

Centra Fastnet Triathlon 2017



A Triathlon Ireland Sanctioned event

Competitor RACE BRIEFING

750m Swim 20km Cycle 5km Run

Colla Road Schull, Co Cork

SATURDAY 10th June @09:45

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
Connie Wiseman on 0872020222 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 2017 membership card with photo**
- 2. Printout of One day Licence from Triathlon Ireland website and picture ID**

www.triathlonireland.com for more info we cannot sell One Day Licence's at registration and we do not have list of Triathlon Ireland Members so you must produce 2017 card at registration. We end up turning people away every year so please contact us if you are unsure as early as possible

Timetable of Events:

If you have registration questions or issues please come along on the Friday night to registration and we will try and accommodate you. We have 400 Athletes so may not be able to help you on the Saturday morning @ 08:15am

Friday 9th June

6:30pm - 10pm Race Registration at the Sailing Centre, Colla Road

Please bring 2017 membership card with Photo attached or printout of one day licence. No other forms of ID will do and we are unable to sell one day licences on the day of the race.

Saturday 10th June

07:15-09:15am Transition area opens at Schull Community College. Bikes will be Racked on designated numbered spots.

06:45 -08:15am **VERY LIMITED REGISTRATION WILL CLOSE AT 08:15 SHARP PLEASE ARRIVE EARLY**

9:00am Mandatory race briefing by Race Director - transition area.

09:25am Competitors may enter the water to acclimatize.

09:35 am All competitors out of water and counted into designated waves on slipway

09:45am First Wave Race Start at the Sailing Centre slipway.

09:50am Second Wave Start.

10:45am 12:15pm Post race refreshments and entertainment at the College.

Water, Fruit for all competitors

13:45 Prize giving in front of Hacketts

19:00 - Late Entertainment continues in Hotel

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.**
- **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, you will get a wristband and this will be necessary to get into transition.**
- **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.**

SWIM - 750 METRES

- **Please do not enter the water unless you are capable of completing the swim as it endangers your life and puts pressure on safety resources and the future of our race.**
- Swim caps will be provided and **MUST BE WORN** for easy visibility. Different colours for each wave
- Experienced open water swimmers start at the front, less experienced at the back. The wearing of booties or gloves is not permitted
- The first 2 markers must be passed with the Left Shoulder the last Marker is to be passed with the Right shoulder
- The swim will start at a Slip with competitors in the water, swim in a triangular counter- clockwise course around two large yellow markers. You will finish at the college slipway ensuring that you pass over the time keeping receiver at the top of the slipway.
- The Schull Inshore Rescue boat will marshal the swim course and kayaks will be in the water to guide and assist swimmers where required.
- If a swimmer wishes to retire from the swim, lie on your back, raise your clenched fist in the air, stay calm and a rescue boat will come to your assistance.

- There is a 40 minute time limit for the swim but if a marshal feels you are endangering yourself or others you can be withdrawn from the water. You will be allowed to continue the race but will receive no official time.

BIKE - 20 KILOMETRES

- Your race number must be visible from the rear.
- Your helmet must be fastened before removing your bike from the rack.
- You will exit the transition area and run/walk with your bike to the main road where you will mount your bike on the main road after the Mount line
- There will be no drafting or side by side riding on the bike course.
- There will be draft busters on the route, if they show you a blue card you must stop in penalty box located in transition.
- When you return you will dismount at the Dismount line on the main road and walk/run back to the transition area.
- 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. This part of the course 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.

The roads will not be closed and the rules of the road apply. Gardaí 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.

RUN - 5 KILOMETRES

You will run up to the main road and turn left. The run is out and back along a narrow country lane with some blind bends and hills. There will be a water station at 2k and 3k.

At the finish please remove your timing chip and move quickly off the main road.

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!!!!