

JOEY HANNAN MEMORIAL TRIATHLON 2024

UL Sport
Arena
Limerick

Sunday
April 21st



LIMERICK TRIATHLON CLUB

Pain is temporary, club pride is forever...

[facebook.com/LimerickTriathlonClub](https://www.facebook.com/LimerickTriathlonClub)

<http://www.limericktriathlon.com>



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. 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 21st.

EVENT TIMETABLE

Registration:

Saturday 1700 –1900 UL Sport Arena. Sign in & race number pick up.

Sunday 0700 – 0745(Sharp) UL Sport Arena. Sign in & race number pick up.

Once registered all competitors must collect their timing chip.

2024 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** is available in UL Campus. Please enter through the main (flagpole) gates, where you will be directed to parking opposite the Stables complex, parking is also available at the Kemmy Business School and the Concert Hall – 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
- Coffee's & Snacks will be available at The Terrace adjacent to UL Arena

Key times:

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

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

Race Briefing 0840 For ALL races in front of the UL Arena

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Race Times	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

Prize Giving

- 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.

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 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.**
- 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.

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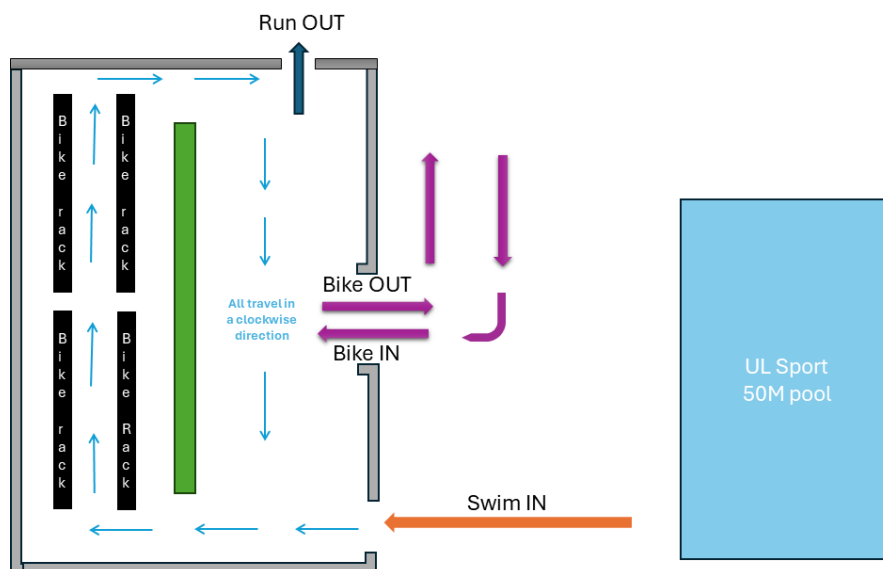
TRANSITION AREA:

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 Marshals to enter transition again after your race.



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SWIM:

Novice Try-a-tri	300M (6 lengths)
Sprint Distance Swim	700M (14 lengths)
Olympic Distance:	1500M (30 lengths)

- All swimmers 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.
- Each heat will start whether you are there or not!
- Athletes wear their own personal swim hats in the pool. Where 2 swimmers have the same hats, the organiser will provide you with an alternative hat for identification in the swim.
- THERE ARE NO TUMBLE TURNS ALLOWED IN THE SWIM.
- Swimmers in each lane will decide who wants to lead – less confident swimmers are advised to opt for the back of a lane
- 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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BIKE:

- 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 MAGUIRES FIELDS ROAD**
 - **AT THE TURN AROUND POINT**
 - **AT ROUNDABOUTS.**
 - **IN NEUTRAL ZONES**
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- 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 and these 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 railway crossing out and back and the Vistakon roundabout on the return leg.

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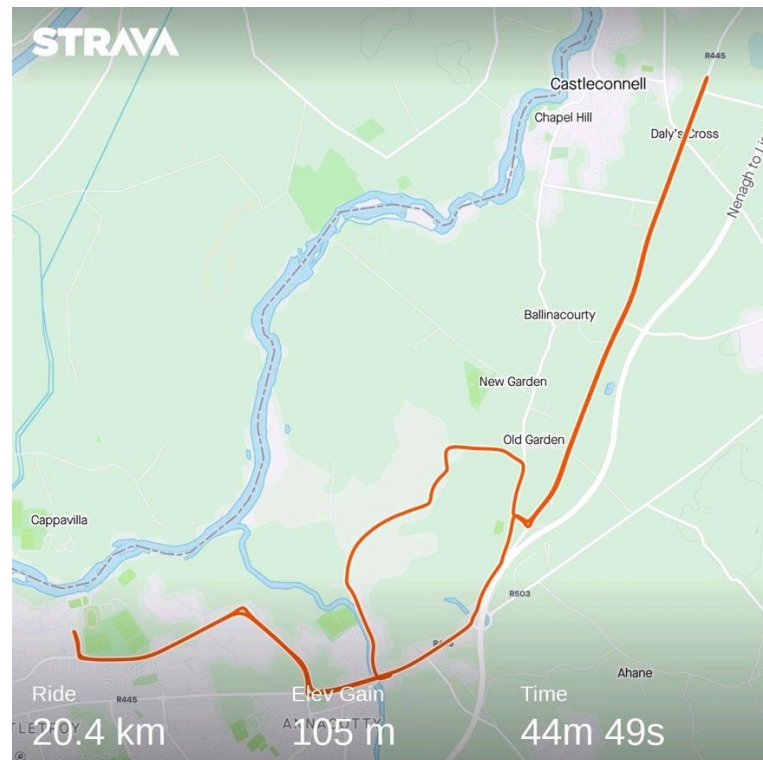
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NOVICE/TRY-A-TRI [Strava - Try route BIKE](#)



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



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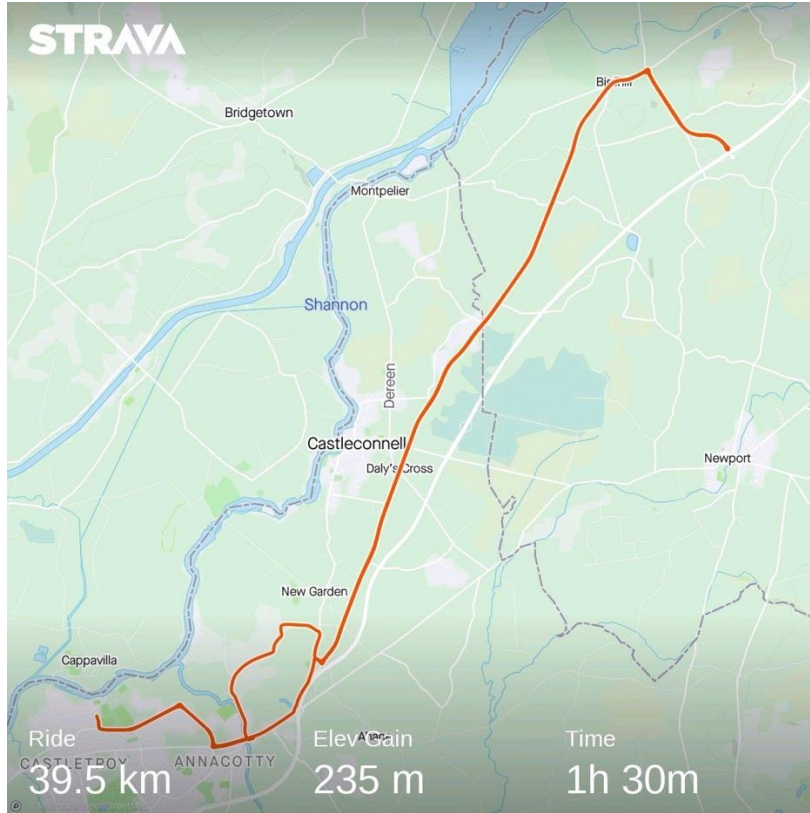
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OLYMPIC DISTANCE 40KM [Strava - Olympic BIKE](#)



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RUN:

- 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.



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

- 1, 2 & 3 Overall Male & Female Olympic
- 1, 2 & 3 Overall Male & Female Sprint
- 1,2 & 3 Overall Male & Female Try a Tri
- 1,2, & 3 Overall Male & Female Junior Sprint
- Age Group: 1st Male & female by decade in each event

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

Sportstiming