



Nenagh Leisure Centre

Nenagh, Co. Tipperary

14th April 2018



Race Details

Distances

Sprint – 750m swim, 20km Cycle, 5.2km Run.

Race Registration: Sat 7:00am – 8:15am

There will be 1 registration for the race. Registration on the morning of the event will be open from 7.00 – 8.15am in the Nenagh CBS hall. Triathletes will collect their race number and timing chip when they register. Triathletes will also need to provide their TI membership cards or proof of one day licenses at registration. Nenagh CBS is located on the opposite side of the road to Nenagh Leisure centre with the hall located adjacent to the running track, which you will see once you enter the driveway.

Event Parking

Parking for the North Tipp Sprint is available at the Abbey Court hotel. There will also be additional parking offered within the grounds of Nenagh CBS and limited parking is available within the Lisboney Industrial estate just on the entry into town.

Transition Check-in and Check-out

Bike brakes, helmets etc. will be checked on entering transition. Transition is located in the back car-park of the Leisure Centre. Hang on to your race number; you will need to show it before your gear can be collected. A bag drop point will be located within the transition zone.

Race Briefing – 8:40am

The race briefing will take place at 8:40 at the transition area of the Nenagh Leisure Centre. The race briefing will be kept short and it is the responsibility of the triathletes to make themselves familiar with the course layout. Once the briefing is finished, transition must be cleared before wave 1 commences.

Race Start – 9:00am

The first swim wave will consist of the swimmers with the slowest estimated swim time. This wave will be starting at 09.00am. There will be 4 waves in total, and each wave has 30-minute cut-off time to complete the swim. The last wave will feature the elite swimmers. **Each wave will start as soon as the previous wave finishes.** Each swimmer should bring their own swim cap.

Athletes must be in the pool area at least 15 minutes prior to your wave!

Prize Presentation

The prizes will be given out after the race in the Nenagh CBS hall. The presentation will take place roughly half an hour after the race is finished. Final time sheets should be available to everyone at this stage.

Rules and Regulations

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. This document is available on the Triathlon Ireland website: www.triathlonireland.com and we would ask that all athletes refer to section

3.8 – ‘General rules for competitors.’

Appeals/Protests

A competition jury will be appointed in line with the rules set out in the ‘Triathlon Ireland Manual of Guidance’.

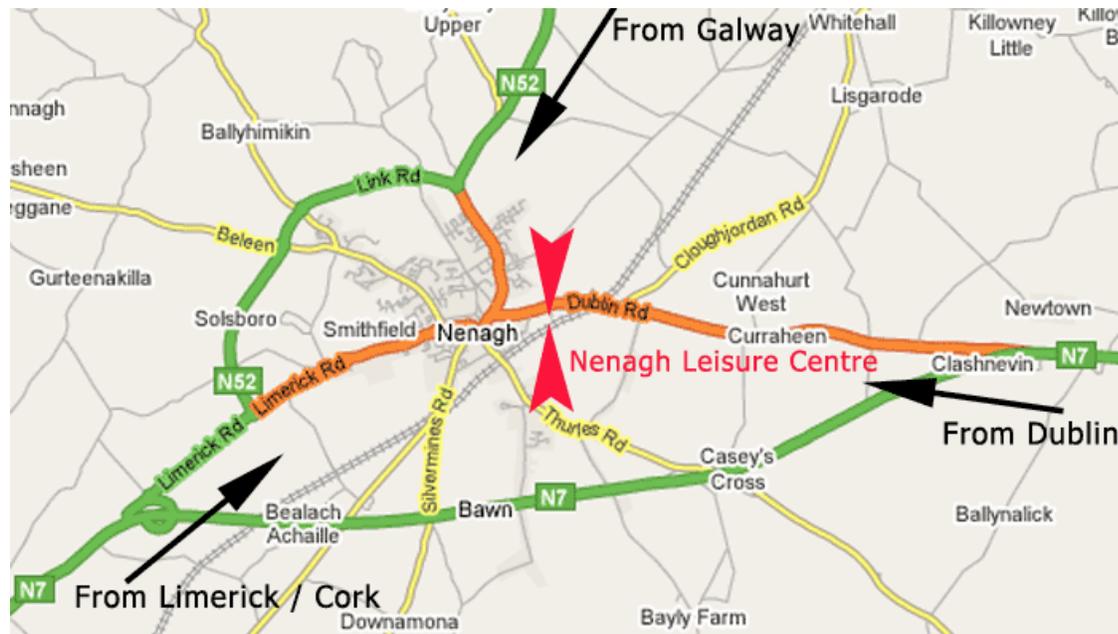
NOTE ON MARSHALS

Ignoring the instructions of marshals will result in disqualification. 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. It may not seem that way at the time, but they genuinely do.

Verbally abusing a marshal will result in immediate disqualification. The only reason you are able to participate in this race is because a marshal has volunteered his /her time to enable the race to be run. Don’t forget this when the adrenaline is pumping and all you want to do is keep going.

Race Location

The race is being run from the Nenagh Leisure Centre. The leisure centre is located on the Dublin Road on the edge of the town. The map of Nenagh below shows the exact location of the leisure centre and the main roads entering the town.



Facilities

- **Changing rooms** – The Nenagh Leisure Centre has mens and women's changing rooms.
- **Bag drop** – will be available adjacent to the transition area
- **Toilet facilities** - located within the leisure centre and beside transition
- **Hot showers** – will be available after the race.

Detailed Directions

From Dublin – the Nenagh Leisure centre is located on the Dublin Rd. on your left-hand side as you enter the town.

From Galway – take the first exit on both roundabouts as you enter the town. You will pass the CBS school on your LHS and the cinema on your right. Take the left at the next roundabout on the main street. You are now on the Dublin Road. Proceed down this road for about 500m and the Nenagh Leisure Centre is on your RHS.

From Limerick / Cork – Drive into the town and at the roundabout at Centra proceed straight ahead. This brings you towards the town centre. At the traffic lights take a left onto the main street. Pass straight through the first roundabout and take a right on the second roundabout. You are now on the Dublin Road. Proceed down this road for about 500m and the Nenagh Leisure Centre is on your RHS.

Course Map

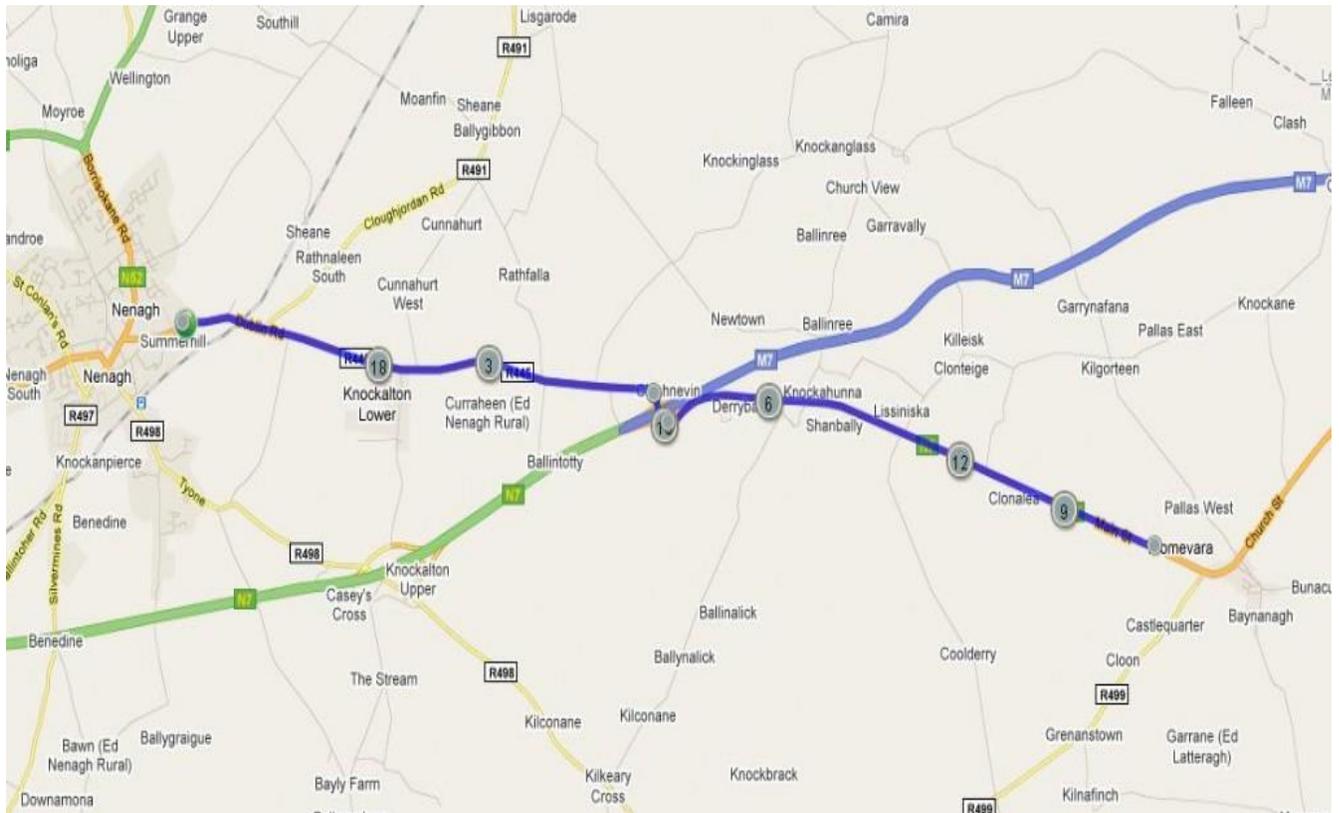
Swim

The swim is a thirty-length swim in a 25m pool (750m). There will be 4 starts, 6 lanes and 4-6 people per lane. The slowest wave will be let start first. With two lengths to go each competitor will be tapped by the lane counter to signify your last 2 lengths. The transition is in the pool car park just outside the pool.

The swim cut off time for the Senior race will be **30 minutes**. Swimmers who have not completed the distance in this time will have their times calculated on the distance covered. Wetsuits or other buoyancy aids are not allowed. **No Diving or Tumble Turns are allowed**. Firmly tap a slower swimmer on the ankle if you wish to overtake them, overtaking is only allowed at the end of the pool. If you feel a firm tap on the ankle, please stop at the end wall and allow that swimmer to pass by. Marshalls may stop slower swimmers at a wall to allow a faster swimmer to pass safely by. Marshalls will count lengths completed, their count is final.

Cycle

The cycle is an out and back course, 20km in length. You turn right as you exit the leisure centre and cycle out to the turnaround point just before the village of Toomevara. There are 2 roundabouts to be negotiated (twice); take the second exit on both; but each will be heavily marshalled. The new M7 has reduced traffic on this route considerably. It is a super-fast, flat bike route. **No ear phones of any description are allowed on the bike or run route.**



Drafting is Prohibited

Drafting rules will apply. There will be Motorbike marshals on the bike route to ensure that no one will be able to break this rule unnoticed.

Drafting occurs when a cyclist is in a position to potentially gain an advantage by closely following another athlete. It is prohibited in age-group racing because it can offer a time advantage and it is dangerous.

The draft zone is a rectangle which has the lead cyclist's front wheel at its front and centre. In all race distances up to and including Standard (Olympic) the draft zone will be 12m long. As a following cyclist you cannot enter the draft zone unless overtaking, overtaking must be completed within 20 seconds. The overtake is deemed to have been completed once your front wheel gets ahead of the other cyclist who is now obliged to drop back out of the draft zone within 5 seconds. It is common to see athletes responding once they have been overtaken and immediately trying to retake their lead. This usually leads to the formation of a '2 up' time trial scenario whereby both competitors are cheating and breaching safety rules.

Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft.

A competitor who does not clearly avoid violating the drafting rules may receive a penalty.

The draft zone of one competitor may not overlap the draft zone of another competitor.

A competitor is overtaken when the front wheel of another competitor's bicycle is ahead of theirs. It is then his/her responsibility to drop out of the draft zone, either sideways or by dropping back. Failure to drop back the required 12 meters will be deemed to be drafting.

Side by side riding is not allowed.

It is not allowed to gain unfair advantage of officials' escort vehicles or vehicles being used by media etc. Minimum bicycle/vehicle separation will be 35 meters long by 5 meters wide.

A competitor may enter a bicycle draft zone (subject to official's judgment) if the competitor enters the draft zone and progresses through it within 20 seconds.

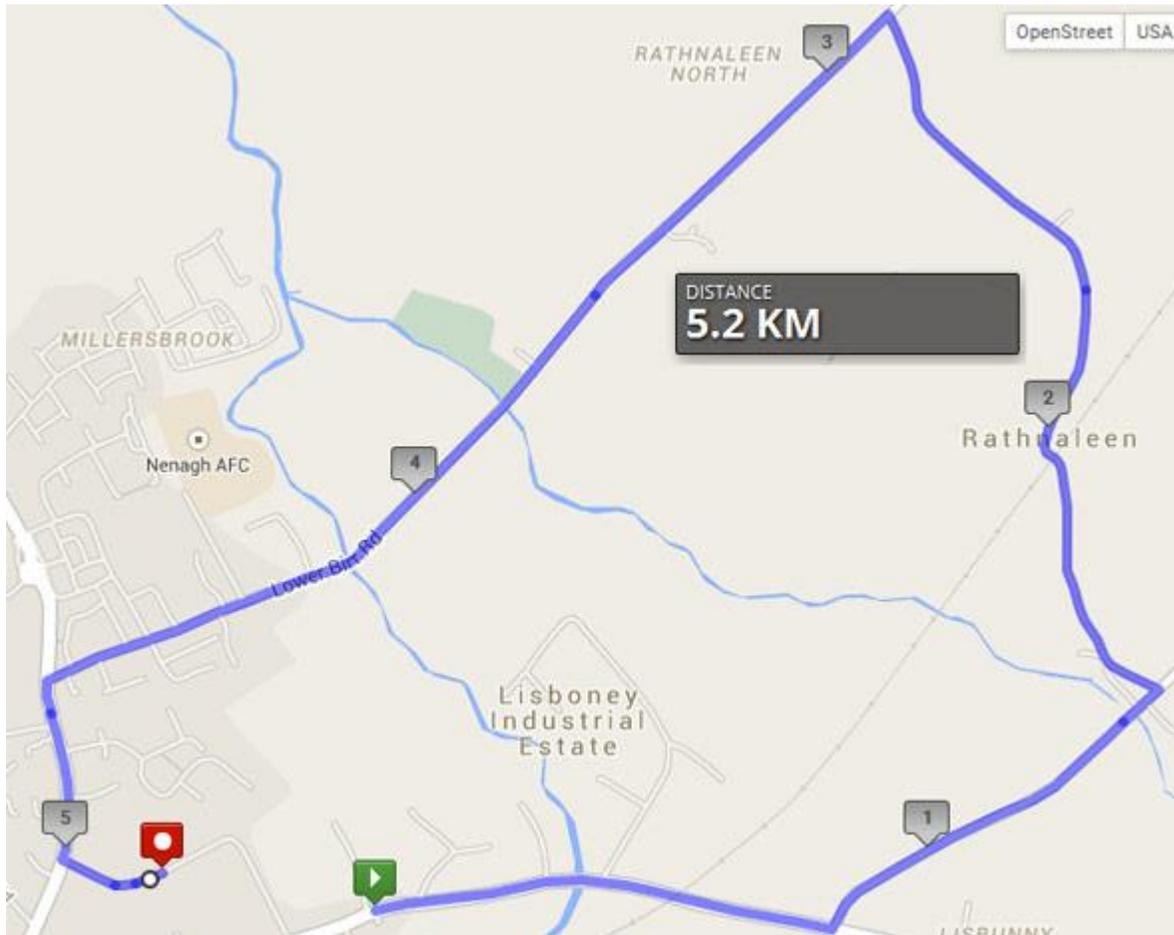
For safety reasons drafting will not be enforced:

- At the exit or entrance of a transition area.
- Approaching or leaving roundabouts for 20m.
- At turnaround points.
- At an acute turn.
- If race officials exclude a section of the course because of narrow lanes, construction works, detours or for other safety reasons.

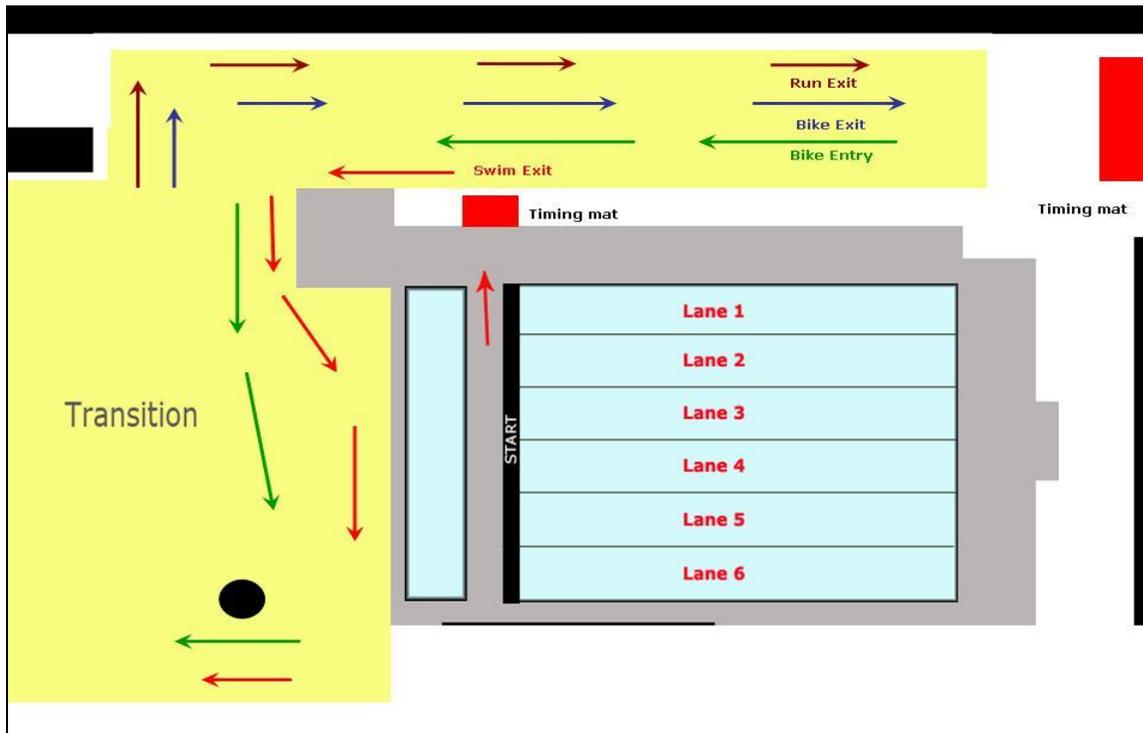
Marshals can instruct cyclists to "pull back" without giving penalties but also note that it is not necessary to give warnings of drafting, if marshals deem an offence to be worthy of a penalty

Run

The run is a 5.24km run course. You turn right as you exit the leisure centre and run 0.5 mile down the road before taking a left onto the Cloughjordan Road. After another 0.5 mile you take another left. This brings you onto a hilly run section which lasts for a mile. You turn left on the Old Birr Road and head back towards town. Turn left onto Summerhill road and another left into the grounds of the CBS school. The finish line is on the running track beside the school.



Transition Layout



The transition area will be in the carpark at the back of the Leisure Centre. **THERE IS NO NUDITY ALLOWED IN TRANSITION.** So, use your towels to cover yourselves if you are changing clothes. Take your time. Transition will open at 07:30am on the morning and will close at 08:30am SHARP. All athletes must leave the transition area at this time.

You will not be permitted to re-enter transition until after your swim.

Bike racks will be identified by numbers. It is the responsibility of each competitor to remember where their bike is located.

It is the athlete's responsibility to have a road worthy bike and wear a hard-shell helmet. When an athlete is entering the transition area to set up, he/she will be required to demonstrate that their bikes are roadworthy e.g. by spinning wheels and pulling brakes.

Marshals will be on hand to provide directions to the competitors.

DO NOT REMOVE YOUR BIKE FROM THE RACK UNTIL YOUR HELMET IS ON AND FASTENED. Each bike will have a numbered sticker to go along with your race number. You must have your race number to collect a bike from transition at the end of the day.

The Finish

The finish line, with spectating alley, will be located on the track of the CBS School. Finishers will receive a breakdown of their times for each of the legs, for their overall race, and their finishing position. While waiting for these results, competitors can use the shower and changing facilities at the Leisure Centre and avail of the post-race refreshments and qualified massage therapists on the CBS Hall (registration area). Final results are expected around 12:00pm, with a prize presentation immediately following the announcement of results.

After the race, you will not be permitted to remove your bike until a Marshal has deemed it is safe to do so and will not hinder any athletes who are still completing their race. Because the transition is set up in numbers (to correspond with the waves), we do not have to wait for everyone to be finished to allow people to retrieve their belongings. But it is very important that finished competitors respect that there are others in later waves who will still be racing and avoid interrupting their race. You must have a race number to collect a bike from transition.

Lost and Found

Lost and found will be located in the CBS hall.

Rubbish and litter

We kindly ask that anyone who drops water bottles/ gels or any kind of litter to do so at a marshalled junction on the cycle and run route. This helps with the clean up as litter isn't strewn the whole way along the route.

Thank you

Nenagh TC would like to take this opportunity to thank you for once again supporting our race. There will be many first-time triathletes in this race so encourage one another, enjoy the experience and savour the achievement of the challenge tackled.



NENAGH TRIATHLON CLUB