

AFFRIC DUATHLON 2007 - COMMUNICATIONS PLAN

22nd April 2007. All enquiries to John or Lindsey - 01463 791444

General Instructions

The event is a Duathlon i.e. a run/ cycle/ road run in Glen Affric. 150+ competitors are expected. The race Start / Finish is the "Quarry" aka the Highland Cross Bike changeover. We are providing communications with the Red Cross on the initial 1st Run phase but our main efforts are concentrated on the Cycle phase. The route is the same as last year i.e. from the changeover in the quarry the competitors head east down the public road to Dog Falls where they turn into the forest and then turn left to take around a circular route towards Tomich before taking the track back along the southern lochside to the Quarry.

I expect the first cyclist to start the cycle section at 11:25. **Please be in position and on air for 11:00** We hope to be finished by 2pm.

Our function is to provide communications. You are positioned at potential trouble spots. There are event Marshals out on the course, they and the competitors know where you are and will report any incidents to you. First Aid cover is being provided by the Red Cross and our ***Control GM0RIV*** will co-ordinate the deployment of the Red Cross or can contact the Ambulance Service if there is a serious incident.

Reports:

- 1) When in location and operational.
- 2) The status of any 1st aid etc resources at your location.
- 3) The time (not numbers) of first and last competitors past your position.

Casualty: BEFORE CALLING CONTROL be sure you know:-

- 1) the competitors location (where on the route are they, are they still moving?)
- 2) the nature of the injury
- 3) the competitors number
- 4) **what form of assistance you are requesting!**

Access: All points are on the forest track some require caution to get to by car (drive carefully). Please access the forest via CHK3 i.e. Dog Falls

Technical bits! We operate a single radio net procedure with a control station - GM0RIV at Affric Quarry. Checkpoints operate on *either* a VHF or UHF frequency. Cross band links should integrate everything. Please make allowance for the time taken for these units to secure the circuit before talking – about 2 seconds.

Tea & Food!

There are refreshments being provided by the organisers at the Quarry after the event to which we are invited.

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	NGR	Call sign	Operators	On: Air	Frequencies	Notes
<i>Control</i>						
0	NH212240	GM0RIV/ GM00TI	John	10:30	145.225 435.000	<i>Control</i>
<i>Cycle Phase operators</i>						
1	NH243262	GM4JAE RAY02092	Ian Anne	11:00	145.225	
2	NH282282	GM0NTI	Lindsey	11:00	433.700	
3	NH279278	2M0WMJ	Willie	11:00	145.225/ 433.700	Link 1 for # 2,4,5 Please Keep Track Clear for emergency access.
4	NH288280	GM4TXP MM3MEH	Alan Mary	11:00	433.700	
5	NH301277	MM0DHY	Adrian	11:00	433.700	
6	NH291262	MM3RGI	Robert	11:00	433.750 (or 145.225)	It may be possible to work control directly on 145.225
7	NH263258	GM0OMC GM0JFK	Charles Campbell	11:00	145.225 / 433.750	Link 2 for # 6
8	NH254260	GM7RVR	Neil	11:00	145.225	
12	NH200233			11:00	144.675 (or 145.225)	
<i>Run Phase operators</i>						
10	NH180259	GM7WJI	Donald	10:30	144.675	
11	NH195255	GM1VAD RAY02067	Steve Kenny	10:30	144.675/435.000	Link3 for #10,12