

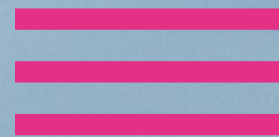


CELTMAN!

EXTREME SCOTTISH TRIATHLON

PRESENTED BY

1part Carbon



RACE MANUAL 2024

12TH EDITION

RACE MANUAL 2024



Photo: Steve Ashworth

WELCOME TO

CELTMAN! EXTREME SCOTTISH TRIATHLON 2024

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Photo: Steve Ashworth

CELTMAN! EXTREME SCOTTISH TRIATHLON 2024 – 12TH EDITION

CELTMAN! 2024 IS PRESENTED BY 1PARTCARBON TECHNOLOGY SOLUTIONS - 1PARTCARBON.CO.UK

This manual will provide you with the information you need to compete at the CELTMAN! Extreme Scottish Triathlon 2024. It is intended to be as comprehensive as possible, but the nature of the local weather, race course and the area it takes place in means that it is not possible to be 100% accurate on all matters. The important details are correct though. There will also be a compulsory race briefing where any last minute changes will be brought to your attention.

- The organisers reserve the right to alter any element of the manual before race day, please consider this a draft.
- Competitors and their support crews must read this document and follow all advice herein.
- The read it again!
- And again.

IMPORTANT POINTS:

PLEASE PAY PARTICULAR ATTENTION TO THE FOLLOWING:

MOTORHOMES AND CAMPERVANS:

Motorhomes are now banned as support vehicles.

This applies to any vehicle over 5.3m in length (effectively anything bigger than a VW T5/6).

You will of course be free to sleep in one if it's your only option, however you MUST book them into official campsites and respect local rules on parking and you will also need to have access to a normal sized vehicle for support.

Campers and motorhomes are not permitted to stay overnight in Shieldaig main street.

PARKING:

- PARKING ARRANGEMENTS FOR **T2**: ALL SUPPORT VEHICLES MUST PARK IN THE DEDICATED PARKING ZONE 1KM WEST OF KINLOCHEWE.
- PARKING ARRANGEMENTS FOR **T2A**: SINGLE CREW (NO ADDITIONAL DRIVER) – WILL BE ISSUED WITH A SINGLE CREW STICKER FOR PARKING IN DEDICATED CAR PARK AT T2B 2KM FROM T2A. MULTIPLE CREW – NO PARKING AT T2A. SEE PAGE 31 FOR FULL DETAILS.

We have changed the parking arrangements as we are now faced with significantly increased traffic on the NC500 (tourist) route, which includes the Celtman course. We do not want to upset local people and/ or cause unnecessary congestion so you MUST follow the new rules and marshal's instructions, even if you have been to this event before. This is crucial to the future of CELTMAN!

- Swim Start procedure + location. Note: you'll need to board a coach in Shieldaig ready to leave at 04:15hrs on Race Day to go to the remote swim start location.
- **Transition 2 is now 1km past Kinlochewe.**
- The run does not go all the way to the top of Spidean Coire nan Clach (the top of the first Munro) for safety reasons – you'll turn onto the ridge at the Trig Point instead.
- Details of the low-level run route are included in the Race Manual
- There will be a post-race buffet at the Loch Torridon Community Hall. This is included in the entry fee for the Athlete + one supporter. Additional buffet tickets can be purchased at Race Registration.
- Make sure you have the correct compulsory mountain kit before you get to the race. Waterproofs (as specified) MUST be waterproof. If in doubt we will apply the "tap test" - holding the item under a running tap. (We will provide each team with a survival bag).

Your kit and that of your support runner will be checked at registration and must be brought with you for inspection.

- Cut-off times! Please take note of these:

WATER EXIT	2 hours 15 minutes
EXIT T2 TO RUN	11 hours
EXIT MOUNTAIN SAFETY CHECKPOINT T2A	11 hours for High Course
EXIT MOUNTAIN SAFETY CHECKPOINT T2A	13 hours for Low Course

There is no cut off time at the finish line for those who are on either upper or lower course, however should we feel the conditions are unfavourable we may stop you early. In some extreme circumstances, and in particular after dark, we may decide to transport you by vehicle along the tarmac sections that are at the ends of both the high and low level run courses.

This will be solely at the discretion of the organisers, and will be non-negotiable. In this situation, we will consider you a Blue/White Finisher as appropriate and you will appear in the results. We simply may need to bring the race to a conclusion at an appropriate time of day.

COURSE OVERVIEW

CELMAN! IS AN EXTREME FULL DISTANCE TRIATHLON, THE COURSE TOPOGRAPHY DICTATES THE DISTANCES.

- 3.4 km Sea Loch Open Water Swim in Loch Shildaig
- Transition 1 (T1) in Shildaig village
- 202 km Road Bike
- Transition 2 (T2) at Cromasaig Croft
- 41 km Run;
- ▶ 18 km off-road on the foothills of Beinn Eighe and the through the Coulin Estate on 'twintrack' forest/hydro road, tarmac and narrow/rough 'singletrack' footpath
- ▶ Transition T2A in Glen Torridon (this acts as the mountain safety checkpoint and cut-off. It's also where athletes pick-up their compulsory support runner for the high mountain section of the run)
- ▶ 15 km off-road through the high mountains of the Beinn Eighe massif
- ▶ 9 km road run to the finish (it is not mandatory to have a support runner for this section)

FINISH IN TORRIDON VILLAGE

Athletes are largely self-supported throughout the race.

Finishers of the high-level mountain route will receive the CELTMAN! Blue T-shirt and finishers of the low level route will receive the CELTMAN! White T-shirt.

EVENT OVERVIEW

- Starts in Inverbain (Loch Shildaig), Scotland, Saturday June 15th 2024. Race will start at 05:00 am
- Race entry slots will be based on a ballot, except at the race directors' discretion.
- Competitors must race with a support team accompanying them in a vehicle. Your support team must be able to communicate with the organisers in English (or Scottish!). Only one support vehicle is allowed per athlete. We suggest that the support team consist of two adults. One must be fit enough to accompany the athlete in the latter stages of the run, consisting of off-road steep and rocky climbing over a mountain (distance 15 km). We also suggest that both crew are capable of running should back-up be required. It is not mandatory to have two support crew but is recommended.
- Race briefing attendance is compulsory for the athlete and supporters only - (the briefing venue is not large enough to hold additional spectators). To accommodate numbers, we will be holding 2 race briefings back to back.

Race Numbers 1-125 at 3pm Friday June 14th
Race Numbers 126 + at 4pm Friday June 14th
YOUR RACE NUMBER WILL BE CHECKED TO AVOID OVERCROWDING! No dogs permitted.

- The finish line will be at the Loch Torridon Community Centre in Torridon for both courses.
- 4 x Norseman slots will be awarded to winners. 1st and 2nd placed Male and Female, for the following calendar year
- 1 x Norseman Wildcard will be balloted across any finisher (white or blue course) for the following calendar year.
- 100 X-Points will be awarded to all finishers regardless of T-Shirt colour. More information on X-Points can be found at:
www.xtriworldtour.com/x-points



Photo: Steve Ashworth



Photo: Steve Ashworth

RACE SPECIFICS

Please be nice to marshals and other volunteers – they’ve given up their time to allow you to race.

Please book your accommodation as soon as possible after you have received your confirmation.

Extra information and FAQs are available at www.cxtri.com

PROGRAM

EVENT	LOCATION	DAY	DATE	TIME
Registration	Torridon Hall	Thursday	June 13th	16:00-18:00
Registration	Torridon Hall	Friday	June 14th	11:00-14:00
Mandatory pre-race briefings	Torridon Hall	Friday	June 14th	15:00-17:00
Bar open	Torridon Hall	Friday	June 14th	15:00-Late
Social Swim	Shieldaig Pier	Friday	June 14th	09:00-10:00
Race day sign on/ GPS collection	Shieldaig Church Hall	Saturday	June 15th	03:00-04:00
Race assembly and board coaches	Shieldaig New Slipway	Saturday	June 15th	04:00
Swim start CELTMAN! 2023	Inverbain (by coach)	Saturday	June 15th	05:00
Post-race buffet	Torridon Hall	Saturday	June 15th	20:00-00:00
Bar open	Torridon Hall	Saturday	June 15th	18:00-Late
Winners & T-Shirt ceremony	Torridon Hall	Sunday	June 16th	11:00
Brunch	Torridon Hall	Sunday	June 16th	11:30
CELTMAN! Party	Torridon Hall	Sunday	June 16th	19:30-Late

- Time penalties are as follows - applies to both athletes and support crews:
Minor violations (yellow card) - 5 minutes,
second violation (yellow card) - 15 minutes,
third violation, major violations or dangerous
behaviour (red card) – disqualification.

Please note that bad/ careless/ antisocial driving and behaviour of support crews to our staff are considered red card offenses.

- A member of your support crew can accompany the runner on foot through the run section from T2 to T2A if you choose but only if you have a separate driver. One of your support team will then be required to accompany you on either the high or low mountain section after T2A. You cannot leave your athlete alone on these sections.
- Basic aid stations (gels/bars/water) will be provided by the organisers in the run section between T2 and T2A (15km off road). However, we strongly advise that you plan for travelling self-sufficiently on this section (i.e. carry your own food/water). There is also a basic aid station at T2A.
- The cut-off time to enter the high-level mountain route at T2A is 11 hours after scheduled race start time. Organisers reserve the right to change this due to weather or

other conditions – we would hope to make this decision no later than race briefing, but it is possible that weather conditions can change very quickly on race day. In case of bad weather, the organisers reserve the right to cut the high level mountain route entirely, and if necessary will make this decision mid-race. If we have to close the mountain, competitors achieving the high route cut-off time (and then finishing the low course) will be awarded a blue t-shirt. Competitors who miss the high route cut off, but make the low route cut off, and then complete the low route (as normal) will get a white t-shirt.

- Competitors who reach T2A (mountain safety checkpoint in Glen Torridon at approx. 15km into the run) before the cut-off time, and who are judged to be medically able, will be allowed to continue onto Beinn Eighe. All other competitors will have to finish on the lower course.
- Competitors who don't make the blue (mountain) cut off will be allowed to complete a full distance on a lower level course providing they are not otherwise timed out.
- You may have to finish in the dark, so make sure you do carry the mandatory head torch (and make sure it's a good, powerful one, not simply the lightest you can 'get away with'). Support crews and runners must carry the mandatory kit on both the mountain and lower courses as they are both off-road.



CANCELLATION POLICY

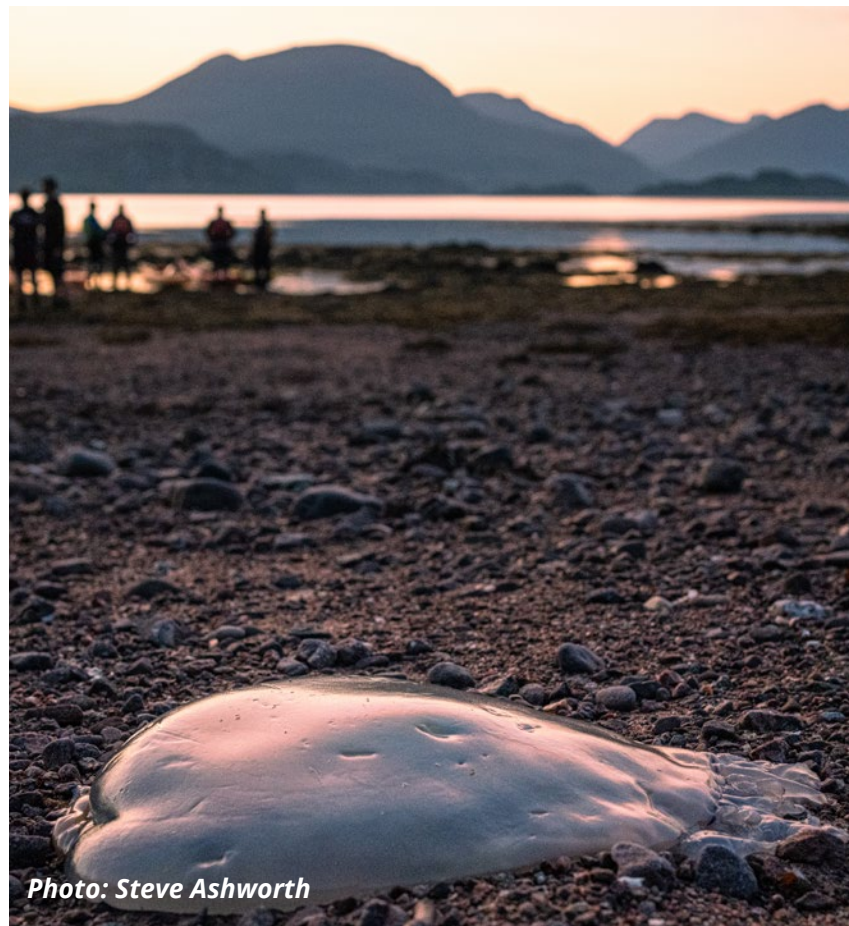


Photo: Steve Ashworth

Refund policy: CELTMAN! does not offer refunds, transfers or entry deferrals - sorry. We STRONGLY advise you accept the Refund Protect event entry insurance offered as part of the entry process (there is a small additional charge for this, full T&C's available on raceid.com). The entry slot at CELTMAN! is strictly personal. It can't be transferred, sold or given to another person. Anyone who starts at CELTMAN! using the start number of another person will be taken out of the race. These cancellation rules will be strictly maintained to protect the event from economic loss.

THIS POLICY WILL BE STRICTLY ENFORCED - IF YOU DON'T WANT TO DO THE RACE, DON'T ENTER THE BALLOT!. Sorry - we know this sounds a bit harsh, but experience suggests it's better to be clear and up-front about his kind of thing. Thanks for your understanding.

COURSE DESCRIPTION



Photo: Steve Ashworth

▶ SWIM :

3.4 kilometres in Loch Shildaig.

Water temperature could potentially be 10 to 12 degrees Celsius. Wetsuits are mandatory.

Swim booties/ socks and non-webbed gloves are permitted and neoprene vests are highly recommended.

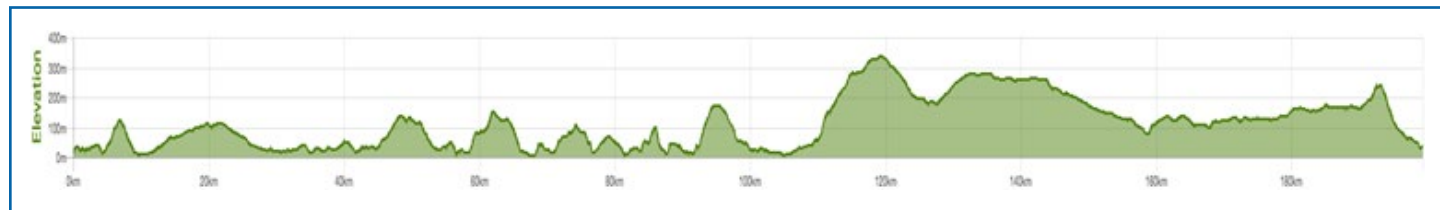
The swim will start from a remote beach a short distance from Shildaig. The swim course is an 'A to B' format. The Swim Exit is the old cobbled slipway in Shildaig village. Competitors will be transported

from Shildaig to the start line by coach. You should board the coach no later than 04:05hrs - they will be located at the top of the new slipway in the village.

In the case of extreme weather conditions, the organisers reserve the right to change the format, shorten or abandon the swim course, in which case the event would become a duathlon.

We highly recommend that support crews have hot fluids and warm clothing available at T1 for the athlete should they be very cold after the swim.

BIKE ROUTE OVERVIEW



202 kilometres from Shieldaig. Travel East through Glen Torridon to Kinlochewe. Then turn left (North) towards Gairloch and follow the A832 route clockwise. Turn right onto the A835 after Fain, south to Gorstan, turn right again onto the A832 until Achnasheen. Extreme care is required from athletes and support vehicles at these two right turns in particular. You will be turning right onto and off a busy main road. You **MUST** be prepared to stop and wait at both junctions – if this costs you 30 seconds in a 16 hour day, so be it!



Go straight on (slight right) at the roundabout in Achnasheen staying on the A832. Follow the A832 to Kinlochewe, and turn left in the village. After 1km turn left into T2 at Cromnasaig Croft. Follow marshals instructions into T2.

Total ascent is approximately 2200 meters.



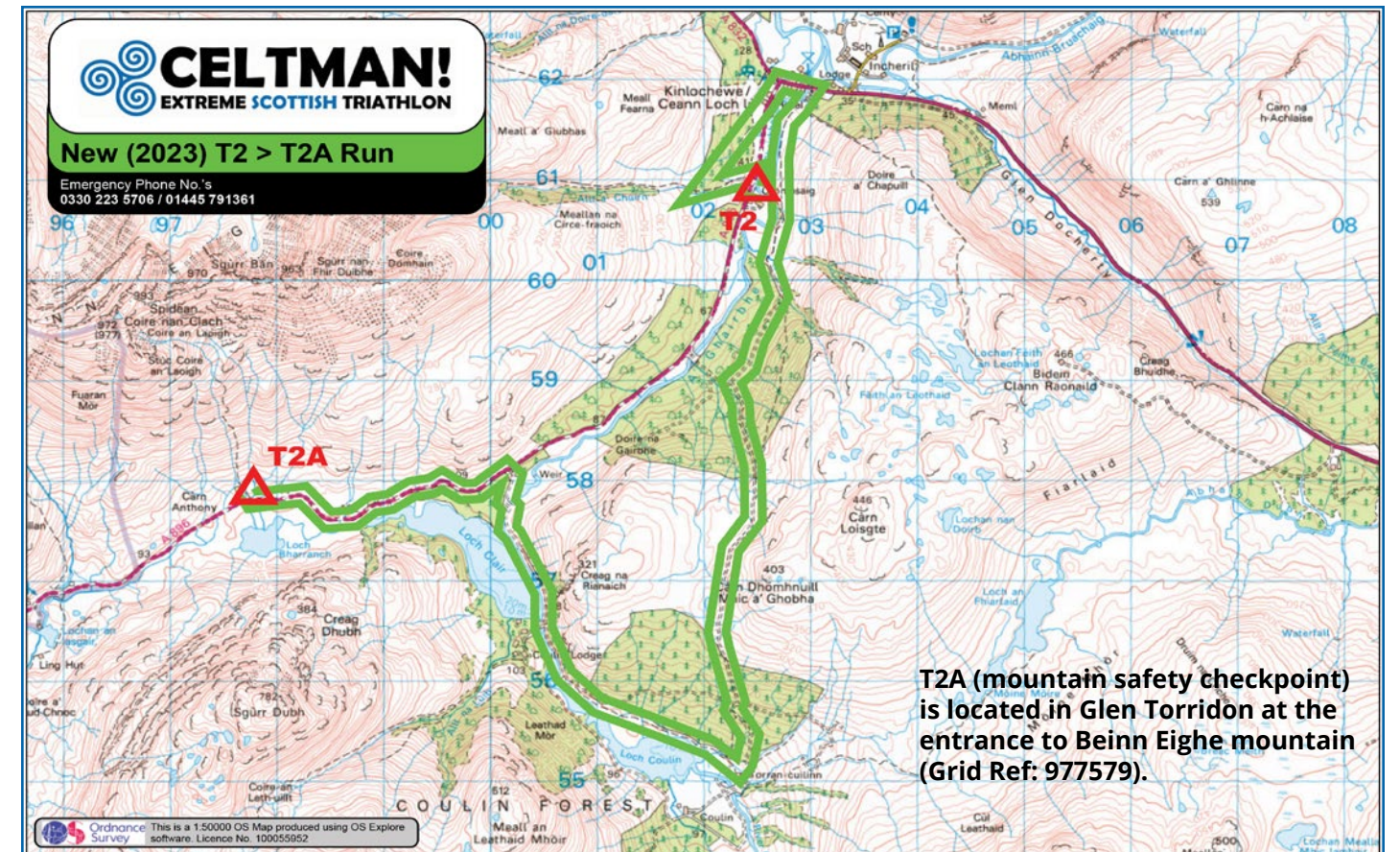
Photo: Steve Ashworth

▶ RUN - NEW START SECTION FOR 2023 (ALL WELL MARKED)

41 kilometres from Cromnasaig Croft (T2). Follow the narrow woodland footpath to the road, turn right for 50m, then cross the road and climb a steep bank, the path goes back to Kinlochewe. When reaching the main Gairloch road, turn right and head through the village until you reach the church. Turn right and follow boggy paths and heather towards the Coulin Pass. You will join a good forest track

after the small river crossing. This meets a new 'hydro' track up over the shoulder of Carn Dhomhnuill Mhic a' Ghobha before dropping into the Coulin Estate.

The views from the top of the track are spectacular – make sure you take 10 seconds to look around you. You're highly likely to see Deer and other impressive wildlife.



The high level mountain section that follows is over the Beinn Eighe Range (on 2 Munros - Spidean Coire nan Clach and Ruadh-stac Mor). This section of the run is over steep, rocky and exposed terrain, and includes the descent of a steep scree (small rocks) slope.

Note that the course does NOT go to the top of Spidean Coire nan Clach – you will turn at the Trig Point (a small concrete pillar at grid ref: 965596) instead. This is because the final approach to the summit is on a narrow rocky ridge that requires scrambling skills. There are huge exposed falls to both left and right. We think that two-way (tired) athlete traffic on the ridge is a bad idea. The Mountain Rescue Team agree with us!. You will however, visit the summit of Ruadh-stac Mor.

The climb from T2A to the first ridge is largely on a fairly well defined and easily followed path, though it deteriorates as you approach the ridge. Once the ridge is reached, you will turn right and climb (again on a rough path) to the Trig Point. There will be a checkpoint here. You will then turn left onto the ridge linking to Ruadh-stac Mor. The ridge is narrow and exposed in places, and is rocky. The path is indistinct therefore map-based navigation might be required if conditions dictate. Enjoy the views and the sense of adventure – you have earned them! You will skirt below the summit of Coinneach Mhor on a small 'sheep track', and will re-join the ridge just above the scree gully. You will then complete the climb of Ruadh-stac Mor. This is initially rocky, but then becomes a broad-backed grassy ridge. There will be a checkpoint on the summit.



Photo: Steve Ashworth

From the summit of Ruadh-stac Mor you must follow the route to the outflow of Loch Coire Mhic Fhearchair. The route involves retracing your steps back off Ruadh-stac Mor, and descend the scree gully that starts at grid ref: 951603. **We now have an extra check/dibber point here (top of scree slope) to prevent athletes taking a shorter route off the top.** The gully is steep and scree (small loose rocks) filled. Please follow the route closely (this is required for nature conservation reasons and will be closely monitored by the landowners). TAKE EXTREME CARE WHEN IN THE GULLEY – BOTH FOR YOUR OWN SAFETY, AND ALSO THE SAFETY OF OTHERS – DO NOT

DISLodge ROCKS ONTO PEOPLE BELOW YOU. The marshals at the top of the gully may make you wait for a short period to allow a sufficient gap between you and the groups below in order to create a safer zone in the case of dislodged rocks. From the bottom of the scree slope head for the outflow of the loch – the path becomes indistinct across a boulder field for approx. 500metres. There are small paths along both sides of the loch. Take 30 seconds to turn round and enjoy the spectacular view of Loch Coire Mhic Fhearchair and the Triple Buttresses – one of the most amazing mountain scenes in Scotland.

From the loch outflow the path becomes larger and more easily followed. However, you must continue to exercise extreme care – you cannot relax yet!. Stay on the path initially heading south, then south east. You will come across a cairn at grid ref: 934594. This marks a split in the path – take the left-hand option. The path is now shared with the ‘low level’ athletes who will be heading in the opposite direction – give them a ‘high-five’ and cheery comment as you pass each other.

You will re-join the tarmac road in Glen Torridon near a car park. Turn right and head down to the finish line a few kilometres away in Torridon village.

The course on the mountain will have marshals at locations where turns are necessary. The route is generally easily followed. In the event of poor weather, you should be prepared and able to navigate – this is why we insist on you carrying a map and compass. You should not need them, but you will be glad you have them if you do have to navigate. Mountain Rescue Team personnel will be on the mountain in strategic locations.

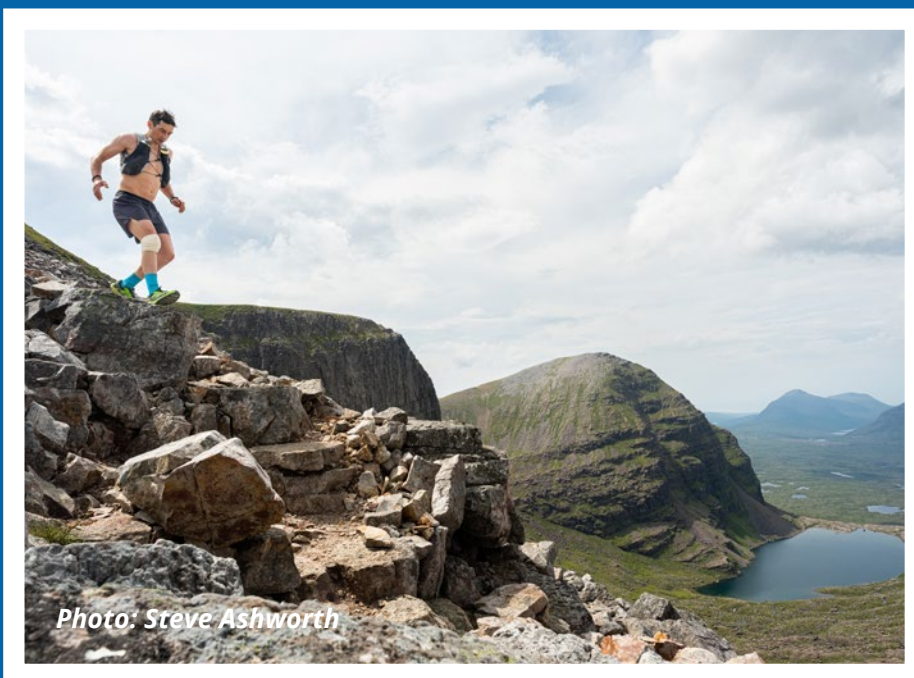
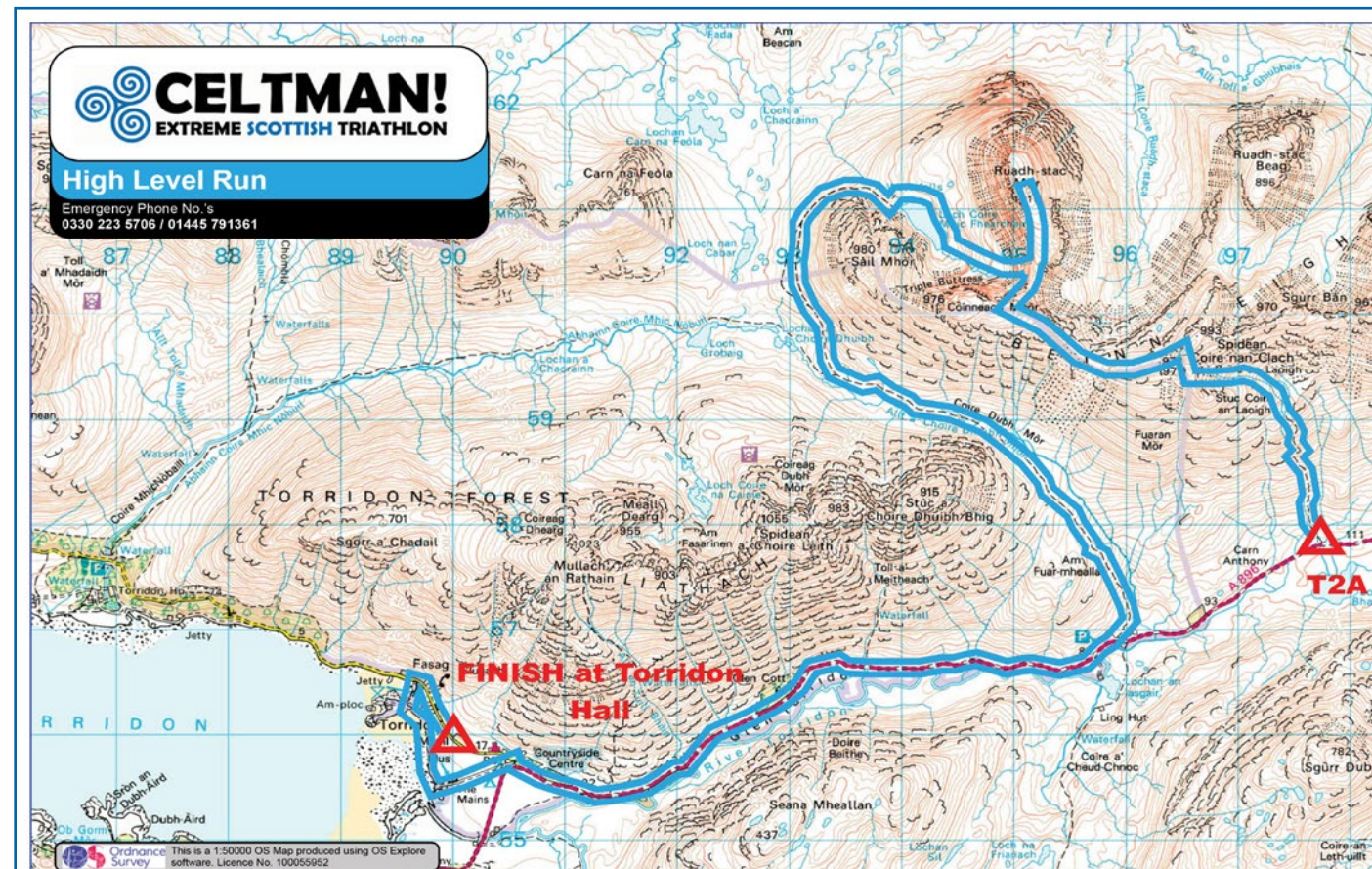


Photo: Steve Ashworth

HIGH LEVEL RUN



HIGH LEVEL RUN RELIEF



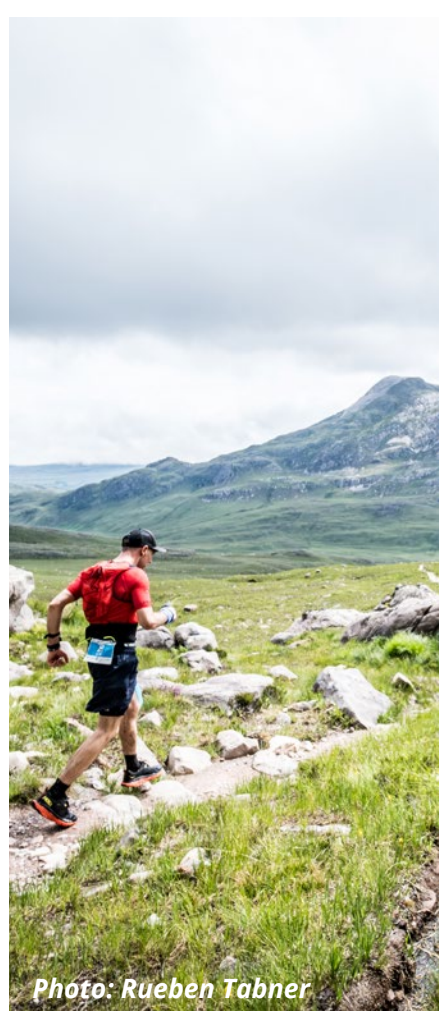


Photo: Rubeen Tabner

▶▶ LOW LEVEL RUN COURSE OVERVIEW :

The low level run course (for those not making the T2A cut-off, or in the event of poor weather conditions on the mountain) is as follows;

From T2A you will go back down to the tarmac road, turn right and head towards Torridon for approximately 2km. At the car park at grid ref: 959569 turn right (north) onto the path that runs in the valley between the Beinn Eighe and Liathach mountains.

Follow this path for approximately 13km until it exits onto the small tarmac road just north of Torridon House (grid ref: 869576). **New for 2023, cross the road and follow the new markings, this avoids the road and gives a lovely trail run section.**

The valley path is small and rough in places – the low-level route is not an easy option!. The path becomes indistinct in short sections around Lochan a' Shaorainn – just follow your nose and you'll be fine.

The path is generally easily followed. In the event of poor weather, you should be prepared and able to navigate – this is why we insist on you carrying a map and compass. You should not need them, but you will be glad you have them if you do have to navigate.

The Mountain Rescue Service always reserves the right to stop or turn back a competitor who they deem to be unfit to continue. You must adhere to their decision on this, failure to do so will result in disqualification.

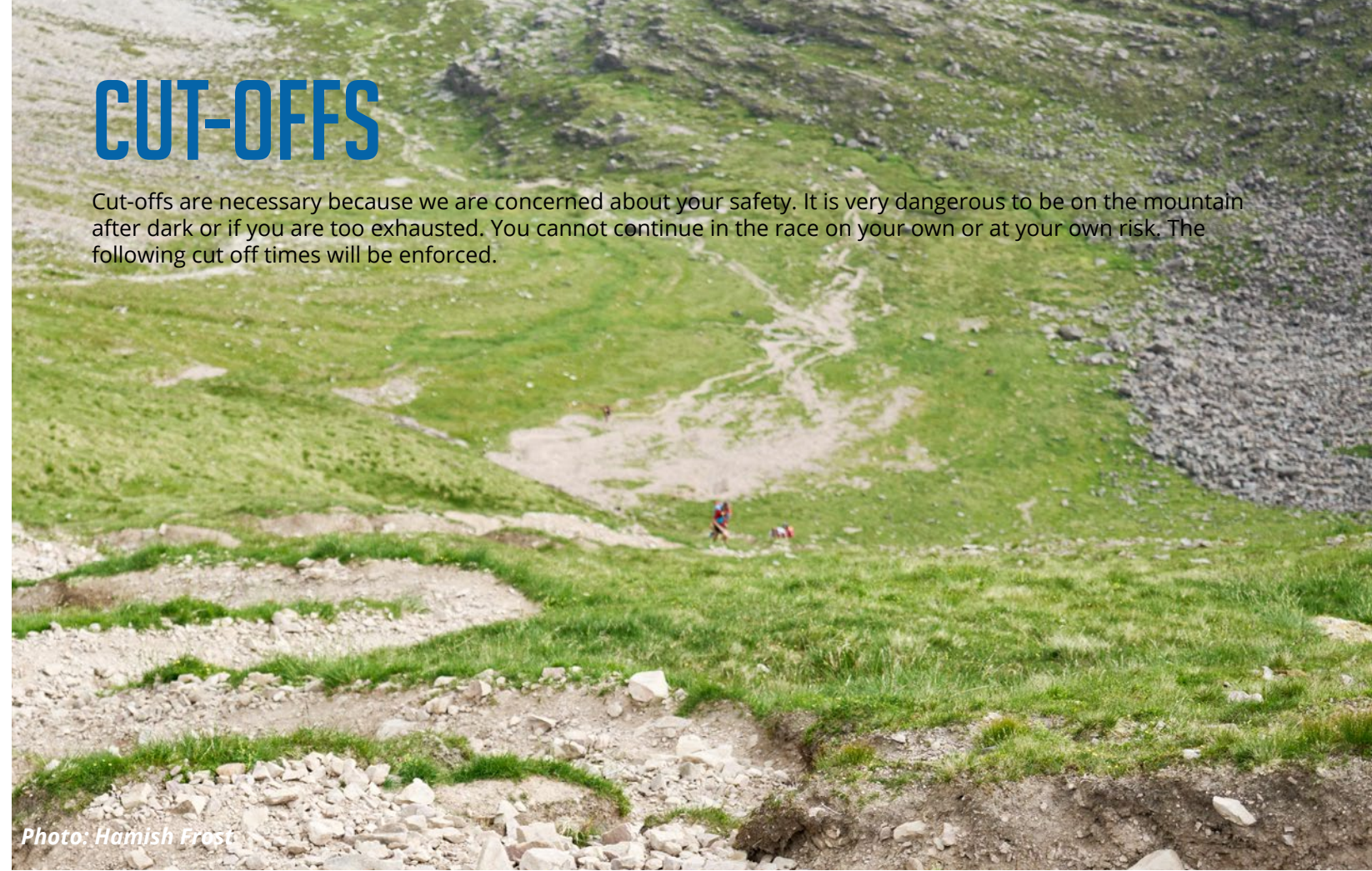
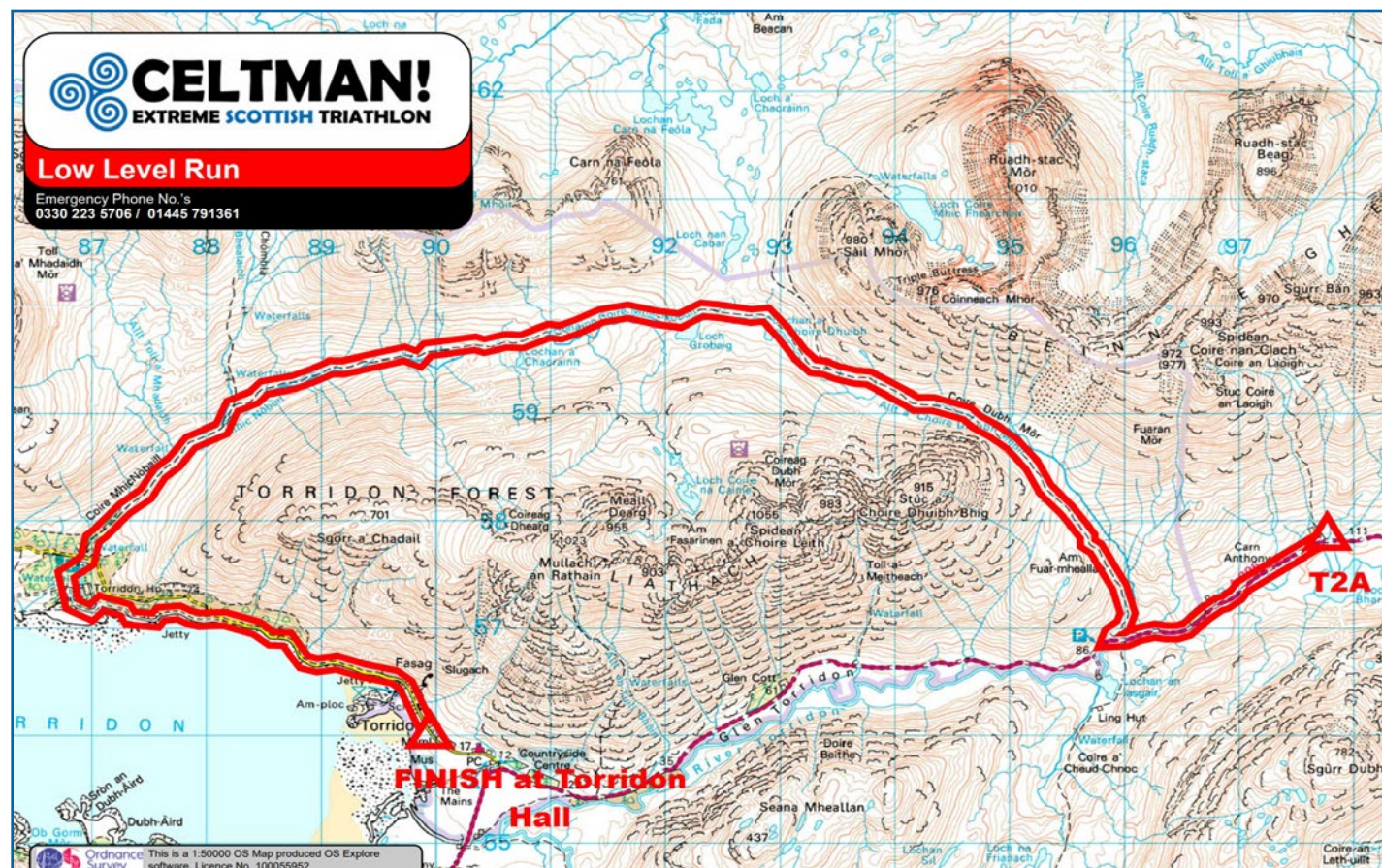


Photo: Hamish Frost

CUT-OFFS

Cut-offs are necessary because we are concerned about your safety. It is very dangerous to be on the mountain after dark or if you are too exhausted. You cannot continue in the race on your own or at your own risk. The following cut off times will be enforced.

DESCRIPTION	CUT OFF TIME
Exit the water	2 hours 15 minutes
Exit transition zone from bike to run at Kinlochewe (T2)	11 hours
Exit cut off point at T2A to go over Beinn Eighe (blue shirt course)	11 hours
Exit cut off point at T2A to finish on the lower course (white shirt course)	13 hours

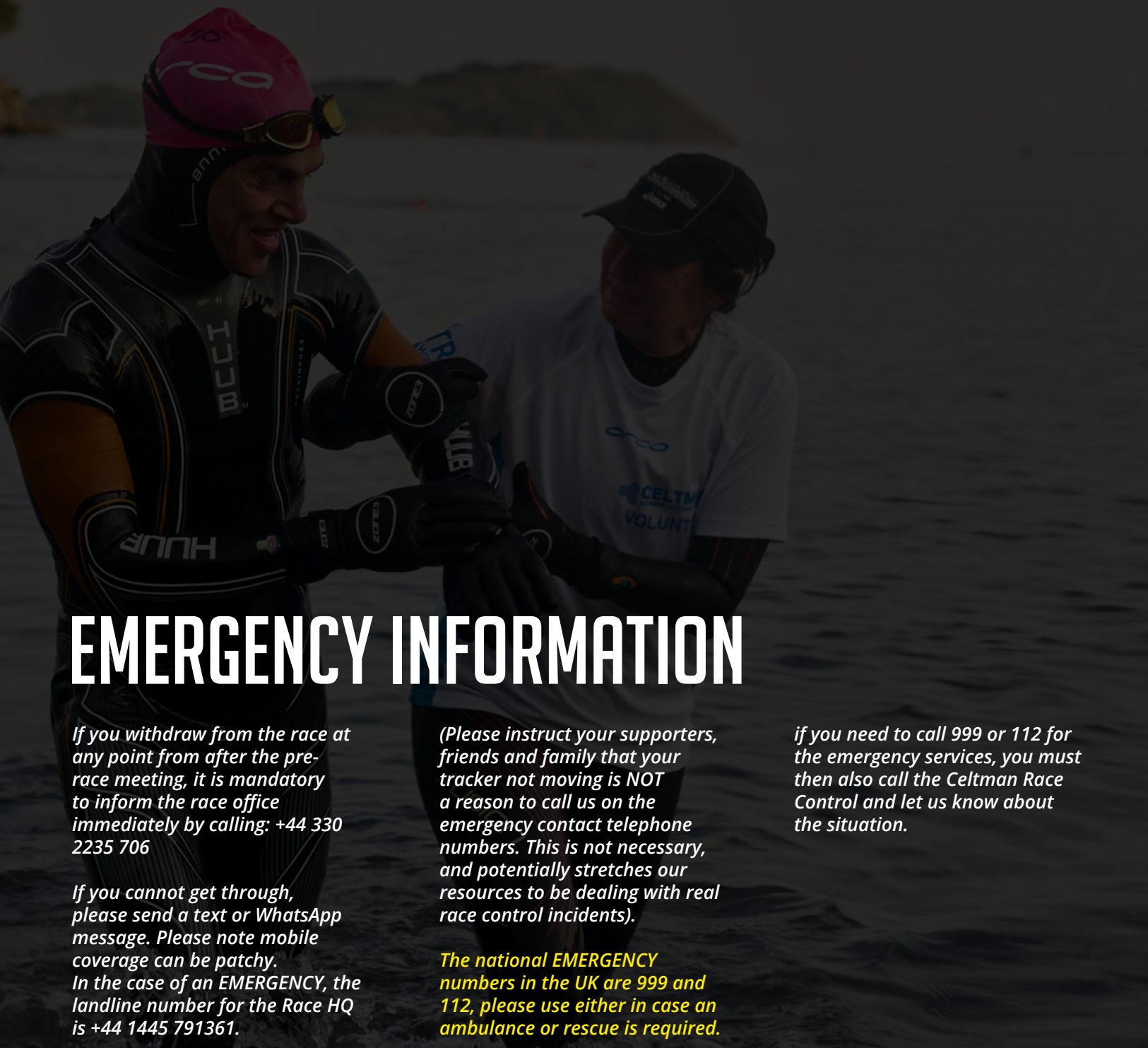
**There is no cut off time at the finish line for those who are on either upper or lower course, however should we feel the conditions are unfavourable we may stop you early. In some extreme circumstances, and in particular after dark, we may decide to transport you by vehicle along the tarmac sections that are at the ends of both the High and Low level run courses.*

This will be solely at the discretion of the organisers, and will be non-negotiable. In this situation, we will consider you a Blue/White Finisher as appropriate and you will appear in the results. We simply may need to bring the race to a conclusion at an appropriate time of day.

WHY IS THERE A CUT OFF TIME FOR BLUE AND WHITE T-SHIRTS?

The weather in the mountains can be Extreme, even in June. It is possible that the mountain may not be accessible due to wind, snow or fog. It is very dangerous to enter the

mountain if you are too exhausted! The lower course is also fairly extreme, just less so than Beinn Eighe so your safety is important here too.



EMERGENCY INFORMATION

If you withdraw from the race at any point from after the pre-race meeting, it is mandatory to inform the race office immediately by calling: +44 330 2235 706

If you cannot get through, please send a text or WhatsApp message. Please note mobile coverage can be patchy. In the case of an EMERGENCY, the landline number for the Race HQ is +44 1445 791361.

(Please instruct your supporters, friends and family that your tracker not moving is NOT a reason to call us on the emergency contact telephone numbers. This is not necessary, and potentially stretches our resources to be dealing with real race control incidents).

The national EMERGENCY numbers in the UK are 999 and 112, please use either in case an ambulance or rescue is required.

if you need to call 999 or 112 for the emergency services, you must then also call the Celtman Race Control and let us know about the situation.

Photo: Hamish Frost

RULES

LITTER!

For clarity – we have a special rule on littering: Leaving litter (gel and bar wrappers, banana skins etc.) is an instant disqualification offence. We rely on the goodwill of the landowners and local communities for this event to be possible. Litter is something they are all very sensitive about.

▶▶ GENERAL RULES :

CELTMAN! Extreme Scottish Triathlon general rules are based on the rules and regulations of Triathlon Scotland – you can find these at: <https://www.triathlonscotland.org/events/rule-book/>

▶▶ EQUIPMENT :

- ▶ Full wetsuits are mandatory for the swim. Gloves and swim socks are permitted if non-webbed, these will be checked at registration. Neoprene hats and vests are strongly recommended.
- ▶ Race timing chip (Sport Ident 'dibber') is to be worn at all times.
- ▶ GPS Tracker is to be worn at all times from T1 onwards (note: not during the Swim) - this piece of equipment is vital for your safety as we can locate you at any point. The tracker will alert us of inactivity and we can send help. From experience we know this can be a life saving device – PLEASE USE IT!
- ▶ Start number is not to be worn during the swim, and must be stored visible in T1, until the athlete exits the water.
- ▶ Start number belt must be worn (and visible) on the back during bike segment and in front during the run at all times.
- ▶ Bikes must be in good working order and UK road legal. If you plan on using deep section wheels please also bring an alternative, the wind can be very strong on the West coast and the course may become unsuitable for deep section wheels.
- ▶ Helmets are compulsory whilst riding your bike, and must be approved by a national accredited testing authority, or have the CE stamp.
- ▶ No change of bike or wheels are allowed except due to mechanical failure. In this case the Race Office must be informed.
- ▶ CELTMAN! is a DRAFT FREE race. You are not permitted to draft other competitors, nor are you allowed to have bike or vehicle drafting/ pacing from your support team. We will have draft busters on the course.
- ▶ There is mandatory equipment that must be carried by the athlete during the first run section from T2 (Cromasaig) to T2A (Glen Torridon). There will be a compulsory check at registration and a secondary equipment check at T2A (everyone will be held for two minutes so do not panic or think others have an advantage).

PLEASE REMEMBER TO BRING YOUR OWN AND YOUR SUPPORTER RUNNER'S KIT TO REGISTRATION



Photo: Hamish Frost

▶ MANDATORY EQUIPMENT :

At **T2** you (and your support runner should they accompany you from T2 to T2A) should carry a waterproof jacket. Please also make sure you have not forgotten your GPS tracker.

At **T2A** to enter the mountain, you and your support runner will need to be carrying;

ATHLETE and SUPPORT RUNNER must EACH carry:

- ▶ Map (we will provide this), and compass.
- ▶ Waterproof jacket with hood (must have taped seams).
- ▶ Waterproof trousers.
- ▶ Extra thermal layers x 2 e.g. long sleeved microfleece, thermal base layer.
- ▶ Whistle.
- ▶ Headtorch with fully charged battery.
- ▶ Hat and gloves.
- ▶ Sufficient food and water.

You must also carry BETWEEN YOU:

- ▶ GPS Tracker (we will provide this).
- ▶ Mobile phone.
- ▶ Survival bag (we will provide this).
- ▶ First aid kit.

▶ MEDICAL :

Medical crew, Mountain Rescue and marshals appointed by the organisers may remove a competitor from the race should they suspect that there is a health or injury risk to the competitor at any time during the race.

The use of non-legal performance enhancement supplements/drugs is forbidden.



Photo: Hamish Frost

▶ LIABILITY :

Athletes and their support crews must sign a document of "Release from Liability" before they receive their start number. There may be an additional liability waiver required at the swim start, dependent on water temperature.

▶ PENALTIES :

The Race Director, on the advice of Race Marshalls can issue time penalties for athletes or disqualify either athlete or support.

Time Penalties

- ▶ Minor violations (yellow card) - 5 minutes
- ▶ Second violation (yellow card) - 15 minutes
- ▶ Third violation, major violations or dangerous behaviour (including being rude to race officials) (red card) – Disqualification. Note the point above about Littering – this is a big 'no no'!

▶ RULES ON THE BIKE LEG :

The bike course is open to normal traffic. Road traffic regulations must be strictly observed at all times. Be particularly careful and observant at right turns (there are two on the bike leg).

The following may lead to time penalties and/or disqualification

- ▶ Violating traffic regulations.
- ▶ Obstructing traffic by not holding to the left whenever possible.
- ▶ Use of headphones, headsets or mobile phones while on the bike.
- ▶ Pacing on the bike leg, either by car or bike.
- ▶ Drafting off another athlete or motor vehicle.
- ▶ Littering.

▶ RULES FOR THE SUPPORT TEAM :

The run course is open to normal traffic on road sections. Road traffic regulations must be strictly observed at all times.

The following may lead to time penalties and/or disqualification:

- ▶ Runners must keep to the right side of the road during the road sections.
- ▶ Use of headphones, headsets or mobile phones on any tarmac sections.
- ▶ Littering.

▶ RULES FOR THE SUPPORT TEAM :

The following may lead to time penalties and/or disqualification:

- ▶ Failure to follow marshal's strict parking instructions.
- ▶ Abuse of race marshals or volunteers.
- ▶ The support team causing dangerous traffic situations.
- ▶ Failure to clearly mark support car with CELTMAN! issued stickers and athlete number. (Only one support car per athlete is allowed.)
- ▶ Support from a moving car (All support must be given from outside of the car while parked.) This will be monitored by motorcycle marshals.
- ▶ Parking of a support car in the road or in passing places on single track roads (When parked the support car must be placed off the road.
- ▶ Obstruction of normal traffic (Never attempt to drive slowly to keep the pace of the athlete.) There will be motorbike marshals roaming the course to enforce road safety.
- ▶ Littering.

EXPECTED WEATHER CONDITIONS

Water temperature in the Loch should be 15 C in June but in reality can be much lower. Be prepared for cold water (10-12 degrees is not unusual).

Air temperature on the bike leg: 5 to 20 C (41 to 68 F)

Air temperature on the Coulin Pass: 12 to 22 C (54 to 72 F)

Air temperature on Bienn Eighe: 2 to 12 C (36 to 54 F)

The extreme unpredictable weather in Scotland can make changes to the race necessary.

The swim may be shortened or abandoned if the water temperature is unseasonably cold.

The swim course may be changed if the weather is bad, if the visibility is low due to fog or rain, high waves, strong tide or any other reason.

Bad weather on Bienn Eighe can make it impossible to enter the mountain. The mountain checkpoint will then be closed and the competitors will have to finish on the lower course. The checkpoint might close at any time during the competition. Wind, rain, fog and snow (yes, in June!) are the most likely reasons to close the checkpoint.

AID STATIONS ON THE RUN.

Athletes are essentially self-supported by their teams. Therefore there are no organiser-provided aid stations on the bike leg. Due to support vehicles not being able to use the T2 to T2A section, the

organisers will provide basic (gels/bars/water) aid/ food stations in this section of the run leg.

These will be located in the first section of the run x 2 and at T2A.



Photo: Steve Ashworth

MOUNTAIN SAFETY CHECKPOINT IN GLEN TORRIDON.

There is a risk of extreme weather conditions on the mountain. Therefore, there will be a special checkpoint at T2A to assure that:

- You and your support crew are fit enough to continue to the top.
- Both you and your support have the necessary equipment in a backpack, containing the equipment listed above as a minimum – you may elect to carry more (and we would encourage this – the mountain can be a hostile environment). You must carry your own equipment. This will be checked at T2A.
- You will not be allowed to enter the mountain alone. If your support runner is unable to support from T2a you will be held and the organisation will attempt to pair you with another team if that team are willing to accommodate this option.



Photo: Steve Ashworth

DESCRIPTION OF RACE DAY FOR THE COMPETITOR

Prepare for a very long and restless night before the race, you will be nervous, excited and it doesn't really get dark in this area of Scotland in the summer!

Sign-On in the morning is between 3 and 3:45am only in Shildaig – this will be at the small church hall towards the Northern end of the village. Collect your Timing Chip and GPS Tracker. Leave your bike (and GPS Tracker) in your numbered slot in the transition zone after you have registered in the morning. Don't be late. Please be quiet in the Transition Area, and

Shildaig village, and keep disturbance of the residents to a minimum.

Once you have set up your Transition area, say (a temporary) goodbye to your support team. You will need to board the coaches by 0415 (sharp! – we won't be able to wait). The coach pick-up point is at the new slipway in Shildaig village.

Athlete drop bags will be returned to T1 by the organisation, support crews must remember to collect.



The swim is 3.4 km in Loch Shildaig. You will be accompanied by a water safety crew in powered craft and kayaks. There will be a lead kayaker to keep you on the race course – please follow them. This is very important for safety reasons. Please follow the instructions from these people. If you have any kind of problems, signal to the water safety crew. This will be discussed at race briefing. There could be a strong tidal current forcing you either into or out of Loch Shildaig. The effect of the current could mean plus or minus 15 minutes for the average swimmer.

In general, road surfaces on the bike course are good. The climb shown on the profile is deceptive – the roads are constantly rolling up and down, and there are lots of 'draggy' climbs. The roads are NOT closed, and you will have to obey UK traffic rules. Take care on the singletrack sections of road, and the steep descents.

The first section of the bike leg takes you through the beautiful Glen Torridon. This is a single track road so take care – watch out for normal traffic as well as support vehicles. Please do not use your support crew on this section – you should not need to. Proceed to the main road at Kinlochewe before using support if possible.

There are two right turns onto and off the A835 – this is a busy trunk road so please take care. STOP at the junction and only proceed when safe to do so. Do not take risks; if these turns cost you a few seconds, that's OK, it will not make any difference over such a long day! After leaving Achnasheen near the end of the bike section, it is recommended you send your support crew ahead to T2 to prepare for your transition.

T2 is located at Cromasaig Croft, 1km from Kinlochewe and adjacent to the supporter's car park. Car parking is strictly controlled. Drivers **MUST** follow the instructions of the race marshals and not obstruct roads or local residents. You will be instructed where to park.

After you set off on the run, your support vehicle can then make its way to T2A via the A896 NOTE – **T2A Parking rules have changed – please read page 31 carefully.**

They do not have to rush, stay and have coffee.

At T2A the medical crew will check your health condition, plus your compulsory equipment to make sure that it is safe for you to enter the mountain. You will be held for two minutes to allow this to be managed fairly

Beinn Eighe is a mountain with several summits. You must take great care on the route as you will be very tired and the terrain is harsh.

When you reach the bottom of the mountain it is still 7 km to the finish along a flat road. Take the time to settle back into your running and have a sigh of relief – you have conquered the mountain!

The finish line will be outside the Loch Torridon Community Centre. There will be a buffet available for you and your support runner (additional buffet tickets are available for purchase at registration for extra team members and supporters). The bar will be open until 11pm.

The finisher's ceremony is at Loch Torridon Community Centre the next morning at 11am and the finisher T-shirts will be awarded here. During this morning you will have lots of new friends, and you will take photos of yourself standing proud with your finisher T-shirt on. A buffet brunch will also be available – this is on a 'pay as you go' basis.

Please be friendly to the locals. You have taken over their tiny villages with this crazy international entourage. We want them to welcome us back next year.

MEDIA :



Photo: Steve Ashworth

You doing the race is probably good news for your local newspaper and for local triathlon media. Please contact us at info@cxtri.com if you need support or photos. Please inform us after you have received the coverage. We will do our best to support you!

Images: Please note that any images of you that we or our press/TV partners take during the race can be used by us for marketing purposes. If you do not agree to this, please inform one of the race officials.

The route through amazing Scottish countryside is an unforgettable experience, but not without significant risk

for the competitor. Having your own support is absolutely necessary to participate. Competitors are dependent on receiving support from the support team throughout the race. Besides being a necessity for security purposes, the support team is an important part of the CELTMAN! atmosphere and experience.

Finishing CELTMAN! is a victory that should be shared with family and friends. We will no doubt hear that the support team were just as enthusiastic about the CELTMAN! weekend as the competitor, claiming that the experience was exciting and fun and strengthened friendship or family bands.

SCOTLAND WILL LEAVE ITS MARK ON YOU!

INFORMATION FOR THE CELTMAN! SUPPORT TEAMS

At Least One Person In Your Support Team :

- Must be able to communicate with the CELTMAN! organisers in English.

Must wear the CELTMAN! support t-shirt when entering the transition zones to pick up equipment.

Must be available on mobile phone throughout the race and until Sunday evening, 6pm.

Must accompany the athlete on the Beinn Eithe mountain section (or low level course) of the run.

The Support Vehicle

- Must carry stickers with the CELTMAN! Logo, the start number of the competitor, and a contact phone number of the vehicle driver on top left corner of the rear windshield.

▶ MAIN SUPPORT RULES :

- The support vehicle must follow UK traffic rules and posted speed limits and never drive directly behind or in front of their cyclist. On single track roads, only overtake competitors when safe and leave a good distance behind them when following.

- Many of the roads in Wester Ross are single track with passing places. You MUST adhere to the rules of the road. Some good advice is here: <http://www.stevecarter.com/ansh/driving.htm>

- The vehicle must always be parked off the road (and not in passing places)

- All support must be given from outside of the vehicle and never through a vehicle window. You are not allowed to support from a moving vehicle.

- Support may be provided during the entire bike leg except the first section of single track road through Glen Torridon until Kinlochewe, the rider should not need support at this stage as it is very early in the race.

- Competitors may not sit in the vehicle at any time during the race, even if the car is parked.

- The support person may only pick up competitor's equipment in the transition zones when wearing the CELTMAN! support t-shirt.

- Breaking the rules above may lead to penalty or disqualification of the competitor

Keep the CELTMAN! Race HQ contact details and your mobile phone with you during the entire race.



Photo: Steve Ashworth

RACE GUIDE FOR SUPPORT :

Torricon Is A Very Small Place.

There is no bike shop in Torricon or close by so please make sure you have sufficient spares available.

In particular, note that there are very few petrol/ diesel fuel stations in the area. There are none in either Torricon or Shildaig. Details of fuel stations (as well of lots of other really useful local contact information) locally are here: <http://www.stevecarter.com/ansh/local.htm>

It is advisable to bring extra food and cash (the nearest ATM's to the race are in Lochcarron – 20 miles away!) with you as there are few shops and many do not take credit cards.

You can however pre-order supplies from either of the two shops below:

Torricon Stores & Café
 (Jo Harris)
 01445 791 400
josephine.harris@virgin.net

Shildaig Shop
 (Chris and Cathryn Field)
 01520 755251
tighaneilean@keme.co.uk



▶ RACE DAY :

T1 and Parking :

- ▶ Please be considerate of the local residents and keep noise to a minimum in Shildaig – especially as it is very early in the morning.
- ▶ You can only enter the village from the South end. Do NOT try to enter from the North as the road will be closed to create space for the Transition Area but you can park at the top end of the village if preferred. If your accommodation is within the T1 area (see “swim exit” on page 21, please move your vehicles before race day or they will be “trapped” within the transition area.
- ▶ Car parking will be limited in Shildaig on race morning. Please park sensibly and follow any directions given by marshals: do not block residents, and do not block the road. Please do not park near the end of the new slipway as the coaches will need to turn and load in this area.
- ▶ At the southern end of the village there is space to park ‘end-on’ at the side of the loch.
- ▶ A one-way system will be in place in Shildaig village. Please follow marshal’s directions.
- ▶ There is no parking space for supporters at the Swim (race) start.

Clear The Transition Zone In T1 :

After your athlete has left on the bike we ask you to pick up the wetsuit and other equipment.

Support Zones :

During the bike leg you are allowed to give your competitor support at any point where it is safe to do so, but you must park and leave the car off the side of the road (Note: please do not park in Passing Places). Please beware of the other competitors and the traffic behind you!. Technical support is allowed when needed. Inform the race office of any change of bike or wheels.

Shopping Opportunities On The Route:

This is a remote area so there are few places to buy supplies – including fuel, especially early in the morning so please make sure you have what you need.

Be Aware Of Dangerous Descents :

Drive carefully on the steep descents. The views are spectacular at times, but focus on driving and be aware of competitors biking at high speed.

Arriving at T2 :

During the bike leg, you should leave your competitor soon after Achnasheen and go to the transition zone.

The transition zone after the bike leg (T2) located at Cromnasaig Croft, 1km past Kinlochewe.

To find it, turn left off the A832 in the centre of the village (towards Torricon) and onto the A896. Drive for 1km. It will be well signposted on the left and will be marshaled.

Parking is strictly enforced due to lack of space.

Please park where you are instructed to do so. Large vehicles may be asked to park further from the transition areas. The new car park is beside T2 so you no longer have to walk along the road carrying the athlete’s equipment.

Don't leave anything behind.

Remember to take the bike and all of the competitor’s equipment with you when leaving T2. It should take you only 15 minutes to drive from T2 to T2A via the A896 but please note the new rules on page 31.



Photo: Rueben Tabner



Photo: Steve Ashworth

▶ THE RUN LEG :

Support During The Run :

There will be organiser-provided basic support stations along the run section between T2 and T2A. However, there is also compulsory equipment that must be carried by the athlete (see above for details). You will be able to meet your athlete again at T2A to provide support.

Cut Off And Health Check Point (T2a):

Support crews should proceed to T2A and follow traffic marshal's instructions. **There is a new procedure here for DROP OFF only and NO PARKING! – Please see Page 34.**

At T2A the medical crew will check the health condition of your athlete, plus your compulsory equipment to make sure that it is safe for you to enter the mountain.

Beinn Eighe is a mountain with several summits. You must take great care on the route as your athlete will be very tired and the terrain is harsh.

Don't forget that supporters also have to be dressed and ready to enter the mountain. You are not allowed to carry the competitor's backpack! **ONLY 1 SUPPORTER CAN ENTER THE MOUNTAIN WITH THE ATHLETE.**

Finish in Torriddon:

Check that your athlete eats (there is a buffet in the Loch Torriddon Community Centre for the athlete and one supporter – additional buffet tickets can be purchased at race registration), drinks and puts on warm, dry clothes after crossing the finish line. Don't forget photos. There will be a shuttle bus provided by the organisers to return drivers to vehicles left at T2B – this will operate hourly between 6pm and midnight. It will leave from the Torriddon Village Hall car park.

Finish on the lower course (white T-shirt):

There are no food stations along the lower course and support crews will need to take care of their competitor. There is a car park at the lower track start. Park here (if single crewed) and walk/run with the competitor on the last loop. For the last competitors it will start to get dark and it is necessary to bring good head torches. Both athlete and supporter will need to carry the equipment outlined above.

Buffet at Torriddon Community Centre:

The evening buffet is located at the Torriddon Hall, is open for everyone, and lasts from 8 pm to late into the evening. The race entry fee includes buffet tickets for the athlete and one supporter – additional tickets can be purchased at race registration. The bar at the hall will be open for supporters and spectators. We will also be laying on live music courtesy of a local band.

DO NOT DRIVE FAR AFTER THE RACE

Even the support team members have had an incredibly long, hard day. You may feel high on adrenalin after an exciting experience and fresh from cool mountain air, but this may change quickly while driving and you may become dangerously tired. Stay the night. Besides, nobody should miss the finisher ceremony!

▶ THE DAY AFTER :

Finisher ceremony + Brunch:

Competitors will receive and celebrate their finisher T-shirts from 10 to 11 am Sunday morning, and finisher photos will be taken. The finisher ceremony will be held at 11 am. The CELTMAN! shop will be open, and there will be a "lost and found" for equipment forgotten in the transition zones.

Sunday Night Party:

Competitors and support crews are invited to wind down and relax with some live music, great company (us!) and a few drinks on Sunday night if you are still in Torriddon. It's great fun and allows the CELTMAN! Family to grow.

TOURIST INFORMATION

▶ ACCOMMODATION:

Torridon is a VERY small place. You can also stay in Annat, Shieldaig, Diabaig, etc.

We strongly recommend you make your reservation as soon as possible!

You will find more information about accommodation opportunities and other useful information at our web site: www.cxtri.com

CELTMAN! SHOP

A CELTMAN! shop will be available in Torridon Village Hall before and after the race. Buy your extra finisher or support t-shirts and other CELTMAN!-branded items. It is also available at shop. www.cxtri.com

XTRI WORLD TOUR

CELTMAN! is part of the XTRI World Tour and is a qualifying race for the World Championships. The 1st and 2nd male and female winners will get a slot in the 2023 World Championships at Norseman. Additionally, we will have 1 random slot to allocate to any finisher to bypass the Norseman ballot (the slot must be paid for). www.xtreworldtour.com

RELEASE FROM LIABILITY

PLEASE PRINT THIS AND BRING TO REGISTRATION PRE SIGNED.

IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY IN THE CELTMAN! EXTREME SCOTTISH TRIATHLON I AM AWARE OF AND I AGREE AS FOLLOWS:
.....

RACE YEAR 2023

COMPETITOR AND SUPPORT RUNNER :

- I am aware of the risks and hazards associated with or related to participating in the competition.
- I will be made aware of the swim water temperature on the race start line. It is possible this will be below the 'normal' permitted range according to Triathlon Scotland/British Triathlon rules. In this case, it is solely my decision on whether to undertake the swim section and I will not hold the organisers or their agents responsible in any way for any claims that may arise.
- I have sole responsibility for my personal possessions and athletic equipment during the competition and its related activities.
- I attest that I am physically fit and can complete the competition.
- I grant full permission for CELTMAN! Extreme Scottish Triathlon to use my photographs as part of the event website photo gallery.
- I will comply with the rules and the regulations of Triathlon Scotland
- I confirm that all my race equipment is in good working order and accept that the Race Marshals can remove me from the race if the equipment is suspected to be sub-standard.
- Doctors and marshals appointed by the organizers may remove a competitor from the race should there be a health or injury risk to the competitor.

- The cycle route is not closed to traffic. Road traffic regulations must be strictly observed at all times.
- The use of non-legal performance enhancement supplements is forbidden.
- In the event of a race cancellation due to a storm or other "Act of God" my entry fee will be non-refundable.
- The organiser retains the right to change the course at any time for safety or logistical reasons.
- Participation is at the participant's own risk!
- The participant indemnifies the organization against any claims that may possibly result from participation in the event. The participant also indemnifies CELTMAN! Extreme Scottish Triathlon for any and all consequences which may ensue as a result of this participation.
- I confirm that I have had no recent contact with any persons exhibiting signs of flu/ coronavirus and have not travelled to any WHO listed blackspots in the last 21 days.
- I provide the support driver statement below on behalf of my designated driver/s:

Competitor Name:

Date:

Competitor Signature:

▶ SUPPORT DRIVER STATEMENT :

- I will drive according to traffic rules and at normal traffic speed. I will never drive directly behind or in front of the biker or runner.
- The car will always be off the edge of the road.
- All support will be given from outside of the stationary car and never through a car window.
- The competitor will not sit in the car at any time during the race, even if the car is parked.
- I will follow the directions given by the race marshals.

Supporter Name:

Date:

Supporter Signature:

By submitting this entry, I acknowledge having read, understood and agreed to the above awareness and acknowledgement of risks, terms and conditions and waive and release CELTMAN! Extreme Scottish Triathlon and their partners from liability and have executed this agreement voluntarily.

CELTMAN LTD
10 Viewfield Lane
Selkirk
TD7 4LJ

Registered in Scotland
SC427949



Photo: Steve Ashworth

NEW PARKING RULES FOR T2A



NEW PARKING RULES FOR SUPPORT AT T2A - IMPORTANT UPDATES. PLEASE READ CAREFULLY :

In the past few years the traffic levels on the Celtman course have grown significantly, due to increased tourism and the popularity of the NC500 road route.

It has gradually impacted our transition areas to the point where, in 2019, the traffic congestion around T2A became almost unmanageable and potentially dangerous. If there had been an emergency, the response vehicles would have been impeded.

Therefore we have introduced a new system – please read carefully as failure to adhere to the new rules will incur a time penalty.

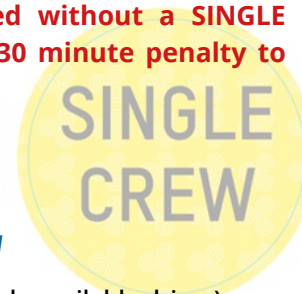
▶ TRAFFIC AND PARKING RULES AT T2A :

T2A is our mountain safety checkpoint and the start of the supported mountain run section and is located on the road to Torridon (A896) road around 8 kilometres (10 minutes) from T2.



T2A PROCEDURE FOR SUPPORT CARS WITH SEPARATE DRIVER AND SUPPORT RUNNER:

- ▶ Approach T2A area and you will be instructed where it is safe to stop by a traffic marshal.
- ▶ DO NOT ignore the marshal's instructions and DO NOT turn your vehicle back to face Kinlochewe.
- ▶ Support crews will be given 5 minutes to drop off the support runner and required equipment but the vehicle MUST NOT be left unattended at any time. Empty vehicles will incur a penalty.
- ▶ The support crew must then continue to Torridon or to their accommodation if they wish. The café/ bar in Torridon will be open for refreshments and there will be a live tracking screen available.
- ▶ Parking on the Glen Torridon road (A896) is STRICTLY PROHIBITED after dropping off the support runner.
- ▶ **Any vehicles found parked without a SINGLE CREW sticker will incur a 30 minute penalty to their athlete.**



T2A PROCEDURE FOR SINGLE CREW

(where the support runner is the only available driver) :

- ▶ Approach T2A area and you will be instructed where it is safe to stop by a traffic marshal.
- ▶ DO NOT ignore the marshal's instructions and DO NOT turn your vehicle back to face Kinlochewe.
- ▶ You will be given 5 minutes to drop off the required equipment should you wish to do so.
- ▶ Continue to T2B (2.4 km) and follow the marshal's parking instructions.

- ▶ The Car Park at T2B has limited spaces which will be available to those athletes who only have one person for support.
- ▶ Walk/run back to T2A to meet your athlete.
- ▶ Please ensure you have everything with you that you will require.
- ▶ Parking on the Glen Torridon road (A896) is STRICTLY PROHIBITED unless advised by marshals and ONLY if displaying the SINGLE CREW sticker.
- ▶ **Vehicles found parked illegally will incur a 30 minute penalty to their athlete.**

▶ ADDITIONAL NOTES:

Support runners will wait for their athlete in the T2A area where there will be a small shelter and a coffee vendor. If the support runner or athlete has equipment not needed for the mountain it can be left with the T2A team but must be in a small bag clearly labelled with the athlete's race number.

Once you leave T2A you can head back to Torridon Hall to await your athlete, the live tracking will be on display in the hall and you can follow your athlete there. The mountain run can take 5 hours or more (usually more!) so you could also return to your accommodation for a rest if the distance is reasonable.

DO NOT drive back towards T2A to check on your athletes progress this will cause traffic problems in an already busy area of the road, this will be strictly enforced.

If you are a solo support person who finished the run with your athlete, a shuttle bus will be provided to take you to T2B to collect your car, these leave the Torridon Hall at regular intervals, please listen out for announcements.

All kit left at T2A will be brought back to Torridon Hall for collection on Sunday.



Photo: Steve Ashworth

 **CELTMAN!**
EXTREME SCOTTISH TRIATHLON
PRESENTED BY
 1part Carbon



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