

PREDATOR TRIATHLON CLUB



SPRINT DUATHLON

(inc NATIONAL JUNIOR DUATHLON CHAMPIONSHIPS)

Race Briefing

SATURDAY 16th March 2019

Race Start Time 10:00 am

DISTANCE 4K RUN – 18.5K BIKE – 2.6k RUN

Triathlon Ireland Sanction

This event is sanctioned by the governing body for triathlons and related events in Ireland, Triathlon Ireland (TI). The race therefore complies with established rules including safety regulations, race organisation guidelines and provision of third party insurance cover.

TI nominated officials attends every sanctioned event to ensure these standards are fully observed. Further details can be found at www.triathlonireland.com

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Timetable

Activity	Date	Time	Location
Registration	Saturday 16 th	08:00-9:30	The Lair, Predator Triathlon Club House, Kilcornan
Transition Opens	Saturday 16 th	08:00	Kilcornan Swimming Complex
Transition Closes	Saturday 16 th	9:45	Kilcornan Swimming Complex
Race Briefing	Saturday 16 th	9:45	Kilcornan Swimming Complex
Race Start	Saturday 16 th	10:00	Front Gate
Presentations	Saturday 16 th	11:00	Kilcornan Swimming Complex

General Information

- It is the competitor's responsibility to be well prepared for the race. Competitors should be in good general health and shall be responsible for knowing and following the prescribed course.
- The pre-race briefing will take place in Kilcornan Swimming Complex (Approx 0.5km from Start line at Grotto). It is compulsory that the competitors attend the briefing. It will last approx 5-10 minutes.
- Shower facilities available after the race in the Kilcornan Swimming Complex.
- There will be refreshments for all competitors in the Kilcornan Swimming Complex after the race.
- The Awards Presentation will be at 12.00 or earlier if possible.
- This is a non-drafting event.
- No chipped timing is provided, manual time only.

Registration

Registration shall be open from 08:00-9:30 on the day. You will find registration in the Lair, Predator Triathlon Club House, Kilcornan. Online entries shall close on Wednesday 13th March 2019 at 17:00. Cash entries of €25 are accepted on the day of the race.

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It is mandatory that all participants are insured to compete. Therefore, you must either be in possession of a valid 2019 TI membership card or a one-day licence on the day of the race.

Transition

Bike spaces shall be allocated on a first come first served basis. No bags shall be permitted to be left in transition. Access to transition shall not be permitted until the last athlete has commenced the 2nd run.

Competitors must have a road worthy bike and wear a hard shell helmet. When the competitor is entering the transition area to set up their transition space, they will be required to demonstrate that their bikes are roadworthy e.g. wearing their helmet (clipped), spinning wheels and pulling brakes. Please ensure that your handle bars have bars ends in place.

Marshals

Remember that the Duathlon cannot happen without the generosity of volunteers giving of their time. They are there for competitors' safety. Any abuse of marshals shall result in automatic disqualification.

Car Parking /Traffic

There is designated car parking on site. Cars parked here shall only be permitted to leave once all cyclists have returned to transition. No parking shall be permitted along the drive ways leading to the Killcornan Swimming Complex.

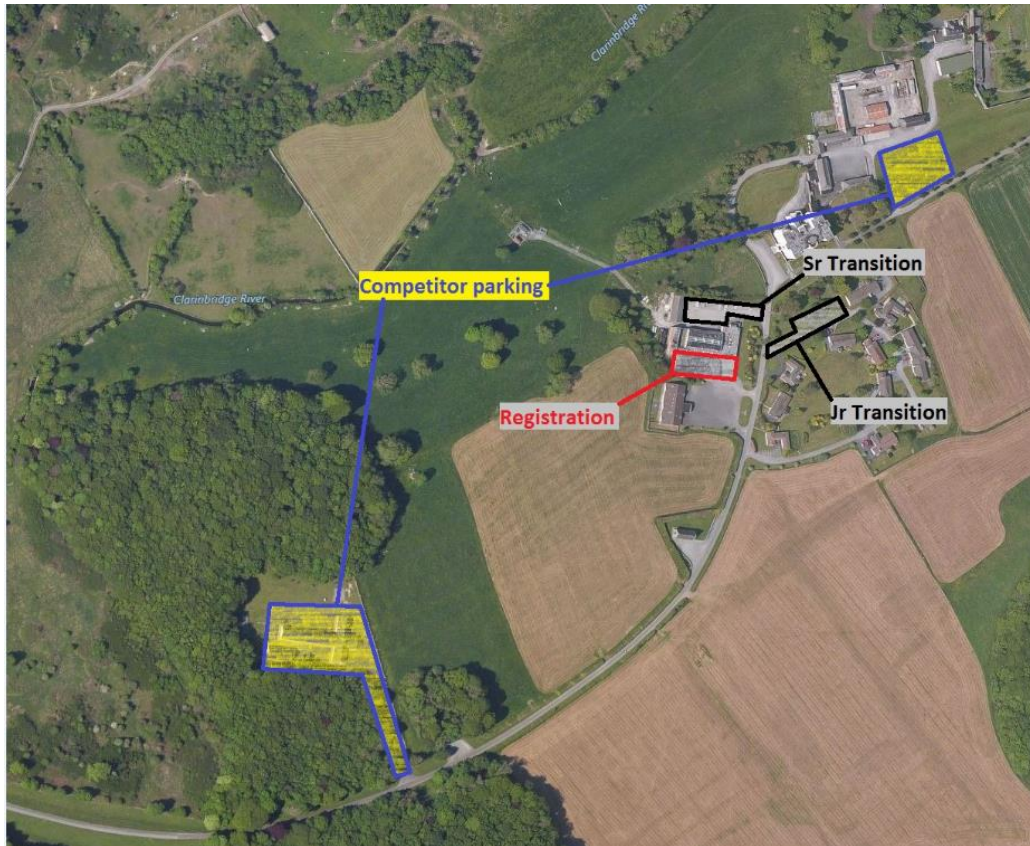
There are two entrances to Kilcornan, the Main entrance is on the N18 Clarinbridge Village, a secondary entrance is via the Gate Lodge Roveagh. There are two designated parking areas at the venue which are indicated on the parking map. Gate opening and closing times are shown below, if you arrive outside of these gate opening times you will not be able to enter and will be required to find alternative parking.

Gate Access Times

Race	Gates Close	Gates Open
Senior race	10:00 am	12:00 noon
Junior Races	1:50 pm	when racing allows - Follow Marshal Instruction

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Parking Map



Predator TC or Brothers of Charity Kilcormac takes no responsibility for vehicles or contents therein using these facilities.

First Aid

A team from the Irish Civil Defence shall be on site to assist.

Toilets/Changing facilities

Please note there are changing and shower facilities at the Killcormac Swimming Complex.

Refreshments/Prize Giving

Please join us after the race for some refreshments in the Killcormac Swimming Complex. The race presentations will take place as soon as possible.

Prizes

Prizes are given for 1st, (€100) 2nd (€70) and 3rd (€30) in both overall male and female categories only in the senior race (over 20 years of age).

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Prizes are given for 1st, (€30) 2nd (€20) and 3rd (€15) in both Junior Championship male and female categories. Please note all juniors are not eligible for senior prizes.

RACE MAPS

1st Run:

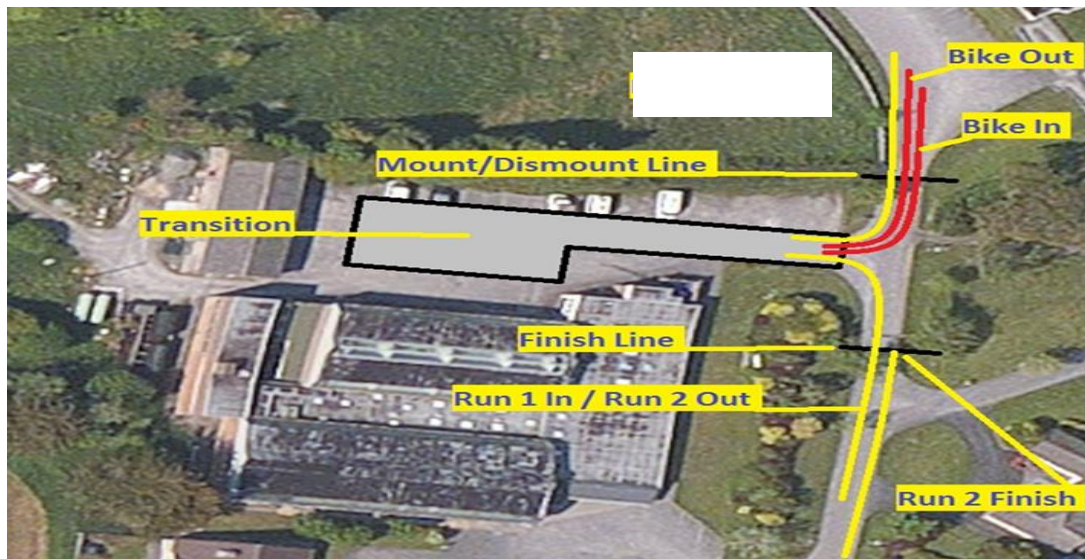
Race will start 400 metres from Kilcornan Swimming Complex and transition area. From start the competitors continue up the tarmac driveway skirting to the left around the main Brother of Charity house, go under the archway and take the ascending driveway up towards a gateway (**cattle grid**). Turn sharp here following road onto a forest trail, turn right into forest path that may be soft underfoot before exiting onto the driveway again to the right and continue towards the Kilcornan Swimming Complex and into the transition area.

SEE MAP BELOW



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Transition:



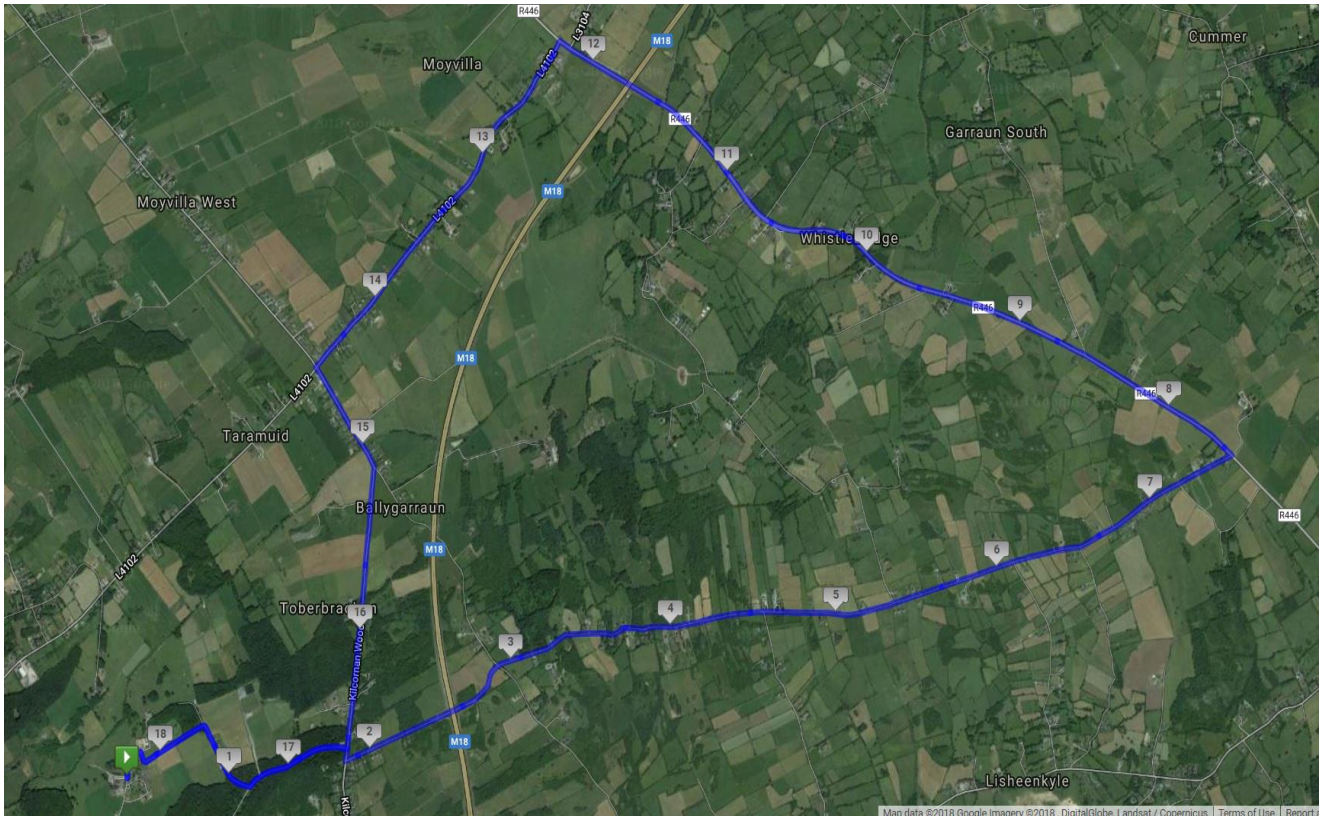
TRANSITION AND THE DRIVEWAY IN KILCORNAN IS A NEUTRAL NO OVERTAKING ZONE FOR THE INBOUND LEG ONLY. – Caution is advised.

Cycle:

Competitors will be required to fasten their helmets before touching their bikes. Please note the drafting rule means that cyclists may not be closer than 10 metres to other cyclists unless passing which must be done quickly. Motorbike marshals may be on the course to ensure fair play.

The competitor will exit transition and mount their bike after crossing the mount line which will be clearly marked. The competitor will skirt to the left around the main Brother of Charity house, go under the archway and take the ascending driveway up towards a gateway (**caution cattle grid**). Turn sharp here following road to gate lodge where the competitors will exit onto roadway (the road is open) turn right and 100 metres on, turn left and continue straight. At 7.5k stage turn left onto the R446 and again continue straight until the 12k stage and turn left onto the L4102 (Green Briar). Competitors continue straight for approximately 2.5k until turning left onto Kilcornan Wood road (14.5k stage) continue straight (please follow the fork on the road to the right). After 2k turn right at gate lodge following the driveway, taking a sharp left hand turn (**caution cattle grid**) descending the driveway following it right around through the arch and back to transition. SEE OVERVIEW MAP AND DETAILED MAP BELOW.

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On completing the bike section, competitors will dismount the bike at the 'dismount' line before entering the transition area. Helmets must remain on and fastened until the bike is racked.

2nd Run:

The competitors exit transition turning right onto the driveway passing the church and grotto on to the main gate before being directed around a cone by a marshal back the route and continue up the tarmac driveway past the Kilcornan Swimming Complex and finish just before the transition area.

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On behalf of Predator Triathlon Club, we wish you all a safe and enjoyable race and a happy St Patrick's!

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Thanks to our Club sponsors

