



SATURDAY 20TH AUGUST

DRUMMOND HILL RUN

KENMORE RECREATION GROUND,
KENMORE, PERTSHIRE



ATHLETE GUIDE

WELCOME

It gives me great pleasure to welcome you to the culmination of your journey to the Drummond Hill Trail Run 2022. A journey of countless hours pounding the streets and trails to get you to the start line and finally draw to a climax on the finish Line in Kenmore. The team at Still Going Strong and everyone involved in the event has focused our efforts on providing the best possible stage for you to test your endurance and racing skill. However, there is only one person that can fill your shoes on Raceday. You can expect support from the many volunteers and staff so please do show your appreciation to them on the day.

Finally, I would like to offer my thanks to the Team behind the Event who show incredible, unwavering support and the local communities who provide this perfect stage for you to shine.

COVID-19 MEASURES

The team are thrilled to be welcoming you back to Kenmore in 2022 and we want to ensure that everyone can enjoy their experience at the race as they should. We are sure that many of you will be thrilled to be back racing in the new 'normal' - however, there will be athletes that are not quite as comfortable racing as others. Therefore, we ask that all athletes respect one another so you can all have an enjoyable experience you have been waiting so long for. In light of this, we kindly ask that you follow the government recommendations in regards to COVID measures at the time of the event and respect athletes, volunteers, and staff throughout your onsite experience.

We will provide sanitisation opportunities at key touch points throughout the event such as registration and the awards ceremony.

Please use the official Event Car Parks, particularly in Kenmore where we ask you not to park in the Village Centre or in any residential streets.

Over the years, the race has seen all manner of weather so please make sure you are prepared for all conditions on race day. Whether you are a first timer or a seasoned athlete, it is important to remember the safety of everyone is a priority so please read this athlete guide, plan your perfect Event, and follow any guidance at the event. Please respect the physical challenge you have set yourself and do not attempt it if you are feeling at all unwell, ensure you are properly prepared and trained for the event.

We will attempt to give you as much information as possible within this Guide but if you have any additional questions bring them to the race briefing or email us at info@aberfeldytriathlon.com. All additional race information and route maps will be available at www.aberfeldytriathlon.com

Take care of yourselves and fellow athletes but most of all enjoy the experience and Race Well.

Richard Pearson
Race Director



RACE HQ

KENMORE SPORTS PAVILION
Kenmore, Perthshire, PH15 2NU

RACE WEEKEND SCHEDULE

The critical pieces of the schedule for the Trail Run are below;

SATURDAY 20 AUGUST

08:00	Athlete Village & Car Parking Opens
08:15-09:45	Registration Open
09:50	Start Area Open
10:00	RACE START
10:40	Anticipated first Finisher
11:30	Anticipated Final Finisher

REGISTRATION

At registration you will collect your Race Pack this will contain your race number which will have an integrated timing chip. You will also receive a race memento and some sponsor information.

COURSE DESCRIPTION

Grab your trainers and join us for a trail run experience you will never forget. Swap pounding the pavements for the chance to run wild on a 10Km trail run starting from the picturesque Kenmore Recreation ground and heading onto the stunning hills and trails around Drummond Hill and onto the banks of the mighty River Tay. The course will be fully way-marked. Full medical cover and a race sweeper will be on the course.

ROUTE MAP

The Route Map can be viewed and downloaded [Here](#)



NO LITTER. ANYWHERE. FULL STOP.

This includes the car parks, and specifically includes gel wrappers, banana skins, plastic cups etc. If you've got any of these, either bring back to the finish with you, or hand to a marshal. We rely on the goodwill of landowners for the race to happen and they do check the course after we're finished for this kind of thing.

PLEASE COMPLY - WE DON'T WANT TO DO IT, BUT IT'S AN INSTANT DQ FOR DELIBERATE LITTERING.

FINISH + PRIZE-GIVING

We intend to hold prize-giving at the Finish Line at around 11:30. Top three overall Females and Males plus 1 st Female and Male in each age group category will be awarded

FOOD & DRINK

There are several local eateries very close to the Event Hub, Taymouth Marina offer Hot and Cold Drinks and snacks from their [Ferryman Inn](#) hub. [The Courtyard](#) at Taymouth Marina is available for bar meals into the evening

ACCOMMODATION

There are several accommodation options in Aberfeldy and Kenmore, please see our Accommodation partners page for more information please look on our [Aberfeldy Multi Sports Festival website](#) for a list of good local accommodation options

CAR PARKING/PUBLIC TRANSPORT

DIRECTIONS

GETTING THERE BY CAR

From the North A9 Southbound:

Ballinluig Junction A822 to Aberfeldy, B827 Kenmore.

From the South

M90 to Perth, A9 North Bound, Ballinluig Junction A822 to Aberfeldy, B827 Kenmore.

From the West

Glasgow M80 towards Stirling M9 to Stirling, A9 Northbound to Perth North Bound, Ballinluig Junction A822 to Aberfeldy, B827 Kenmore.

From Aberdeen and the East

A90 to Dundee and Perth, A9 Northbound Ballinluig Junction A822 to Aberfeldy, B827 Kenmore

GETTING THERE BY RAIL

The closest rail stations are at Pitlochry and Birnam (Dunkeld).

Bus link or car hire from there to Aberfeldy/Kenmore. [Trainline](#) and [Bus Information and Times](#)

CAR PARKING

We are anticipating around 300 competitors registered for this year's event. The event car park is located adjacent to the Kenmore Sports Ground through the grounds of Taymouth castle. Please use this Car Park throughout Race weekend. Please use the Event Parking and do not park in Kenmore Village or in residential streets. There is ample parking for everyone.



SPONSORS AND SUPPORTERS

Our Nutrition partner Active Root, use natural ingredients and root ginger, to help fuel, hydrate and keep your stomach settled throughout your event! If you haven't tried Active Root then give it a go...

**PHEW, WE THINK THAT'S IT.
SEE YOU AT THE FINISH LINE!**

