



Welcome to the 31st annual Hell of the West Triathlon organised by Limerick Triathlon Club!

Limerick Triathlon club and the “The Hell of the West” triathlon this year welcomes 1200 individual triathletes and 60 relay teams to the beaches and roads of Kilkee. This is the 31st year of one of the premier and longest running triathlons in the Irish race calendar. In addition we are delighted for event to be part of Triathlon Irelands new Super Series and National Series calendar. All in Limerick Triathlon club are looking forward to bringing you a quality event and trust that you will have an enjoyable and safe weekend.

While enjoyment of our race is of a high priority your safety and that of fellow athletes and marshals is more important and in this regard we insist that you read this briefing carefully before arriving at registration. Attendance at our pre-race briefing in transition is mandatory for all competing athletes.

Registration

Registration will take place on Friday 26th June at the Kilkee Bay Hotel. Registration will be open from 5:00 - 9:30pm. **Very limited** registration will also be available on Saturday 28th June from 7:00 – 7:45am. We encourage you to register on Friday if at all possible as time will be very tight on Saturday morning – PLEASE NOTE THE EARLIER START TIME OF 9:30am with transition closing at 8:45am sharp.

You will receive your swim cap at registration, which must be worn on race day. Swim caps are allocated according to the starting wave. Swimming cap colour coding will be advised at time of registration.

Wave 1 (9:30am) Super Series Male

Wave 2 (9:38am) Super Series Female

Wave 3 (9:43am) Age Groupers

Wave 4 (9.50am) Age Groupers

Wave 5 (9.57 am) Age Groupers + Relays

*You must have your 2015 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 or One Day License. Your 2015 TI membership card must include a photo. The deadline to buy a one-day license (ODL) from the TI website is midnight on Thursday, 25th June. Please bring proof of purchase of ODL to registration. One-day licenses will not be available for purchase at registration. **YOU WILL NOT RACE WITHOUT PRESENTING YOUR TI CARD OR ODL PROOF OF PURCHASE.***

As part of the race pack & goodie bag an event race wristband shall be provided. Athletes are required to wear these and not remove it until after the post-race knees up in the Kilkee Bay hotel on the Saturday night.



International Racing License

If you hold an International Racing licence your licence may be used at Triathlon Ireland sanctioning events, providing the organisation you are a valid 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 Zone

The transition zone is located beside the bandstand on Kilkee Beach front. Transition will open from 7:00 – 8:45am on Saturday, 27 June. Bikes will undergo a short safety check on entering transition, for the following elements – tight wheel skewers, tyre pressure, presence of bar ends and functioning brakes. See the attached file for more details.

The bike rack shall be numbered according to your race number.

Please note that no bags may be left in transition during the race. A bag drop location shall be provided in the adjacent athletes' recovery area. Toilets shall be available to athletes' in the athlete's recovery area and in the adjacent public toilets.

Race Briefing

The race briefing will take place in transition at 8:45am - all must attend. The race will be run according to current ITU Competition Rules. For more information see

http://www.competition-rules_december20141.pdf

Timing chips for relay teams must register at all points- this will be strictly enforced.

Swim Course

The swim will take place in Kilkee Bay. Wetsuits, and the swim caps provided at registration, must be worn. Competitors from staggered waves will be led down to the beach from 9:00am.

Warm up in the water shall be permitted up to 9:20 am only with the first wave commencing at 09:30hrs. Competitors shall be counted into the holding pens according to starting wave. The swim will be a beach start, please follow the instructions of the swim start marshals. Although the bay is very safe, the wind will determine sea conditions on race day. There will be a large number of boats and kayakers, as well as life guards on duty to assist swimmers. If you are a weak swimmer it is



advisable to stay to the back of your waves, as you save energy and time trying to avoid the stronger swimmers. There is a swim cut-off time of 1 hour.

Bike Course

The bike takes place on roads open to traffic, and normal rules of the road apply. Drafting is not allowed. In addition to our event motor cyclists and static course marshals, race referees shall be on-course to ensure a safe and legal race. Caution must be taken at several points along the bike course – as such, competitors must adhere to any instruction provided by race marshals, referees or Gardaí. Failure to adhere to safety instructions may result in your disqualification. The bridge at Doonbeg is an accident blackspot and the last descent into Kilkee is steep and has uneven surface in parts. ***The road surfaces otherwise are generally good throughout however there are at the time of drafting this briefing document three sections where road works are under currently reconstruction. We are currently engaging with the council on these and hope they will be completed in time. An update on these shall be given in the lead up to the race and in the event of any proposed course change this will be advised as soon as possible.*** Please respect our neighbours and refrain from littering on the course. – please see the link below to course maps.

Penalty Box

A penalty box shall be in operation at this event. If at any stage while on the bike course you are shown a “yellow card,” this is a mandatory 2 (two) minute penalty. It is not a warning card. You must serve the 2 (two) minute infringement in the penalty box. The penalty box will be located to your left as you exit Transition (T2). You must serve the penalty here and at no other place on the run course. Failure to stop for ANY reason will result in an automatic disqualification from the event with no appeal. At all times there will be a Technical Official in the penalty box who will observe the penalties.

Run Course

The run course is an out-and-back up Dunlicky Road. Water stations shall be located at 2.5km and 7.5km. Bins shall be supplied 15 meters after each water station for to dispose of drinking cups. Please respect our neighbours and refrain from littering on the course by having a good shot! The finish line is located adjacent to the transition area.

Marshals

As this is a club run race, all marshals are volunteers and are giving up their time to help run a safe and enjoyable race for all involved. It is therefore important to treat all Marshals with respect, if you meet one - smile and say thanks.

First Aid

Medical support for the event shall be provided by the Irish Red Cross and they shall be positioned at the swim exit, transition and in three ambulances located along the course. If you require assistance please alert the closest marshal.

Course Maps

Course maps will be posted at registration, or are available now on our club website:

http://limericktriathlon.com/?page_id=42

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www.limericktriathlon.com

<https://www.facebook.com/KilkeeHellooftheWestTriathlon>



Anti-Doping Policy

Limerick Triathlon Club and the Hell of the West organiser's are committed to providing a drug-free environment at all our races. As such, we support and follow the Irish Sports Council's and Triathlon Ireland's protocols on anti-doping. Anti-doping testing is part of the ISC's National Anti-Doping programme that acts to protect Ireland's sporting integrity against the threat of doping. For more information, see

<http://www.irishsportsCouncil.ie/Anti-Doping/2015-Anti-Doping-Rules/>

<http://www.irishsportsCouncil.ie/Anti-Doping/Testing-Programme/>

<http://www.triathlonireland.com/anti-doping.html>

Parking

Public parking is available at the north beach near the rescue centre for €3 per day, in the car park at the Kilkee Bay Hotel, behind the Victoria Court Apt and on Well Road. Please respect event parking restrictions on the roadside near the event – you will be ticketed.

Race Day Early morning breakfasts

- Pantry Open race day from 0700hrs...also supplying food for the athletes recovery area
- Diamond Rocks - Open for breakfast from 0700hrs and offering a 20% discount to athletes.
- Kilkee Bay hotel - Offering breakfast race day from 0630hrs.

Overnight Bike Storage

Available in Kilkee Dive Centre will open its facilities to all athletes registered for the Hell of the West at a cost of only €10 for the weekend, which includes secure bike storage, wash facilities and tea/coffee. The Dive Centre is located at the east end of Kilkee Beach.

Athlete / Family Discounts

- Williams pharmacy - 10% to athletes (excludes prescriptions)
- Nevsail 25% discount on water sport equipment hire over the Triathlon weekend

Accommodation

A full list of accommodation and tourist information can be found at www.kilkee.ie. There are also excellent campsites located a few kilometres outside Kilkee.

Athletes Recovery Area

An athlete's recovery area will be located near the finish line where competitors will be provided with drinks, water, bars, fruit and those famous brownies from The Pantry! A physical therapy tent will also be available where in excess of 8 physical therapists will be site to help all athletes free of charge.

Prize Giving –

Prize giving shall be held at the Kilkee Bay hotel commencing at 4pm. Prizes shall be awarded in

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accordance with TI guidelines, see listing below. Athletes must be present to collect their prize at this time as they shall not be posted on afterwards. There shall be at least one prize, in each age group category. A second place prize shall be awarded where there are at least eight competitors in the specific category. A third place prize shall be awarded where there are at least thirteen competitors in the specific category.

Super Series Male & Female* Prizes 1st - €250 2nd - €150 3rd - €100

Hell of the West Male & Female* Prizes 1st - €250 2nd - €150 3rd - €100

*1st/2nd & 3rd placed athletes in the Super series finishing overall 1st/2nd & 3rd in the HOTTW can claim the combined prize. Age Groups & Relay prizes (based on qualifying numbers criteria above). Please note if you have won one of the placed awards above you do not also qualify for an age group prize. Trophy for first Limerick Male and female home.

Family Event - Every year the Limerick Triathlon Club welcome you and your family to enjoy the race and the Hell of the West weekend in Kilkee. This year we have combined the Splash and Dash and the Kids of the West Triathlon to be held in Carrigaholt on Sunday, making this a great family friendly Triathlon Weekend! Register on line with Sportstiming <https://register.sportstiming.ie/ps/event/KidsoftheWestTriathlon>

KIDS OF THE WEST TRIATHLON / SPLASH & DASH
JUNE 28TH CARRIGAHOLT CO. CLARE

Register Online Now or on the day @ 11.30-12.30
<https://register.sportstiming.ie/ps/event/KidsoftheWestTriathlon>

AGE APPROPRIATE DISTANCES	COST : €6
13:00pm 4-6yrs Kids Splash & Dash	No TI License Needed
13:30pm 6-7yrs Dash/Splash, Cycle, Run	Free T-shirt & Sweets for all
14:00pm 13-15yrs Swim, Cycle, Run	Wetsuits Optional
14:45pm 11-13yrs Swim, Cycle, Run	Helmets Mandatory
15:15pm 8-10yrs Swim, Cycle, Run	

Further info call Eamonn - 086-8548696 - www.limericktriathlon.com



<https://www.facebook.com/KidsOfTheWestTriathlon>

Please check out our Race Facebook page for further updates

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We would like to take this opportunity to thank;

- All of the Hell of the West organising committee and event volunteers without whom no race would happen.
- Triathlon Ireland and in particular the assigned race officials.
- A very big “Thank You!” to sponsors CastleCabin, Shannon Airport, Fitzgerald Flowers, 4FM and Cycle Superstore.

Supporters, The Pantry, Diamond Rocks Café, Nevsail, Kilkee Bay Hotel, Myles Creek Bar, Williams Pharmacy, Stella Maris, our Physical Therapists and the Irish Coastguard Services.

We would also wish to extend our gratitude also for all the support we have received from Clare County Council, Garda Síochána, Irish Red Cross, Clare Sports Partnership, Triathlon Ireland and the Kilkee Chamber of Commerce and for rowing in behind this year’s event.

Happy final days of training! We are looking forward to seeing you for a great race on the 27th June!

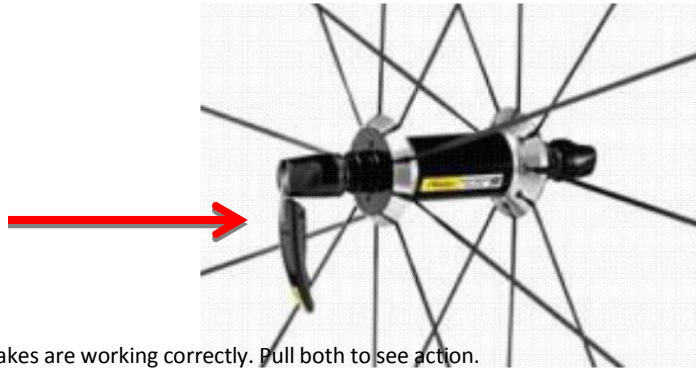
Bring the weather!

Niall Maloney, Race Director, Limerick Triathlon Club



Bike Checks at transition

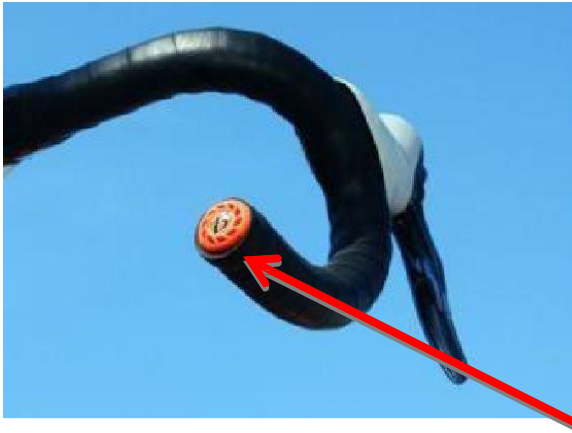
- 1) Most important check - make sure that the wheel Skewers are tightened correctly. Give them a pull and make sure they are pushed tight!



- 2) Check brakes are working correctly. Pull both to see action.



- 3) Check bar ends are plugged if not make athlete them tape up the hole with insulating tape provided.



Bar end plugged or taped.

- 4) Check Tyres are not soft.