



TEAM INSTRUCTIONS & KIT LIST

Please read this carefully

ON ARRIVAL

When you arrive at Drumlanrig Castle, please drive down to the left of the Castle and park in the Adventure Playground car park. Marshals will be wearing high-visibility vests and will be there to guide you from 7am. Please do not attempt to park anywhere else on the Estate unless given prior permission to do so by the event organiser.

Further directions can be found via the following link: <https://www.drumlanrigcastle.co.uk/plan-a-visit/>
It is essential to arrive early to allow plenty of time for you to register and get ready. Once parked, please make your way to The Larchwood Cabin, located next to the Adventure Playground, to register your team, all 3 team members **must** be together to register.

REGISTRATION – The Larchwood Cabin

Team registration will run from **7:00am to 8:30am**. Please make sure you arrive in good time as there is a lot to do before the Race Briefing at 9:00am in the marquee, located in the Stableyard up by the Castle. Remember, the earlier you register, the earlier you can start planning your race route!

ZONE 1 – Registration Desk, Larchwood Cabin

You will receive the following at Registration:-

- Shirt number – you **must complete** the emergency/medical details on the reverse then pin it to the front of your shirt with the pins provided.
- Bike numbers and cable ties to fit on the front of your bikes.
- Map and route information.
- All other race information.

Complete mobile phone contact form at the Registration Desk. This mobile (one phone per team) must be carried during the race for emergencies.

ZONE 2 – Electronic Wrist Band Desk, Larchwood Cabin

At Zone 2 each team member will be fitted with their electronic wrist bands. During the race all 3 team members must pass their wrist band over each electronic check point to collect your **Race Points**.

ZONE 3 – Bike Check Area and Team Numbered Transition Box/Kit Area

Zone 3 is located near the Adventure Playground car park. The Transition Box/Kit Area is where you will leave your bike during the run at the start of the race and leave anything you don't need for the start of the race, you will come back to this area after the first run.

Your Transition Box/Kit Area will be numbered with your Team Number which is allocated to you at Registration.

Bike Hire – hired mountain bikes

- once your team has registered in Zone 1 & 2, Larchwood Cabin (3 on map)
- collect your hired bike from bike hire tent down by Adventure Playground car park (4 on map)
- the hired bikes have been safety checked (so you do not need to go to Bike Check in Zone 3)
- put your bike number on the front of the bike with the cable ties provided
- leave your bike in your Team Numbered Transition Box/Kit Area (6 on map)

Your own mountain bikes

- once your team has registered in Zone 1 & 2, Larchwood Cabin (3 on map)
- put your bike number on the front of the bike with the cable ties provided
- take your bike for a safety Bike Check in Zone 3 (5 on map)
- leave your bike in your Team Numbered Transition Box/Kit Area (6 on map)

Be sure to be race ready by 9:00am for the Race Briefing!

EVENT WELCOME AND RACE SAFETY BRIEFING

This will begin at 9:00am in the Stableyard Marquee. David Peck will formally open the event alongside James England, the Course Director, who will also provide you with much needed inspiration and important safety information.

All team members **must** be present for the Event Welcome and Race Safety Briefing.

The race will start at around 9:30am so make sure you arrive at the Briefing ready to race!

CHANGING/TOILETS

Competitors should arrive ready for the event. There will be toilets available for competitors to use, but there will be no toilet facilities on the race route.

FOOD/HYDRATION DURING THE RACE

All teams are responsible for bringing sufficient food and fluids for the duration of the race. What you bring is entirely down to personal preference, although we would recommend you include high energy foods, light snacks (that can be eaten on the go) and plenty of water and energy drinks to keep your hydration levels up and keep you going.



RACE INFORMATION

Mass Start

All competitors will start in front of the Castle for a cross country run on foot (no bikes). You will re-join your bike at the end of the run in your Team Numbered Transition Box / Kit Area.

Once you start the Race your Map and Route Information will provide all the necessary information on the stages, but here is a brief overview:

Distance - approximately 45km, although this will be totally dependent on the route you take!

Getting round the course - as a team you will be required to navigate to the different activity stages of the course in the order you choose. The Map and Route Information will provide all the information you require at each stage. There may be mandatory sections of road and obstacle crossing points which all teams have to use between the stages.

What you will encounter along the way

- **Mountain biking** – is the main mode of transport. You will be cycling through Drumlanrig and the neighbouring Estate predominately on country lanes, forestry tracks and moorland roads as well as on quad bike tracks on the hillsides and tops. Some portage may be required on the hills.
- **Secret disciplines** – which may include some challenge obstacles or stream crossings...
- **Orienteering** – this stage is all on foot and bike. Your task is to collect as many electronic control points (CPs) as possible.

For the faster teams, the expected finish time will be around 4.5 hours, with the slower teams around 6 hours. The winning team will not necessarily be the fittest; it is more likely they work best as a team!

TEAM KIT BOX

The team kit box is for any spare kit, change of clothes, extra food for the event and will be kept in your Team Numbered Kit Area. Boxes should ideally be large, plastic, lidded and waterproof.

CUT OFF TIMES

There will be race cut off times for the slower teams. If you are running short of time, the route marshals will divert your team to another route so you get to finish in time for the BBQ. Cut off times will be announced prior to the start and will be noted in the route information.

TIME PENALTIES

For each control point missed or challenge unsuccessfully completed a time penalty will be applied. If you are not back after the cut off time a further time penalty will be applied.



RACE FINISH

All teams must hand in any relevant items as instructed by the marshals to allow us to calculate your final score.

Shower facilities will be available on site for competitors to shower and change prior to the BBQ and prize giving. These will be located down by the Adventure Playground car park area.

Refreshments will be provided at the BBQ which will commence at around 3:00pm. The results will be revealed after the auction and raffle followed by the prize giving.

THE BUCCLEUCH PROPERTY CHALLENGE - TEAM KIT LIST

The following items are mandatory. Your kit will be spot checked by event staff so please make sure you have all the kit listed. Failure to produce the appropriate kit could result in time penalties.

Team Safety Kit must be carried at all times

- Mobile phone sealed in a waterproof bag – this will be your emergency contact number
- 3 power gel sachets
- 1 x hand warmer
- 1 x compass and whistle
- 1 x puncture repair kit, spare bike tube and tools (remember to bring a pump)
- Team first aid kit – see contents below

Team First Aid Kit – 1 per team, contents must be in a waterproof bag

- 1 x wound dressing
- 1 x crepe roll bandage
- Packet of Compeed (second skin for blisters)
- 1 x roll of zinc oxide tape
- Toilet paper or biodegradable wipes
- Anti-inflammatory medicine
- Elastoplasts
- Current medication

Personal Kit per person

- 1 x mountain bike, **must** be fully serviced with working brakes & bell, plus front & rear reflectors
- 1 x bike safety glasses or sunglasses
- 1 x bike gloves
- 1 x bike helmet
- 1 x running shoes (if wearing specialist bike shoes)
- 1 x small 20-30 litre rucksack to carry spare clothes and food
- 1 x lightweight waterproof jacket and trousers (expect to get wet)
- 1 x minimum 1 litre water bottle or equivalent
- Wear shorts or full length cover (wear appropriate clothing)

PLEASE NOTE - due to the mix of cycling terrains which may be included on the course, **we recommend using a mountain bike**. Gravel bikes may be used if the rider is confident in their skills, experience, and ability to judge risk according to terrain.

OTHER EQUIPMENT YOU MAY LEAVE IN YOUR TRANSITION / KIT BOX

- Spare food and liquids (remember there is a BBQ following the end of the race)
- Spare socks, spare clothes for during and after the race
- Towel
- Warm jacket
- Energy food
- Any luxuries you would like to have on completion

Remember that this box will remain in one fixed location in the Transition / Kit Area.

There is no additional kit required for activities, as BlueSky Experiences will provide all technical equipment.

SAFETY

- You are expected to be able to look after yourself and your team during the event.
- There will be several First Aiders in attendance throughout the event, overseen by an overall appointed Medic.
- Ensure any injured team mate is adequately provided for.
- The BlueSky Emergency Contact numbers will be printed on your competitor shirt number.
- There will be marshals out on the course with radios/phones.
- The Route Information will provide further information on safety.

TRAINING TIPS

- Head for the hills and off road tracks with your mountain bike.
- Practice mending punctures.
- Mountain bike as a team before the race.
- Learn to navigate on a bike.
- Practice orienteering.

