



Lough Derg Sprint Triathlon & Try a tri

Dromineer, Nenagh, Co. Tipperary

Saturday 16th June 2018



Insurance for Competitors – Message from Triathlon Ireland

“Can you please ensure anyone who wishes to race under a Triathlon Ireland racing licence (Full, Student or Junior membership only) provides their 2018 TI membership card to you at registration with a photo attached to the card.

If they produce any other card, this does not cover them for racing, so they must purchase a one day licence. Please note that if a competitor does not hold a race licence they must pre-purchase a one day licence through the TI website, by 12am the Thursday prior to the event.

The above must be strictly adhered to for insurance purposes - if somebody does not provide their membership card or have purchased a one day licence through Triathlon Ireland, they are not covered by the TI insurance.

Introduction

Nenagh Triathlon club welcomes you to the 5th annual Lough Derg sprint triathlon, held in the picturesque venue of Dromineer. We realize that there were a wide variety of alternative triathlon events to choose from on this date so we appreciate your support, without which, this event would not be able to go ahead.

We aim to provide an enjoyable and safe race, at the lowest cumulative cost for any TI races on the calendar.

We especially welcome those participants who are taking part in the second running of our Try a tri event and we hope that you have a great experience of triathlon, in what for many will be a first open-water triathlon experience.

Please read the following document to familiarize yourself with the event details and to ensure you have a safe and enjoyable triathlon.

If you have any enquiries please contact the race committee at: ***loughdersprint@gmail.com***

Thanking you,

Nenagh Triathlon Club



Racing Licence

This is a Triathlon Ireland (TI) Sanctioned Race and all Triathlon Ireland Members must have a 2018 membership card. This card **MUST BE PRODUCED AT REGISTRATION.**

TI MEMBERS WITH A NON-RACING LICENCE AND NON TI MEMBERS MUST HAVE A ONE DAY LICENCE. The deadline for obtaining this is Thursday 14th June at 12 midnight. YOU MUST PRODUCE YOUR ONE DAY LICENCE AT REGISTRATION.

In the case of relay teams only one member of the team requires a Triathlon Ireland licence/one day licence.

We cannot sell One Day Licences at registration and we do not have a list of Triathlon Ireland Members.

NO TI LICENCE - NO RACE.....NO ONE DAY LICENCE - NO RACE

Race Timetable

Saturday 16 th June	
07.30 – 09:00	Race Registration: Whiskey still pub, Dromineer
07:30	Transition Area Opens
09:10	Marshal Briefing
09:15	Transition Area / Bag drop Closes
09:15	Race Briefing by Race Director
09:25	Marshals in place
09:30	Try a tri Start
09:45 – 10:00	Sprint Triathlon Start
11.00	Post-Race refreshments: Whiskey still
12:00	Transition area re-opens for entrants to collect their equipment: Race number required
12.30	Event Finish Time
12.00	Prize Giving

Race Details

Distances

Sprint: 750m swim, 19km Cycle, 5km Run.

Try – a – tri: 300m swim, 15km Cycle, 3k Run

Registration

Race Registration: SATURDAY 07:30 – 09:00

There will be a single registration for the race on Saturday morning from 07:30am-9.00pm.

Registration will take place in the Whiskey still pub in Dromineer, which is adjacent to the finish line for the run.

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 licences at registration. NO EXCEPTIONS!

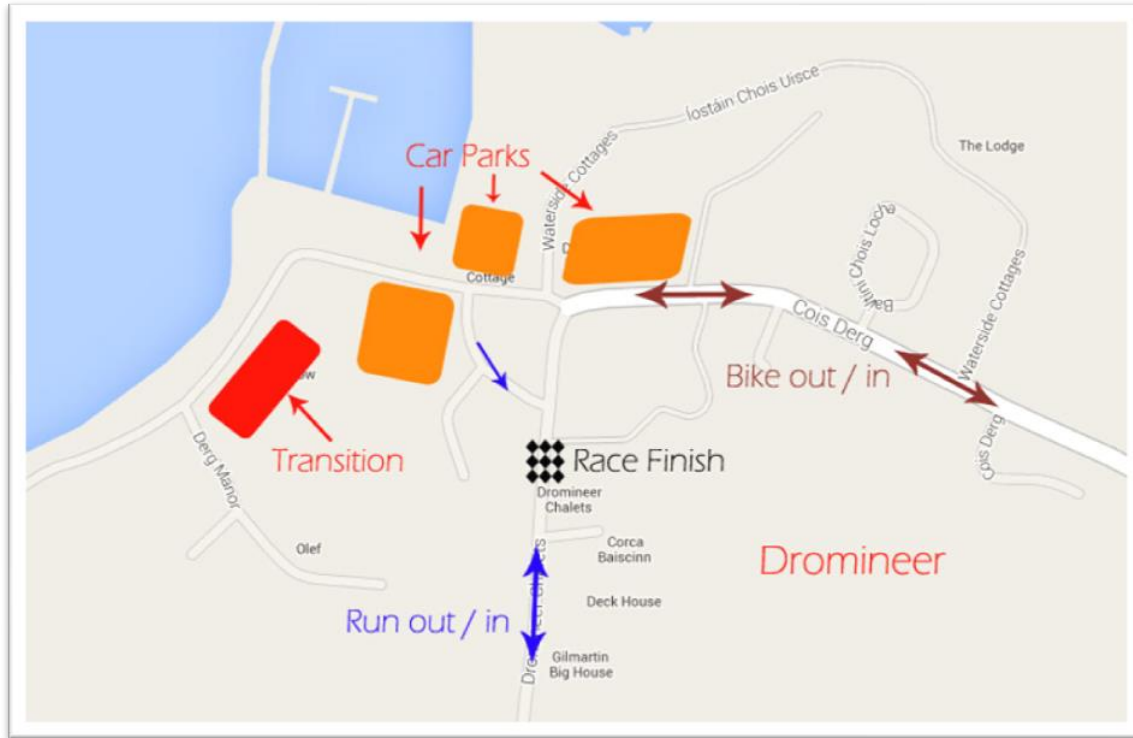
Please try to register as early as possible.

At registration you will collect, your timing chip, race numbers and goody bag. You will also receive a sticker for your bike, helmet and bag and these must be attached in order for you to retrieve your belongings from transition and the bag drop once the race is completed. You will receive 2 race numbers, one for your back during the cycle and one for the front during the run. If you use a race belt one race number is sufficient.

Junior competitors (16-18) must be accompanied by a parent or guardian to register for the event. A consent form must be signed at registration. The minimum age for participation in the event is 16 years.

Parking

Parking for the Lough Derg sprint is provided in a number of car parks adjacent to the main quay in Dromineer. Additional parking will be provided on the approach to Dromineer and this will be signposted and supported by marshals as you arrive.



General Information

Toilet and limited changing facilities are available in the Rest area directly adjacent to the transition area car park. A shop is located beside the finish area and there is also a play area for children located beside the main quay. Please use bins provided for all rubbish.

Transition area

Transition opens at 7:30am on Saturday morning. Bike brakes will be checked on entering transition and all competitors must wear their helmet entering transition. Transition is located in the front car-park in Dromineer. No bags or race boxes are allowed to be left in transition next to bikes and if left will be removed by transition marshals. A bag drop will be provided adjacent to transition and you must label your bag or box with your race number supplied at registration.

Transition closes at 9.15am and reopens at about 12pm. We will open transition to competitors as soon as it is safe to do so and this is at the marshal's discretion. Race number will be required in order to remove your bike from the transition area.

Please ensure that you listen and obey the directions of the transition marshals when entering and leaving transition. Please try to avoid other competitors when making your way through transition.

Race Briefing – 09:15am

The race briefing will take place at 09:15am in the transition area. 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.

Race Start – 09:30 - 10:00am

Following race briefing and when transition and the bag drop area are closed we will get the triathlon underway as soon as possible. Each swimmer should bring their own hat for the swim and of a bright colour if possible.

The Try-a-tri competitors will enter the water first and the swim will start at 09:30am.

Once all Try-a-tri competitors have completed the swim leg we will allow Sprint competitors to enter the water for a short warm-up prior to race start. This is a one wave event so all competitors will be starting at the same time.

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

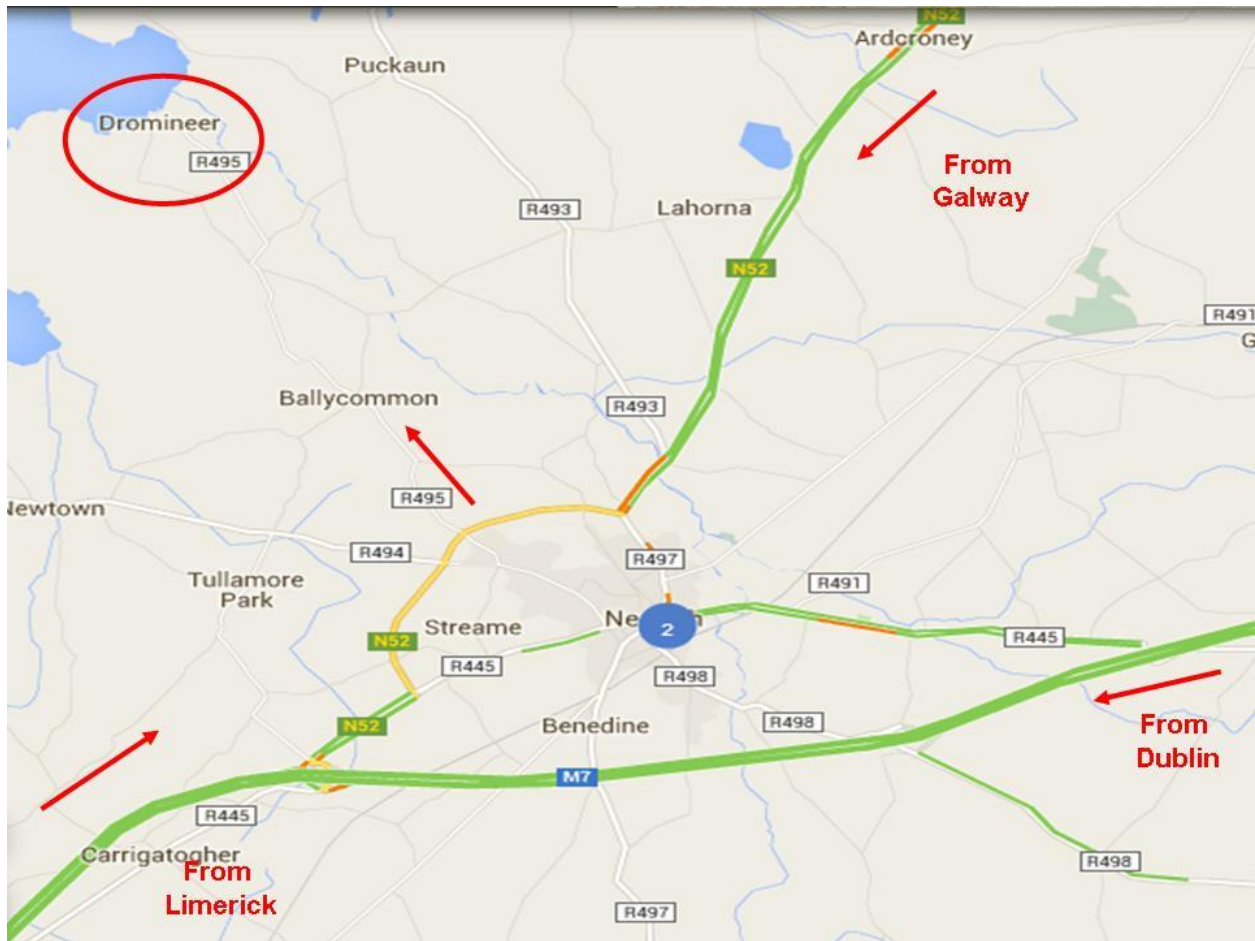
Ignoring the instructions of marshals will result in disqualification. Marshals are there to make sure you have a safe race – so listen to them and be courteous at all times. They have your best interests at heart. It may not seem that way at the time but they genuinely do.

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 Dromineer, a lakeside village 5 miles from Nenagh town.

Dromineer is on the R495 road out of Nenagh and this is accessed along the N52 link road on the Northside of town. The map below shows the location and the roads leading to it. From Dublin / Limerick take Junction 26 towards Nenagh and follow the signs onto the N52 link road. Dromineer is well sign posted on the link route.



Route information

Swim



The Try – a – tri swim is a 300m lake swim. All competitors may acclimatize in the water before the swim start. Prior to starting the swimmers will be counted entering the lake from the pier on the right side of transition. The swim consists of 1.5 anti-clockwise laps around 3 buoys between the 2 piers adjacent to the shore line (marked in blue). The swimmers exit the water via the pier on the left side of transition. The pier exit will be funneled and marshals will be on hand to aid with exiting the water.

The Sprint swim is a 750m lake swim. All competitors may acclimatize in the water before the swim start. Prior to starting the swimmers will be counted entering the lake from the pier to the right side of transition. The swim is anti-clockwise around 2 buoys and then returning to the lakeside and exiting the water via the pier on the left side of transition. The pier exit will be funneled and marshals will be on hand to aid with exiting the water. Experienced open water swimmers will start at the front of the race pack while less experienced swimmers should stay towards the back or side of the main race pack.

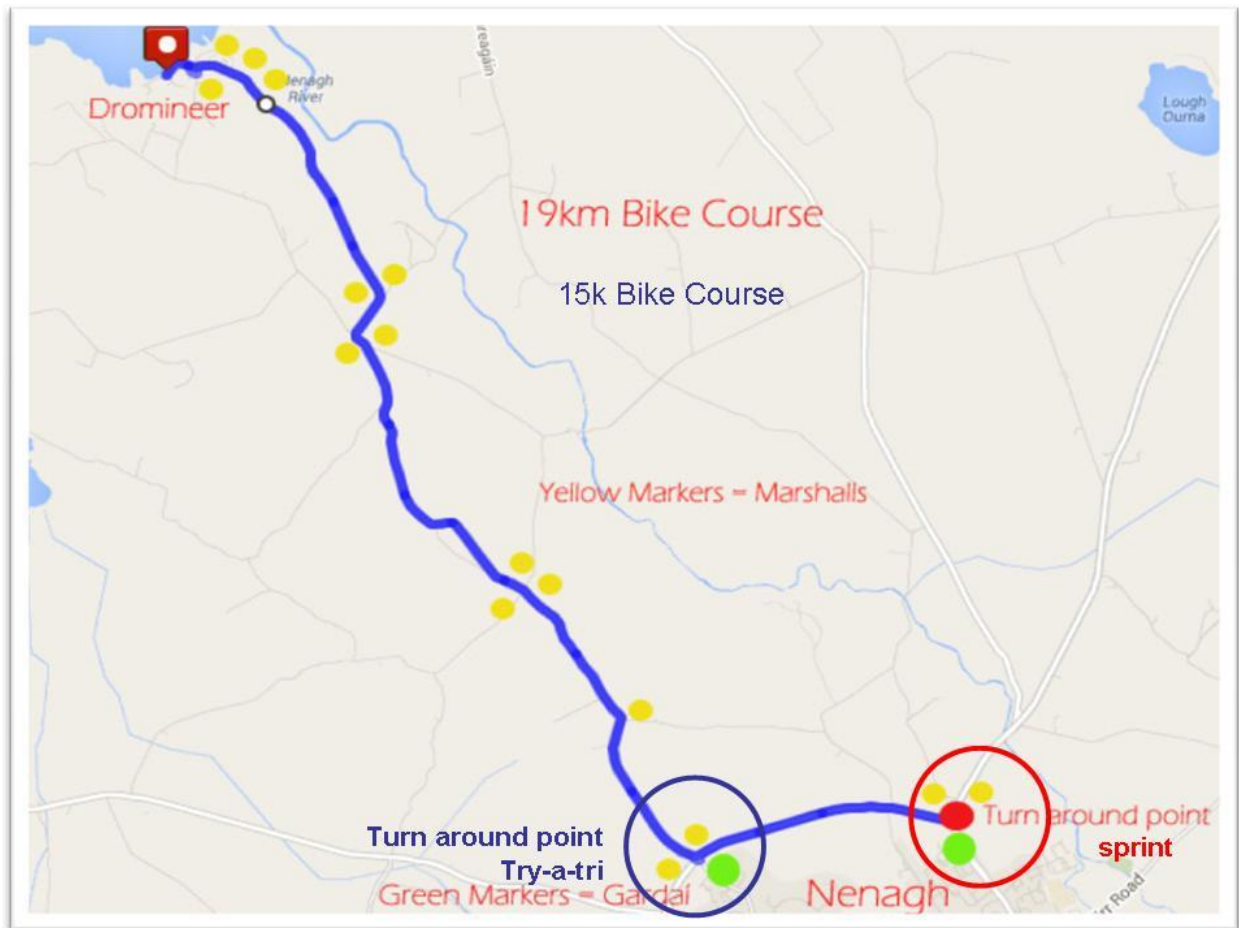
ALL COMPETITORS ARE REQUIRED TO WEAR A WET-SUIT FOR THE SWIM LEG. No fins, booties or gloves are permitted during the swim leg. There will be a number of boats and canoes on the course in order to help provide assistance to swimmers during the swim leg.

The swim cut off time will be **45 minutes**.

Swimmers that come into difficulty:

- If you are in distress seek immediate assistance, **TURN ON YOUR BACK** and **RAISE YOUR FIST IN THE AIR**. If you require urgent assistance **WAVE YOUR FIST FROM SIDE TO SIDE**.
- If you see a swimmer in distress signal to the water marshals for attention but under no circumstances attempt to rescue the swimmer.

Cycle



The cycle is an out and back course for both the Try-a-tri (15km) and Sprint (19km). You leave Dromineer following the main road to Nenagh (R495). At the 5k point you go through the village of Ballycommon where you continue straight until you reach the N52 link road in Nenagh.

For the Try a tri: The first roundabout at the N52 link road is the turnaround point for the bike and you go all the way around this roundabout and return on the main road to Dromineer (R495).

For the Sprint: At the first roundabout you take the first exit and continue for 2k along the N52 link road. At the next roundabout you take the 3rd exit and this marks the bike turnaround and half way point. You return along the N52 link road and at the next roundabout you take the third exit back on to the main road to Dromineer (R495).

There will be marshals on all main junctions and at the roundabout complexes, where there will be additional support from an Garda Siochana.

Your race number must be worn on the back for the cycle with failure to do so resulting in a penalty being added.

No ear phones of any description are allowed on the bike or run route.

PLEASE NOTE THE **ROADS ARE NOT CLOSED** TO TRAFFIC SO **RULES OF THE ROAD WILL APPLY** AT ALL TIMES. ANY COMPETITOR FOUND NOT ADHERING TO THE RULES OF THE ROAD OR IS DEEMED TO CAUSE A DANGER TO HIM/HERSELF AND OTHERS AND WILL BE **DISQUALIFIED**.

Drafting is Prohibited

Drafting rules will apply. There will be an official Triathlon Ireland Draft Buster on a Motorbike 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.

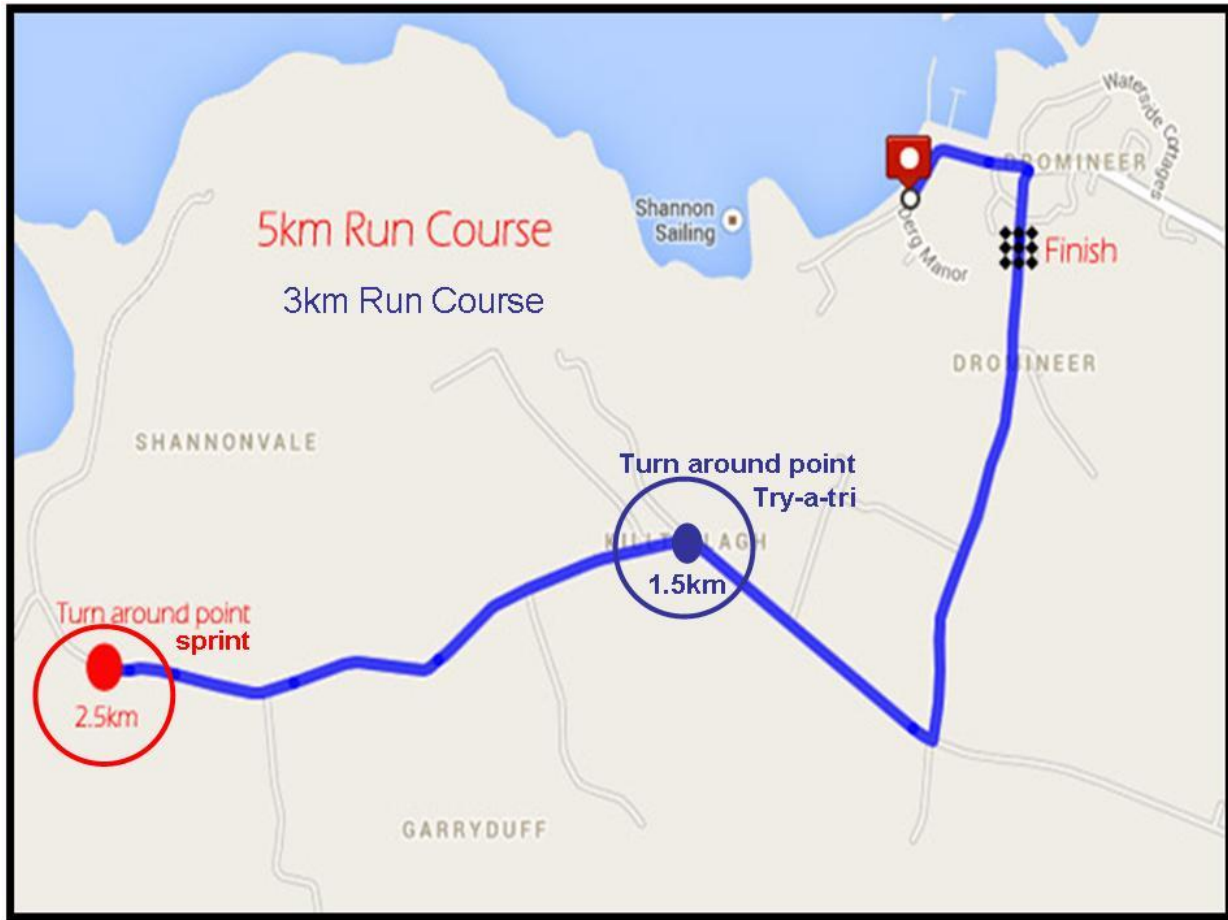
A competitor may enter a bicycle draft zone (subject to official's judgment) if the competitor enters the draft zone and progresses through it within 20 seconds.

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 an out and back course for both the Sprint and Try-a-tri. You exit transition at the rear and follow the cones onto the road leaving Dromineer past the Whiskey still pub. You continue for 1k and at the T junction you take a right turn.

For the Try-a-tri: You then continue for 0.5k to the turn around point, which is located at the water station. You return the way you came and the finish is adjacent to the front of the Whiskey still pub.

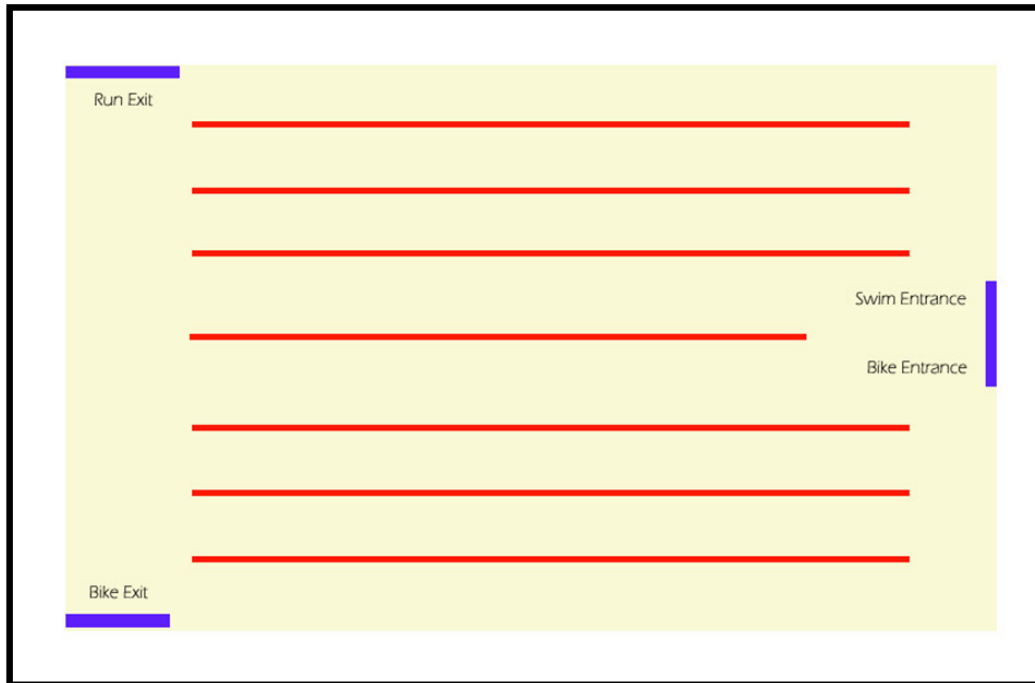
For the Sprint: You then continue for 1.5k to the turn around point. You return the way you came and the finish is adjacent to the front of the Whiskey still pub.

The race number must be worn to the front for the run leg.

Transition Layout



The transition area will be in the front carpark in Dromineer. **THERE IS NO NUDITY ALLOWED IN TRANSITION.** So use your towels to cover yourselves if you are changing clothes. Take your time.



Bike racks will be divided into groups based on race number and this will be marked on the individual racks. It is the responsibility of each competitor to remember where their bike is located.

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

When you enter transition after the swim DO NOT REMOVE YOUR BIKE FROM THE RACK UNTIL YOUR HELMET IS ON AND FASTENED.

Do not mount your bike until you have passed the mount line, which is located just outside the transition area. When returning from the bike leg ensure that you have dismounted your bike prior to crossing the dismount line. Failure to do so in either event will result in a penalty being applied.

When you enter transition after the bike DO NOT REMOVE YOUR HELMET UNTIL YOUR BIKE IS SECURELY RACKED.

The exit for the run is at the back of the transition area and you will be directed by transition marshals.

Relay teams

Each relay team will receive a timing chip and two race numbers. The cyclist must wear the number to the back and the runner the number to the front. The cyclist's bike must be racked prior to commencing the event.

The swimmer wears the timing chip and once completed the swim leg proceeds to transition and passes the chip to the cyclist at the designated handover point. The cyclist may then proceed to their racked bike but must not remove the bike until they have fastened their helmet. The cyclist may then leave the transition area, mounting the bike after the mount line.

When the cyclist returns they must rack their bike and then removed their helmet. Once complete they then can pass the timing chip to the runner who can leave transition and commence the run leg.

The Finish

The finish line is located adjacent to the Whiskey still, where race registration was located. There will be refreshments available adjacent to the finish line.

Once your race is completed please make your way to transition as soon as possible to collect your bike in order that the transition area can be cleared. Please bring your race number in order for your bike to be removed from transition.

Lost and Found

Lost and found will be located in the transition area.

Rubbish and litter

We kindly ask that anyone who drops water bottles/ gels or any kind of litter to do so at water station or marshaled areas along the cycle and run route. This helps with the clean up as litter isn't strewn the whole way along the route. Please take any litter with you from transition area.

Race results and prizes

This is a timing chip event. A full list of results will be available as soon as possible post event and will be linked via the Lough Derg Sprint facebook page.

Prize giving will take place at the finish area as soon as possible post event.

Category	Male	Female	Relay
Overall	1st,2nd,3 rd Junior	1st,2nd,3 rd Junior	1 st
40+	1st	1st	
Try – a tri	1 st	1st	

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.

