



Sunday, 21st July @ 11am

COMPETITOR RACE BRIEF

SPRINT & TRY-A-TRI TRIATHLON 2019

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Kilkenny Triathlon Club Members

1. Introduction

Kilkenny Triathlon Club would like to thank all entrants for supporting our Annual Triathlon and we look forward to seeing you at the 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 our Race Director Roisin O'Brien at:

kilkennytriathlonclub@gmail.com

2. Race Licence

This is a Triathlon Ireland (TI) Sanctioned Race

Triathlon Ireland Members must have a 2019 membership card. This card **MUST BE PRODUCED AT REGISTRATION**. Please ensure your photo is placed on your card. If no photo is on your card you will be required to show alternative form of Photo ID.

TI MEMBERS WITH A NON-RACING LICENCE AND NON TI MEMBERS MUST HAVE A ONE DAY LICENCE – deadline for getting your one day licence is Friday 19th July 2019 at 12 midnight.

YOU MUST PRODUCE YOUR ONE DAY LICENCE AT REGISTRATION.

In the case of relay teams only one member of the team requires a Triathlon Ireland licence/one day licence.

We cannot sell One Day Licences at registration and we do not have a list of Triathlon Ireland Members.

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

3. Event Timetable

Saturday 20th July

17:00 to 19:00 Race Registration/Girl
Guides Hall, Bennettsbridge Road, Kilkenny Eir: R95 EW2

WE URGE PEOPLE TO REGISTER ON SATURDAY IF POSSIBLE

Sunday 15th July

08.30 – 09:30 Race Registration
Kilkenny Castle Park.

VERY LIMITED REGISTRATION WILL CLOSE AT 09:30 SHARP. PLEASE ARRIVE EARLY.

YOU CANNOT REGISTER FOR ANOTHER PARTICIPANT

Event Timetable

08.30	Race Registration (Limited to 1hour), Closes 09.30 sharp
08:45	Transition area opens
09.30	Marshals arrive
09.45	Marshals briefing
10.00	Transition area closes
10.30	Marshals in place
10.40	Try-a-Tri Competitors leave park and make way to swim entrance
10.50	Try-a-Tri Competitors enter water and make way down to start line
11.00	Try-a-tri Wave Race Start
10.50	All Sprint Competitors leave park and make way down to swim start
11.25	Sprint Wave 1 (Wave 2 in the water to acclimatise) ESTIMATED TIME
11.32	Wave 2 (Wave 3 in the water to acclimatise) ESTIMATED TIME
11.39	Wave 3 (Wave 4 in the water to acclimatise) ESTIMATED TIME
11.46	Wave 4 (Wave 5 in the water to acclimatise) ESTIMATED TIME
11.53	Wave 5 (Wave 6 in the water to acclimatise) ESTIMATED TIME
12.00	Wave 6 ESTIMATED TIME
13.15 approx	Transition area re-opens for entrants to collect their equipment once the last runner is on course (Note: Competitors will be required to show their Race Number when removing bikes from the Transition area).
14.30 approx	Event Finish Time
14.30	Prizegiving
15.00	Transition area dismantle
18.30	Post Race party in Sullivans Taproom, John Street

4. Registration

Registration will take place in the Girl Guides Hall, Bennettsbridge Road, Kilkenny (see map 1) on Saturday 20th from 5pm to 7pm.

There will be an additional registration period on Sunday morning in the marquee beside Transition in the Castle Park. Registration on Sunday will be open from 8.30am and will close at 9.30am sharp. In order to ensure the race begins on time **we will not be able to accommodate anyone who has not registered by that time.**

It is strongly recommended for all local entrants and people staying in Kilkenny or the surrounding area to register on Saturday to avoid delays on Sunday morning.

PLEASE TRY TO REGISTER AS EARLY AS POSSIBLE.

At registration you will collect your:

- Timing chip
- Race number
- Race number stickers
- Swim hat
- Goodie bag.

You will receive two race numbers. Please have one on your back for cycling and one on your front for run section. For race belts one number will be sufficient, but must be worn to the back during the cycle and to the front during the run. We will provide safety pins for numbers.

In addition to race numbers you will get stickers for your bicycle and helmet and a wristband for retrieving your bike from transition after the race. Please ensure that you keep these safe to avoid any problems and delays in retrieving your bicycle.

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 goodie bag to

the final member of the team to register.

One racing licence will cover all members of the team.

JUNIORS (16 years to 20 years) must be accompanied by a parent to register. A consent form must be signed by parents at the registration. No person under 16 years of age is eligible to participate. Juniors who do not have a full TI racing licence must purchase a one day licence.

5. Race Day Parking

Free Parking:

There is free parking available in the Kilkenny Council Offices car park in Kilkenny City, just off Maudlin Street (see MAP 1). Eir Code : R95 A39T

Paid parking within walking distance of event:

- Market Yard (near Sprint swim start) Eir Code : R95 FY07
- Ormonde Car Park (just off high street) Eir Code : R95 A0FR

Under no circumstances should competitors park anywhere along the Parade, Castle Road or restricted areas of the Bennettsbridge Road. Gardaí will have restrictions in place and cars may be towed to avoid interference with traffic or the race.

6. General Information

Showers:

There will be changing and shower facilities in Ormonde Hotel on Ormonde Street, Kilkenny. Competitors must show their race number to staff.

Toilet facilities

Toilets/Portaloos will be available at the transition area in the Castle Park and also at the Swim start.

No littering on the route. Anything you take with you should be brought back and disposed of properly.

Map 1: Registration, Transition, Briefing Areas, Points of interest



7. **Assist Team:**

What is it?

The KTC Assist Team is a dedicated team of 10 people selected to help out and assist all participants on the day of the Triathlon. They are found in the transition area, swim start, finish line and other key points throughout the course. In the transition area the KTC Assist Team have pumps, talc. powder, band aids and any other bits and bobs that you may need to help you set up and have a great day.

What kind of people make up the KTC Assist Team?

All members of the KTC Assist Team have experienced triathlons first hand and understand the needs of participants on triathlon day.

How will I know them?

The KTC Assist Team members wear bright orange vests that clearly identifies them. If you want any information or a bit of advice on the day they will be delighted to help you.



8. Transition Area

Transition area opens at 8:45am.

Bike racks in Transition Area are not numbered so please rack your bike in an orderly fashion. Clubs that have contacted us with numbers of participants have space reserved on racks together. 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, all bars must be plugged. Entrants must wear their helmet on entering transition.

Only Competitors will be allowed into transition. This is for competitor safety and security of equipment. No boxes or bags will be allowed next to bikes. If you leave a box/bag next to your bike after transition is closed, the race referee WILL REMOVE it, so please be aware. A bag drop will be provided close to Transition.

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).

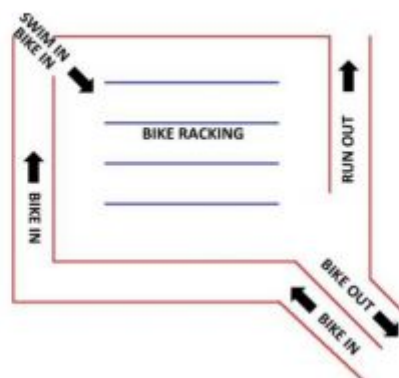
Please ensure to listen to and obey the directions of the race marshals when entering and exiting transition.

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

Transition Area will close at 10.00am and re-opens at approximately 13.15pm.

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

General Layout for Transition Area & Neutral Zone



9. Route Information

9.1 Swim

Swimmers will have to walk 750 metres from the transition area to the swim start. Competitors may choose to wait to be guided from transition to the swim start by race marshals after the race briefing is over.

Footwear will be collected at swim start and brought back to the bag drop for participants. NB: Items are left at the competitor's own risk. The organisers assume no responsibility for any items damaged or lost. Any items not collected at the end of the day may be disposed of.

Swimmers will be divided into 7 waves indicated by the colour of their swim hats. The first wave will be try-a-tri and will depart at 11am, the first sprint wave is expected to depart at 11:25 and each subsequent wave will depart at estimated 7 minute intervals. Safety of participants is of utmost importance and this will dictate the actual wave start times.

- The sprint swim is 750m downstream to the swim exit outside the castle walls and will be marked by buoys.
- The try-a-tri swim is 250m. Try-a-tri swimmers will enter the water at John's Bridge and wade down to the start line accompanied by multiple life guards. The distance down to the swim start is circa 150m (there will be assistance for anyone who should need it)

Designated swim caps will be provided as part of race pack and **MUST BE WORN** for easy visibility. Each wave will have a specific colour and only the colour designated to the particular wave will be allowed in.

All participants can acclimatise in the water before swim start marked by marker buoy. Experienced open water swimmers will wish to start at the front and less experienced swimmers should stay to the back or side of the pack. The wearing of booties or gloves is not permitted.

The swim course and swim exit will be marked clearly with buoys.

Swimmers will then proceed out of the water and follow the markers until they reach the transition area. Swimmers are advised to keep their wetsuits on until in transition. Wetsuits are compulsory.

There is a 45 minute time limit for the sprint 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. Kayakers and lifeguards will be on hand to intervene if any swimmer gets into any difficulty in the water.

**WE STRONGLY RECOMMEND COMPETITORS HAVE
SWAM IN OPEN WATER PRIOR TO EVENT**

Swimmers must follow instruction from all Water Safety personnel.

- Leave the water if instructed by any safety personnel
- If you are in distress, be responsible and seek assistance immediately
- If you are in distress, **TURN ON YOUR BACK** and **RAISE YOUR FIST IN THE AIR**
- If you **URGENTLY** need assistance, **TURN ON YOUR BACK** and **RAISE YOUR FIST** and **WAVE YOUR FIST FROM SIDE TO SIDE**
- Be aware of other swimmers, if you see someone in distress, signal to the lifeguards for attention (wave a fist and shout for help). Do **NOT** attempt a rescue.
- Be aware that approaching the exit, swimmers will be funnelled towards the right,

Try-a-tri Swim Route (250 metres)
participants will enter at John's Bridge and tread water
down to the start line.



Sprint Swim Route (750 metres)



9.2 Cycle

9.2.1 Cycle Requirements:

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.

Your race number must be worn on the back for the cycle. 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 Rack. Failure to do so will result in a time penalty.

Earphones are not permitted.

You must EXIT transition over the timing mats and you must not mount your bike until the designated mounting line.

Similarly, on your return you must dismount your bike on/before the dismount line. Both mount and dismount lines will be manned by marshals.

YOU MUST REPLACE YOUR BIKE ON THE RACK IN TRANSITION BEFORE REMOVING HELMET.

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 OR IS DEEMED TO CAUSE A DANGER TO HIM/HERSELF AND OTHERS WILL BE DISQUALIFIED. GARDAI WILL BE PRESENT ON THE BIKE ROUTE AND IT IS THE CYCLIST'S RESPONSIBILITY TO UNDERSTAND THE RULES OF THE ROAD AND RECENT CHANGES TO LAWS AND PENALTIES REGARDING CYCLING OFFENCES. DETAILS CAN BE FOUND ON THE ROAD SAFETY AUTHORITY WEBSITE

9.2.2 Cycle Route

The cycle route is looped 19.4km route outlined in the map 3. Directions are as follows;

Exit the Castle grounds at Switzer's Gate and mount at line.

Turn right outside the gate and then left onto Nuncio Road.

Take a left at the next roundabout and then straight through the next 3 roundabouts which will bring you to the Waterford Rd.

Straight out the relatively flat road for around 8km before making a sharp U-turn left (just past the Harvester Pub and Danesfort GAA Club) to head to Bennettsbridge.

This is a dangerous turn and racers should heed marshals' directions at this junction.

PLEASE NOTE, approaching Bennettsbridge there is a steep downhill with a junction at the base. Racers should again heed marshals' directions and slow down.

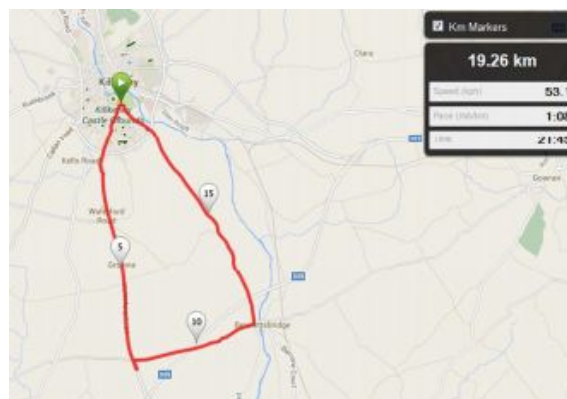
Before Bennettsbridge, competitors turn left and then left again towards Kilkenny, along another fairly flat section of road which will bring them straight back through one roundabout to the Castle. Competitors enter the Castle through the same gate as the exit, after the dismount line.

9.2.3 Drafting

Drafting is **NOT** permitted in the race. The rules concerning drafting are as follows:

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 2 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”.

Cycle Route Map:



9.3 Run

This year the 5km run takes place entirely within the scenic grounds of the Kilkenny Castle Park with some stages on grass and trails. See map 4.



The run consists of 3 loops of the southern section of the park trails, including a turnabout loop on the grass. Marshals will be on hand to guide you at all junctions.

After the completion of lap 1, you will be offered a wristband from a marshal to mark your successful completion of 1/3 rd of the route.

After the completion of lap 2 you be offered a wristband from a marshal to mark your successful completion of 2/3 rds of the route.

At the completion of lap 3, when you already are in possession of both wristbands you will be guided towards the finishing funnel.

Wristband Locations:



10. 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 section on one of the racks for the relay teams. The other members of the relay team will wait opposite their bikes at edge of Transition.

Once the swim section is complete the swimmer will proceed to the transition and pass the chip on to the cyclist. The cyclist must then proceed to their racked bike. They must put on their helmet and clip it in position before removing the bike from the rack.

On returning, the cyclist must rack their bike, unclip and remove their helmet. Once this is done, they can pass 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.

11. Race 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 Kilkenny Triathlon Club Facebook Page and Website. Results will be available here: <https://www.sportsplits.com/races/15647>



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12. Prize Giving and Post-Race Party

Prize giving will commence in transition area at approx 2.30pm. Prizes consist of handmade Jerpoint Glass vases for Overall Male & Female 1,2,3 and cash prizes.

Post Race party will take place in Sullivan's Taphouse, John Street Kilkenny at 6.00pm

List of the Category Prize breakdown (competitors may only win one category).

CATEGORY	MALE	FEMALE	RELAY	JUNIOR
Overall	1st, 2nd, 3rd	1st, 2nd, 3rd	1st	1st M + F
20 - 29	1st	1st	-	-
30 - 39	1st	1st	-	-
40 - 49	1st	1st	-	-
50 - 59	1st	1st	-	-
60 - 69	1st	1st	-	-

H-CUP:

Open to male and female under 20's with one first prize of €150 for the first male or female to cross the line, the perpetual H-CUP. Kilkenny Triathlon Club is delighted to be supporting Junior participants in triathlon events.

The H-Cup and prize money are kindly donated by KTC Club member Stewart Butler and his son Max in memory of his wife/mother Helena who sadly passed away from cancer).

13) **Other points of Interest:**

- 70% of our run route is in tree cover shade
- No disposable plastic bottles are used in the event apart from marshal goodie bags
- Eco-friendly compostable cups are used at water stations
- At the finish line every competitor will receive a branded bike bottle full of chilled water
- Our water stop alone has provisions for over 3 pints of water per participant
- This year we have over 35 people that have never competed in a Triathlon before
- Kilkenny Castle (the backdrop for the event) was built over 820 years ago
- Kilkenny Castle grounds gets over 100,000 visitors per year and we are in the height of tourist season, so expect lots of cheers!!



*We wish all of our competitors a safe and enjoyable race,
don't forget to smile for the cameras!*

