

Oban Wee Peaks Race

Saturday 20th August 2016

Race Instructions

- INTRODUCTION** The Oban Wee Peaks Race is an adventure race for dinghy sailors and sea kayakers in the Sound of Kerrera, incorporating three short hill runs. Entries may be for single-handed or multi-handed boats, but all participants must complete all the runs.
- RESPONSIBILITY** The decision to start or to continue in the race, and the safety of a boat and her entire management including insurance shall be the sole responsibility of the competitor. Nothing, whether in these Race Details or elsewhere, reduces this responsibility. All competitors entering the race shall acknowledge the risk of personal injury and by signing the entry form confirm that they are content to assume this risk personally, and to indemnify the committee against any claim.
- ENTRY FEES** The entry fee of £7.00 per boat should be submitted with the entry form to The Secretary, Oban Sailing Club, Askival, Glenmore Road, Oban, Argyll PA34 4PG at or prior to the briefing on Saturday 20th August. The entry fee includes Temporary Membership of the Club for the day.
- CLASSES** Sailing dinghies and kayaks will compete in separate classes, sub-divided if necessary into Adult and Junior classes, depending on the number of entries. Juniors are defined as all those under the age of 18. Juniors under 16 years of age require the signature of their parent or guardian to participate. A briefing for all competitors will be held at 0945 on Saturday 20th August in the OSC Clubhouse. The races will start from 1100.
- HANDICAPS** No handicaps will be used – positions within each class will be determined on the basis of total elapsed time including sailing and running.
- PRIZES** Trophies will be awarded for the overall winners of the dinghy and kayak races, regardless of class, and prizes will be awarded for the first, second and third places in each class. The prizegiving will take place in the clubhouse as soon as possible after the race. Cake and tea/coffee/juice will be provided at the clubhouse after the race and the bar will be open.
- INSURANCE** All dinghies taking part shall have valid insurance cover including racing use against third party liability for an amount of at least £2,000,000. Kayaks are not required to have insurance.
- PROGRAMME**
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| Briefing for Marshals | 0900 |
| Briefing for Competitors | 0945 |
| Race Start (Dinghies) | 1100 |
| Race Start (Kayaks) | 1105 |
| Time Limit: | 1600 |
- Note: The sequence of flag and sound signals at 5, 4 & 1 minutes before each start will be explained at the briefing.
- TIDES (Oban)**
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| HW | 0743 BST | 3.9m |
| LW | 1303 BST | 0.4m |
| HW | 1909 BST | 4.1m |
- COURSE** The sailing course and the routes of the three hill runs are shown on the attached map.
- Start/Finish line** Between the white flagpole at the Clubhouse and the nearer tangent of Sgeir Rathaid South cardinal buoy (Mark S) as boats approach on their normal course.
- Sailing Course** The sailing course comprises four legs linking the three hill runs:

- (1) S – R (leave to port) – A (leave to stbd.) – B1.
- (2) B1 – A (leave to port) – B2.
- (3) B2 – Heather Island (leave to port) – Y (leave to stbd.) – B3.
- (4) B3 – S.

Marks are as follows:

S – Sgeir Rathaid South cardinal buoy

R – Sgeir Rathaid North cardinal buoy

A – Yellow inflatable buoy southeast of Rubh'a Cruidh

B1 – Landing beach adjacent to slipway on The Esplanade nearest the War Memorial

B2 – Landing beach in bay south of Ardhantrive Farm on Kerrera

Y – Yellow inflatable buoy laid off beach B3

B3 – Landing beach at west end of shallow bay in front of the houses of Dungallan Terrace at Kilbowie.

Note: The three landing beaches will have landing zones designated by two red and white flags (warning tape). All boats must land between the flags.

Run Routes

(1) Dunollie Hill (128m, 2.8km) From beach B1 up the slipway to the war memorial, then cross the road to the entrance gate to Dunollie House. Follow the access track for 400m to a junction, then through the gate to the right and follow the rough track beside the woods on the right and through another gate to the bealach between the two hills. Continue on the track for a further 150m to a marker flag where a faint path cuts off to the left. Take this path and then by any route to the summit of the hill. Return to your boat by the same route. Note that the road crossing at the war memorial is hazardous owing to bad visibility, particularly on the return leg, and the directions of the Marshal must be followed.

(2) Barr Dubh, Kerrera (114m, 3.4km) From the landing beach B2 take the low ground at the lefthand end of the bay to a gate into a field. Follow the marker flags to a second gate at the western corner of the field and from there to the start of a faint path which climbs the northeast end of the hill and into a shallow re-entrant to the right of the prominent crag. From there gain the crest of the hill and continue over a shallow dip to a fence. This must be crossed at the marked stile on both the outward and return legs. Continue to the summit of Barr Dubh. Return to re-cross the stile then veer right and in about 250m pick up the top of a path descending steeply down beside a fence on the right. Continue back to the field gate and return to the beach by the outward route

(3) Druim Mor (137m, 2.7km) Leave the beach B3 by its righthand end to gain a tarred road and follow it up to the entrance to Kilbowie. Turn left along the main road for 50m then turn right over a stile to the start of a steep path up through Ardbhan Craigs. Cross the stile at the top and follow the faint path to the right, then swing left down into a dip then up to a gate on to the drove road. Turn right through a gate on the drove road for 100m then leave it after a righthand bend at a flag marking the start of a faint path to the left. Two short steep climbs lead via a prominent gully to the crest of the ridge which should be followed to the right until a fence is reached. Cross this by the marked stile and continue to the summit. Return to the boats by the same route. A marshal will be stationed to warn competitors of approaching vehicles on the main road as the exit at the foot of the path is somewhat abrupt.

GENERAL SAILING/KAYAKING RULES

Governing Rules	Races shall be governed by The Racing Rules of Sailing 2013-16 endorsed by the Royal Yachting Association and these Race Instructions. In the event of any conflict, the Race Instructions shall take precedence.
Recalls	Individual recalls will not be given. If a boat crosses the Starting Line prematurely an extra sound signal shall be made and the Class Warning Flag left at dip until all premature starters have returned to the proper side of the line, or until two minutes after the Starting Signal.
Propulsion	In the event of light or no wind it is permitted to propel the boat by any non-mechanical means using human power alone.
Clothing	All dinghy sailors must wear wetsuits or drysuits and buoyancy aids during the sailing legs. All kayakers must wear dry cags and buoyancy aids. If the wetsuit/ drysuit or dry cag is removed for the runs it must be put back on before the next sailing leg.
Ferries	Note that Calmac Ferries and other large vessels have right of way in Oban Bay, the Sound of Kerrera and the north entrance. The start time has been set to avoid conflict with the Mull ferry (departs 1050) and Lismore Ferry departing (departs 1100), However the increase in the number of Mull Ferries means that a ferry will be coming into Oban through the North Channel at approximately 11.50 and departing at 12.30. The Lismore Ferry will also be entering the channel from the North at about that time too. The Barra Ferry will be in the channel at approximately 12.30 too! Please be aware of the ferries particularly when leaving Beach 1 – you will need to wait for them to pass if necessary.1. (The inclusion of mark A on sailing legs 1 & 2 is intended to minimise dinghy and kayak exposure to conflict with other traffic in the north entrance.)

GENERAL RUNNING RULES

Transition	On arrival at each landing beach each boat must be safely parked above the likely tide level by the end of the run. Marshals will be stationed at each landing beach to assist with lifting boats out of the water and re-launching them, but responsibility for avoiding damage from rocks or boulders is the helmsman's. Sails must be lowered, furled or otherwise suitably de-powered so that the boat is not at risk of being blown over. All competitors must be suitably dressed for the run before leaving the beach (see below). Competitors must follow all directions by Marshals.
Clothing	All competitors must wear sufficient clothing during the runs, appropriate for the weather conditions on the day. Wetsuits or drysuits may be kept on for the run (but may significantly impede running!) If they are taken off, a windproof jacket may be mandatory depending on the weather conditions – this will be decided at the Race Briefing so it is necessary for competitors to come prepared with a windproof top.
Footwear	All competitors must wear suitable trainers or running shoes during the runs. (Remember to tie these into your boats if not worn during the sailing legs.) Wetsuit boots do not provide adequate grip or protection and will not be permitted for running.
Teams	All crew members in each boat must complete the runs, and must remain within sight and hearing of each other throughout.
Hill marshals	In addition to the marshals at the transition areas, a marshal will also be stationed at the top of each hill to record competitors' arrival. Competitors must give their names to the marshal before leaving the summit.
Routes	The routes will be marked with red/white tape flags at intervals and at points where the route might not be obvious. (Note that some of these may have disappeared by the time you get there.) Minor deviations from the marked route are OK, but remember that short cuts aren't always quicker!
Road crossings	The road crossings at the War Memorial and at Kilbowie are quite tricky, particularly at the end of the run. A marshal will be stationed at the crossing point to direct you – for your own safety please watch out for them and follow their instructions.

- Gates** Note that at several places on all three runs there are gates – these should be closed after you go through, unless you can see someone hard on your heels, when you may leave it for them to close.
- Fences** No fences are to be crossed other than at gates or stiles. On both the Kerrera and Kilbowie runs there is a fence to be crossed shortly before the top which will have a temporary stile marked by a flag – this is the only permitted crossing point and anyone seen crossing the fences anywhere else will be disqualified!
- Litter** The goodwill of landowners is essential to enable the race to take place. Please respect their property and ensure that no litter is left.
- Injury** If any runner is injured and unable to return to their boat, their partner (if they have one) or the next runner to pass must report the incident as soon as possible to the nearest marshal, either at transition or the hilltop. The marshals will call the appropriate emergency service if required. All runners shall have a duty to look out for others, particularly those competing solo, and to assist anyone in distress.
- PRIZEGIVING** The Prizegiving will be held at the Clubhouse as soon as possible after completion of the race.