DUNGARVAN TRIATHLON

2017

September 9th 10.00am

Clonea Beach, Dungarvan, Co. Waterford

COMPETITOR RACE BRIEFING NOTES
Introduction:

Tried & Tested Triathlon Club would like to thank all entrants for supporting our Triathlon event.

Please read the following document to familiarise yourself with the event details and to ensure you have an enjoyable and safe race.

If you have any Questions please contact us at race@dungarvantri.com

This a Triathlon Ireland Sanctioned Race

TI MEMBERS MUST HAVE A 2017 MEMBERSHIP CARD

NON MEMBERS MUST HAVE ONE DAY LICENCE ODM

We cannot sell One Day Licence’s ODM at registration and we do not have list of Triathlon Ireland Members so you must produce 2017 card at registration or your One Day Licence.

NO CARD - NO RACE...NO ONE DAY LICENCE - NO RACE!

NO EXCEPTIONS!

Timetable of Events:
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<th><strong>Friday 8th Sept</strong></th>
<th><strong>Saturday 9th Sept</strong></th>
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<tr>
<td>7.00pm - 9.30pm</td>
<td><strong>Race Registration at Clonea Strand Hotel, Dungarvan</strong></td>
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<td><strong>Saturday 9th Sept</strong></td>
<td><strong>REGISTRATION WILL CLOSE AT 09:00 SHARP. PLEASE ARRIVE EARLY</strong></td>
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<tr>
<td>7.30am - 9.00am</td>
<td><strong>Transition Area Opens</strong></td>
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<tr>
<td>8.00am</td>
<td><strong>Registration WILL CLOSE AT 09:00 SHARP. PLEASE ARRIVE EARLY</strong></td>
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<tr>
<td>9.15am</td>
<td><strong>Transition Area Closes</strong></td>
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<tr>
<td>9.30am</td>
<td><strong>Race Briefing by Race Director in Transition Area</strong></td>
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<tr>
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<td><strong>Transition Area Closes</strong></td>
</tr>
<tr>
<td>9.40am</td>
<td><strong>Race Briefing by Race Director in Transition Area</strong></td>
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<tr>
<td>9.50am</td>
<td><strong>Marshals in place</strong></td>
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<tr>
<td>9.50am</td>
<td><strong>Competitors may enter the water to acclimatise</strong></td>
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<tr>
<td><strong>10.00am (SPRINT)</strong></td>
<td><strong>Race Start at the designated start line on Clonea Strand</strong></td>
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<tr>
<td><strong>10.07am (OLYMPIC)</strong></td>
<td><strong>Race Start at the designated start line on Clonea Strand</strong></td>
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<tr>
<td>10.45 (SPRINT)</td>
<td><strong>Race Start at the designated start line on Clonea Strand</strong></td>
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<tr>
<td>11.00 (OLYMPIC)</td>
<td><strong>Swim cut-off time</strong></td>
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<tr>
<td>11.40 (SPRINT)</td>
<td><strong>Bike cut-off time</strong></td>
</tr>
<tr>
<td>12.45 (OLYMPIC)</td>
<td><strong>Bike cut-off time</strong></td>
</tr>
<tr>
<td>12.40 (SPRINT)</td>
<td><strong>Run cut-off time</strong></td>
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<tr>
<td>2.00 (OLYMPIC)</td>
<td><strong>Run cut-off time</strong></td>
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<tr>
<td>11.15am - 2.00pm</td>
<td><strong>Post-Race refreshments for all competitors</strong></td>
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<td><strong>2.00pm</strong></td>
<td><strong>Event Finish Time</strong></td>
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<td><strong>2.30pm</strong></td>
<td><strong>Transition Area Cleared Up</strong></td>
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<tr>
<td><strong>2.15pm</strong></td>
<td><strong>Prize Giving in Clonea Strand Hotel</strong></td>
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**Registration:**
Registration will take place is Clonea Strand Hotel on Friday night 7.00pm to 9.00pm and Saturday morning from 7.30am – 9.00am. It is strongly recommended for all local entrants and people staying in Dungarvan or the surrounding area go that evening to register as to avoid delays on Saturday morning. On Saturday registration will close promptly at 9:00am. Please try to register as early as possible.

At registration you will collect your timing chip, race number, swim hat and goody bag. All members of the RELAY TEAM must register together as all members have to sign on. If they can't register together, we will only hand over the timing chip, number and goody bag to the final member to register. One licence will cover all 3 members of the team.

JUNIORS must be accompanied by a parent to register.

**STICKER PLACEMENT GUIDE**

Wristband will be placed on you when you register. You will not be allowed into transition without it.

Must be attached to bike seatpost before entering transition

Placed on Helmet

**General Information:**

Shower and Changing Facilities will be available in Clonea Strand Hotel before and after race (please do not leave belongings in changing rooms during race).

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.

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 Instructions (both 750m & 1,500m)

- Detailed swim briefing will be provided before the race near transition area.
- Swim caps will be provided as part of race pack and **MUST BE WORN** for visibility. Different colour swim hat for the 750m & 1,500m. Only designated swim hats allowed into water before start.

- After the race briefing athletes will be led by a marshal from the transition area to the swim start. Each person will be counted before reaching the beach.
- The 750m group will go down the beach first followed by the 1,500 swimmers as instructed by the marshals on the day.

- All participants will have an opportunity to acclimatise once they reach the starting point (marked with upright flags) mid-way down the beach (approx. 300-400m walk). **Please do not enter the water when walking down the beach to the start point until instructed.**

- Experienced swimmers may wish to start at the front and less experienced swimmers should stay to the back or side. The wearing of booties or gloves is not permitted.

**THE START WILL BE SOUNDED WITH AN AIR HORN (BEACH START)**

- Kayakers, lifeguards and RNLI personnel will be on hand to intervene if any swimmer gets into any difficulty in the water. (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/kayak will come to your assistance).

- The waves will be 7 mins apart.

- **ALL aspects of the swim may vary from the briefing depending on the weather and wind conditions on the day so it will be important to listen carefully to the race briefing.**

**Swim 750m specifics**

- The swim will commence first and consist of a 1 wave - beach start (marked by upright flag)
- Start marked by upright flag, the swim will be marked with an orange buoy at each turning point at 250 Mt intervals. At the second buoy, you will head diagonally towards the beach. Swimming between two yellow buoys and carry on in the direction of the beach which will be marked by flags. The number of buoys may vary on the day – see diagram below.

- There is a 45-minute time limit for the 750m swim but if a marshal feels you are endangering yourself or others you can be withdrawn from the water. The marshals will have the final say and may intervene at their discretion.
1,500 swim specifics

- The standard swim will start 7 minutes after the start of the 750m swim.

- For the triangle for the race. At 250mt intervals. There will be a third orange buoy to help with sighting approx. 50 Mt from the flags on the beach. I.e. 200mt from the second orange buoy. Swimmers will then exit the water, run around a cone (Australian exit) and there will be marshals in the water at swim exit 1 to assist competitors.

- The second loop is the same as the first loop except at the second buoy, you will head diagonally towards the beach. Swimming between two yellow buoys and carry on in the direction of the beach which will be marked by flags. The number of buoys may vary on the day – see diagram below

- There is a 1-hour time limit for the swim but if a marshal feels you are endangering yourself or others you can be withdrawn from the water. The marshals will have the final say and may intervene at their discretion.
Transition Area:

**Transition area opens at 8.00am.** Bike racks in Transition Area are numbered so please rack your bike in your designated number. Transition Marshalls will be policing this. Relay teams will have a separate bike rack from the individual competitors.

Entrants must demonstrate to marshals on the way into transition that their bikes are road worthy and in good condition, by spinning the wheels and pulling the brakes. Entrants must wear their helmet on entering.

Only Competitors will be allowed into transition this is for competitor safety and security of equipment that will be left there, *you will be given a wristband when registering and this will be necessary to use to get into the transition area.*

No boxes or bags will be allowed next to bikes, an area inside secure transition will be available for storage.

If you leave box/bag next to bike before you start, the race referee **WILL MOVE** it before you return so please 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!!!)
Please ensure to listen to and obey the directions of the race marshals when entering and exiting transition.

Please try to avoid getting in the way of other athletes moving through transition.

**Transition Area will close at 9.40am and re-opens at 12.30pm.**

*(Transition may re-open once the last competitor has entered onto the run course.)*

When exiting transition if we have a situation where the first athlete is starting the run course and exiting transition (T2) before the last bike has left transition (T1)

**PLEASE GIVE WAY TO THOSE EXITING ON TO THE RUN COURSE**

**T1 SWIM IN – BIKE OUT**
Sprint Bike 23km: Standard 40km

**HARD SHELL CYCLING HELMETS ARE COMPULSORY.** Please do not arrive at transition without your helmet or you will not be allowed to enter transition to rack your bike.

Race number must be worn on the back. Failure to have your number visible will result in a time penalty being added to your overall time.

You must put on your helmet and fasten it **BEFORE** removing your bike from the Transition area, failure to do so will result in a time penalty.

You must **EXIT** transition over the timing mats before mounting your bike at the designated mounting line.

Similarly on your **RETURN** you must dismount your bike on/before the dismount line before re-entering the Transition area.

You must **REPLACE** your bike on the rack in **BEFORE** removing helmet

Exit transition and mount as marshalled

**PLEASE NOTE THE ROADS ARE NOT CLOSED TO TRAFFIC SO RULES OF THE ROAD WILL APPLY AT ALL TIMES. ANY COMPETITOR FOUND NOT ADHERING TO THE RULES OF THE ROAD WILL BE DEEMED TO CAUSE A DANGER TO HIM/HER AND OTHER AND WILL BE DISQUALIFIED.**
**Sprint Distance 23km**

Head northwest L3011 to meet roundabout 1.95km

Take third exit heading east onto R675

**Right hand/ left hand dangerous bend 2.9km**

Significant left hand bend 5.9km

Right hand bend 6.9km cross Dalligan river. Left hand bend climbing.

**Dangerous decent into left hand bend to cross Tay River 10km**

Bends for 1.4km.

Enter 100m neutralised zone turnaround point. 11.5km

RETURN

Bends for 1.4km

Cross Tay River right hand bend climbing. 12.9km

**Dangerous decent into right hand bend to cross Dalligan River 15.9km**

Significant right hand bend 17km

**Left hand/ right hand dangerous bends 20km**

Take first exit L3011 at roundabout 21km.

Dismount as marshalled.

**Standard Distance 40km**

Head northwest L3011 to meet roundabout 1.95km

Take third exit heading east onto R675

**Right hand/ left hand dangerous bend 2.9km**

Significant left hand bend 5.9km

Right hand bend 6.9km cross Dalligan river. Left hand bend climbing.

**Dangerous decent into left hand bend to cross Tay River 10km**

Bends for 1.4km.

Enter 100m neutralised zone SPRINT turnaround point. 11.5km Continue through

Follow road signed to Bunmahon
Significant right then left bends at 18.5km care needed as fast descent.

Enter 100m neutralised zone turnaround point. 40km

RETURN

Out and back route no significant bends until passing through sprint turnaround (again this will still be race neutralised

Bends for 1.4km

Cross Tay River right hand bend climbing. 12.9km

**Dangerous decent into right hand bend to cross Dalligan River 15.9km**

Significant right hand bend 17km

**Left hand/ right hand dangerous bends 20km**

Take first exit L3011 at roundabout 21km.

Dismount as marshalled.

**Marshals on the bike route will blow whistles and/or wave red flags at the dangerous bends, where you are urged to exercise caution.**

![Map of the course showing dangerous bends at 2.9km and 20km](image-url)
Dangerous decent into left hand bend to cross Tay River 10km

Enter 100m neutralised zone turnaround point. 11.5km SPRINT TURNAROUND
Standard Distance Dangerous Bend – Outward 18km

NO PASS ZONE 100m Dangerous Bend (2 x Marshal with flag and whistles)

Dangerous decent into right hand bend to cross Dalligan River 15.9km
20km Standard Distance Turnaround

Run  SPRINT 5.75km:

On completing of the bike course, cyclists will dismount the bike at the ‘dismount’ line before entering transition. Helmets **MUST** remain on until the bike is racked.

Leave transition with hotel on right.

Turn right at the roundabout onto L3011

830m turn left

2.04km turn left on to Gold Coast Road L3009

**2.68km bear left at Water Stop/Gold Coast Golf Course**

3.28km bear right

3.95km turn left on to pedestrian track

5.24km turn right onto L3011 to finish

At the finish please remove your timing chip
Run Route Water Stop at Gold Coast Hotel 2.7km

Preview of Run Course is available at

Run STANDARD 10km:
After racking bike take run exit keeping hotel on your right.

Turn right at roundabout onto L3011
(Stay on left side of road until advised by marshals to join footpath/cycle way. This area is shared with returning competitors so stay on right side.)

1.88km turn left at Clonea Road Roundabout onto R675.

For .54km stay on cycle path.

Join Road for .75km.

2.99km left turn onto Gold Coast Road L3009.

3.25km left onto Greenway.

3.5km first water stop.

4.35km right onto L3011, a shared pathway, stay on right side.

5.4km turn right and stay on right.

6.61km left onto Gold Coast Road and stay on the right.

7.25km turn left at water station/Gold Coast Golf Club.

7.85km take right, staying inside cones.

8.52km left onto pedestrian track.
9.81km turn right onto L3011 to finish.

Relay Teams:
Each team will receive two race numbers. The swimmer does not wear a number. The cyclist will wear the number on their back and the runner on their front.

There will be a designated ‘holding area’ for the relay teams.

Once the swim section is complete the swimmer will proceed to the ‘holding area’ and pass the chip on to the cyclist. The cyclist must then proceed to their racked bike in transition, don their helmet and clip it in position and **ONLY THEN REMOVE** their bike from the rack.

On returning, the cyclist must rack their bike, unclip and remove their helmet. Once this is done, they can proceed to the ‘holding area’ and transfer the timing chip to their runner. The runner can then proceed with the run section.

Teams will only receive times once the timing chip is worn by all 2 or 3 team members.

Each member must behave as all other competitors; equipment must be stowed safely away before proceeding to the holding area.

Drafting:

1. Drafting is the term to describe the act of taking shelter behind or beside another competitor or vehicle, within the “Draft Zone” during the cycling segment.

2. Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft.

3. A competitor who does not clearly avoid violating the drafting rules will receive a 4 minute time penalty.

4. The “Draft Zone” is a rectangle surrounding every competitor that is 3 metres wide and extends to 10 metres behind the front wheel of the competitor’s bicycle. The front edge of the front bicycle wheel will define the centre of the leading 3-metre edge of the rectangle.

5. A competitor may enter the draft zone but must be seen to be making forward progress. A maximum of 15 seconds will be allowed for a competitor to pass through the draft zone.

6. If you're overtaken on the cycle it is your responsibility to drop out of the “Draft Zone”.

Parking:

We have two designated parking areas. Parking is available in Casey’s Caravan Park beside transition area. You will be directed in here by our Marshals. Access to this Car Park will close at 9.20am and will reopen at 2.00pm when the event finishes.

Parking is also available in the Council Car Park on Kilgrovan Rd.

Parking is prohibited in front of the Clonea Strand Hotel; this is private parking for Hotel Guests Only.

Results:

This is a timing chip event. A full list of all results will be made available as soon as possible following the race. A link will be posted on the Tried & Tested Facebook Page and Dungarvan Triathlon Facebook Page.
Prize Giving:

Prize giving will commence in the Clonea Strand Hotel at 2.15pm

Below is a list of the Category Prize breakdown.

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<thead>
<tr>
<th>Age Group</th>
<th>Male 1&lt;sup&gt;st&lt;/sup&gt;</th>
<th>Female 1&lt;sup&gt;st&lt;/sup&gt;</th>
<th>Male 2&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>Female 2&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>Male 3&lt;sup&gt;rd&lt;/sup&gt;</th>
<th>Female 3&lt;sup&gt;rd&lt;/sup&gt;</th>
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<tbody>
<tr>
<td>Overall winner</td>
<td>€150</td>
<td>€150</td>
<td>€100</td>
<td>€100</td>
<td>€75</td>
<td>€75</td>
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<tr>
<td>Junior</td>
<td>€40</td>
<td>€40</td>
<td></td>
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<td>20 - 29</td>
<td>€40</td>
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<td>30 - 39</td>
<td>€40</td>
<td>€40</td>
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<td>40 - 49</td>
<td>€40</td>
<td>€40</td>
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<tr>
<td>50+</td>
<td>€40</td>
<td>€40</td>
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<tr>
<td>Relay</td>
<td>€90</td>
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TRIED & TESTED TC WOULD LIKE TO THANK ALL OUR SPONSORS FOR THEIR SUPPORT FOR DUNGARVAN TRIATHLON 2017
Best of Luck
&
Enjoy the Race

LIVE UPDATES FOLLOW US
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