **DO NOT PARK ANYWHERE ELSE PLEASE!**

Use public transport where possible, and car share with friends. There is absolutely **NO** parking around Tweed Green itself, these streets can only be used for official event vehicles (displaying the appropriate permit) and residents. Parking permits have been issued to all permitted vehicles.

3.2 Camping

The official TweedLove Festival camping field is in the same location as 2023. Details on how to book your pitch and full location information [here](#). Bookings close on Wednesday 12th June at midnight.

3.3 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](#).

3.4 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 - 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

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.

[Here's](#) info on some of the local businesses who are keen to welcome our event visitors and riders.

4. RIDER REGISTRATION

Event HQ, Start/Finish & Registration: Tweed Green, Peebles, EH45 8AP

What 3 Words: ///shoving.salary.loses

4.1 Registration

- Friday registration: 16:00 – 19:00
- Saturday registration: 08:00 – 12:00

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:** Will 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).



4.3 Unseeded Riders

You will still start in waves and you can choose a start time wave at registration. You will be able to ride with friends if you select the same wave.

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 08:00 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 Event Village

For information about the festival weekend and street food options, check out our website [here](#).

There's lots happening for kids including a free outdoor cinema night on Friday.

Friday 14 June

- 16:00 – 19:00 Race Registration open
- 16:00 – 20:00 Street Food Village & Tempest Festival Bar
- 17:30 Endura & TweedLove design-a-jersey competition prizegiving
- 18:00 Endura Kids Outdoor Cinema showing "The Incredibles" - FREE

Saturday 15 June

- 08:00 - 09:30 Registration Hope Enjoyro presented by Ridelines
- 08:00 Event & Demo Registration opens
- 09:00 – 17:00 YT Industries TweedLove Enduro Series Rd 2: The International (practice day)
- 09:00 – 18:00 TweedLove Bike Expo
- 09:00 – 18:30 TweedLove Bike Demo
- 09:00 – 18:00 TweedLove Festival Village – free
- 09:00 – 17:00 Kids Zone including Demo Sessions @Frog Bikes – FREE
- 09:30 Hope Enjoyro presented by Ridelines start
- 15:30 Gap To Flat | Long Jump come and try
- 16:00 Gap To Flat | Long Jump Comp starts
- 17:00 Family Ride starts – FREE
- 18:00 – 20:30 LoveCross
- 20:45 Hope Enjoyro presented by Ridelines & LoveTouro Podiums

Sunday 16 June

- 07:30 Event & Demo Registration opens
- 08:00 Orbea LoveTouro powered by Cycle Law Scotland starts
- 08:30 YT Industries TweedLove Enduro Series Rd 2: The International starts (race day)
- 09:00 – 16:30 TweedLove Bike Demo
- 09:00 – 17:00 TweedLove Festival Village – free
- 09:00 – 17:00 Kids Zone including Demo Sessions @Frog Bikes – free
- 09:00 – 19:00 Street Food Village & Tempest Festival Bar (12:00 onwards)



- 17:30 YT Industries TweedLove Enduro Series Rd 2: The International podiums
- 19:00 TweedLove Festival closes

5.2 Bike Wash

There will be a Muc-Off bike wash area behind the main stage at the TweedLove Festival Village on Tweed Green. 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.

5.3 eMTB Charging

You'll be able to charge your bike battery in the event village near the bar. Sit down for some food and a beer while your battery charges. You'll need to bring your own bike's charger, and we'd recommend a lock for peace of mind!

5.4 Mechanical Support at Glentress

Alpine Bikes are located at the Glentress Peel and can offer mechanical support over the weekend. Please note this will charged at normal rates.

5.5 TweedLove Shop

Grab yourself a new race jersey (see pics), or some limited edition T-shirts; visit the TweedLove Shop!



6. COURSE MAP & INFORMATION

You must follow all marshal instructions.

Course map will be released on Thursday 13th June 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 **5h 25min**. 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 **4h 40min**. 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 total race timing stops when you pass the final beacon at the finish.

6.2 Course Summary

- Approx 35km / 1240m ascent
- Six Race Stages
- You can only practice on Saturday – you must wear a full-face helmet and have your number board attached to your bars.
- Please follow all signage and directions.

PLEASE NOTE:

- On practice day (Saturday only) please be aware there will be lots of other riders in Glentress, and the Enjoyro course will be live. Please look out for other riders on transitions.
- On race day (Sunday) there will be far fewer riders and no other race courses in play in the forest.
- All race trails are closed to the public for both practice day and the race – they are available to YT TweedLove International riders ONLY.
- Transition stages remain open to the public at all times. Please be courteous to other trail users! And as always, allow faster riders to pass. Aggressive behaviour/overtaking will lead to disqualification.

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.

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.

6.3 Course Practice - IMPORTANT!

Saturday 15 June 09:00 – 17:00

PLEASE NOTE: the schedule below is when you can practice the various race stages. Please keep to these guide times to limit queueing and so everyone can get as clear a run to practice the stages as possible.

Number Boards starting 1001 & 5001 | Seeded

- **09:00 – 13:00** Stages 1, 2 & 3 practice open
- **13:00 – 17:00** Stages 4, 5 & 6 practice open

The Seeding Stage is Stage 3. Strictly NO practice from 11:45 – 14:00 on the Seeding stage. Seeding race run 12:00-14:00.

Seeding Stage 3 will be revealed when the course map is released on Thursday 13th at 17:00.



Number Boards starting 2001, 3001 & 4001 | Unseeded

- **09:00 – 13:00** Stage 4, 5 & 6 practice open
- **13.00 – 17.00** Stage 1, 2 & 3 practice open

The Seeding Stage is Stage 3. Strictly **NO** practice from 11:45 – 14:00 on the Seeding Stage (Stage 3). Seeding race run 12:00-14:00.

Seeding Stage (3) will be announced when the course map is released on Thursday 13th at 17:00.

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

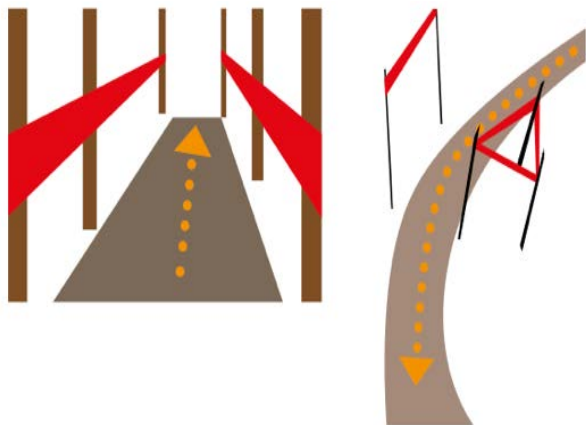
This indicates a steep or technical section/trail hazard.



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 when released) providing water, nutrition products from High5, bananas from local supplier & delicious home baked cakes from John Adam Bakery. 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.



7. RESULTS

7.1 Categories

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

Our age categories reflect those used by BNES. We will be having additional podiums including 16-18 female.

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.

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

7.2 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 on the event webpage [here](#).

The results are based on the categories in 7.1. While some 15-16 riders have opted to ride the full course, the results for this race will be calculated on short course only – with full course results being provided for BNES standings.

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.



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

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.

Please do not ride on town pavements 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. If you are coming to the event village from the campsite on your bike, please follow the signs – DO NOT enter via Priorsford Footbridge.

Important good conduct requests:

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

Park considerately! Event attendees must park at the Event Parking at Edderston Road.

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.
- eBikes must be standard eMTB – any tuned, chipped or altered motors will be disqualified. Marshals have the right to examine eMTBs at any point throughout the event. Speed traps are in place.
- 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.

This event is created and produced by Hillside Outside Ltd and with the help and permission of Forestry and Land Scotland. Special thanks and credit to the trailbuilders.