



RACE BRIEFING SUNDAY JULY 5TH: IRISH MIDDLE DISTANCE CHAMPIONSHIPS

PARKING

Please use the designated Car Park Space which is in **Athlone Town**



Centre Shopping Centre.

[CLICK HERE FOR A LINK TO THE ATC WEBSITE & GOOGLE](#)

MAP Parking is at a special rate of €3 per day. Please do not park elsewhere in town, as clamping is in operation, & other shopping centre car parks are for customers use **ONLY**. NO PARKING at Swim Start

BAG DROP

Bag drop is located in the Changing Tent in Transition for all Saturday and Sunday events. Your sticker set includes extra stickers for a personal bag to be left here if you want to do so.

LOST & FOUND

Lost & Found is managed by our Head of Transition. Please email him:

willie@triathlone.com if you have lost some personal belongings on Race Day.



Welcome to triAthlone 2015!

We have been working hard to bring this event to the calendar, and we hope that it not only fulfils your expectations, but exceeds ours. We have been getting lots of email and Facebook questions about the event, which we hope to answer with this Race Briefing document.

Our Race HQ for the event is The Main Tent @ The Athletes Village, Burgess Park, Athlone.





RELAYTEAM INFO:

Whether your team is 2 or 3 members, the **CYCLIST** must wait in Transition at their Bike Rack for the **SWIMMER** to meet them. The **SWIMMER** must hand over the timing chip before the **CYCLIST** can start out of T1.

Similarly, the **RUNNER** must wait in Transition at their Bike Rack for the **CYCLIST** to meet them. The **CYCLIST** must hand over the timing chip before the **RUNNER** can start out of T2.

Please remember to also pass your race number from one relay member to another.

If Relay Team members want to move in and out of Transition while the race is in progress they can do so. Please obtain a special wristband from the Head of Transition while will allow you to both in and out of Transition while the race is going on.

Our Race HQ for the event is The Main Tent @ The Athletes Village, Burgess Park, Athlone.

PLEASE NOTE: The NRA now prohibit any event signage on the motorway; so we are unable to put signs directing you to registration. If you are approaching Athlone from the motorway, take **Exit 10** and follow signs for Athlone Town Centre. Please use designated car parking in the Athlone Town Centre Car Park. No parking is allowed at Athlete Village.

We recommend that athletes use the shuttle bus service to Swim Start/T1. The shuttle will run from 11.00-11.45. Athletes also have the option of walking but please note that it is approx. 1.5km to swim start. If friends/family wish to come to the swim start, this may be possible - but they will need to walk and follow the spectators route under the white bridge, there will be signs directing spectators. There is no car park space at Swim Start.



REGISTRATION

Registration will take place in the Main Tent of the Athletes Village in Burgess Park. There is no parking in this area.

Reg is open from 12:00 noon - 2.00pm, and again from 4.00pm - 6.00pm on Saturday.

THERE IS LIMITED SUNDAY MORNING REG AVAILABLE. THIS MUST BE PRE-BOOKED BY EMAILING EMMA@TRIATHLONE.COM

The limited Sunday Reg is open from 08:00am - 10.00am.

It closes at 6pm SHARP on Saturday & 10am Sunday. If you're not registered on time you cannot race.

PLEASE ENSURE TO BRING YOUR TI RACE LICENSE OR 1-DAY LICENSE (ODL) AND PHOTO ID!

NO ODL or TI LICENSE, YOU WILL NOT BE ALLOWED TO RACE.

TRANSITION & RACE BRIEFING

Transition is located in the Athlete Village. This is the field of play and access to it will only be allowed at certain times, and with wristband access only. The Race Briefing will be given in Transition. Attendance at the Race Briefing is COMPULSORY.

Transition Opens: 8am

Transition Cleared: 11am

Race Briefing: 11am

Race Start: 12 noon

RACE START TIMES, WAVES, RACE NOS & SWIM CAP COLOURS

This is a mass start, 1 wave event. Welcome to Middle Distance Racing - it's 1st past the post! Athletes will be counted in at swim start - if you do not want a long warm up, please wait toward the back before entering at swim start. PRO athletes will start at the front of the field.

Middle Relay	12:00	Wave 1	521-550
Middle Male	12:00	Wave 1	551-900
Middle Female	12:00	Wave 1	901-1000

RACE PACK & STICKER SETS

On Race Registration, you will receive an envelope which will contain the following:

1. RACE NUMBER

To be worn on your BACK for the Bike

To be worn on your FRONT for the Run

Safety pins are available in Registration. The use of a race belt is advisable, and will be available to purchase at the Shadow Brand Tent if you wish.

Relay teams, pass your race number to your team mate to do the next leg.

***IRISH MIDDLE DISTANCE
TRIATHLON CHAMPIONSHIPS***

999

triAthlone

2. RACE STICKER SET

The pack will also contain a Race Sticker set. Stickers must be placed on:

1. **Your Bike Seat-Post**
2. **Front of Bike Helmet**
3. **Side of Helmet**

The remainder stickers need to be used for:

1. **Swim to Bike Transition Bag**

Your Goodie-Bag will contain 2 drawstring bags. One to be used for Swim to Bike Transition. Please put a sticker on this bag.

2. **Bike to Run Transition Bag**

Your Goodie-Bag will contain 2 drawstring bags. One to be used for Bike to Run Transition. Please put a sticker on this bag.

3. **Optional Personal Bag for Bike Aid Station 2 Knockcroughery @ approx. 60km**

You are given a plastic bag for optional transport to Aid Station 2 for personal feeding/extra kit. This will be collected at BIKE CHECK IN

4. **Bag Drop in the Changing Tent**



3. SWIM CAP - COLOURED BY WAVE

4. WRISTBAND FOR ACCESS TO TRANSITION

5. RACE TIMING CHIP & STRAP

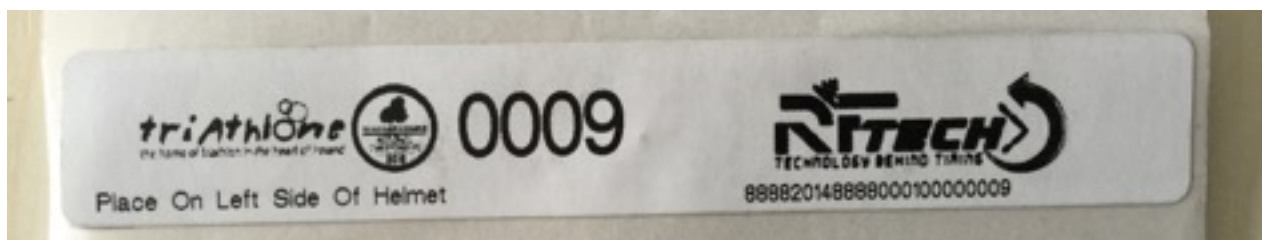


We are using an active transponder chip, which must be strapped to your **LEFT** ankle.

Failure to strap it to your left ankle may result in your time not being recorded.

Please ensure that your Sticker Numbers, Race Number and the Number on your Timing Chip match. Please bring it to our attention if they do not.

6. HELMET TIMING TAG



New for this year, we are adding a helmet sticker timing chip. This must be put on the **LEFT** side of your helmet. Again, please check that the number on the sticker corresponds to your race number.

SITE MAP *with* SWIM STARTS, SWIM EXIT & LEGEND

Athletes will need to walk to their swim start location from Transition after their Race Briefing. **PLEASE LEAVE TRANSITION IMMEDIATELY AFTER THE RACE BRIEF** and give your self enough time to walk to travel to swim start.

We recommend that athletes use the shuttle bus service to Swim Start/Tr. The shuttle will run from 11- 11:45. Athletes also have the option of walking but please note that it is approx. 1.5km to swim start.

Swim Start is on the WEST side of the River. Athletes wishing to walk should walk over the Town Bridge, and work North along the River Shannon, under the White Railway Bridge following the trail until you come to Swim Start. We will have an optional Bag Drop at Swim Start for those who wish to use it. **PLEASE PUT A STICKER ON YOUR BAG FROM YOUR STICKER SET.**

Swimmers will first swim upstream for 150m, with 2 x 90 Degree Turns before swimming 1.7km downstream to the water exit. **FOLLOW THE LEAD KAYAK.** Swimmers are advised to keep to the right hand side of the River on the way downstream once they have passed the water entry point.

Through both bridges, keep under the arch furthest to the right. Once under the Town Bridge, swim left toward the East Bank and eyes up and left for Swim Exit. Carpet will be used from Swim Exit to Transition.

Reg, Transition and Finish are all located in Athlete Village - Burgess Park.



ATHLETE VILLAGE - BURGESS PARK



CAR PARK: ATHLONE TOWN CENTRE



SWIM (locally known as No. 1)



SWIM EXIT (The Strand)

TRANSITION & TRANSITION BAGS

As this is a Middle Distance race, we are implementing a transition configuration like many of the continental and branded events.

- **ONLY your bike will be allowed within Transition Area**
- **You must use the provided “Swim to Bike” drawstring bag for your helmet, cycling accessories, towel, or nutrition/water.**
- **You must use the provided “Bike to Run” drawstring bag for your running shoes, running accessories or nutrition/water**

How will this work?

When you run into Burgess Park from the Swim, there will be a **Swim to Bike Transition Bag Area**. Bags are to be placed BY YOU in their correct area before the race in their numbered zone.



A changing tent is available. **You must change before entering Transition.** You go to your bike rack, grab your bike and exit Transition, only mounting the bike at the Mount Line.



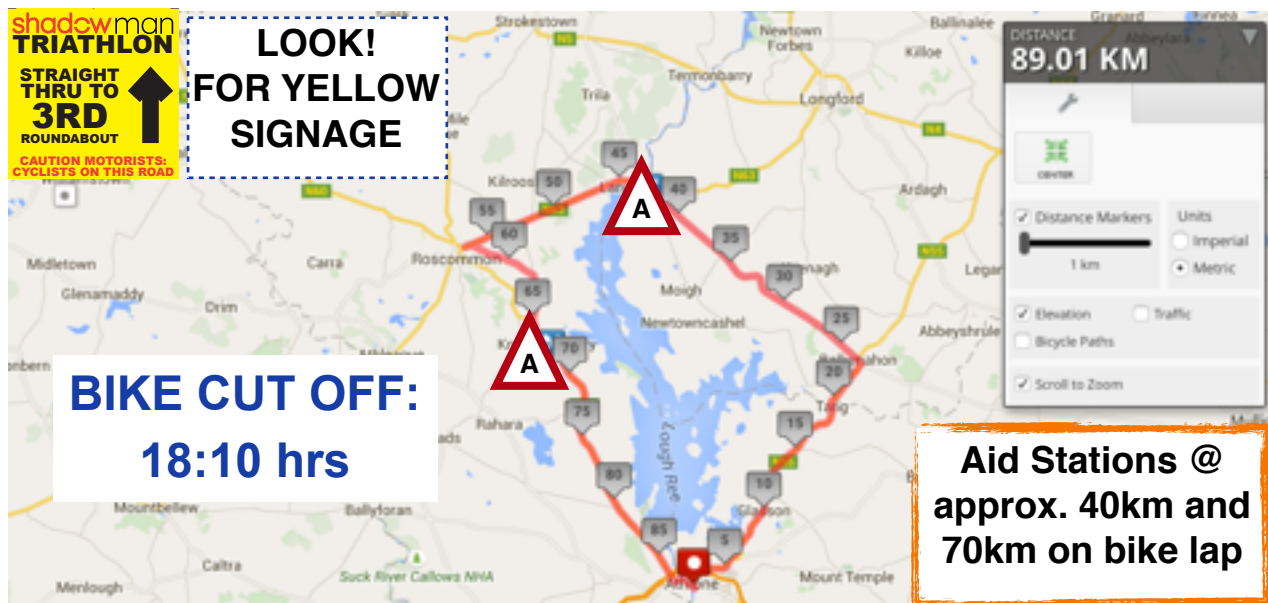
Please use a sticker so you can identify your Transition bag. We will have markers available so people can write their name on the bag if they so wish

We have a separate **Bike to Run Transition Bag Area** which works in the same way. You come into **Transition** via **Bike In**, rack your bike and then make your way to the **Bike to Run Transition Bag Area**, and grab your bag. Again, the changing tent is available. Athletes exit the changing tent before running to the Europcar Roundabout and then Run Out.

After the Swim, put **ALL** the equipment you have used for the Swim Leg (Wetsuit, Cap And Goggles) into the **Bike Bag** and drop it at the **Designated Bag Drop Located Inside The Changing Tent**. Similarly, after the Bike, put **ALL** the the equipment you have used for the Bike Leg into the **Run Bag** and drop it at the **Designated Bag Drop Located Inside The Changing Tent**.



Above is illustrated the Transition flow and layout. It looks as if there is a cross-over from Swim across the run, but all swimmers will be past this point before the 1st runner is on their course.

BIKE ROUTE: 90km**[CLICK HERE FOR A LINK TO MAPMYRIDE DATA](#)**

You will cycle around beautiful Lough Ree. Take care as the roads are fully open. The onus is on you the athlete to know the course and the route! There will be draft busters out there and we will be sending around a service vehicle for athletes who are broken down. If you use this, your chip will be removed but we will still allow you to complete the run section providing you are not past the cut off (18:10hrs).

PLEASE NOTE:

The roads are fully open, so rules of the road apply! Take care out there!

Stay 12m apart or face a 5min drafting penalty or a Disqualification! (Except overtaking)

Be aware of the Triathlon Ireland rules - especially as they relate to DRAFTING on the bike.

PLEASE CLICK THIS LINK FOR A GUIDE TO NON DRAFTING.

The route will take you from:

Athlone to Ballymahon (N55)

Ballymahon to Lanesborough (R392)

Lanesborough to Roscommon (N63)

Roscommon to Athlone (N61)

- There will be 2 aid stations on the bike, one at 40km (Bottle Exchange) and an Aid Station (Optional Personal Bag Drop & Bottle Exchange) at 70km (Knockcroughery).
- **BEWARE OF THE 2 RAILWAY CROSSINGS EN ROUTE!!**
- This is also a control point for any athletes who get caught at the railway level crossing and any time lost will be taken off at the end of the race. The water will be there for athletes to refill from in 5ltr bottles.
- Athletes can send a special bag out to this site - this will be collect at **Bike Check In**.
- Each station will also have sunscreen so make sure to cover up!
- Each aid station will have a portaloo so if nature calls you're covered.
- On the return into Athlone you will come to Ganleys roundabout, where a coned neutral zone will begin to the top of the Roscommon Road. Turn Left at the top of the Roscommon Road, and follow the road straight into the Town Centre.

- Cross the Town Bridge, and up Church Street.
- There is a hard right 90 degree turn onto Griffith Street with a 20 Degree downhill slope which needs to be negotiated with care!
- At the bottom of Griffith Street dismount and make your way into T2.

Pay heed to road markings, and our marshals at all times

APPROX 3.5K FROM ROSCOMMON, THERE IS A RAILWAY CROSSING AT BALLYMURRAY. IN THE UNLIKELY EVENT OF THE GATES BEING DOWN, WE WILL HAVE MARSHALS THERE TO TAKE YOUR NUMBER & WILL DEDUCT LOST TIME FROM YOUR FINISH TIME. PLEASE PAY HEED TO THIS LEVEL CROSSING



PAST KNOCKCROUGHERY, THERE IS A 2ND RAILWAY CROSSING. THIS IS ALSO THE LOCATION OF THE 70KM AID STATION (PERSONAL BAG). AGAIN, WE WILL HAVE PEOPLE THERE TO TAKE YOUR NUMBER & WILL DEDUCT LOST TIME FROM YOUR FINISH TIME. PLEASE PAY HEED TO THIS LEVEL CROSSING



BIKE KEY INTERSECTIONS:



WHEN YOU APPROACH ROSCOMMON FROM LANESBOROUGH, YOU COME TO A SERIES OF ROUNDABOUTS. GO STRAIGHT THRU THE 1ST (LIDL), PAST THE 2ND AND ONTO THE 3RD (TOPAZ) WHERE YOU TAKE A LEFT FOR ATHLONE. PAY HEED TO THE MARSHALS AND WATCH FOR THE YELLOW SIGNS! BEWARE OF TRAFFIC ON THE ROUNDABOUTS - THESE ARE BUSY INTERSECTIONS!



RUN ROUTE: 7km Lap - 3 Laps

The run route is a mixture of urban and rural, and will be marshalled and signed. The onus is on you the athlete to know the route. The roads are also partially open so please be very careful on the course and use the paths and stay in to the verge as much as possible and where available.

Counting your Laps:

You will receive a wrist band for each lap you have completed to help you keep track of how many laps that you've done too. Please note that when you enter the Athlete Village with 3 wrist bands you can then proceed to the finish chute.

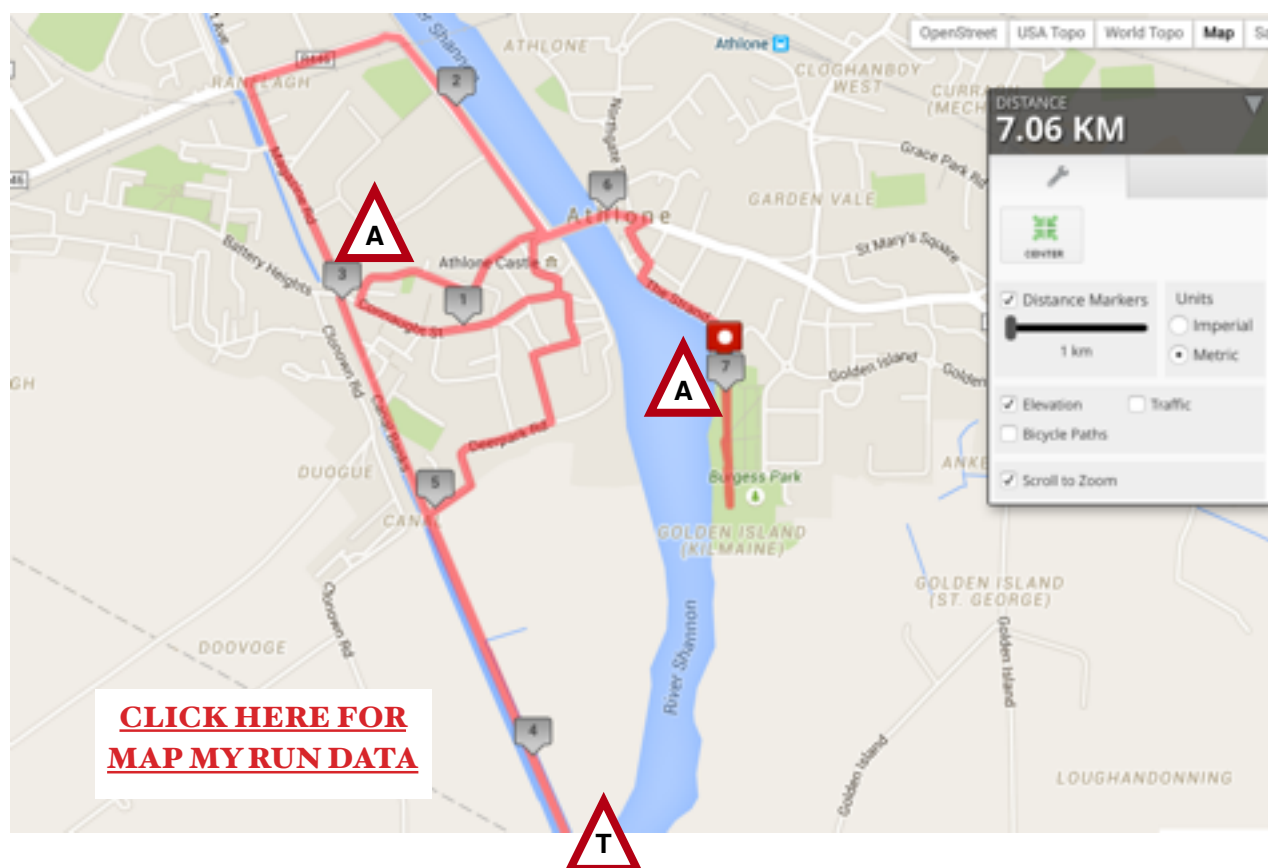
There will be 3 tables at the **wrist band station** spread out over room each with a different coloured wrist bands:

Red - Lap 1

White - Lap 2

Black - Lap 3

Please note that it is the responsibility on the Athlete to run to the corresponding table for each lap. We will also have an Aid Station at the top of Bastion Street with water on the run route.



There will be an Aid Station every 2.5km We will also have a timing point on the nature reserve. Make sure you hit it! Any anomalies will be treated as cutting the course!

Again, there will be another aid station at the entrance to Burgess Park.

The run cut off will be decided upon on race day itself based on the weather and light conditions of the day, with sunset being 2030hrs. There are no street lights on the rural section of the run and for safety reasons we will not allow athletes to run in the dark.

There will be fruit and drinks (cola etc) at the finish line plus music if your still able to boogie!

FINISH CHUTE

On the last lap, you run back into Burgess Park and to the Europcar Roundabout, where you will enter the Finish Chute and run into the FINISH!

In the Finish Zone you will receive your Finishers Medal, Food, Water and Fruit are available. Athlete Recuperation will also include Red Bull, Erdinger Non-Alcoholic and lots more besides!

Make sure to bring the family along as we have lots of activities for kids, a Food Court, and Bar from 2pm-8pm Saturday and Sunday

NUTRITION @AID STATIONS



Our nutrition Sponsor 32Gi have provided us with chews, isotonic, flat cola, and bars. Remember you cannot take aid from friends/family members around the course. If you want to leave something either use the personal bag drop on the bike - otherwise, personal aid items must be left at a designated aid station. If you take assistance outside of the aid stations, you risk a penalty!

The Bike Aid Stations are BOTTLE SWAP - you give a bottle - you get a bottle!

Bottles will be returned to Transition for pick up if you want them.

Rather than give you all this stuff in your goodie-bag, we have put it at the Aid Stations where you actually need it!

POST RACE MEAL

Keep your wristband on, and exchange it for your post-race meal in master tent.

PRIZES & PRIZEGIVING

Prizes will be awarded to 1st, 2nd and 3rd overall Male and Female, plus Age-Group 1st, 2nd and 3rd and Relay Events.

If you believe you have won a prize, please stick around as we plan to do a presentation ASAP once the races have finished. Prize giving will take place on the main stage in the Athlete Village.

LIVE TIMING & RESULTS

Searchable LIVE timing is available online, and also through the timing app.

Thanks to our timing company, the site will also give predictive race splits from out on the course as well as a predicted finishing time - an excellent way for family members to follow you around the route, whether at the event or at home

Added to this, we also have an iPhone App which will be linked to the LIVE timing system. The app has been developed with Browne Apps. It will be on the iTunes App Store shortly - check the website and Facebook for more

[CLICK HERE FOR A LINK TO LIVE TIMING](#)

This also includes a link to download the timing app on iPhone and Android.

LOOKING FORWARD TO SEEING YOU ALL ON SUNDAY!