

A Triathlon Ireland Sanctioned event

Competitor RACE BRIEFING

5km Run 17km Cycle 3km Run

Colla Road Schull, Co Cork

SATURDAY 10 March 2011 @11:00

Please read the following information to ensure all competitors have an enjoyable safe and fun race!!

If you have any Questions please contact Race organiser Damien Malone on 0864004072 or info@schulltriathlonclub.com



TRIATHLON IRELAND INSURANCE info:

To register as an individual or team entry you will need **ONE** of the following:

1. Full Triathlon Ireland 2012 membership card with photo
2. Printout of One day Licence from Triathlon Ireland website
3. €5 to purchase one day licence on the morning of the race

Timetable of Events: 10th March 2011

Registration and transition will be in Schull Community College, Colla Road, Schull

- **09:00-10:30** **Registration open**
- **09:00** **Transition opens**
- **10:45** **Mandatory Race Briefing**
- **11:00** **Race Start**
- **13:00** **Cut-off time**
- **14:30** **Prize giving**

Prize Giving Will be @ The Bunratty Inn Main Street Schull

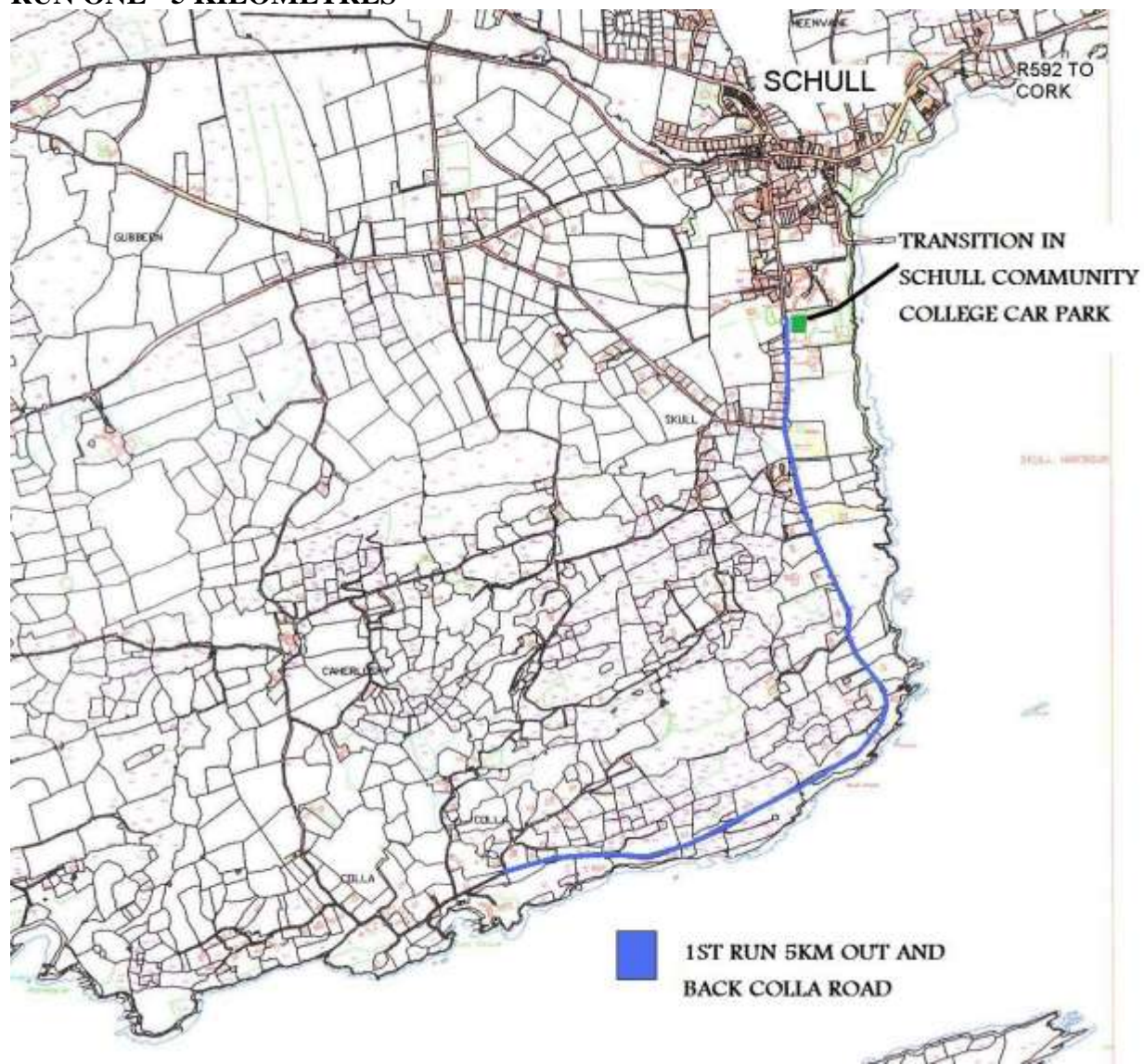
Prizes will be awarded for 1st 2nd 3rd male and Female,
Prizes will also be awarded to teams, Juniors, and Age group's minimum 1st prize in each
10year age group male and female 20-29, 30-39, 40-49 etc

GENERAL INFO

- **Shower and Changing Facilities will be available in Schull Community College Sailing centre before and after race (please do not leave belongings in changing rooms during race)**
- **Please ensure bikes are in good working order as they will be checked before they are allowed into transition however it is the competitors own responsibility to have safe bike for event. Road bike, Time trial, Mountain bike or hybrid bike will be okay**
- **Cycling Helmets must be in good condition and and have CE mark ideally should be no more than 2 years old as this is recommended lifespan of most manufactures. Please do not arrive at transition without your helmet or you will not be allowed to rack your bike until helmet is checked (only Cycling helmets allowed no skateboard helmets or hurling helmets!! It does happen)**
- **You will receive two race numbers please have one on the back for cycling and one on the front for run section For race belts one number will do**
- **Only Competitors will be allowed into transition this is for competitor safety and security of equipment that will be left there**
- **No boxes or bags will be allowed next to bikes but an area inside secure transition will be available for storage. If you leave box/bag next to bike before you start race referee may move it before you return so be aware. Only Bike shoes, runners, helmet, sunglasses and food/drink should be in transition next to bike (A towel can be used for under equipment and can also act to shield against RAIN!!!**

- Abuse of marshals will not be tolerated they are giving up there time so please respect them
- No littering on the route anything you take with you should be brought back there will be bins in transition and 100 metres into run section

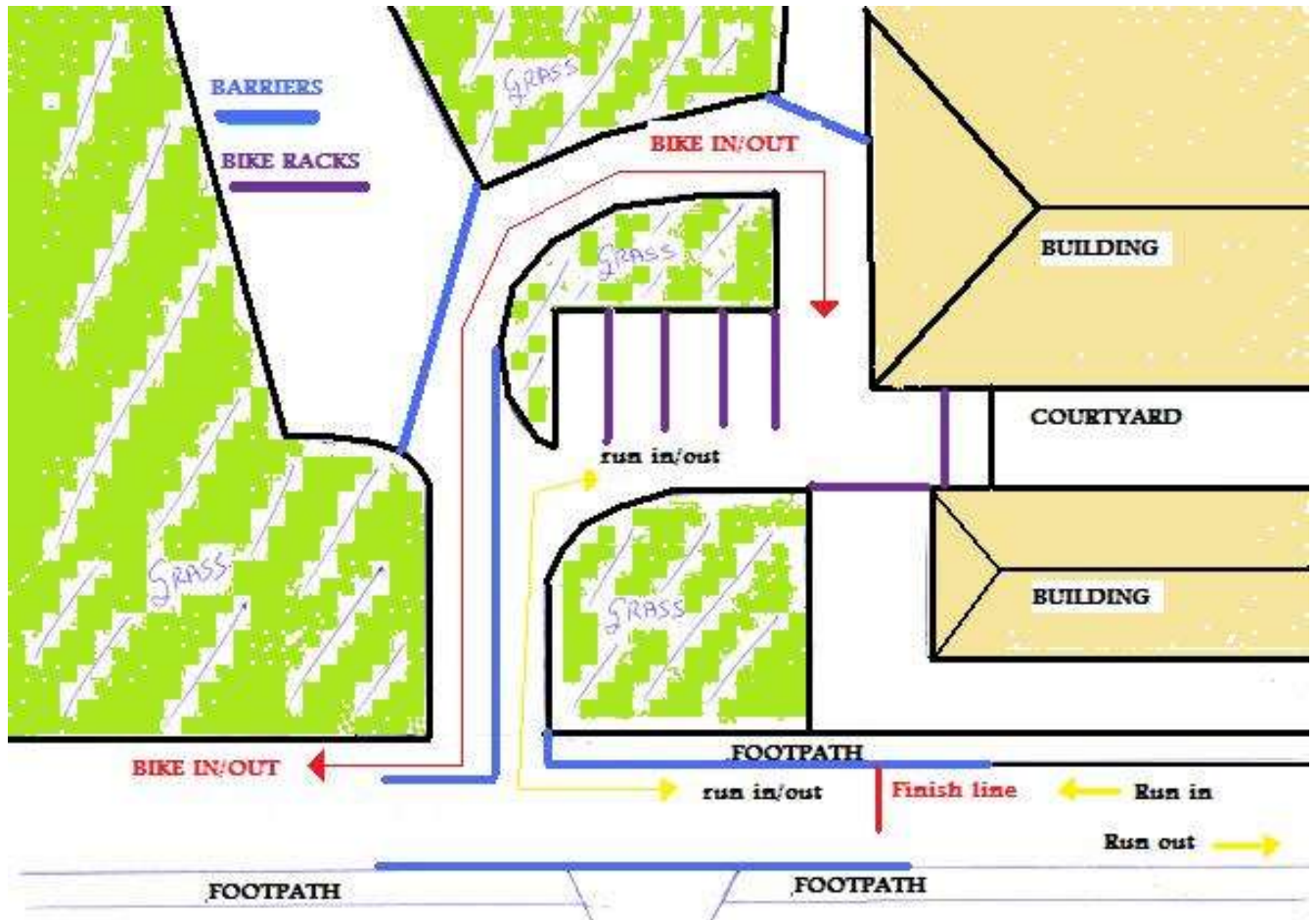
RUN ONE - 5 KILOMETRES



- Your race number must be worn on the front for run section
- Roads are not closed so be aware there may be traffic on the road

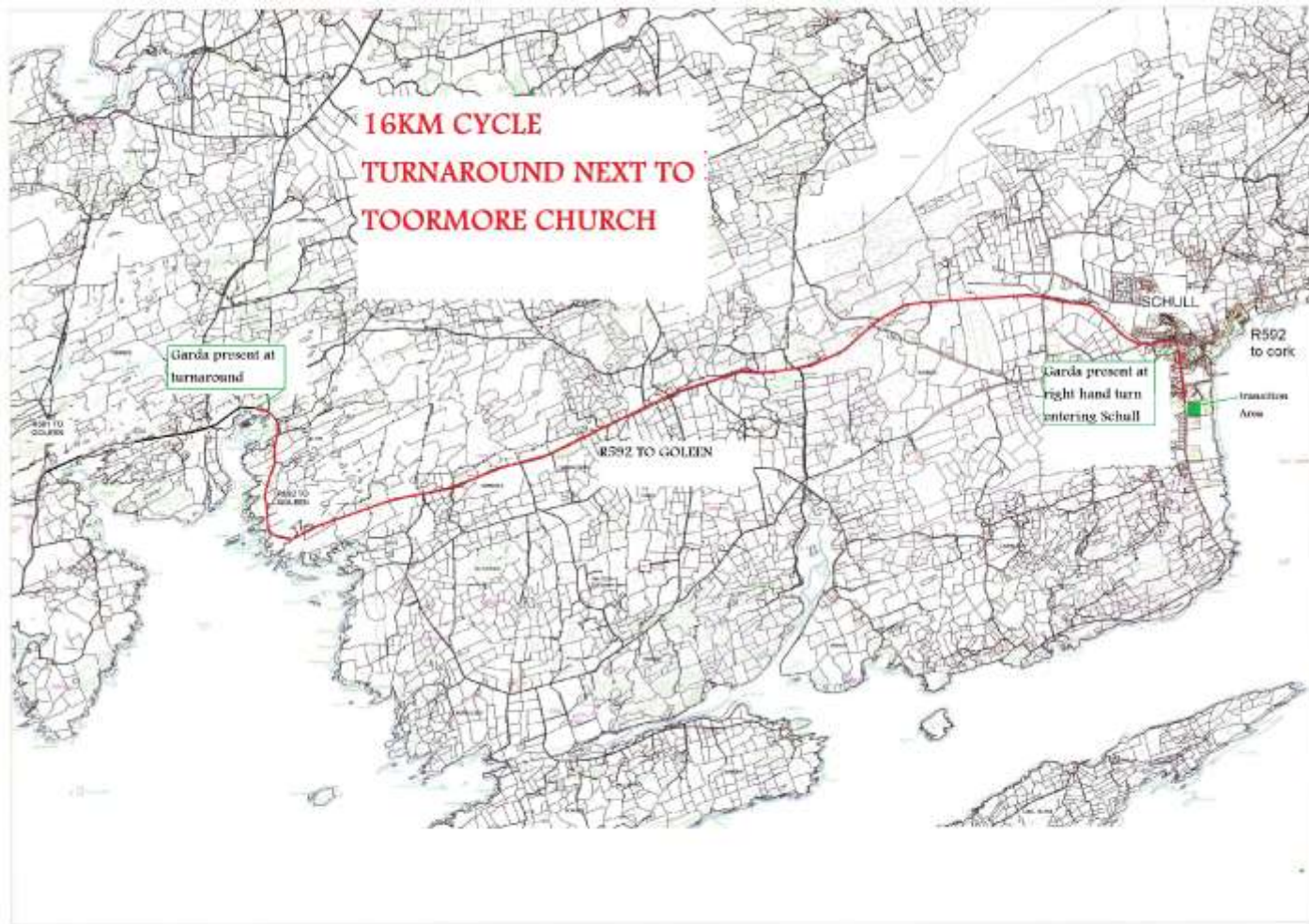
Race will start on main road outside Schull community College. Competitors will run on the Right hand side at all times. The road surface is good but there are a few potholes due to bad winter so be careful especially if you are following very close behind another athlete. The run is out and back along a narrow country lane with some blind bends and small hills but fabulous scenery!

TRANSITION 1



You will enter Transition on the Left hand side and put on your HELMET first before touching bike then head out lower exit of Transition and run with bike to main road and mount line. Competitors cannot mount their bikes until they have passed the mount line which will be on the Right hand side of main road

BIKE - 17 KILOMETRES



- Your race number must be worn on the back.
- There will be no drafting or side by side riding on the bike course. (see drafting section)
- You must replace your bike in your own spot on the rack BEFORE removing your helmet.

Bike Route - An out and back course on fairly narrow country roads. There is a steep climb out of Schull and a steep hill back down into Schull at the end of the bike course.

The bike turnaround is on a main road there will be Garda presence so obey at all times the turn will take you into a lay-by for about 200 metres then back to main road this will make turning easier but be aware turn is tight

Returning to Schull the steep descent will be heavily marshalled and you will be advised to SLOW DOWN considerably before making a sharp right turn across traffic back to the college.

There will also be strictly NO OVERTAKING on this part of the course. Overtaking can resume once you are 100 metres after this corner.

The roads will not be closed and the rules of the road apply. Gardai and Stewards will marshal the route and must be obeyed at all times.

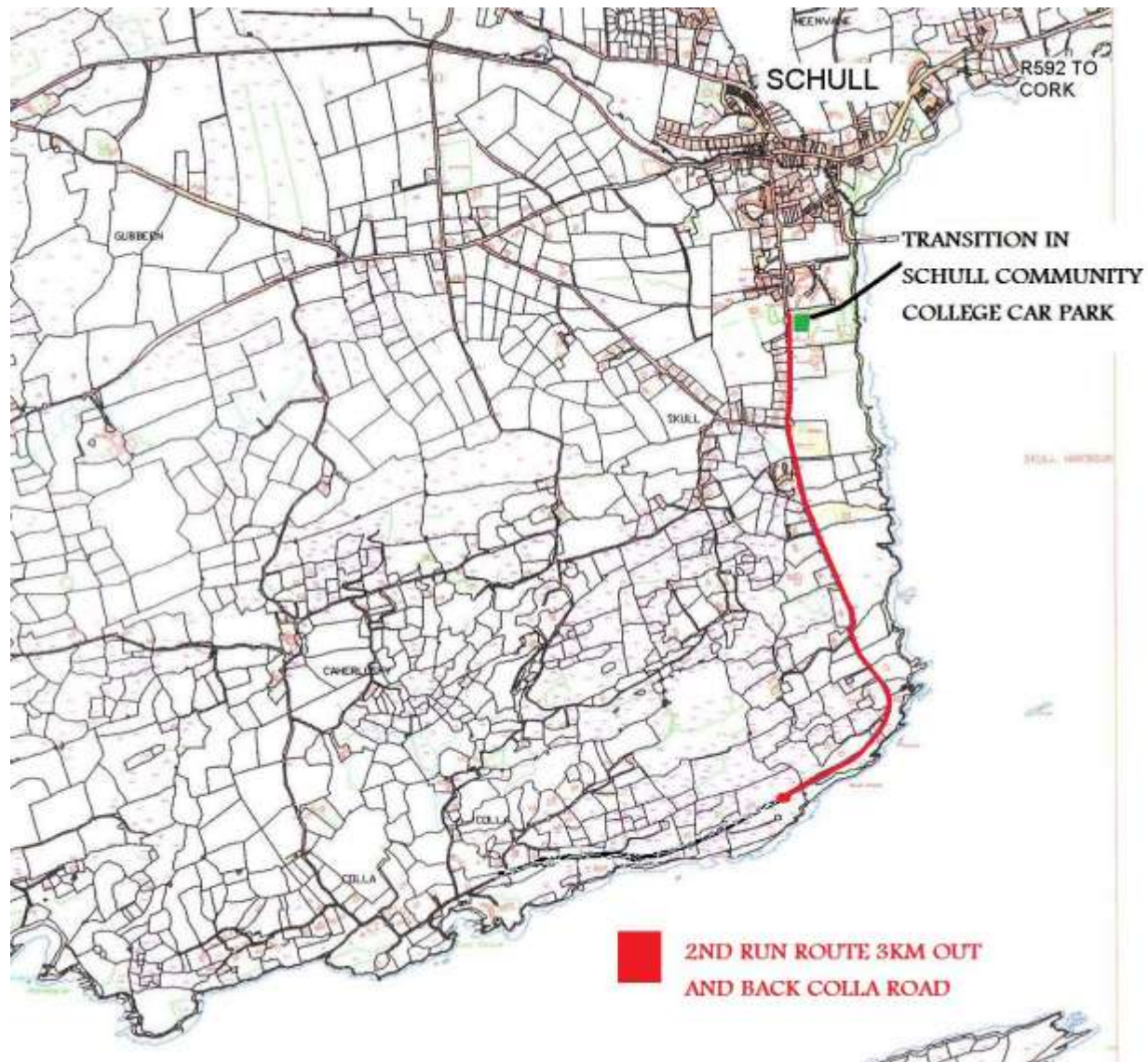
IMPORTANT - The bike route is along narrow country roads including sharp bends and hills so extreme caution must be taken at all times.

TRANSITION 2

- A Dismount sign will be clearly marked on the road before entering transition

You will enter Transition on the Left hand side and rack your bike in same location before removing helmet. Competitors will then head Left out of Transition crossing the road and staying on the Right hand side of the road.

RUN 2 - 3 KILOMETRES



The run is out and back along a narrow country lane with some blind bends and hills.
The finish is on the main road outside transition!!

At the finish please remove your timing chip and move quickly off the main road.
Water and fruit will be available at finish line

Prize giving will be in The Bunratty Inn shortly after the race 14:30, This is the race sponsor so please support if you plan on having lunch in Schull after race

PLEASE NOTE

Parking will be in designated areas. If you are staying in Schull please cycle to the college to avoid traffic congestion in the area. Cars may not be parked along Colla Road so if you are being dropped off please ensure that cars move quickly away to the designated car parks.

GOOD LUCK AND ENJOY THE RACE!!!!!!!!!!!!

Info From Triathlon Ireland

“All competitors must show their Triathlon Ireland membership card at registration. This card is grey in colour.

If you do not have your membership card, please contact the Triathlon Ireland office at least one week prior to the race so that they can post out a card to you.

If you do not have a Full, Student or Junior membership card, you must pre-purchase a One Day Licence through the Triathlon Ireland website. This must be purchased by midnight the Thursday before the race.

Any competitor who cannot show their Triathlon Ireland membership card (grey in colour) or a One Day Licence at registration, will not be allowed to race as they will not be covered by insurance.

Do not wait until the week before the race to apply for your TI membership as you will not receive your card in time. Please apply for your TI membership at least 2-3 weeks before the race to ensure you receive your card in time. If you do not have your card at least one week before the race, please contact the Triathlon Ireland office on 01 276 4934 so that they can arrange to have a card sent to you in time for the race.

Print out of your TI membership will not be accepted at registration, you must have your card”.

For your information, the cost of One Day Licences is as follows:-

Duathlons €5