



## LIMERICK DUATHLON - SUNDAY FEBRUARY 18th 2024

### LOCATION:

University of Limerick, use V94 XT66 for driving directions

Sign-on, transition, start and finish area will be Carpark P9 on this map. [UL CAMPUS MAP](#)

You will not be able to drive there to transition, ample parking is available with the University grounds or in the adjacent Plassey Business park

### REGISTRATION

Online and in advance ONLY.

Event sign-on will be in the morning from 0800 to 0850.

All entrants **MUST** be insured to race – a 2024 Triathlon Ireland Race Membership or a One Day Membership from Triathlon Ireland can only be accepted and is **NOT** available on the day. Please have an ID available.

A bag drop will be available in Transition.

A coffee truck will also be available as well as toilet facilities.

**RACE BRIEFING**            **0910**

**RACE START**            **0930 Sharp**

### ROUTE

Run 4.6km – Bike 19km – Run 4km

Starting with a run along the pitches at Maguire's, our run route takes in the river Shannon bank path towards the UL Boathouse where it loops around and returns. This is a mix of a compact trail & tarmac. Our marshalls will guide you on any turns.

The bike route is a fast and flat out and back route towards Murroe village on the R506. Gardai will control the traffic at the right hand turn junction onto the R506 from the Dublin Road. The turnaround will be clearly marked, with gardai again controlling the traffic rejoining the R445. Dublin Rd

The second run leg starts at the transition, so is slightly shorter, again along the river bank route and back to the finish line.

Participants must follow Gardai & marshall instructions.

## **PRIZES**

Prizes will be awarded in the finishing area, once provisional results are available.

**Overall (Male & Female)** 1st, 2nd & 3rd

**Junior (Male & Female)** 1st, 2nd & 3rd

**Age Group (Male & Female) In each age group:**

1st, 2nd (if more than 8 in AG) & 3rd (if more than 13 in AG)

We look forward to seeing you on Sunday.

Further information and maps can be viewed on our website [www.limericktriathlon.com/duathlon/](http://www.limericktriathlon.com/duathlon/)

**IF YOU HAVE ANY QUERIES, PLEASE DO GET IN TOUCH [duathlon@limericktriathlon.com](mailto:duathlon@limericktriathlon.com)**