THE SCOTTISH SCHOOLS' MOUNTAIN BIKE CHAMPIONSHIPS TUESDAY 23RD SEP 2025

I hope you are all as excited as the organising team to be travelling to Comrie Croft next week for the Scottish Schools' MTB Champs.

I make no apologies for the huge amount of information in this email. It contains everything you need to know regarding the race. Please read through everything carefully – thank you!

1. TRAVEL

For satnav purposes use the postcode PH7 4JZ

Parking at Comrie Croft: On arrival on Comrie Croft please follow instructions of the parking wardens, they will direct you to where to park. If you are travelling by coach please drop participants at Comrie Croft then coaches are to park in the <u>bus parking Comrie</u> (1 mile) or <u>Crieff (4 miles)</u>.

2. FOOD: Please can all riders bring a packed lunch. There is food available on site:

Gorse Café:

- Open from 08:00 16:00
- Serving pre-made sandwiches, sausage rolls, treats, hot & cold drinks.

Farm Shop:

- Open 09:00 17:00
- Hot and cold drinks and snacks.

3. RACE

This MTB XC race is insured and held in accordance with Scottish Cycling rules and technical regulations.

Team Events: All schools with sufficient riders will automatically be entered in the team competition.

- **Girls Team:** The cumulative placings of the best placed 3 riders from the races across the age groups.
- **Boys Team:** The cumulative placings of the best placed 3 riders from the races across the age groups.
- **Mixed Teams:** The cumulative placings of the best placed 3 riders from across the age groups, teams must include at least 1 girl and 1 boy.

In the event of a draw we will go to the fourth and fifth riders and then subsequent riders until we have a team winner.

Course Details:

- S1/2 Riders will race for a maximum of 45 mins, for the leader, around a 3.4km course.
- S3/4 Riders will race for a maximum of 45 mins, for the leader, around a 3.4km course.
- S5/6 Riders will race for a maximum of 60 mins, for the leader, around a 4.9km course.

In all races, each category will finish on the same lap as the leader of that category. After the leader finishes, all riders, including lapped riders, will finish and be placed accordingly.

How technical is the course: S1/2 and S3/4 races are on blue (moderate) trails. These can be ridden by any rider with intermediate skills on a mountain bike with front

suspension. S5/6 will race on some additional red graded terrain, there are some rock and root features, but everything is rollable. All riders are encouraged to complete at least 1 practise lap so they are familiar and comfortable with the course.

Feed Station: There is designated feed station on the race route and this will be clearly marked for all racers should they wish to use it during their race.

Gridding: Gridded places will be pre-drawn by the race Director and called at the start of each race.

Registration: 09:00 – 10:30 in the Pole Barn.

Race numbers & timings chip: Issued at registration, number boards are to be attached to the front of the bike handlebars and race chips (dibbers) attached to wrist.

Live race timing can be tracked from the QR code below and QR codes on site.



Rider Equipment:

- A mountain bike it is the responsibility of the supervising adult to ensure all bikes are in a good working order.
- Bar end plugs are mandatory Pupils will not be permitted to race without handlebar ends covered
- Short or long sleeve top (sleeved past the shoulder)
- Close fitting sports shorts or trousers
- Trainers with decent sole or MTB specific shoes.
- Full finger gloves
- Helmet Pupils will not be permitted to race without a helmet.
- Eye protection.
- Additional warm layer
- Waterproof jacket and trousers.
- Cameras are <u>NOT</u> permitted to be used by any rider, either attached to the bike or the rider

MTB is strenuous, it is important racers are hydrated and bring a full water bottle and a snack. Make sure racers have a good breakfast on the day and bring a packed lunch.

RACE DAY TIMINGS

| Time | What | Remarks |
|-------|----------------------------------|-----------|
| 09:00 | Registration open | Pole barn |
| 09:30 | Main briefing to all school reps | Pole barn |

| Time | What | Remarks |
|---------------|---|--|
| 10:30 | Registration closes | |
| 09:45 - 10:50 | Course open for practice | |
| 11:00 | Gridding 1st round of races | |
| 11:15 | 1st races start: • S1/2 Girls • S1/2 Boys | 12:30 all riders expected to have finished |
| 12:30 - 13:00 | Course open for practice | |
| 13:00 | Gridding 2nd round of races | |
| 13:15 | 2nd races start: • S3/4 Girls • S3/4 Boys | 14:30 all riders expected to have finished |
| 14:30 | Gridding 3rd round of races | |
| 14:45 | 3rd races start: • S5/6 Girls • S5/6 Boys | 16:15 all riders expected to have finished |
| 16:15 | Podiums | |

School Staff/Representatives Responsibilities:

- Supervise pupils
- Get their riders to the start points on time races will not be delayed for late arrivals.
- Attend the required briefings to make sure you have all the information.

Race Briefing: There will be a race briefing for all competitors on the start line prior to each race starting.

Marshalls: Will be wearing hi-vis jackets. Please follow their instructions.

Spectators: Please **DO NOT** cross the race course. There are designated course crossing points that will be managed by marshals. Please follow their instructions.

First Aid: Please help any rider in need. There are 6 first aiders covering the course. Alpha med are providing First aid services;

- 1 Paramedic
- 1 EMT
- 4 First Aiders

First aid is also available at the finish.

First Aid Team Locations: There will be a first aid team situated at the Quarry and at Base - well signposted.

Retirements:

- If you are unable to carry on please report your number to a marshal.
- Return to race HQ by the most direct/safe route.
- On return to Race HQ, you must ensure you inform a member of the race organising team that you have retired and hand in your SI dibber and number board to the team.

• Please do not rely on a fellow rider to pass on information that you have retired – it is **your responsibility** to inform the organising team.

Water: Water refill points will be well signed.

Race Participant Medals: Every rider will receive a participant medal

Prize Giving: Will take place in the Pole Barn at 16:15.

Ticks: There are ticks at Comrie Croft. Be vigilant and make sure you check yourself after the event.

Toilets: There are plenty of toilets at Comrie Croft, these are well signposted.

Bike Repairs: Comrie Croft Bikes will be open from 09:00 - 17:00 and can carry out minor repairs to bikes. It may be busy so be patient.

We look forward to seeing Comrie Croft buzzing with hundreds of young enthusiastic mountain bikers!

MAPS AND INFORMATION







