



### Aberfeldy Middle Distance Triathlon 2009

#### The Aquasphere Swim 1900m

We are delighted to announce the support of Aquasphere this year who are the main sponsors of the swim course and have provided a range of support that has helped develop this race to a higher level. They have put up an Aquasphere Mako wet suit as a special spot prize.

The swim will take place at Croft-na-Caber, Kenmore, Loch Tay. Race start at 08:30. The water temperature will be approximately 13 Degrees centigrade, but comfort can be taken from the splendid views to be seen around the Loch as you raise your head up to sight the buoys. There will be a swim course briefing at 08:10 and you will be allowed in the water from 08:20 to warm up. We advise that you do get in to warm up before the start and get used to the temperature. Wet suits are obligatory and we recommend that you wear a neoprene hat. The course is well marshaled with safety canoes and motor launch. If you find yourself in difficulty or distressed, roll onto your back wave an arm in the air and a canoeist will come to your assistance. Should you require additional support the canoeist will raise their paddle and the motor launch will come to your assistance.

A deep water start will be used near the jetty at Croft-na-Caber. 2 laps of a triangular course will be swum heading North from the South shore of Loch Tay, turning left to swim in a westerly direction at the first turning buoy. At the second turning buoy turn left again to swim back to the southern shore of Loch Tay. Turn left again at the third turning buoy swimming east to complete your lap. Swim towards the pier and exit by the boat ramp turning left at the top of the slipway running in front of the coffee shop into the transition area.

Change and get warm before un racking your bike and running/walking to the mount dismount line. Take a left turn and head out into the spectacular Highland Perth shire Countryside for your 90Km cycle.

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### The Escape Route Pitlochry - Bike Course



#### **Bike 90Km**

From the transition area head east along the single track road until the junction with the A827 Aberfeldy - Killin road. At the junction turn left towards Kenmore. Carry on along the A827 through Kenmore, taking care at the hump back bridge over the river. Turn right just when you leave Kenmore along a single track road for about three miles. You will cross a green metal bridge before you come to a junction with the B846 Aberfeldy to Tummel Bridge road. Turn left onto the B846 and head for the first of two long climbs. At the top of the hill turn left along the "The Schiehallion Road". Your first feeding station will be located just before the turn. Take great care on the steep descent towards Kinloch Rannoch. On approaching the village care should be taken crossing the hump back bridge. Carry on through the village turning left onto the North side of Loch Rannoch. Your second feed station is located in the village square opposite the Dunalistair Hotel.

Carry on up the north side of the loch on the B846 for approximately 12 miles. At the west end of the loch there will be a feeding station after the junction signposted Bridge of Gaur. You turn left here and carry on along the south side of the loch. You will be directed to turn right about a mile before you arrive back at Kinloch Rannoch. This is a small single track road which ends in a junction with "The Schiehallion Road" turn right at this junction. Your final feed station will be based here and allow to fuel up for the last 8 miles back to Aberfeldy

The road is flat and fast for a few miles but do not be deceived as it then starts to climb for approximately 2 miles. Once you are over the accent carry along this undulating road for approximately four miles until it ends at a junction with the B846. Turn right heading down the hill for Aberfeldy. Keep on the B846 straight into Aberfeldy taking care going over Wades Bridge. After Wades Bridge turn right into Taybridge Drive carry along to the junction of the main Aberfeldy-Kenmore road turning left. Carry on up Kenmore Street for 100 metres and turn right into Alma Avenue and then next left into the grounds of Breadalbane Academy. Carry on through to the bike dismount line.

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### Run 21Km

Run out of the transition area towards the church turning left onto Crieff Road. Carry on over the junction into Taybridge Road and run on to Wades Bridge. Carry on over the bridge.

Run for 0.4mile and turn right at the junction just before Aillean Craggan hotel. This is the major pinch point of this section, please take great care. You will encounter on coming cyclists who have the right of way as you cross over onto the right. This is well marshaled but do take extra care and be vigilant.

**KEEP RUNNING ON THE RIGHT AT ALL TIMES.** Carry on running along the unclassified road towards Grandtully and Strathtay. As you enter Strathtay at the 8Km point take the right turn down the side of Strathtay stores. At the bottom of the short downhill turn left. Continue up a short steep hill and turn right continuing onto the turnaround point.

At turnaround point turn onto the right hand side of the road and run back along the road keeping on the right hand side of the road. Continue until you reach the Aillean Craggan junction and turn left heading back towards Aberfeldy.

On reaching Wades Bridge, carry straight on up Taybridge Road to the crossroads. Go straight over at the traffic lights straight up the Crieff road and after 100 meters turn right by the church. Follow the finish funnel and run under the finish banner.

There are water and energy drink stations at the 3, 6 , 9 mile points