

I-Tri Inis Triathlon

2017

Organised by Ennis Triathlon Club

Competitor race briefing

Race Date: 22nd July 2016

Race Venue: Ballyalla lake (just off the Gort Road (R-458) north of Ennis town)

Race registration, prize giving, and after party will be held at the Auburn Lodge Hotel on the Gort Road. Parking and post-race showers are also provided by the Auburn Lodge Hotel.

DIRECTIONS AND PARKING

Directions to the Auburn Lodge Hotel:

- From the M18 motorway take Exit 14 (Barefield), continue south along the Gort Road (R458) 3km towards Ennis town. The Auburn Lodge Hotel is on the right as you reach the outskirts of Ennis.
- From Ennis town drive north on the Gort Road (R458) for 2km. The Auburn Lodge Hotel is on the left.

Parking:

- Competitor parking will be at the Auburn Lodge Hotel approximately 1km from Ballyalla Lake. There is a large car park at the rear of the hotel.
- **There will be no parking facilities available at Ballyalla Lake.**
- **It is a 20 min walk from the Auburn lodge to the race start. Please leave enough time to get there and rack your bike.**

CHILDREN'S AND JUNIOR RACES:

Friday 21st July

- **Registration** open at the Auburn Lodge Hotel 19:00 to 21:00

Saturday 22nd July

- **Limited registration** from 8:00 to 8:30am at Ballyalla lakeside
- **Junior race timetable:**
 - 9:00am: Age 6-7 Triathlon: 20m swim, 500m cycle, 200m run
 - 9:20am: Age 8-9 Triathlon: 100m swim, 2km cycle, 500m run
 - 9:45am: Age 10-11 Triathlon: 200m swim, 4.5km cycle, 1km run
 - 10:25am: Age 12-13 Triathlon: 300m swim, 4.5km cycle, 2km run
 - 12:00pm: Age 14-15 Triathlon: 400m swim, 10km cycle (open roads), 2.5km run

Cost of entry is €12 online through the Triathlon Ireland website or €22 on the day.

SPRINT AND TRY-A-TRI RACES:

Friday 21st July

- **Registration** open at the Auburn Lodge Hotel 19:00 to 20:30

Saturday 22nd July

- **Registration** open at the Auburn Lodge Hotel 09:00 to 11:00
- **Transition** opens 10:00 - closes 12:00
- **Race briefing** at 12:15 (beside transition area for Sprint and Try a Tri)
- **Race Start Times:**
 - Try-a-Tri: 12:30
 - Sprint (Wave One): 13:00
 - Sprint (Wave Two): 13:10

o Sprint (Wave Three): 13:20

Entry is only available through the Triathlon Ireland website until midnight on Wednesday 19th July

Prize giving for Sprint and Try-a-Tri at the Auburn Lodge Hotel at 4pm.

REGISTRATION

You must have your 2017 Triathlon Ireland membership card or One Day License in order to race. Only one member of a relay team is required to have a TI membership or One Day License. Your 2017 TI membership card must include a photo. **The deadline to buy a One Day License (ODL) from the TI website is midnight on Wednesday, 19th July. You must bring proof of purchase of ODL to registration. One Day Licenses will not be available for purchase at registration. YOU WILL NOT BE ABLE TO RACE WITHOUT PRESENTING YOUR TI CARD OR ODL PROOF OF PURCHASE.**

If you hold an International Racing License it may be used at Triathlon Ireland sanctioning events, providing the organisation you are a member of is affiliated with the ITU. If you do not have your physical membership card at registration, along with a valid form of identification, you WILL NOT BE ALLOWED TO RACE as you will not be covered by insurance.

TRANSITION AREA

The transition zone is located beside Ballyalla Lake across from Lake View Stores. Transition will open from 10:00 until 12:00 on Saturday 22nd July. Please note that no bags or boxes may be left in transition during the race. A secure bag drop area will be provided beside the transition area. On entering transition you will need to:

- Demonstrate that your bike is safe and roadworthy: wheels properly tightened, adequate tyre pressure, functioning brakes, bar stops/ends on handlebars, etc.

- Have specially provided, numbered bicycle sticker, properly affixed to the seat post of your bike.
- Have your helmet on, properly adjusted and fastened.

We take bike security seriously and your bike cannot be taken out of transition without displaying your bib number and it matching the sticker affixed to your bike. No exceptions.

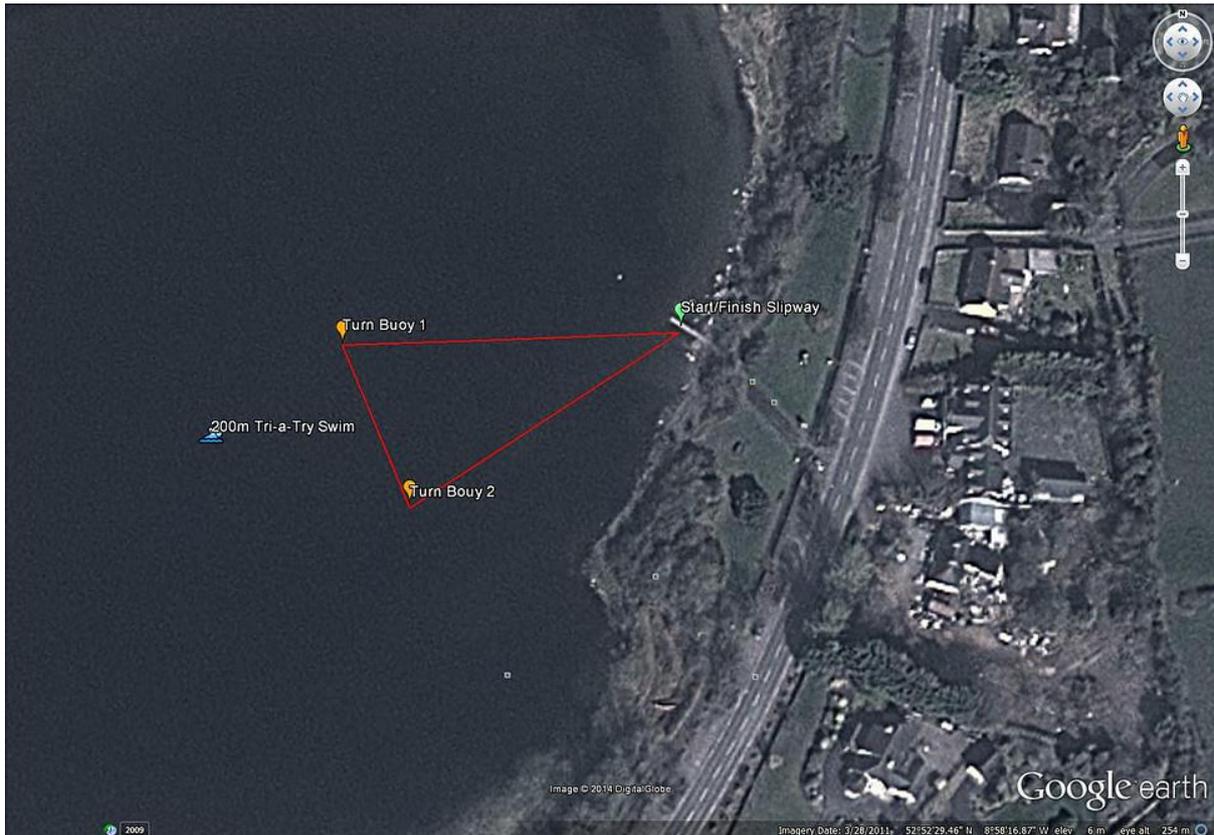
RACE BRIEFING

The race briefing will take place beside the Transition Area at 12:15. Attendance is mandatory. Any last minute changes to the course or safety issues will be announced at this time. Timing chips must be worn on lower left leg by competitors while on the course. This includes relay teams and this policy will be strictly enforced.

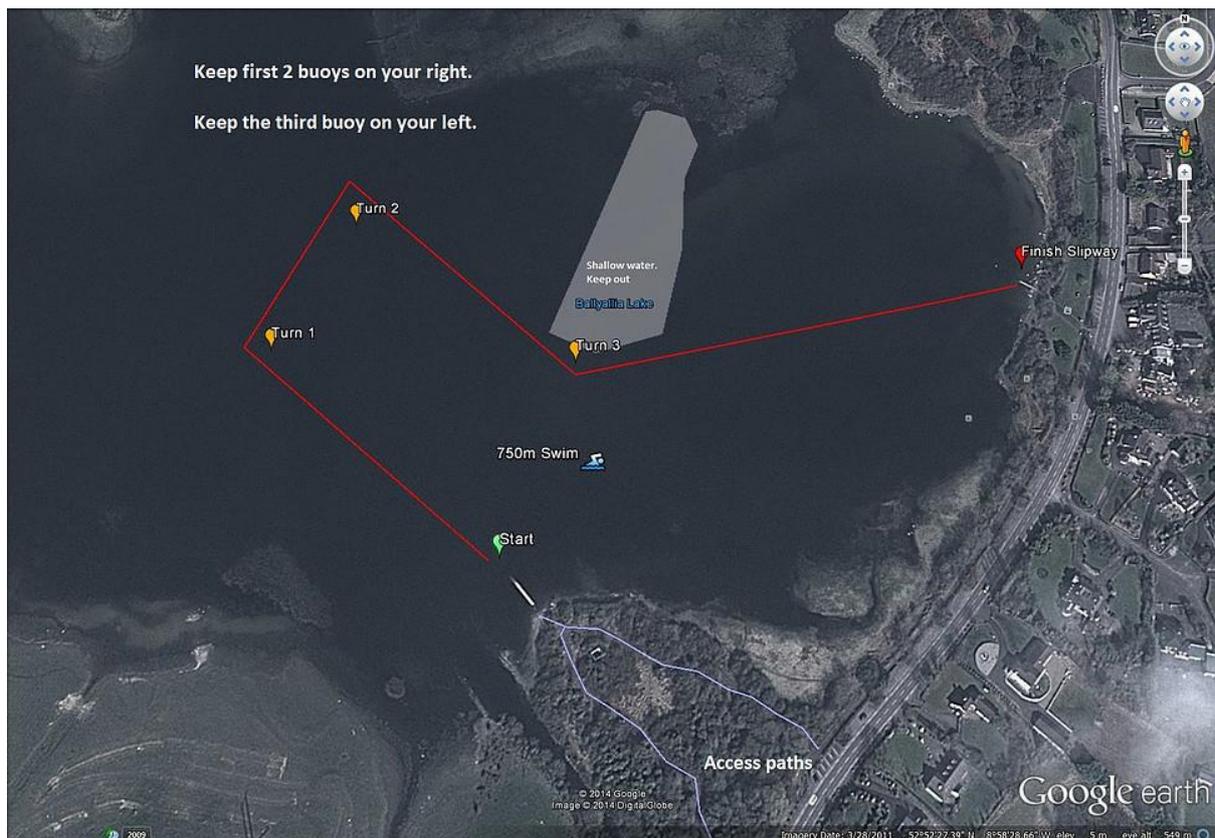
SWIM COURSE

The swim will take place in Ballyalla Lake. Wetsuits are compulsory and the swim caps provided to you at registration must be worn. Swim cap colours are wave specific so you must wear the one you are assigned at registration.

Try-a-Tri race will start and finish the swim at the slipway beside the transition area. The Try-a-Tri swim start will be in waist deep water. The Try-a-Tri race will start at 12:30 provided that the junior races have cleared the course. For safety reasons there is a Try-a-Tri swim cut-off time of 15 minutes. See map of try-a-tri swim route below.



For the sprint distance race competitors will be led to the start area, at the pier, at 12:35. This is 500m away and so competitors are advised to take along a pair of flip-flops for the walk. Any footwear should be deposited at the collection point at the swim start and can be collected after the race, in transition. The swim start is at 13:00 so there is ample time for competitors to acclimatise in the water. Competitors will be counted into the water according to start wave. The swim will have a deep water, static start, and will not begin until all competitors are in the water. For safety reasons there is a sprint swim cut-off time of 30 minutes. See map of sprint distance swim course below.

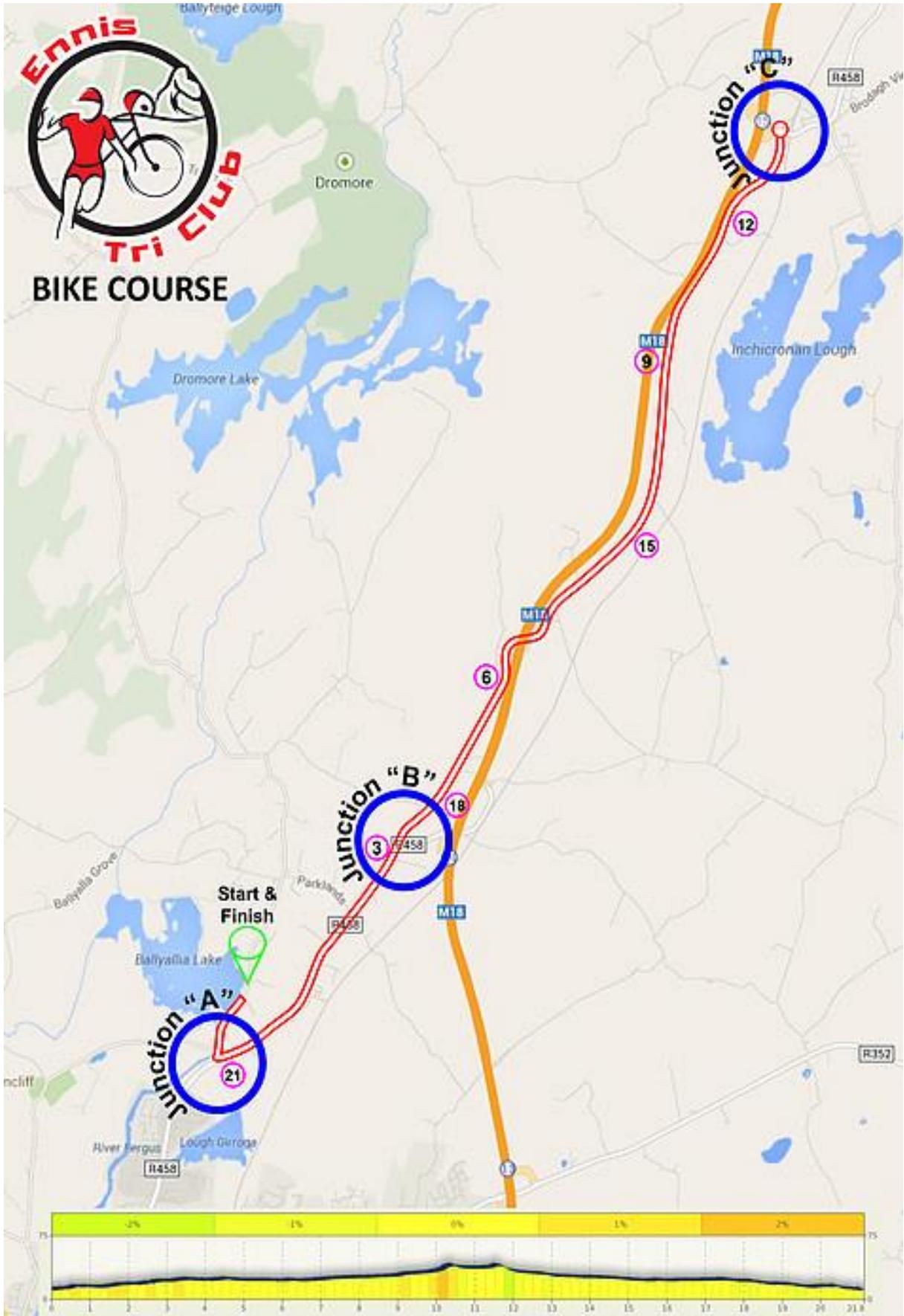


There will be a number of boats and kayaks to assist swimmers. If you're not confident or a weak swimmer it is advisable to stay to the back for the start, as you save the energy and the stress of trying to avoid the stronger swimmers at the front.

If a swimmer wishes to retire from the swim for any reason, roll over on your back and raise your clenched fist in the air, stay calm, and a rescue boat will come to your assistance.

BIKE COURSE

The bike section takes place on open roads and normal rules of the road apply. It is an out and back course just over 21kms. Caution must be taken along the bike course at roundabouts and junctions, in particular at junctions A, B and C as shown on the map of the bike route below.



Drafting is not allowed. Draft busters, along with TI race referees, will be on-course to ensure a safe and legal race. Competitors must adhere to any instruction provided by race Marshals, Referees or Gardaí. Failure to adhere to safety instructions may result in disqualification. Road surfaces are generally good. Please respect our neighbours and refrain from littering on the course. Our Tidy Towns committee have devoted a lot of time to make the area look neat and tidy for your enjoyment and I would request that all empty gel sachets are not discarded while out on the course in recognition of their efforts.

RUN COURSE

The run course leaves transition heading north on the Ruan Road, after about 1.2km it turns left up Templemaley Road for 300m around a cone then back to the Ruan road, across and up Stonepark Road. There will be a water station on Stonepark Road after about 2km. At the end of Stonepark Road the run turns right onto the Gort Road, R458. Caution should be taken when passing the roundabout on Gort Road not to interfere with oncoming traffic. The run again turns right on to the Ruan Road and down to the race finish just past the transition area. Runners must run on the right for the entire run route. Again please respect our neighbours and refrain from littering on the course, for example, please place used plastic drinking cups in the bins provided.

Ennis Triathlon Club would like to thank you for your brilliant support, and may we wish you a very successful, enjoyable and safe race.

Ray Hynes

Race Director iTri Inis Triathlon 2017