

The logo features the word "KILKEE" in white capital letters inside a blue rounded rectangle. Below it, the words "HELL OF THE WEST" are written in large, bold, blue capital letters. The background is a stylized green silhouette of a mountain range with a textured, brushstroke-like appearance.

**KILKEE**  
**HELL OF THE WEST**

**Saturday, 1 July, 2023**

**Event Information and Race Briefing**

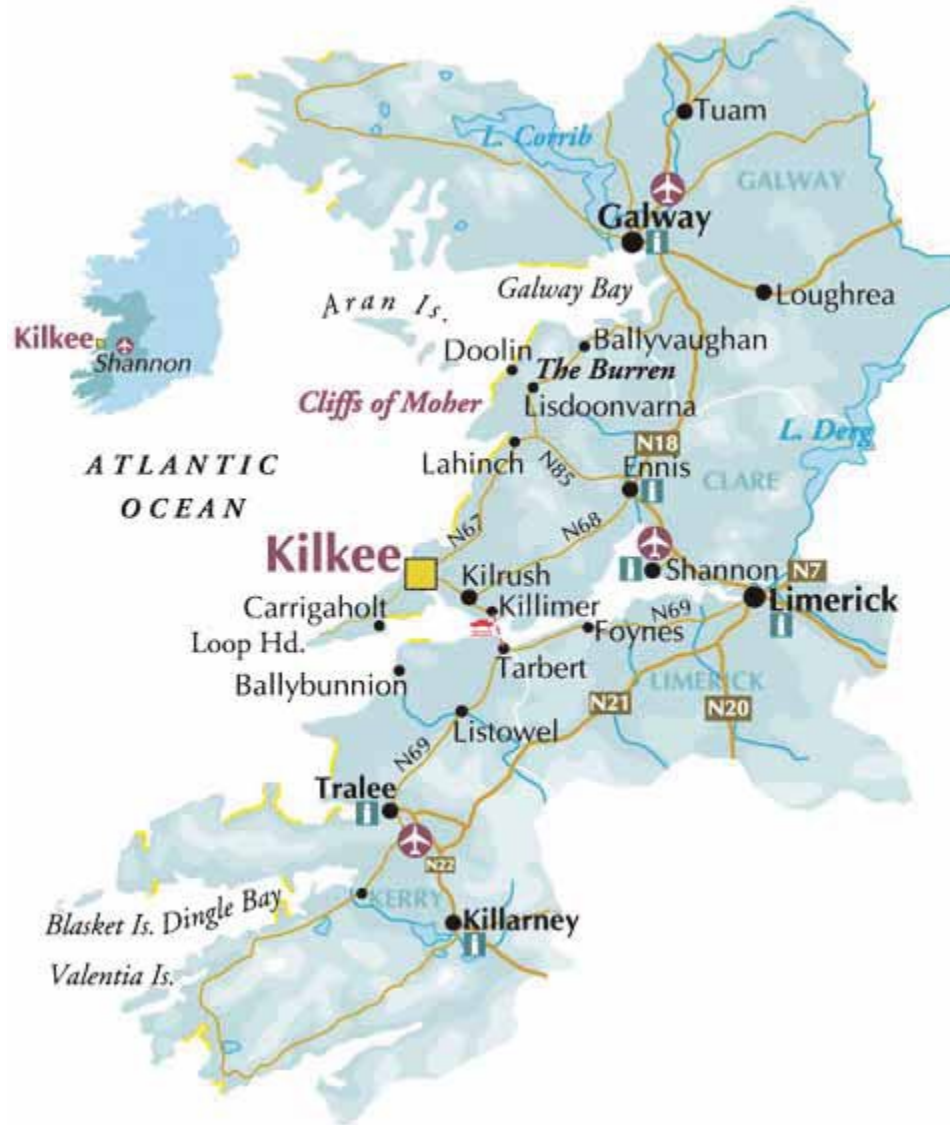


# WELCOME!

We are delighted that the Hell of the West has been selected as the 2023 Triathlon Ireland Olympic Distance National Championship Race. This year's race takes place on Saturday 1<sup>st</sup> July 2023. We would like to extend a warm welcome to you all, whether this is your first or 30<sup>th</sup> Hell of the West.

Kilkee is located in the scenic west coast of County Clare. It is approximately a 45-minute drive from Ennis travelling on the N68. Kilkee is just beyond mid-way between the world-famous Cliffs of Moher and the unspoilt beauty of Loop Head on the N67 coastal route.

If you are coming from County Kerry, the Shannon Ferry is perfectly located, connecting Tarbert in North Kerry to Killimer just 15 minutes from Kilkee.



# REGISTRATION

**\*\* If you require a One-Day Membership and have not purchased it yet, you will be able to do so by Thursday, 30<sup>th</sup> June. You may be contacted in the meantime by Triathlon Ireland or Limerick Triathlon Club about purchasing your ODM.**

**Other race registration details are provided below.**

## **REGISTRATION**

7.00pm to 9pm on Friday 30<sup>th</sup> June and 7am to 8.30am on Saturday 1<sup>st</sup> July at the **Race Recovery Tent**, located in the grassy area behind the beach, near the Bandstand.

Registration will be open on Friday evening from 7.00pm to 9.00pm or on Saturday morning from 7am to 8.30am. We have extended the Saturday morning registration in an attempt to make things easier for athletes travelling to the race – if you are local or already have accommodations for the weekend we ask that you complete your registration on the Friday night as long queues on Saturday morning may result in a delayed start to the race.

For relays – PLEASE NOTE: Relay teams are asked to register together if possible, there must be at least one TI licensed athlete on the team (full membership or ODM).

All entrants will receive a timing chip, a swim hat (wave specific), a race number, and a goody bag.

In case of emergency, please write any medical conditions you have on the back of your race number. Do not fold or cut your race number.

There will NOT be a bike mechanic available this year. Please check your bike carefully before you leave home – if you require any last-minute adjustments there are two bike shops in Kilrush:

- Kfitt, The Square Car Park, Kilrush, PH: (065) 9062486
- Clancy Cycle Centre, Henry Street, Kilrush, PH: (065) 9051107

## **CAR PARKING**

All entrants are requested to work with the organisers on parking. We are respectfully asking you to be considerate of other competitors, and especially the local community who are giving us great support. There is public car parking at the dive centre (North) end of the beach. This is metered parking with a modest charge for the day. We are advised by Clare County Council that Traffic Wardens will be strict on stray parking in the town and beach area on the day. Please note that strictly NO PARKING will be permitted in the bandstand area or Strand Road from transition to Waterworld Cross roads. There is no parking in the triangle in front of the bandstand as this is a medical area for access and egress of medical and safety vehicles.

# TRANSITION

## **BIKE RACKING AND TRANSITION SET UP:**

Bandstand Kilkee Beach open from 7.30 am on Saturday. Please note that only registered entrants may enter the Transition area. You **MUST** have your bike and equipment set up prior to the race briefing. Transition will be enclosed by crowd control barriers. There will be a **security, mechanical and helmet check** at the transition area entrance. Your bike number must correspond to your race entry. All bikes and helmets will be checked on entry to transition from a safety point of view – any unroadworthy equipment will be refused entry. Please ensure you check your equipment well in advance of the race – we cannot allow any competitor onto the roads with faulty bikes or without a helmet. All athletes must place their equipment only at their location of their bike in a neat and tidy fashion and remove any boxes or large bags. Any athlete discarding equipment outside their personal space in transition will be penalised. This is to include wet suits, bike, runners, bike shoes, goggles, hats etc. Transition will be open for set up from 7.30am to 8.30am. It is your responsibility to be prepared to attend Race briefing for 9:00 am sharp.



**Relays**, please note that your transition area is separate from the individual entrants transition area. There will be no access to the recovery area until the first individual racers finish. The bag drop is for individual racers only.

## **NOTE REGARDING BIKE RACKS:**

These racks are universal in size. They have been used in a number of races and conditions. However disc wheels may need to be protected by YOU the athlete with a towel or similar.

## **ALL ENTRANTS MUST ATTEND THE RACE BRIEFING BEFORE RACING:**

The Race Briefing is an important safety measure for our event and is **COMPULSORY** for all race entrants. Any last minute changes to the course will be announced at this time and we will inform you of any safety issues that may affect your race. This brief will be the latest information at hand to the event organizers and race referee.

The Race **BRIEFING** will commence at **9:00 am** at transition in front of bandstand.

### **RACE STARTING POINT:**

Once the briefing has concluded entrants will be led to the STARTING POINT which is on the right hand side of the beach as per swim map (next page).

In the event of adverse weather on the day, and if either the Race Referee or Water Safety Officer determine that neither of the routes outlined above is safe to swim then the swim will be abandoned and replaced with a 5km run using the Dunlicky Road traditional route.

**Please note low tide is at 10:18am. Be aware of exposed reefs and see additional safety precautions below.** All swimmers are to access the beach through transition and are to step over the timing mats. Make your way once called to the North end of the beach as directed. Your wave will be called prudently, please follow all the race starters' instructions for a safe swim start.

## **SWIM COURSE**

The safety of our competitors and volunteers is of utmost importance. We ask that you are able to complete a 2km swim before undertaking the swim portion of this race, and that you make yourself known to swim marshals if you find yourself in difficulty during your swim.

- Race Swim Caps will be provided to all entries - different colour hats dependent on wave. All swimmers must wear the race hat provided. Additional hats may be worn underneath the race provided hat.
- Wetsuits are mandatory for all swimmers taking part including all relay swimmers. Anyone not wearing a suitable wetsuit will not be permitted to enter the water/race.
- **All swimmers numbers will be recorded (via timing chip mat) as they exit the transition onto the beach via the beach exit of transition area. Under no circumstances is any swimmer permitted to leave the bandstand before their number is recorded and or enter the beach other than through transition. This is to ensure that all swimmers are safe.**
- There will be 3 swim starts:
  - 9:20 - Wave 1 All Women (and female relay swimmers if requested)
  - 9:35 (approx.) - Wave 2 Male (sorted by age group)
  - 9:50 (approx.) - Wave 3 Male (sorted by age group) & Relays

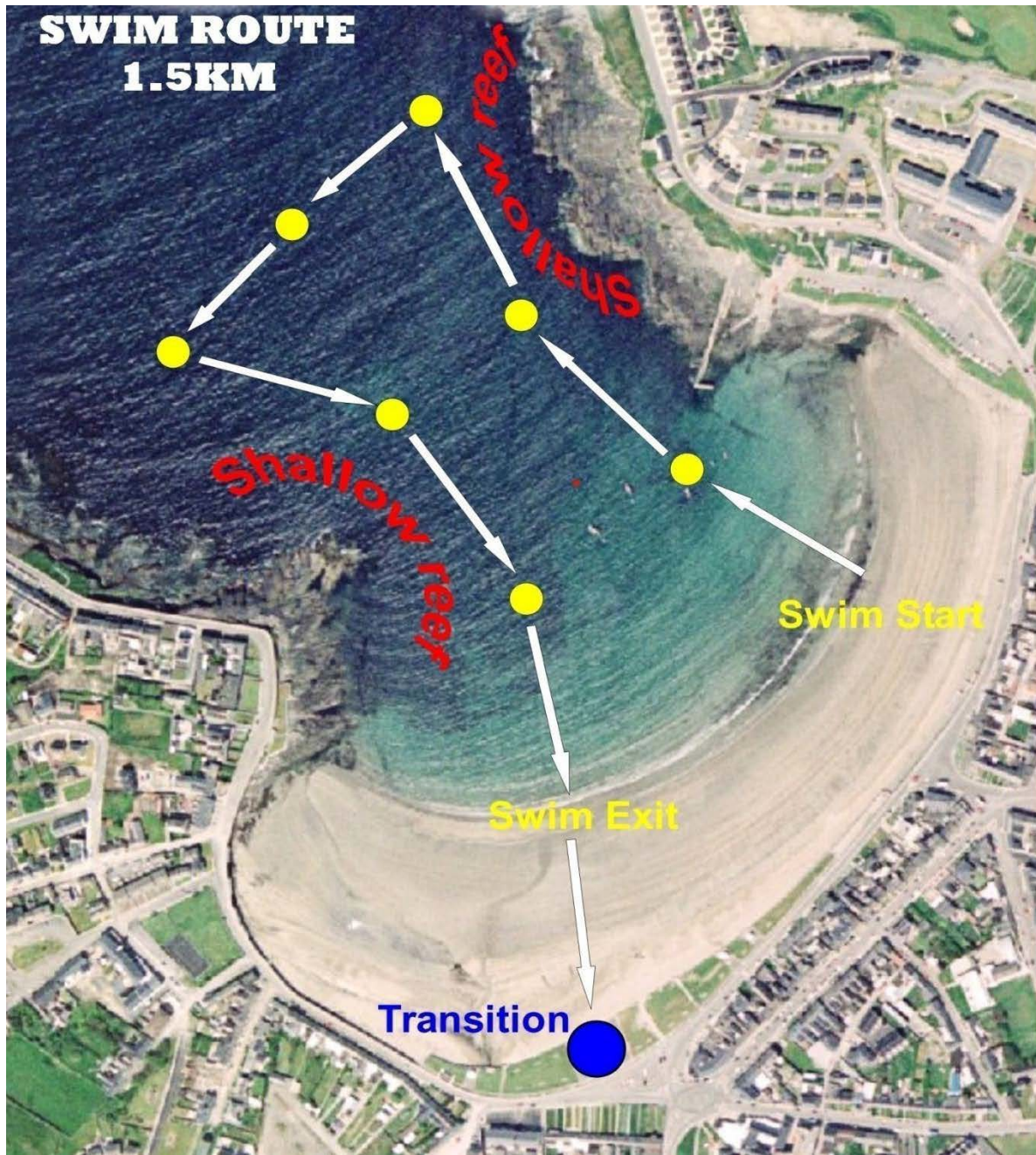
- Canoes and personal motorized craft will flank the swim in an effort to keep swimmers on course.
- Only very strong swimmers should go to the front of the swim start. Leave your ego behind! Weaker swimmers are well advised to start at the sides and stay to the rear of the field. You will gain nothing by placing yourself at the front of the swim and will find yourself being ploughed over by stronger swimmers. This could potentially finish your race through injury or discomfort. Worse still you could get into difficulty or cause somebody else to get into difficulty.
- There will be 6 large marker buoys 2 metres high anchored in the bay - **keep all buoys on your left at all times**. Swim will start at waters edge on the RIGHT hand side of the bay towards the pier to the right of the transition area.
- There will be rescue boats with lifeguards on board, rescue divers and canoes/kayaks in the water monitoring the swimmers.
- Anyone cutting corners/buoys will be immediately disqualified and taken out of the water by the rescue boats and not permitted to continue. Kayakers will be monitoring each buoy to ensure this.
- Please note that reefs may be exposed during the swim. Review the map provided which indicates areas of note on both the swim out and return course. There will be a gate on the return route consisting of two buoys side-by-side. **All swimmers must swim THROUGH this gate or risk disqualification.**



hand in their timing chip and numbers immediately to a race marshal once they arrive back to shore.

- 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.
  - There is a 1.05 hr time limit on the swim or if a marshal feels you are endangering yourself or others you can be withdrawn from the swim. Anyone removed from the water will not be permitted to continue the race and must
- **Our main priority in the water is safety! We know you want to challenge yourself but the water is not the place for aggressive behaviour and we will not accept safety breaches.**

The water marshals decision is final!



# TRANSITION 1

- Exit the water and run up the beach towards the Transition area and enter only at the sanctioned point.
- Race number must be worn on the back during the cycle. Numbers must be clearly visible at all times. Anyone not correcting their number after being advised by marshals to do so, will be penalised 2 minutes for number violations.
- For safety and Insurance reasons - Personal Stereos/IPODs etc are not allowed on the course of the race. Anyone wearing any such device during the course will be immediately disqualified from the race.
- You must **put on your helmet and fasten it before removing your bike** from the bike rack. Anyone, who has an unfastened helmet while in contact with their bike will be asked to stop and refasten their helmet, failing to do so will result in an appropriate stop-and-go penalty.
- Exit through the timing mat to ensure your times are recorded.
- Walk your bike to the path and onto the road before mounting your bike.
- People may leave spare wheels in transition at the allocated spare wheel spot, but must be numbered with your race number and such wheels are not to be used by other competitors. Breach of these rules will result in disqualification of both athletes involved. The race organisers are not responsible for the security of any such equipment.



# CYCLE ROUTE

The bike is very often the defining factor in the Hell of the West Race. The course is an out and back loop just under 45K in distance. It is a tough but fair course and watch out for the hills and winds. The winds determine whether or not you can achieve that PB and if you are finding the hills hard going you can always take in the fantastic views of West Clare and the Loop Head Peninsula.

## THE FOLLOWING ARE THE KEY RULES REGARDING THE BIKE SECTION:

1. Race number must be worn on the back. If you have a problem with your race number please inform the race organisers prior to the race.
2. You must secure your helmet before removing your bike from the rack.
3. You cannot mount your bike until you have exited the transition area and are on the road at the designated area.
4. This is strictly a non-drafting race. For more information on drafting please refer to the manual of guidance in the Triathlon Ireland website. Non-Drafting will be enforced using time penalties, disqualifications and stop-go penalties as seen fit by draft marshals. **The draft marshal's decision is final.** No warnings will be given and we will have plenty of draft marshals on the course.

Note: there will be no penalty box – penalties will instead be applied by a deduction to an athlete's overall time. Penalties may be appealed after the race.

5. You must dismount your bike before re- entering transition area.
6. You must replace your bike in your own spot before removing helmet.

## SOME REALLY CRUCIAL NOTES ON THE BIKE:

Dangerous overtaking, crossing the white line, breaking the rules of the road or any other form of inappropriate conduct will result in immediate disqualification - the bike marshals have been instructed to be strict for everybody's safety. The most important note for the day is please be careful - we don't want to disqualify athletes and more importantly we don't want accidents.

There are a number of potential hazards on the road to note: See caution notes on the Cycle Map.

- Leaving transition you will exit straight on a roundabout and take the third exit towards Carrigaholt,
- There is a sweeping bend into Carrigaholt followed by a sharp right turn through a town.
- We anticipate tourist traffic and narrow bends on the road as you go through Bridges of Ross.
- Take care on the return leg as you return to the main road via a left turn.

- There is a steep fast descent on your return to Kilkee toward the end of the cycle. Slow as necessary to maintain a safe speed.
- Farm Traffic will be on the road as it is silage season so please abide by the rules of the road.

**THERE IS NO OVER TAKING FOR 100 METERS BEFORE THE BRIDGE IN CARRAIGAHOLT UNTIL 100 METERS AFTER THE RIGHT TURN IN CARRAGAHOLT. IF THIS DIRECTION IS NOT ADHERED TO THE ATHLETE IN QUESTION WILL BE DISQUALIFIED FOR DANGEROUS CYCLING**

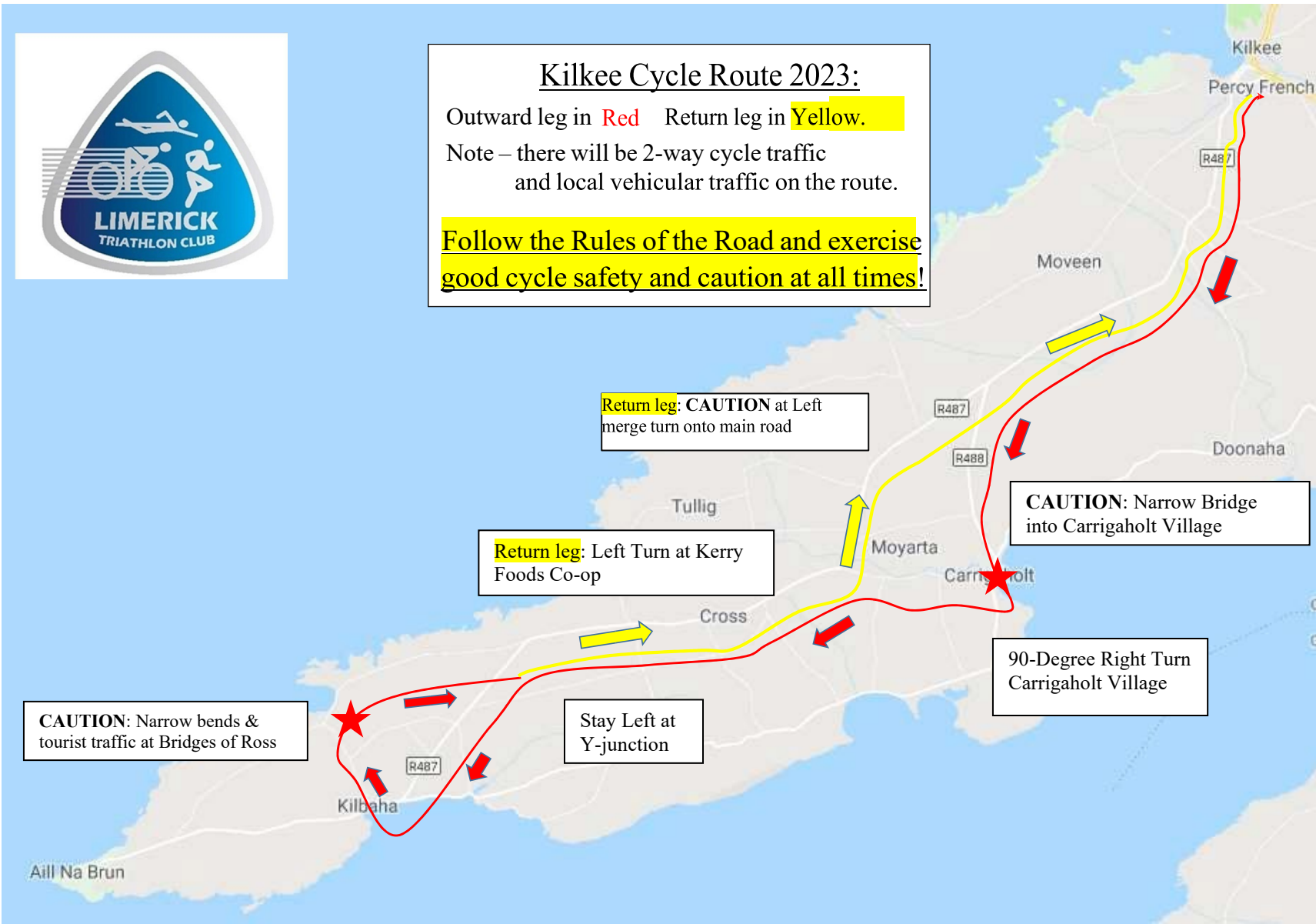


## Kilkee Cycle Route 2023:

Outward leg in **Red** Return leg in **Yellow**.

Note – there will be 2-way cycle traffic and local vehicular traffic on the route.

**Follow the Rules of the Road and exercise good cycle safety and caution at all times!**



# TRANSITION 2

Be careful on your return into T2. The area will be well marshalled – please listen to the marshals they are there to ensure your safety.

## THE FOLLOWING RULES APPLY IN T2.

1. Dismount before entering the Transition area. You **must** place your bike on the rack before unfastening your helmet.
2. You must place bike on rack corresponding to your number.
3. Race number must be worn on the front during the run.

# RUN ROUTE

The Dunlicky Road 10K run is a beautifully scenic out and back course overlooking the cliff faces of Kilkee. It's also a tough run, with the hills over the first 5K a certain challenge for all levels of athlete. The good news is that the last 5K are mainly downhill and have fantastic views overlooking the Atlantic.

- Exit right out of transition and run along the prom till you meet marshals directing you up the “Dunlicky Road/Hill”.
- The Water station will provide hydration at 3.5km and 6.5km.
- Timing mat will be located at turnaround – You must fully go round the turnaround, anyone not fully going round the turning point will be disqualified, unless the mistake is rectified by going back.
- Please cross the finish line in a controlled and safe manner, sprinting across the line, while dramatic, can be dangerous and can risk injury to marshals.
- Please **do not** remove your timing chip as it will be used to collect your bike from transition.
- Liquid refreshments and fruit will be available to all athletes in the recovery area. Please move as quickly as possible from the finish line to the recovery area, located in the grassy area beside transition.



# POST RACE

## **PRIZE GIVING -**

We will not be holding a Prize-Giving Ceremony this year. Overall and age-group winners will be contacted about their prizes so please make sure you have provided accurate contact details during registration.

Provisional results will be made available as quickly as possible after the race through our social media platforms and final results will be posted on our website within one week of the race.

[www.limericktriathlon.com/kilkee-hell-of-the-west](http://www.limericktriathlon.com/kilkee-hell-of-the-west)

[www.facebook.com/KilkeeHelloftheWestTriathlon](http://www.facebook.com/KilkeeHelloftheWestTriathlon)

<https://www.youtube.com/watch?v=lne4gC1Q0j0>

From all of us at Limerick Triathlon Club and the Hell of the West organising committee - thank you for your brilliant support, and may we wish you a very successful, enjoyable and safe race.