



Race Brief

**Limerick Duathlon
Sunday February 23rd, 2014**

***St. Enda's Community School
Kilmallock road***

Triathlon Ireland Sanction

This event is sanctioned by the governing body for triathlons and related events in Ireland, Triathlon Ireland (TI). The race therefore complies with well established rules including safety regulations, race organisation guidelines and provision of third party insurance cover. TI nominated officials attend every sanctioned event to ensure these standards are fully adhered to. Further details can be provided as required or reviewed at www.triathlonireland.com

This year's event is also part of the National Duathlon series.

Information Relevant to This Event

Event Details	
Race Name	Limerick Duathlon
Race Date	Sunday 23 rd February 2014
Location	St. Enda's Community School, Kilmallock Road Limerick
Type of event	Duathlon
Distances	4 Km/ 18Km/ 4Km
Time	
Race Sign on and Registration	9am – 10am
Transition opens	09.00am
Transition closes	10.10am
Competitor Race briefing	10.15am
Event start	10.30am
Cut off times for bike	12.20pm
Cut off times for run 1 st	11.15pm
Cut off times for run 2 nd	13.00pm
Event finish - This is the time when the organisers are no longer responsible for athletes in recovery area, transition or run courses.	13.00pm
Prize Giving	13.00-14.00pm

Registration

Registration shall be open from 0900-1000 on the day. You will find registration in the school assembly area. Online entries shall close on Thursday 20th at 1200hrs however a limited number of cash entries shall be accepted on the day of the race.

Transition

Bike spaces shall be allocated on a first come first served basis. No bags shall be permitted to be left in transition. Access to transition shall not be permitted until the last athlete has commenced the 2nd run.

Competitors must have a road worthy bike and wear a hard shell helmet. When the competitor is entering the transition area to set up their transition space, they will be required to demonstrate that their bikes are roadworthy e.g. wearing their helmet (clipped), spinning wheels and pulling brakes. Please ensure that your handle bars have bars ends in place.

If you intend to use disc wheels on the day please ensure that you bring an alternative wheel with you in case weather conditions deem it unsafe by officials for them to be used.

Marshals

Remember that the Duathlon cannot happen without the generosity of volunteers giving of their time. They are there for your safety so please if you have the breath...take time to acknowledge them as you go around the course. Any abuse of marshals shall result in automatic disqualification.

Many thanks to the many students studying Sports & Exercise Science in the University of Limerick for coming along to give us a hand.

ODI/TI Membership cards

It is mandatory that all participants are insured to compete. Therefore you must either be in possession of a valid 2014 TI membership card or a one day licence on the day of the race. If not in possession of your card (including picture) you will be required to purchase a one day licence at a cost of €10.

Please don't let us have to disappoint you by not permitting you with a place on the start line or having to pay the €10 because you forgot!

Car Parking

There are two car parks provided on site

- 1) Upper car park - cars parked in this location shall not be permitted to exit until the race is over.
- 2) Lower Car Park (old all-weather surface) – cars parked here shall only be permitted to leave once all cyclists have returned to transition.

No parking shall be permitted on the road up to the school or along the Kilmallock road. LTC or St Enda's Community school takes no responsibility for vehicles or contents therein using these facilities.

Penalties, Infringements and Appeal process

Penalties may be issued or disqualifications given by the Technical officials at any time up to the announcement of the final results, except where drug testing is involved, when results must be considered provisional until test results are known. A competition jury will be appointed in line with the rules set out in the Triathlon Ireland Manual of Guidance.

An appeal is a request for a review of a decision made by a Technical Official. A protest relates to the conduct of a competitor, race official, or the conditions of the competition. Appeals/protests cannot be made against "judgment calls" made by officials. This includes, but is not limited to, drafting, dangerous riding, safety issues and unsporting conduct. Further information can be found within ITU Competition Rules and Manual of Guidance. Infringements shall be posted in registration and must be appealed within 30 minutes of the finish of the race.

First Aid

A team from the Irish Red Cross shall be on site to assist athletes.

Toilets/Changing facilities

Please note there are very limited private changing facilities at the venue & NO showers. Toilets can be found adjacent to registration.

Pre & Post Race therapy

Ginny Ross of Limerick Sports Therapy shall be at the event providing pre and post-race therapy for participating athletes. For further information Ginny can be contacted on ginny@limericksportstherapy.com <http://www.limericksportstherapy.com/> or (087) 6209541

Refreshments/Prize Giving

Please join us after the race for some refreshments in the school canteen. The prize giving shall be held as close to 1300hrs as possible.

Prizes

Cash prizes are given for 1st, 2nd & 3rd in both overall male & female categories

All 1st, 2nd, 3rd and age group categories winners will also receive a unique high performance T shirt courtesy of Shannon Airport.

Sponsors

Many thanks to Shannon Airport “**Fly Shannon**” for sponsoring the age group prizes & Trevor Askin of Amber Service Station, Kilmallock Road (fill up here before you go home!) for the finish line refreshments

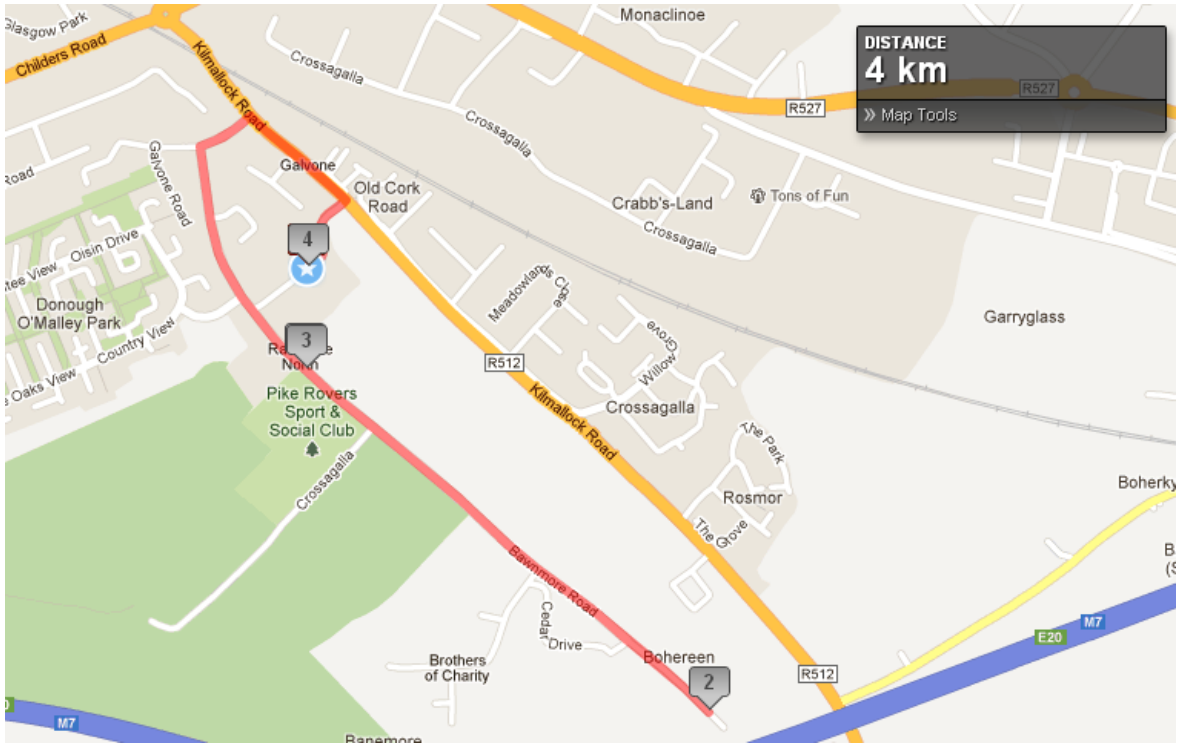
A special thanks to St Enda’s School Board & Management for allowing us to use their facilities on the day. Please respect it !

RACE DETAILS

1st Run: Race will start on private school road and proceed to exit from St Enda’s Community School on a wide left hand footpath and continue on path around left hand corner. Runners will continue up the path until the next left hand turn and proceed to run on left hand side of path until they reach the paths end. From there they will run along the left hand side of the road where there will be marshals and Garda on duty to warn traffic of a race in progress. The runners will proceed up this road, which is a cul-de-sac, and therefore very little road traffic, until they come upon the turnaround. From there they will return along the same route but on the other side. Where the footpath begins again they will mount the path under the direction of marshals until they return to the original path that they started out on. From there they continue along the path up to transition along the private school road and into transition.

2nd Run shall replicate the 1st Run.

See run maps next page.



<http://www.mapmyrun.com/routes/fullscreen/166082278/>

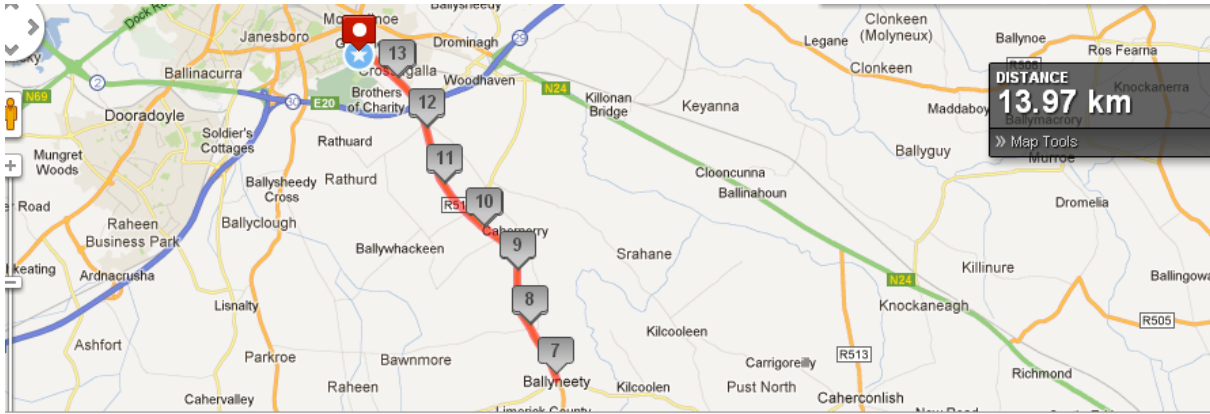
Cycle:

The competitor will exit transition and mount their bike after crossing the mount line which will be clearly marked. Competitors will be required to fasten their helmets before touching their bikes. They will exit St. Enda's Community School and take a right hand turn onto the main Kilmallock Rd. and proceed to the turnaround at the 7 km point just at Ballyneety village and return back in the same road to transition. **PLEASE NOTE THE DOWNWARD HILL BETWEEN TRANSITION AND THE MAIN ROAD IS A NEUTRAL NO OVERTAKING ZONE FOR THE OUTBOUND LEG ONLY. – Caution is advised.**

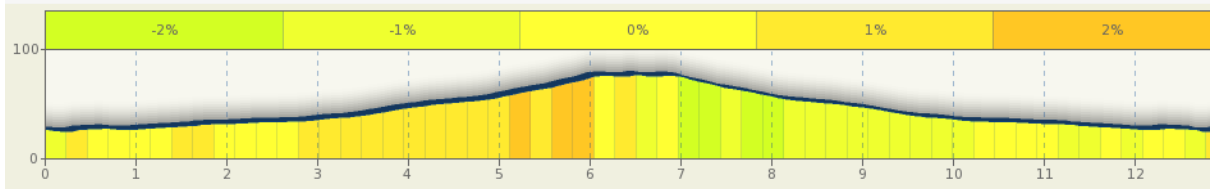
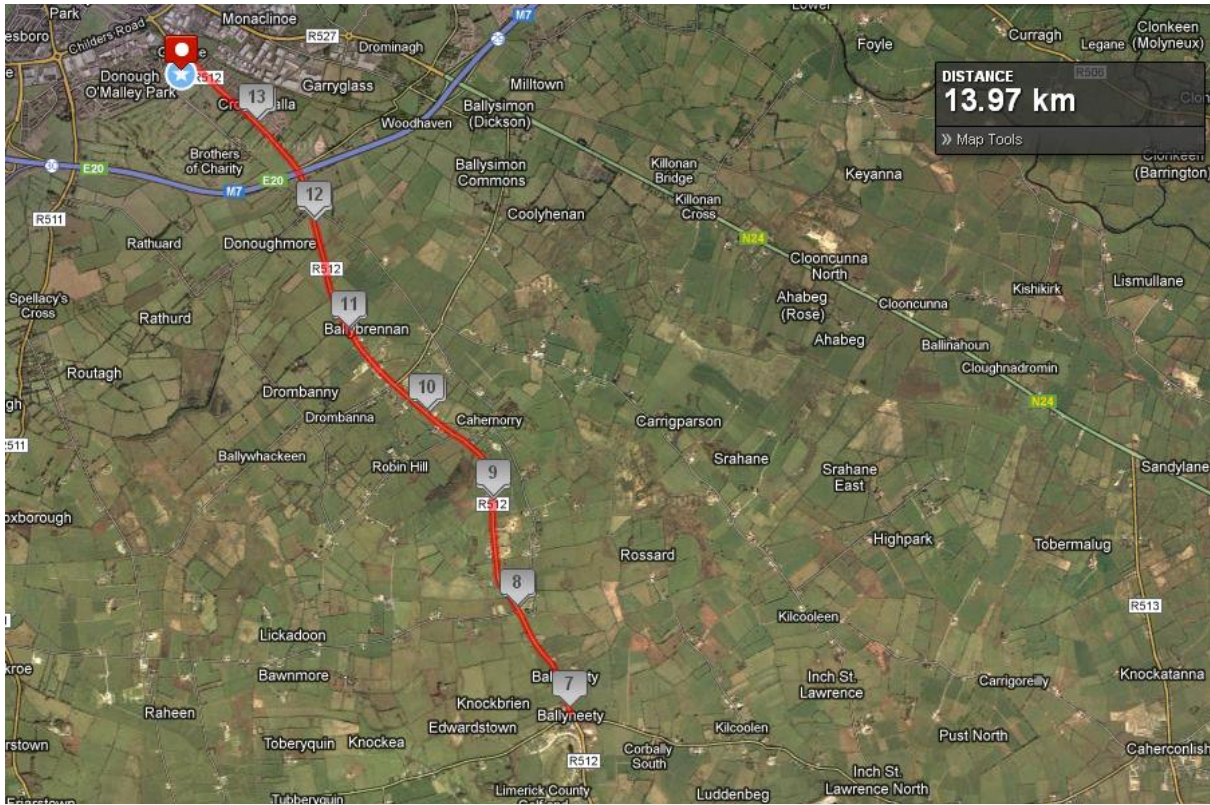
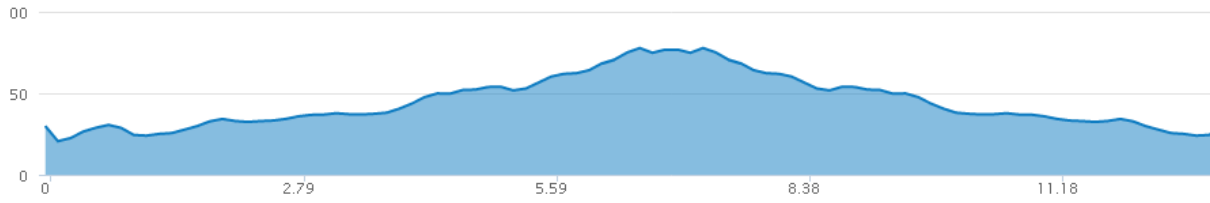
This is time trial cycling so drafting rules shall apply. The drafting rule means that cyclists may not be closer than 10 metres to other cyclists unless passing which must be done quickly. Motorbike marshals shall be on the course to ensure fair play.

On completing the bike section, competitors will dismount the bike at the 'dismount' line before entering the transition area. Helmets must remain on and fastened until the bike is racked.

Maps of cycle course on next page.



levation [Show elevation with grades](#)



<http://www.mapmyrun.com/routes/fullscreen/166084264/>