

# **Centra Fastnet Triathlon 2024**

**A Triathlon Ireland Sanctioned event**

## **Competitor RACE BRIEFING**

**750m Swim 20km Cycle 5km Run**

**Colla Road Schull, Co Cork**

**SATURDAY 15<sup>th</sup> June 2024**

Please read the following information to ensure all competitors have an enjoyable safe and fun race!!

If you have any Questions please contact Race organiser Ian Haseldine on 0872435314 or [info@schulltriathlonclub.com](mailto:info@schulltriathlonclub.com)

### **TRIATHLON IRELAND INSURANCE info:**

To register as an individual or team entry you will need **ONE** of the following:

1. Full Triathlon Ireland 2024 membership card with photo
2. Copy of one day membership from Triathlon Ireland and photo ID

3. One of either per Team

4. All Team members must attend registration together

## Timetable of Events:

If you have registration questions or issues please come along on the Friday night to registration and we will try and accommodate you. We have over 400 Athletes so may not be able to help you on the Saturday morning @ 07:00am

Please note the leaving cert exams are on in the college until 5:30 on Friday so please do not come down before 6:00 for registration. If you can please park and cycle to registration also as there will be limited parking until later in the day.

### Friday 14th June

6 - 10pm

Race Registration at the Sailing Centre, Colla Road

Please bring 2024 TI membership card with Photo attached. Or register on the Triathlon Ireland event Calendar page and buy a one day membership.

### Saturday 15th June

07:30-9:30am

Transition area opens at Schull Community College. Bikes and helmets will be checked at entrance. All bikes racked on assigned racks except teams they rack in team section. Try a tri rack on the Try a tri section

07:00-08:45am

**VERY LIMITED REGISTRATION WILL CLOSE AT 8:45 SHARP PLEASE ARRIVE EARLY**

8:15

Q and A session at Slip for any Try a tri or new triathletes

08:40

Youth Briefing at slip

08:50

Try a tri Briefing at slip

09:00

Youth series Aquathlon start

09:05

Try a tri start

09:30 am

Mandatory race briefing by Race Director - transition area.

The Try a tri and the Youth Series will be going on at this time so please stay in Transition so we don't impede the other three races that will be happening at this time.

10:00 am                      Sprint Start  
This will be a self seeding rolling start.  
There will be signs with estimated swim time on them you should line up behind your sign in rows of four.  
Your time does not start until you cross the timing mat  
4 people will be allowed to start at a time every three seconds  
If you are not sure about this procedure watch the people in front of you

10.30am - 1pm              Post race refreshments at college.  
Transition will open for bike retrieval after the last runner is on the course.  
You must have your bib number to match your bike number

2.00pm                      Prize giving and entertainment all night long venue to be confirmed

#### GENERAL INFO

- **Shower and Changing Facilities will be available in Schull Community College Sailing centre before and after race (please do not leave belongings in changing rooms during race)**
- **Parking: There will be no parking at the college area.** Please park at your b@b or in the car park across from the hotel, if this is full then continue through the village and take a right at the old bank house (first right turn when going through village) up that road you can take a left and park in car park or continue up to the second right and park behind Centra. After parking please cycle down to the college.
- **The swim route will be set up on Friday for you to swim the route**
- **If this is your first Triathlon, or if you have any questions I will be on the slipway on Friday at 6:30 to run you through the route and answer any questions.**
- **Please ensure bikes are in good working order as they will be checked before they are allowed into transition however it is the competitors own responsibility to have safe bike for event. Road bike, Time trial, Mountain bike or hybrid bike will be okay**
- **Cycling Helmets must also be worn when checking bikes, they should be in good condition and have CE mark ideally should be no more than 2 years old as this is recommended lifespan of most manufactures. Please do not arrive at transition without your helmet or you will not be allowed to rack your bike until helmet is**

**checked (only Cycling helmets allowed no skateboard helmets or hurling helmets!! It does happen)**

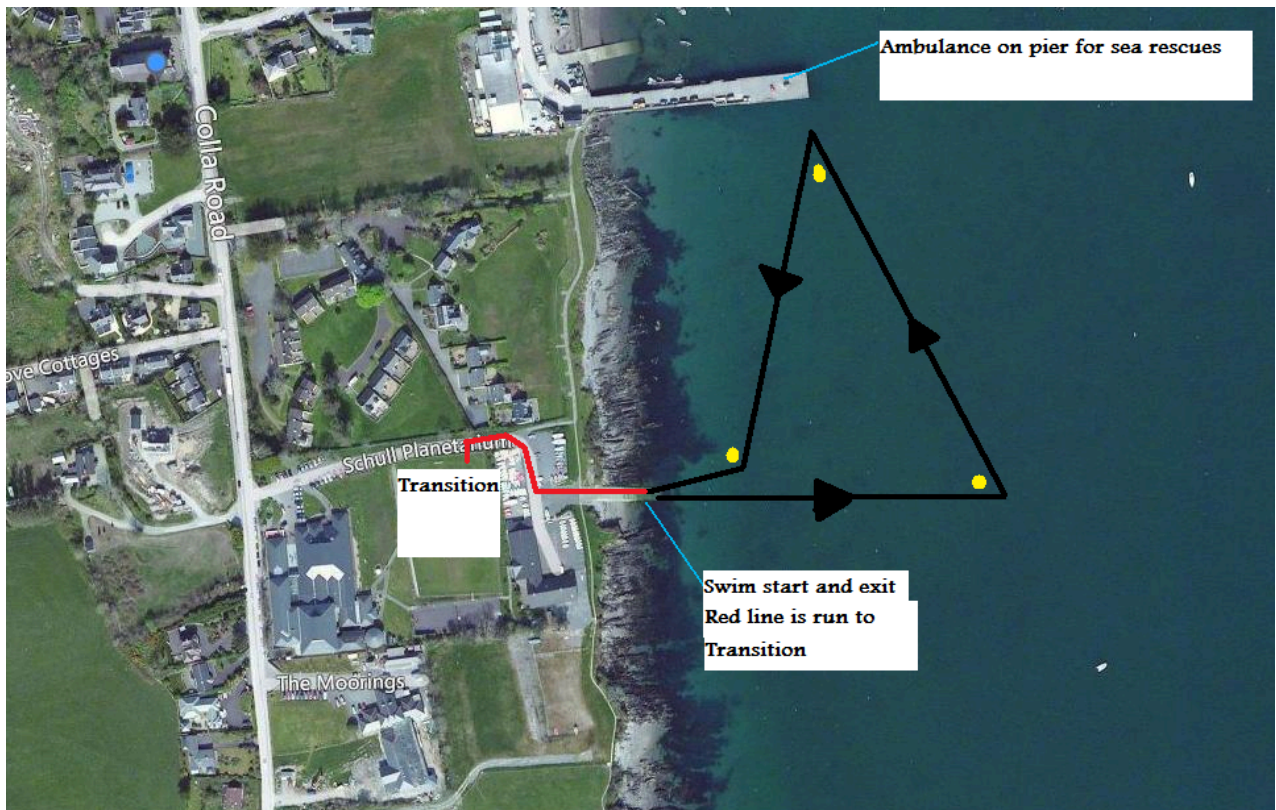
- **You will receive a race sheet which will have stickers for your bike, helmet, bag, pump, and a bib which should be worn on the back for cycling and on the front for running. We would recommend you use a race belt, or put on back of shirt and front of shirt using pins. Teams get one bib per person. Cyclist put it on back runner put it on front. Swimmer keep it as a keepsake.**
- **Only Competitors will be allowed into transition this is for competitor safety and security of equipment that will be left there. You will need your race bib to remove bikes from transition after the race.**
- **No boxes or bags will be allowed next to bikes but an area inside secure transition will be available for storage. If you leave box/bag next to bike before you start race referee may move it before you return so 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!!!)**
- **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 there will be bins in transition and 100 metres into run section**

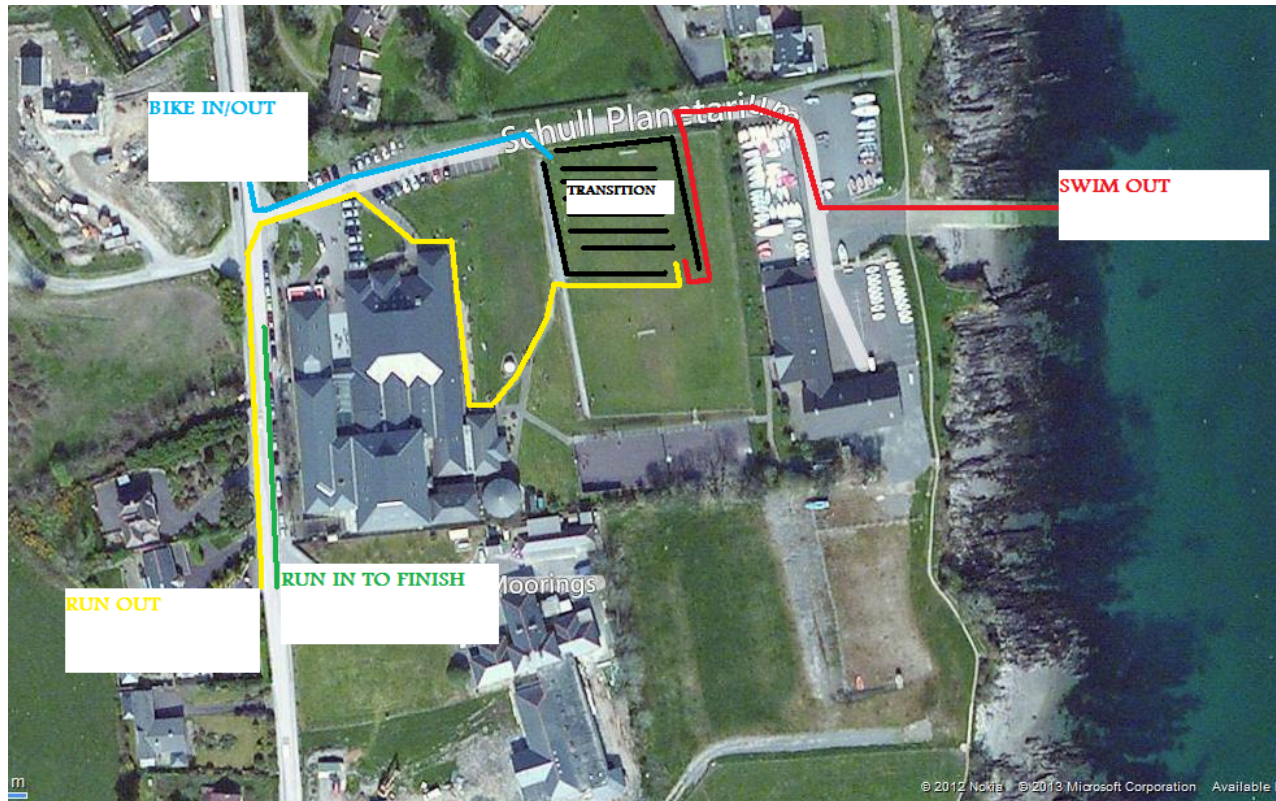
## **SWIM - 750 METRES**

**Please see map of swim below**

- **Please do not enter the water unless you are capable of completing the swim as it endangers your life and puts pressure on safety resources and the future of our race.**
- **Swim caps will be provided and MUST BE WORN for easy visibility.**
- **Experienced open water swimmers start at the front, less experienced at the back. The wearing of gloves or booties is not permitted**
- **The first 2 markers must be passed with the LEFT SHOULDER the last Marker is to be passed with the right shoulder**
- **swim in a triangular anti-clockwise course around two large orange markers. You will finish at the college slipway ensuring that you pass over the time keeping receiver at the top of the slipway.**

- Safety ribs will marshal the swim course and kayaks will be in the water to guide and assist swimmers were required.
- 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 Kayak / boat will come to your assistance.
- There is a 30 minute time limit for the swim but if a marshal feels you are endangering yourself or others you can be withdrawn from the water. You will be allowed to continue the race but will receive no official time.





## BIKE - 20 KILOMETRES

- Your helmet must be fastened before removing your bike from the rack.
- You will exit the transition area and run/walk with your bike to the main road where you will mount your bike at the green mount line.
- There will be no drafting or side by side riding on the bike course. (see drafting section)
- When you return you will dismount at Red dismount line, and walk/run back to the transition area.
- You must replace your bike in your own spot on the rack **BEFORE** unfastening your helmet, if you fail to do this you will receive a time penalty.

**Bike Route** - An out and back course on fairly narrow country roads. There is a steep climb out of Schull and a steep hill back down into Schull at the end of the bike course. This part of the course will be heavily marshalled and you will be advised to **SLOW DOWN** considerably before making a sharp right turn across traffic passing a large orange crash barrier and back to the college. There will **also be strictly NO OVERTAKING until you pass the corner with the crash barrier.**

The roads will not be closed and the rules of the road apply. Gardai and Stewards will marshal the route and must be obeyed at all times.

**IMPORTANT - The bike route is along narrow country roads including sharp bends and hills so**



**extreme caution must be taken at all times.**

### **RUN - 5 KILOMETRES**

You will run up to the main road and turn left. The run is out and back along a narrow country lane with some blind bends and hills. There will be a water station at 2k and 3k. At the finish please remove your timing chip and move quickly off the main road.



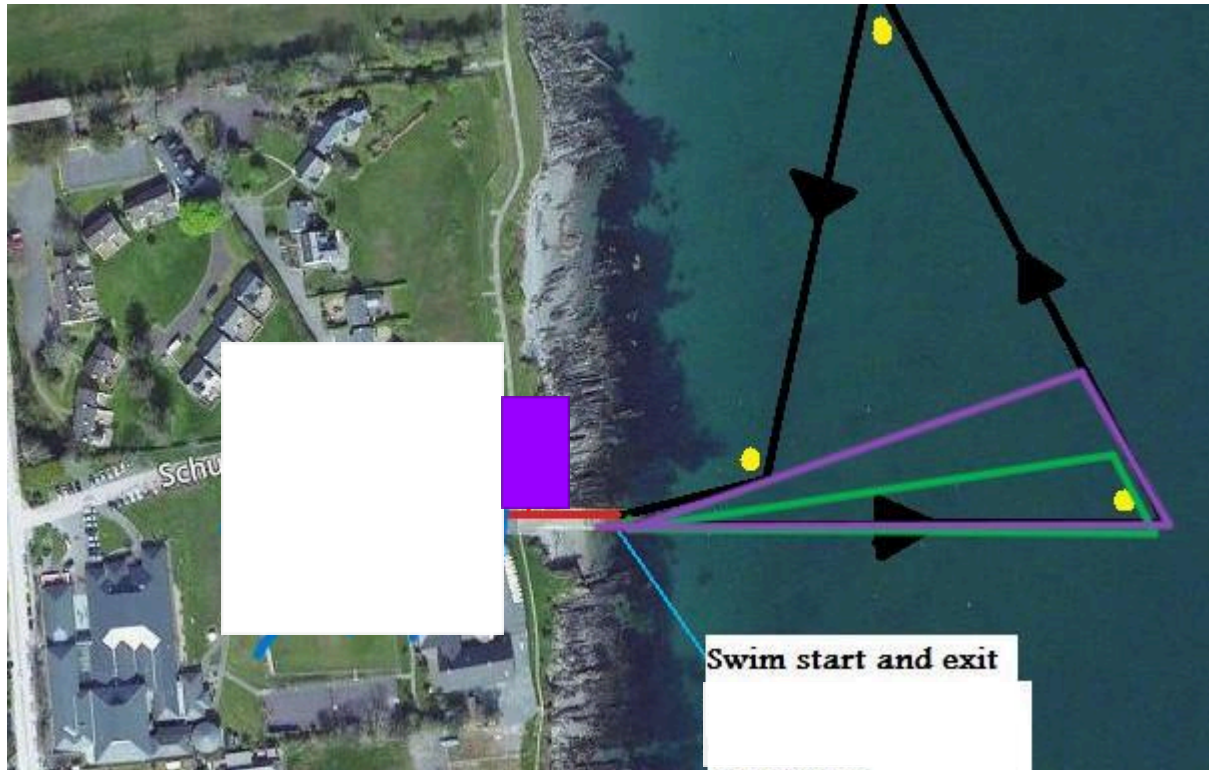


**Youth Aquathlon:**

**Green line 12-13 swim**

**Purple line 14-15 swim**

**Transition is purple box if you take a right when you exit swim**



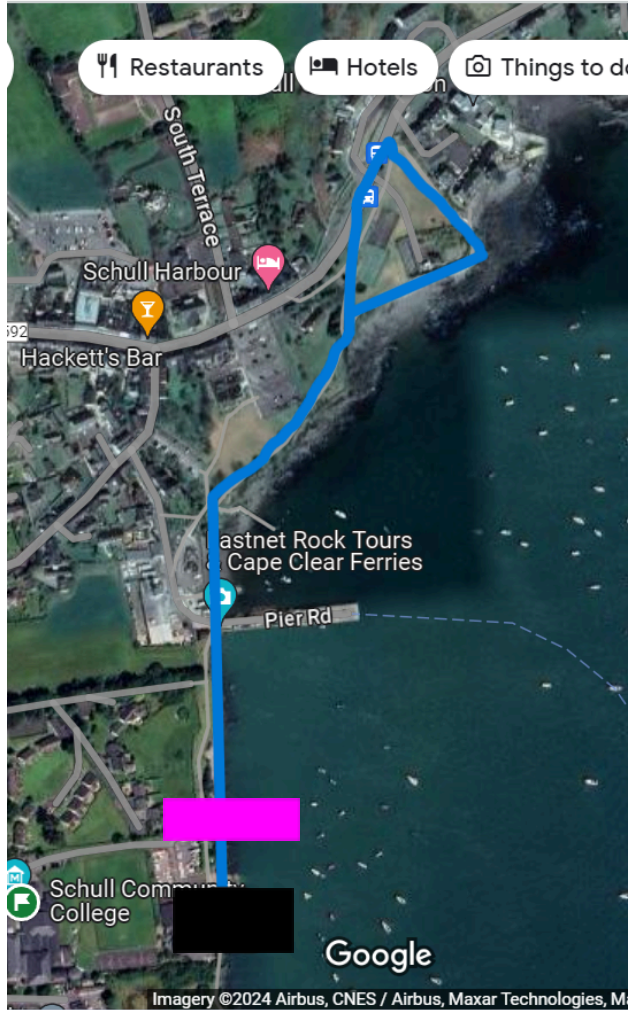
**Youth Aquathlon Run:**

**1 lap for 12-13**

**2 laps for 14-15**

**Black box is transition**

**Pink box is finish**



**PLEASE NOTE**

**Parking will be in designated areas. If you are staying in Schull please cycle to the college to avoid traffic congestion in the area. Cars may not be parked along Colla Road so if you are being dropped off please ensure that cars move quickly away to the designated car parks, behind Centra or across from Hotel.**

**GOOD LUCK AND ENJOY THE RACE!!!!!!!!!!**