

PREDATOR TRIATHLON CLUB



YOUTH DUATHLON

Race Briefing

SUNDAY 15th March 2020

Race Start Time 1.00pm

Children's / Youth event

| Age | Distances |
|-------|----------------------------------|
| 7-9 | 800m Run / 1km Cycle / 400m Run |
| 10-11 | 1.5km Run / 3km Cycle / 800m Run |
| 12-13 | 2km Run / 4km Cycle / 1.5km Run |
| 14-15 | 3km Run / 8km Cycle / 2km |

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 | Sunday 15 th March | 08:30 -10:00 11:15 -12:25 | Kilcornan Swimming Complex |
| Transition Opens | Sunday 15 th March | 12:15 | Kilcornan Swimming Complex |
| Transition Closes | Sunday 15 th March | 12:40 | Kilcornan Swimming Complex |
| Race Briefing | Sunday 15 th March | 12:45 | Kilcornan Swimming Complex |
| Race Start | Sunday 15 th March | 13:00 | Kilcornan Swimming Complex |
| Presentations | Sunday 15 th March | 15:00 | 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 the transition area at the Kilcornan Swimming Complex. It is compulsory that the competitors attend the briefing. It will last approx 5-10 minutes. Each age group will have a race briefing prior to their event.
- Shower facilities available after the race in the Kilcornan Swimming Complex.
- The Awards Presentation will be at 3.00pm or earlier if possible.
- This is a non-drafting event.

Registration

Registration shall be open from 08:30-10:00 and 11:15- 12:25 on the day. You will find registration in the Kilcornan Swimming Complex. Online entries shall close on Wednesday 11th March 2020 at 17:00. Cash entries of €15 are accepted on the day of the race.

It is mandatory that all participants are insured to compete. Therefore you must either be in possession of a valid 2020 TI membership card or a one day licence on the day of the race.

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Transition

Bike spaces shall be allocated for each age group. Transition will be kept clean and tidy at all times so non-essential items will not be allowed.

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.

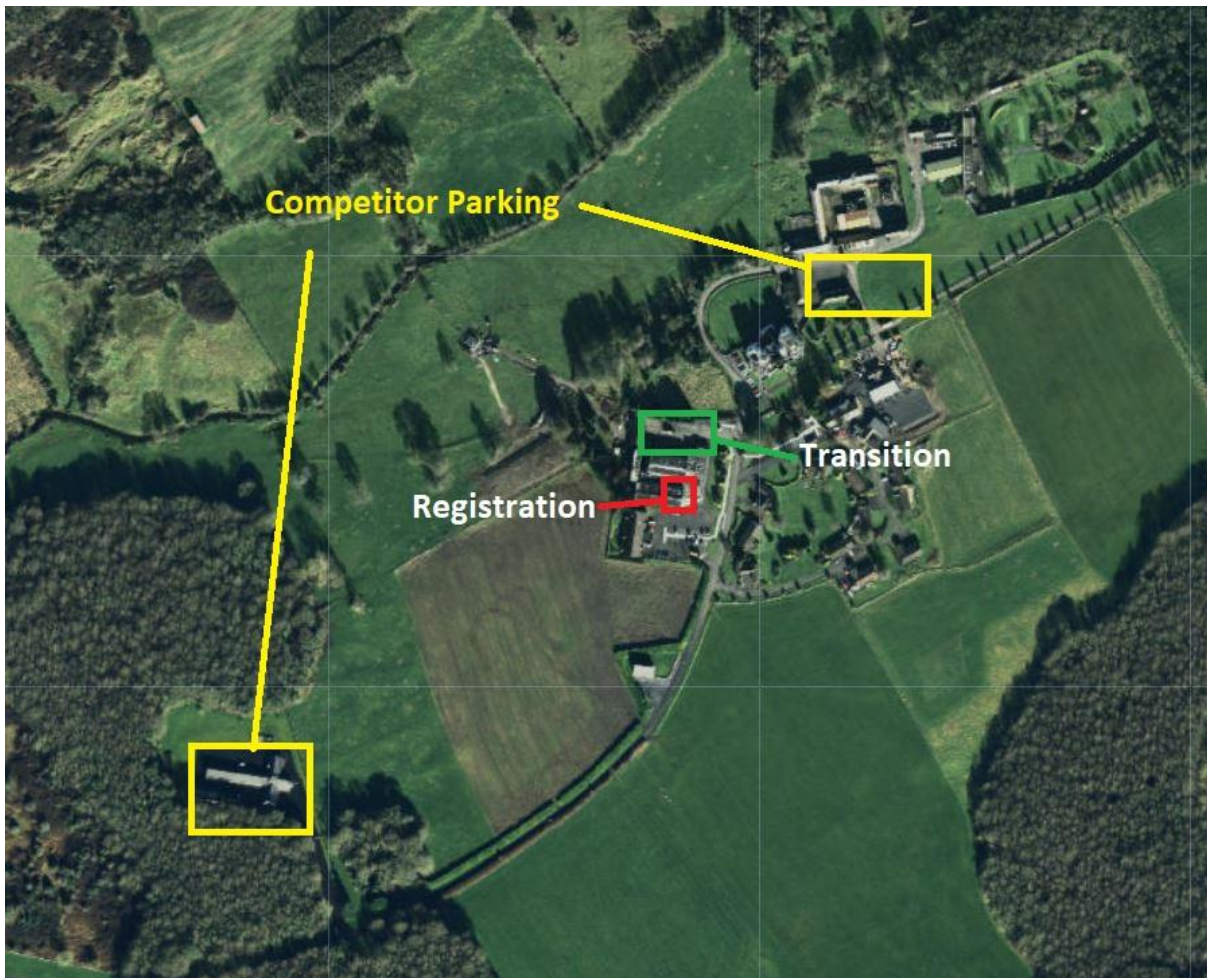
Car Parking /Traffic

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 Kilcornan 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.

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Parking Map



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

First Aid

A team from the Order of Malta shall be on site to assist.

Toilets/Changing facilities

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

Note: Please use shoe covers when using toilets/changing rooms.

Prize Giving

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

Prizes

Prizes are given for 1st, 2nd and 3rd in each age category both male and female.

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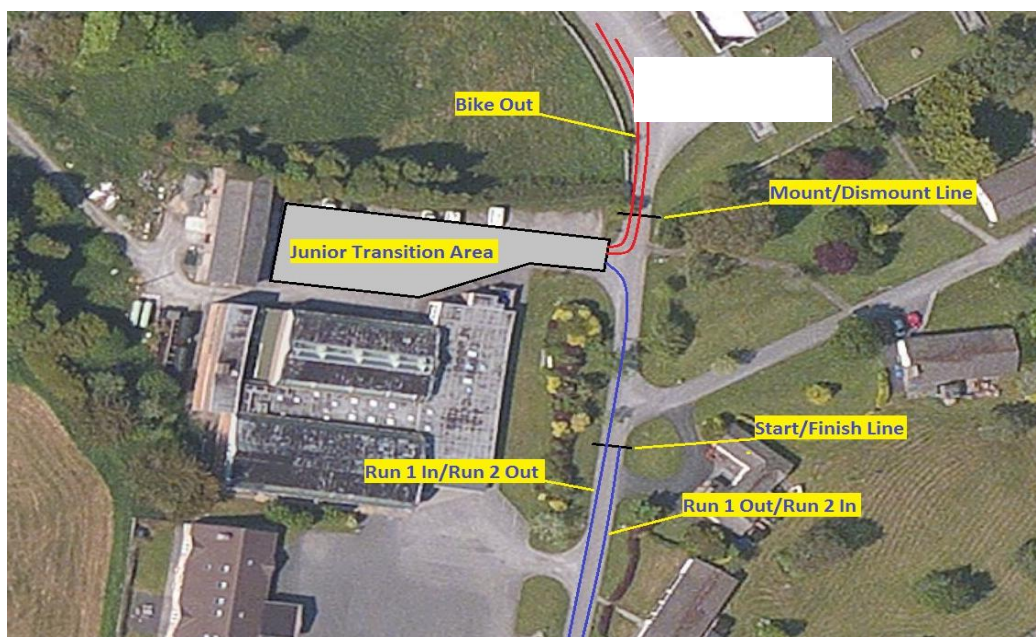
RACE MAPS

1st Run:

Each age group event will start on the main avenue road just outside of transition. All runs will go down the main avenue. There will be marshals to turn round each group and there will be no possibility of them running too far. They will turn at the cone and return back to transition where they will get ready for the cycle section of the duathlon. SEE MAP BELOW



Transition:



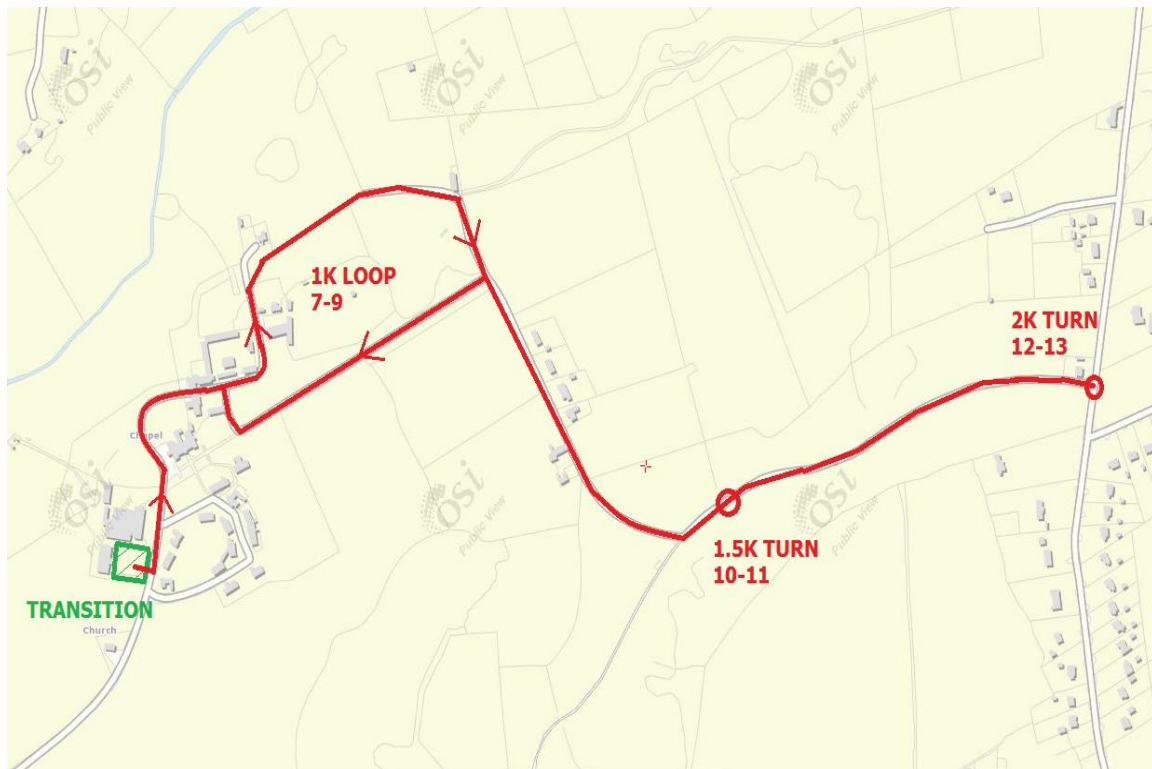
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Cycle:

There will be plenty of marshals in transition to help if needed. Competitors will be required to fasten their helmets before touching their bikes.

The juniors will exit transition and mount their bike after crossing the mount line which will be clearly marked. They will be directed along the cycle routes by marshals. They will follow marshals until their designated turn around, they will be unable to go too far as the road will be closed. They will turn at the cone and return on the same route back to transition.

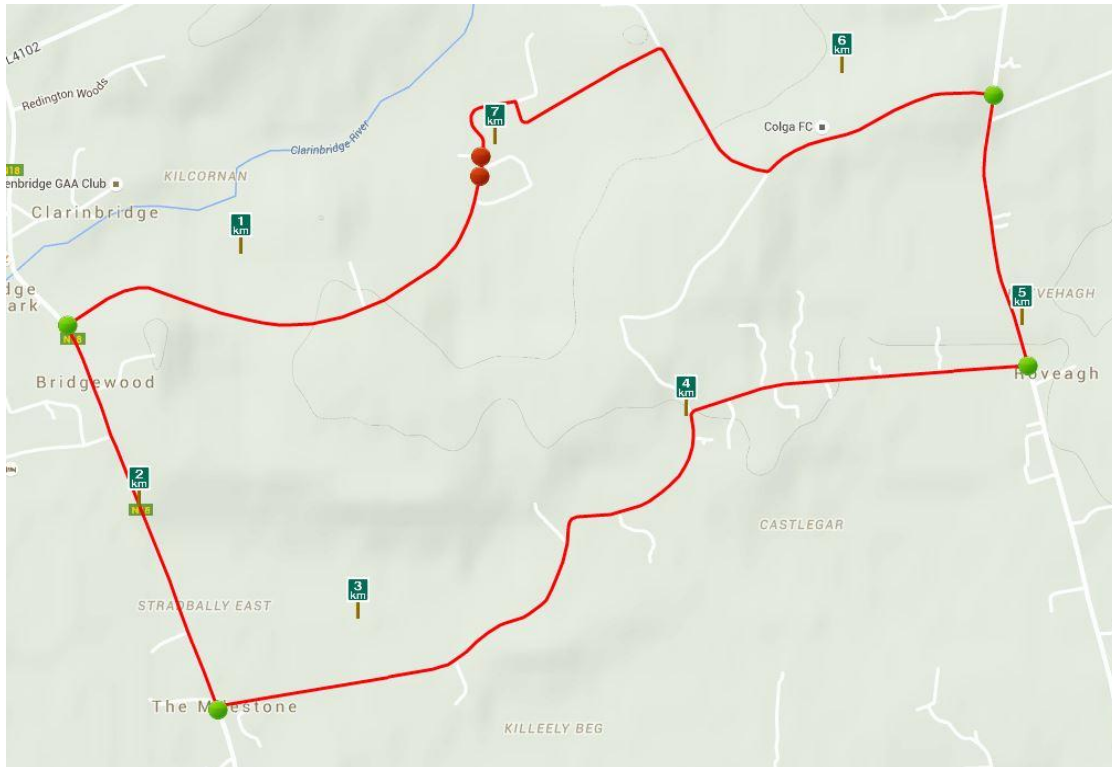
OVERVIEW MAP AND DETAILED MAP BELOW.



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14- 15 years cycle route

The 14-15 year old cycle route will start at the mount line at the exit of transition and turn right down the main avenue. They will come to the main N18 and go left, they will take the first left along a quiet road which will be marshalled, and continue until the next T-junction where they will turn left, again marshalled. They will be directed back into the Kilcornan estate and return back into transition for their final run.



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.

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2nd Run:

The juniors will exit transition turning left onto the driveway passing the church and grotto and they will turn at various turn points which will be marshalled. They will turn at the cone and return to the finish line.



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