



FINAL ARRANGEMENTS

To all participants in CAT 2010 – please read the following carefully

CANCELLATIONS

If you have entered and can no longer take part, please let us know as soon as possible by [email](#) - this will free up a place for the team at the top of the reserve list. If you cancel before Monday 30th August we will refund your entry in full – a £5 admin fee. No refunds will be given if you cancel between 1st September and 18th September.

SUBSTITUTIONS

If one member of your team can no longer take part, the remaining team member may bring a substitute. If possible please let us know the name of the substitute person before the event. He/she will need to sign an entry form and disclaimer on the day. If both team members are no longer able to compete, this will be treated as a cancellation and the team loses its place.

NEW THIS YEAR – CAT TASTER DAY SATURDAY 4TH SEPTEMBER

If this is your first CAT and want to have a better idea of what you are letting yourself in for or you are a seasoned participant and want to refresh those multi sport skills do join us on Saturday 4th September. You will get great instruction on how to paddle that canoe faster, as well as a chance to familiarise yourselves with the bike and run routes. For more info [click here](#)

MARSHALS

We can always use extra marshals to help on the day, so if someone coming with you is able to spare a few hours please let us know as soon as possible. Free food at the finish for all marshals!

ARRANGEMENTS ON THE DAY

PARKING

Please share transport as much as possible, as parking in the immediate vicinity of Loch Morlich will be fairly limited with part of the Car Park being used as the transition area. Once Loch Morlich Car park is full additional car parking will be available at the “Hay field” – approx 1km from Loch Morlich.

REGISTRATION

This will be from **8.00-9.30**, in a large gazebo situated on Loch Morlich beach, close to Loch Morlich Watersports. There will be a **race briefing at 9.30am**, with the first heat starting at 10am. Subsequent heats will start at approximately 45-minute intervals.

NEW THIS YEAR – CHIP TIMING

We are very grateful for a grant from Cairngorms National Park Leader Programme for us to provide chip timing this year. For the first time you will have split times for the canoe, bike and run as well as your total time. You will be given your “chip” at registration and full instructions on how to use this will be given at the briefing.

TOILETS – Portaloos will be situated close to the Transition area.

THE ROUTE AND HEATS

The race will be run in 4 heats with each heat comprising of 25 teams.

HEAT ALLOCATION – Many of you have asked to be in the same heat as friends so we have tried to allocate “friendship groups” to the same heat. As last year remaining teams have been allocated based on approximate finishing times. If you have estimated a more leisurely time you are most likely to be in Heat 1 or 2, whilst those estimating faster times are more likely to be in Heats 3 or 4. To see your heat allocation [click here](#) (link to Entrants page)

CANOE LEG –the canoe section is a marked 3km course. The start and finish of the canoe section will be on Loch Morlich beach. In the unlikely event of poor weather making conditions on the loch unsafe, the organisers will alter or cancel the canoe leg on the day. If the canoe leg has to be cancelled the event will in effect become a duathlon ie a 5km run followed by the 25km bike route and a sprint!! (run) to the finish line – approx 150 meters.

BIKE LEG – This is exactly the same as last year – see website for the route. Please remember to check that your bike is safe and in good working order and don’t forget a helmet. Remember to take sufficient water or energy drinks for the bike leg. Please take extra care on the final section as this is shared with runners.

RUN LEG –The run follows a **clockwise direction** round the loch. The finish is right beside the marquee and your well earned free burger and drink.

WATER STATION – this will be at the Transition area only. Remember to take sufficient water/energy drinks with you for the bike section.

PRIZES – All competitors will receive a useful item for their efforts. There will also be team prizes for first male team, first female team, first mixed team and the first team who live within the Cairngorms National Park. Team positions will be based on the combined times of both team members. We hope that as many of you as possible will stay for the prizes and free food.

LOCH MORLICH WATERSPORTS

Do bring family and friends to support you on the day. Loch Morlich Watersports will be open for hire and instruction once the canoe heats are completed. For more information and booking, please [click here](#). (link to Loch Morlich Watersports). Coffee and refreshments will also be available.

SUPPORTING LOCAL YOUNG ATHLETES

The CAT is a not for profit event – all proceeds will go to help a local young athlete, aged 16-21 who shows promise in their chosen sport. Last year cyclist Charles Fletcher benefited from a £1000 grant from the CAT. We hope that Charles will be at this years CAT to help with the prize giving and say a few words about his ambitions in the sport.

FINALLY

We look forward to meeting you all on the day and let’s hope for that perfect combination of blue skies and a flat calm loch!