

JOEY HANNAN MEMORIAL TRIATHLON 2023

UL Sport
Arena
Limerick

Sunday

April 23rd



LIMERICK TRIATHLON CLUB

Pain is temporary, club pride is forever...

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<http://www.limericktriathlon.com>



EVENT TIMETABLE

Registration: 1800 -2000 Sign in, number pick up, UL Sport Arena
0700 - 0745(Sharp) Sunday 23rd April, UL Sport Arena

Once registered all competitors must collect their timing chip.

2023 Triathlon Ireland membership cards or a pre-purchased One Day Licence must be valid as part of the online registration. No exceptions can be made.

Parking Ample parking is available in UL Campus. Please enter through the main (flagpole) gates, all only a short walk from the Arena.

DO NOT park at Milford Church as you may be clamped.

Road and Gate closures within UL will be at 08:15.

Transition Open 0700 Car Park at side of ARENA 50m Pool

Transition Close 0825 Athletes must leave the transition area to attend race briefing - all bikes must be in place at this time.

Race Briefing 0840 All races -

Plaza area in front of Arena (Or inside if raining)

Race starts 0900 Start Wave 1 Olympic distance

1000 Start Wave 2 Tri a Tri

1015 Start Wave 3 Sprint distance

1045 Start Wave 4 Sprint distance

Prizes will be available on the day **once the provisional results are available** - the Race Secretary will be at the Sports Timing van by the finish line - listen out for the announcements.

Coffee's & Snacks will be available for the Coffee Cart at Maguires Pitches, and the Scholars Club (by the student centre V94 N90F) from 0900

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Limerick Triathlon Club is one of the longest established Triathlon Clubs in Ireland. The Club was founded in 1984 and held its first race in 1985. One of Limerick's finest athletes, Joey Hannan was tragically killed while cycling in 1992 and since 1993 Limerick Triathlon Club have hosted the Joey Hannan Memorial Triathlon. The event was first run from St Enda's Sports Complex.

Coinciding with the increased interest in Triathlon and increased numbers we have moved the event from St Enda's to the University of Limerick National 50m pool and Sports Arena, a wonderful venue, home of the Swim Ireland High Performance Centre, Munster Rugby, Ger Hartmann Sports Injury Clinic and the Joey Hannan Triathlon.

The race is supported each year by many of Joey's family and this year's event will be another great celebration of his life. We hope Joey will look down from the skies above and keep a keen and watchful eye on all the competitors as they race on Sunday April 29th. We look forward to a wonderful day and to the support of all the athletes, friends and families.

RULES AND REGULATIONS

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. It is the athlete's own responsibility to be familiar with rules.

<https://www.triathlonireland.com/events/rules/>

A penalty board located at the timing tent will display any penalties.

Please be respectful of our neighbours and other campus users.

Please do not litter.

MARSHALS

Marshals are there to make sure you have a safe race - so listen to them and be courteous at all times. They have your best interests at heart. Ignoring the instructions of marshals or Verbal abuse will result in disqualification.

WAVES & LANES

All participants must check prior to the race start their allocated swim wave, start time and their allocated lane number - These details will be posted at registration and will not be published or sent out in advance. **Regardless of what your start time is, Transition will close at 08:25 and your equipment must be in place.**

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Each athlete will be provided with a timing chip, race number and corresponding stickers for your helmet and bike. Race numbers do not need to be worn for the swim section.

TRANSITION AREA:

Only athletes and marshals are permitted in the transition area.

Bikes & helmets will be checked on entering transition to ensure everything is in a good & safe condition.

Bike racks will not be numbered, an area will be designated for each wave. A separate area for Junior athletes will also be designated.

Transition will be neutral - please follow the Marshalls instruction.

Only equipment to be used during the race (bike, bike shoes, runners, hat, sunglasses, helmet, race belt (if relevant) swim hat and goggles, small towel) can be left at your bike spot in transition. No boxes or bags will be allowed in the area after transition closes. Please note there are secure lockers available in the Arena changing rooms.

Before the race (wave 1) has commenced the transition area will be closed and athletes will not be permitted to re-enter until after their swim.

We will open the area for the removal of bikes as soon as it is safe to do so. You must show your race number to the Transition Marshalls in order to reenter transition after your race.

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- If a swimmer is faster than the swimmer in front if he/she taps the swimmer in the feet then the person in front should stop at the wall at the end of the pool to allow the person behind to overtake. (no overtaking mid lane)
- The rulings of the swim marshal will be final.
- We will endeavour to allow all competitors to finish the swim, however for organisational reasons, a time limit 20 minutes in the Novice, 30 minutes in the Sprint and 50 minutes in the Olympic will be imposed.
- If a marshal feels you are endangering yourself or others you can be withdrawn from the swim. You will be allowed to continue the race if you wish to do so, but will receive no official time.
- You do not have to wear the numbers provided during the swim section of the race.
- No buoyancy aid or neoprene shorts will be permitted.
- Unless retiring, you must exit the pool to transition through the designated door
- If you wish to change clothes in transition, please bear in mind the rules on nudity!

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CYCLE SECTION:

- You must put on and fasten your helmet before removing your bike from the bike rack.
- You cannot mount your bike until you have exited the transition area and are on the road. There will be a clearly marked mount line visible & marshalled.
- You must dismount your bike when instructed before the dismount line, which will be clearly marked.
- OBEY ALL MARSHALS, GARDAI AND ALL ROAD MARKINGS AS PER RULES OF THE ROAD
- Give way to traffic - this is an open road event and ordinary rules of the road apply
- Standard Drafting rules apply.

NO OVERTAKING IS PERMITTED:

- EXITING/ENTERING TRANSITION
- EXITING OR ENTERING THE UNIVERSITY CAMPUS VIA THE EAST GATE
- AT THE TURN AROUND POINT
- AT ROUNDABOUTS.
- IN NEUTRAL ZONES

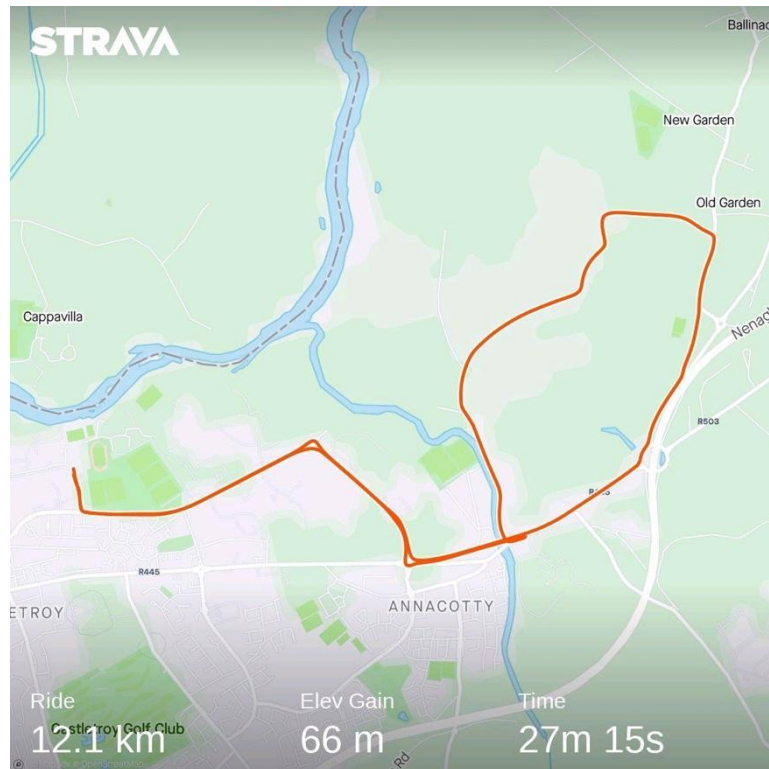
There will be a few neutral zones on the course to filter cyclists safely on to busy areas of the course. These will all be marked with traffic cones and marshals. When in a coned area there will be no overtaking allowed. Areas include the exit out of UL to the east gate exit, The traffic light lane at the Murroe Rd, Left turn at the Mackey roundabout, the rail crossing out and back and the Vistakon roundabout on the return leg.

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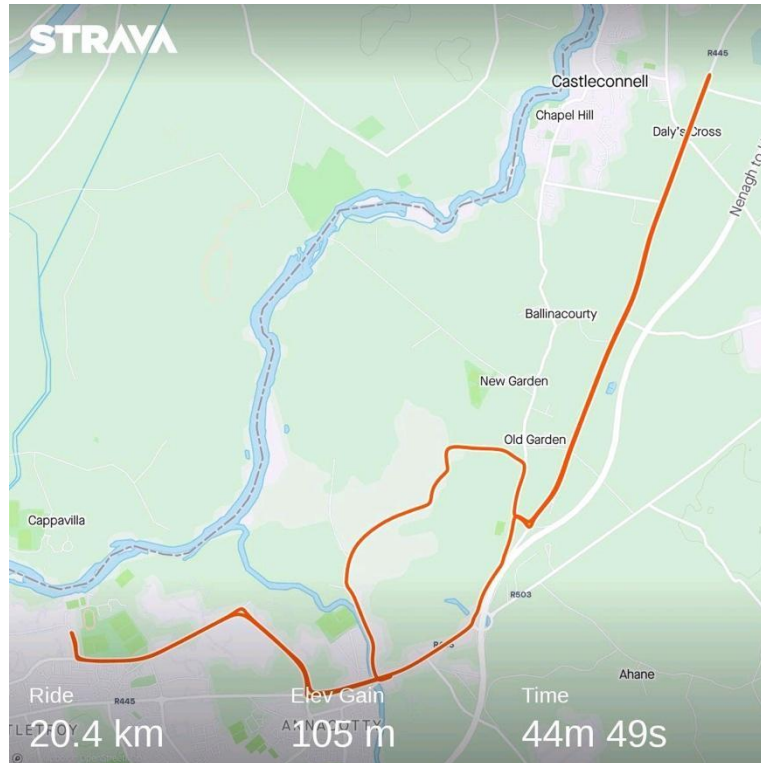
NOVICE/TRY-A-TRI [Strava - Try route](#)



SPRINT DISTANCE 20KM [Strava - Sprint route](#)

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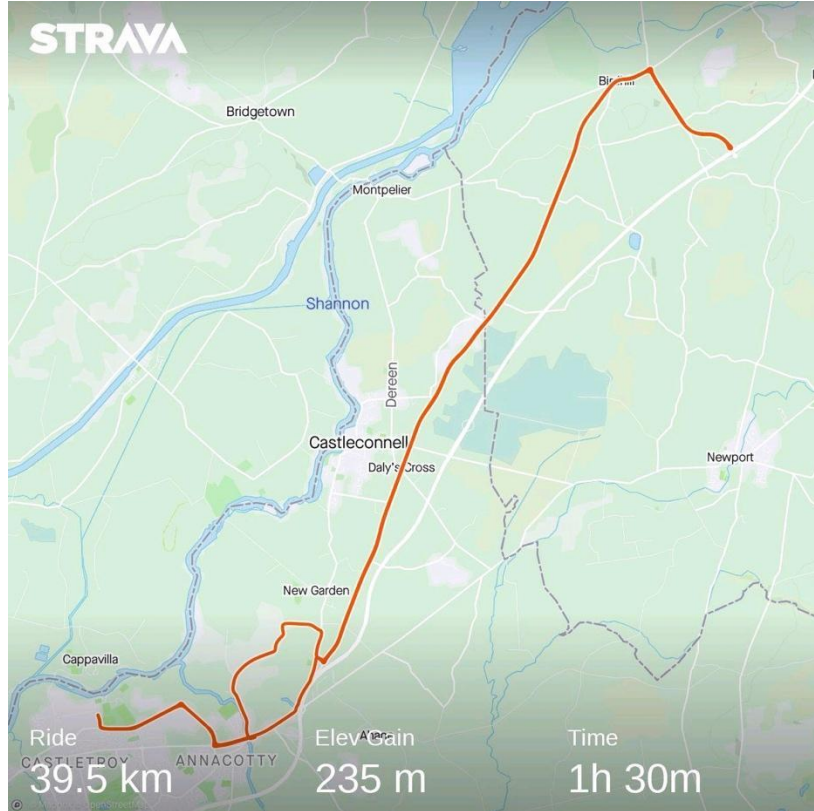
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OLYMPIC DISTANCE 40KM [Strava - Olympic](#)

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RUN SECTION:

Novice Try-a-tri 3.1km

Sprint Distance 5.2km

Olympic Distance: 9.4km

The run route will follow pedestrian pathways around UL and the running paths around McGuire's fields. Please be aware that this is an open campus and there will be other users on the paths.

A water Station will be located at the start point of each lap of the route.

Once competitors finish the race they should not re-enter the course, as this can impede other athletes. Warm up and cool downs can be facilitated on the track and pitches adjacent to the arena.



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Your timing chip should be handed in at this finish line, or at any time should you retire or decide not to race. Failure to return your Chip may result in a fine.

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PRIZES (Male and Female)

Olympic Overall 1,2 & 3
Age groups in 10 yr intervals

Sprint Overall 1,2 & 3
Junior (16-19)
Age group in 10 yr intervals

Try Senior 1, 2 & 3
Junior (14 -19)

THANKS

Our sincere thanks to our members, sponsors and friends, without whom we could not run this event:

An Garda Síochána

Irish Red Cross

UL Sport

UL Buildings & Estates

UL Security

Modulac

PJ Matthew's

The Bike Shop Limerick

O'Neil's Mace William St

Sportstiming