



# LETTERKENNY DUATHLON

**Race Briefing**

**SUNDAY 11th March 2018**

**Race Start Time 9:30 am**

**STANDARD DISTANCE**

**10k RUN – 40k BIKE – 5k RUN**



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# Race Sponsor



**The Kitchen**  
22 Lower Main St, Letterkenny  
Tel 074912677  
Email: [info@thekitchenlk.com](mailto:info@thekitchenlk.com)

**The Kitchen**  
Unit 13a Letterkenny Retail Park  
Tel 0749161973  
Email: [info@thekitchenlk.com](mailto:info@thekitchenlk.com)

## Race Partners

 <p>FixYouPhysio</p>	 <p>ProBikeFit</p>	 <p>SECURELAN IT SOLUTIONS</p>
 <p>MERITCOM Connecting Technology</p>	 <p>LETTERKENNY ACTIVITY CENTRES KAYAKS ARCHERY ZIP LINE HORSEFIT</p>	 <p>WASSONS GARAGE 086 2399978</p>
<p>Dublin &amp; Letterkenny</p> <p><b>Lanigan Clarke</b></p> <p>Solicitors</p>	<p><b>Farren Roarty</b></p> <p><b>Chartered Certified Accountants</b></p>	 <p>Tinney's Toys</p>
 <p>MICAD SECURITY</p>	 <p>STATESIDE</p>	<p><i>McKinley Auto Repairs 086 826 3313</i></p>



## Event Timetable (O'Donnell Park, Letterkenny, Co Donegal)

### Saturday 10th March 2018

17:00 – 19:00 pm Registration in St. Eunan's Club House in the O'Donnell Park Grounds

### Sunday 11th March 2018

7.30am – 9am	Registration - <b><u>N.B. closing time will be strictly adhered to!</u></b>
7.30 am	Transition opens to competitors
9.00 am	Transition closed.
9.05 am	Race Briefing
9:30 am	Standard Duathlon Start
1.00 pm	Presentation of Prizes

### General Information

- It is the competitor's responsibility to be well prepared for the race. They should be in good general health and shall be responsible for knowing and following the prescribed course.
- The pre-race briefing will take place in club house. It is compulsory that the competitors attend the briefing. It will last approx 5-10 minutes.
- Ensure you have your photographic Triathlon Ireland license with you for inspection at registration or your one day license along with photographic ID. A limited amount of ODL's will be available to purchase at registration.
- Shower facilities available after the race in the GAA grounds.
- There will be refreshments for all competitors in the club house after the race.
- The Awards Presentation will be at 1.00 pm or earlier if possible.
- We will display results and category winners on a display board in the Club House by 1:00pm
- **We are asking that participants use the car park in Aura. Vehicles will not be permitted into the grounds of O'Donnell Park on the day. There is a short laneway from Aura to O'Donnell park that participants can use to move their items to transition in O'Donnell Park.**

### Directions

Follow directions to Letterkenny, at the Polestar Roundabout take the 1<sup>st</sup> exit left (signposted Glenties) at the next roundabout take the 1<sup>st</sup> exit left stay in the left lane, at the fork in the road stay left (signposted Churchill), stay in the right lane, take 3<sup>rd</sup> exit on the mini roundabout (sign posted Churchill/Glenties), take 1<sup>st</sup> exit left on the next mini roundabout (signposted Churchill), continue out this road for about 500m, Aura Leisure Centre is located on the left hand side of the road. We are asking that participants use the car parks in Aura. Vehicles will not be permitted into the grounds of O'Donnell Park on the day.

A map of the location is available here .... <http://www.auraleisure.ie/letterkenny/find-us-contact-us>

The Standard Distance race will start along the road a few hundred meters from the entrance into Aura Leisure Centre and the transition area will be located in the O'Donnell Park GAA Grounds. The race will finish in O'Donnell Park with showers and refreshments served in the club house on the grounds afterwards.

## **RACE RULES AND REGULATIONS**

### **Rules**

Triathlon Ireland and ITU rules apply. For details see [www.triathlonireland.com/Events/Rules/](http://www.triathlonireland.com/Events/Rules/)

### **TI Full and One Day License**

**Important notice to all competitors: If you are not a Full, Student or Junior Triathlon Ireland member, you are required to purchase a one day membership licence. To purchase a one day licence:-**

Go to the following link to purchase a One Day Membership  
[www.triathlonireland.com/Participation/One-Day-Membership/](http://www.triathlonireland.com/Participation/One-Day-Membership/)

**No License, No Race, No Exceptions**

### **ROAD SAFETY**

Roads will remain open to traffic for the event. Competitors should obey the rules of the road and exercise due caution when presented with a hazard. Instructions from Gardai and marshals should be followed at all times.

Competitors deemed to be cycling dangerously or without consideration to others will be disqualified or penalized by race marshals.

Extra care should be taken at roundabouts and junctions and in particular at the turn around point and at the main entrance to the O'Donnell Park .

The bike will enter transition at the same point you exited. The downhill to the dismount line at O'Donnell Park will be a neutral zone with no overtaking from the roundabout to the dismount line in the interests of competitor safety.

### **DRAFTING**

There will be draft busters on the course. If a draft buster feels you are drafting they will take note of your race number. All penalties will be displayed in the club house along with the results; you will have 15 mins to appeal your penalty to the race organiser.

## WHAT IS DRAFTING

It is forbidden to cycle close behind another competitor in order to gain a benefit from reduced wind resistance. The bicycle draft zone will be 10mtrs long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete

## EQUIPMENT

For those with number belts, the number should be worn on the rear during the cycle and on the front during both runs. The race number should not be cut, folded or hidden.

Electronic timing chips will be used. You will receive a Velcro strap and electronic chip. Attach the chip to your Velcro strap, and put the strap around your lower left leg just above your ankle. This will record all your split times for each discipline.

It is your responsibility to ensure that your helmet and your bike should be in good repair and roadworthy.

The following will be checked prior to entering transition with your bike on the morning of the race:

- **Race Number** – You must present your race number each time you enter transition. Only competitors are permitted inside transition.
- **Helmet** - You must wear your helmet, which should be secured with the helmet straps, when you bring your bike into transition for racking.
- **Front and rear brakes** - You must be able to demonstrate both the front and rear brakes are operational
- **Wheels** – Wheels must be secured to the bike
- **Bar End Plugs** – Bar end plugs must be in place. If these are missing wine corks make a good replacement.

**Failure to comply with any of the above will prevent access into the transition area.**

Earphones/ audio devices are not permitted.

## TRANSITION AREA

No bike boxes or bags are to be left in transition; there will be a designated bag/box drop area beside transition.

Bike racks will be numbered; your bike must be racked in its designated spot. There will be plenty of room for all bikes and equipment.

After Run 1, you must put on your helmet and fasten it before removing your bike from the rack. (Run to Bike is known as Transition 1)

After the cycle you must rack your bike and only then unfasten and remove your helmet. (Bike to Run is known as Transition 2)

Please show respect for other competitor's equipment. Race numbers must be shown before any bikes are removed from transition. This will be strictly adhered to.

Only competitors are allowed in the transition area. Coaches, friends and family must stay out of this area.

The torso must be covered during all sections of the race.

We ask that spectators remain a safe distance away from the finish line to allow competitors time and space to recover if necessary.

## RUN 1



Our first run will start just outside Aura Leisure Centre on the R250 and head towards Letterkenny. From here you will go past Dunnes Stores over the bridge and head out the Crieve road. Runners will continue straight out this road as far as Newmills where they will turn right and cross another bridge over the Swilly and rejoin with the R250 where they will head back to St. Eunans GAA grounds where our transition is located. Before returning to transition runners will complete one lap around the main pitch at St Eunan's. The last 150 meters of this surface is a rough stone surface so care should be taken.



There will be a hydration stand outside Larkins shortly after the bridge at Newmills.

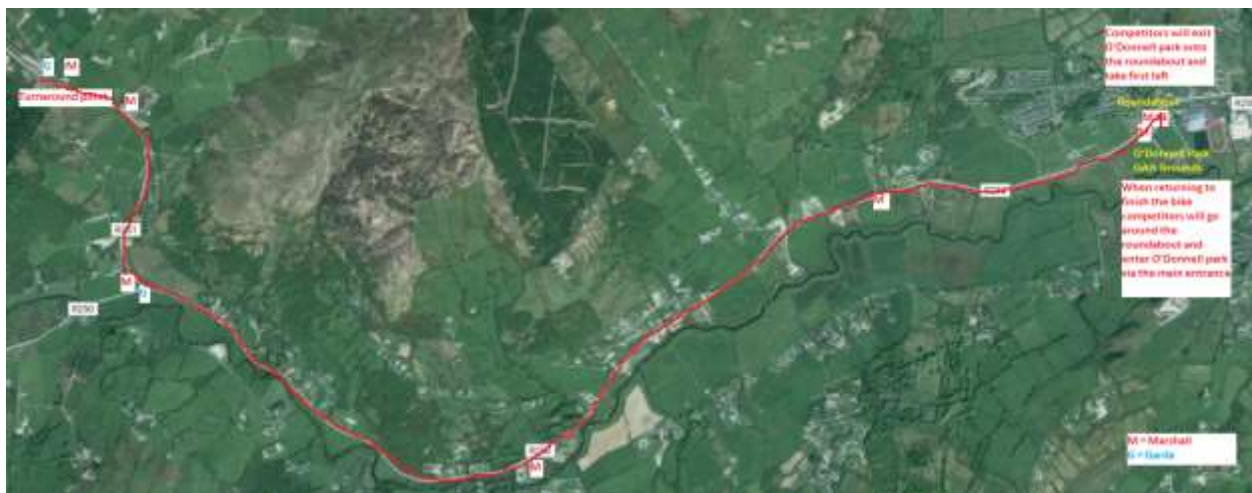
The race is on open roads so runners must stay to the right. Where footpaths are available these should be used.

2k before completing there will be a footpath. Runners must stay on the left hand side of this footpath at all times. This path will be used for the sprint race as well as run 2 so there may be other participants coming in the opposite direction. While on this path particular care must be taken as there are 2 barriers on the left hand side of the footpath at approx 1400 mtrs and 800mtrs from the finish, which may be difficult to spot if running in a group.

Your race number must be visible on your front at all times.

There will be marshals located at the turnaround point; the roundabout and the slip roads as well as at transition areas.

## BIKE



The bike route is an 20k out-and-back route that must be completed twice. Starting at T1 and exiting the car park via the main O'Donnell Park entrance/exit road, cyclists will turn left at the roundabout where you will then exit onto the R250, towards Churchill.

Stay on this road until you come to the turnaround point and then it's back the way you came in to the roundabout outside O'Donnell park. This will be your first lap. Cyclists will use the roundabout to come back on themselves and complete the same lap a second time. After the second lap cyclists will enter T2 via the main O'Donnell park entrance that they exited from.

The cycle course has a turnaround point and two laps, you must cycle the full distance and your number will be noted at the turnaround points and after lap 1.

**The cycle course is not on closed roads and all the usual rules of the road apply.**

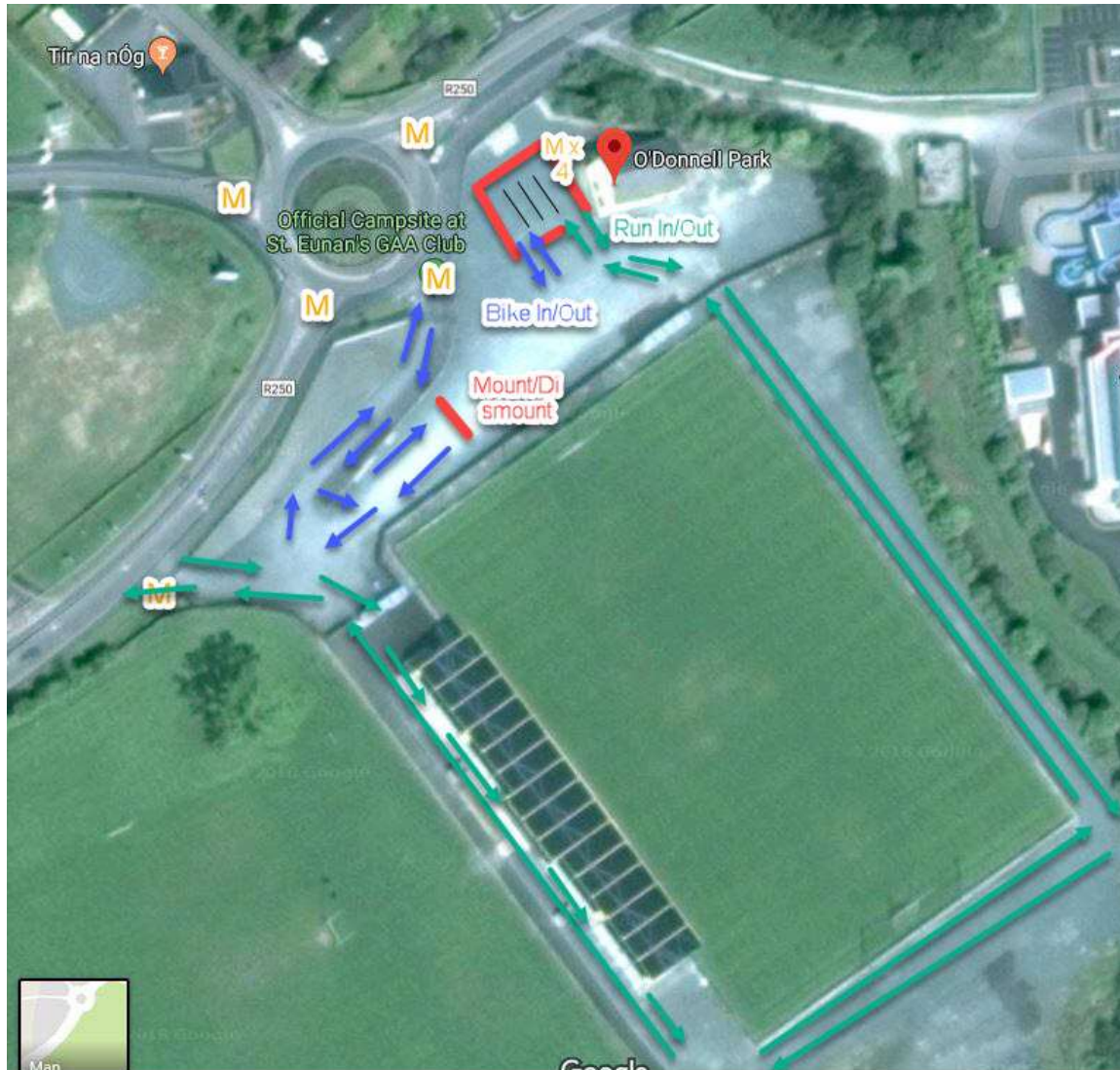
The cycle route will have marshals and/or Gardai at all major junctions.

There will be Draft Busters along the route checking that all cyclists obey the rules and they will issue penalties to anyone who they deem to be drafting.

There will be a strict no overtaking rule on the bike route from the roundabout outside O'Donnell park both after lap 1 and when finishing lap 2 until the bike dismount line when returning to transition.

Your race number must be visible on the back at all times during the cycle.

## Transition Area



Note there will be no overtaking allowed from the roundabout to the T2 position in O'Donnell Park. Care must be taken on the descent to the transition area after exiting the roundabout. There will be a sharp left turn after descending the hill back into O'Donnell Park from the roundabout. Cyclists should reduce speed and use caution as necessary at this point before reaching the dismount line.

You must ensure your helmet is fastened BEFORE you touch your bike in transition after the first run. Your helmet must remain fastened UNTIL your bike is racked after the cycle. This will be strictly enforced by marshals and race referees.

Do not mount your cycle until you have left transition and reached the designated mount line which will be clearly marked outside transition.

You must dismount your bike before the dismount line before entering transition on your return from the bike leg.

You will enter and exit transition at the same section after run 1 and beginning run 2 and again when finishing via the slip road onto the R250. You will enter and exit transition at the same section with your bike via the roundabout into the main O'Donnell Park entrance. Marshals will be there to guide you.

## RUN 2



Run 2 is a 5k out-and-back course starting at T2 in O'Donnell park and again completing a lap around the main pitch at O'Donnell park before exiting via the slip road and turning left. Runners will run on a footpath toward the turnaround point and then return back along the same footpath to the Finish line in O'Donnell Park. Again competitors will complete one lap around the main pitch at St Eunan's before reaching the finish line. The last 150 meters of this surface is a rough stone surface so care should be taken.

Do not turn before the marshal at the turnaround cone. Numbers will be taken note of. It is the competitors' responsibility to ensure they complete the full course.

Care shall be taken at the slip road entrance.

Care should be taken on the first 150m of the run course and again on the last 150 meters because of the rough stone surface in this area.

Runners must stay on the left hand side of the footpath at all times.

Your race number must be visible on your front at all times.

There will be marshals located at the turnaround point; and the slip road as well as at transition areas.

Please remember to hand back your timing chip before leaving the recovery area.

## **DISCIPLINE**

The competitor must know and follow the competition rules for duathlon as set by Triathlon Ireland. ([www.triathlonireland.com](http://www.triathlonireland.com))

Any competitor who retires during the race should inform the Race Director and return to the transition area to return their chip.

There shall be no pacing by your coach, family or friends etc during the race.

Abusive or unruly conduct towards other competitors or the marshals will not be tolerated, anyone guilty of this type of conduct will face immediate disqualification and a report will be forwarded to Triathlon Ireland.

## **Thank You**

**Finally, on behalf of the Letterkenny 24/7 Triathlon Club, the organisers would like to thank you for entering the Letterkenny Duathlon and hope you all have an enjoyable and safe race.**