



B2R Harbourman Triathlon

STANDARD DISTANCE TRIATHLON NATIONAL CHAMPIONSHIP RACE

Wicklow Harbour - Wicklow Town



SUNDAY 08 July 2018

START TIME 1.00PM

**RACE BRIEFING FOR
COMPETITORS**



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1. INTRODUCTION

Wicklow Triathlon Club welcomes you to the Base2Race Harbourman standard distance Triathlon at Wicklow Harbour and we hope you have a safe and enjoyable race in the Garden County of Ireland.

Wicklow Triathlon Club is delighted to host this Standard Distance National Championship and BMW Triathlon National Series event.

This event is sanctioned by the governing body for triathlons and related events in Ireland, Triathlon Ireland (TI). The race, therefore, complies with well established rules including safety regulations, race organisation guidelines and provision of third party insurance cover. TI nominated officials will be in attendance. Full details of the Triathlon Ireland rules can be found in the Manual of Guidance at www.triathlonireland.com.

The standard distance race will commence in Wicklow Harbour. Wicklow Town and the surrounding areas will host the bike and run routes. Directions to the race venue can be found under section 3 of this race briefing.



2. EVENT TIMETABLE

This is a timing chip event with pre-registration by competitors online

	Description	Date	Time	Location
	Site Set-up	Saturday 7 July	3.30pm	Wicklow Harbour
	Site Set-up	Sunday 8 July	9.00am	Wicklow Harbour
	Race sign on & registration	Friday 6 July	4.00pm-8.00pm	Base2Race Ballymount
	Race sign on & registration	Saturday 7 July	11.00am. 5.00pm	Base2 Race Ballymount
	Race sign on & registration	Sunday 8 July	10.00am. 11.45am sharp	Brass Fox Wicklow Town
	Transition opens all competitors	Sunday 8 July	10.45am	Left hand side along Port Road
	Marshals sign on	Sunday 8 July	10.30am	Transition
	Marshals briefing	Sunday 8 July	11.30am	Transition
	Marshals in place	Sunday 8 July	12.30pm	Swim/Bike/Run routes
	Transition closes for all competitors	Sunday 8 July	12.30pm sharp	Transition
	Race briefing for all competitors	Sunday 8 July	12.35pm	Beside transition
	Event start	Sunday 8 July	1.00pm sharp	Wicklow Harbour
	Event Finish	Sunday 8 July	5.15pm	Transition Area
	Race cut-off time	Sunday 8 July	5.15pm	
	Prize Giving	Sunday 8 July	5.30pm	Finish Area

3. DIRECTIONS

Registration

Friday 6 July (4pm-8pm) & Saturday 7 July (11am to 5pm)
Base2Race Triathlon Store, Fashion City, Ballymount, Co Dublin.

Registration will take place in Base2Race Triathlon Store in Ballymount on Friday 6 July from 4pm to 8pm and on Saturday 7 July from 11am to 5pm. Base2Race is located off the M50, Junction 10 at Fashion City, Ballymount, Dublin 24 and a map can be found on www.base2race.ie.

Please note we would encourage as many people as possible to register in advance on Friday evening and Saturday to avoid a rush on Sunday morning. There will be a prize draw specific to those who have registered at Base2Race.

Sunday 8 July 10am to 11.45am
The Brass Fox, Leitrim place, Wicklow Town, Co Wicklow.

Registration will also take place on Sunday 8 July at the Brass Fox, Wicklow Town between 10am and 11.45am. The Brass Fox is located near the transition area and swim start. (see **Appendix C** for map).

Registration will close at 11.45am without exception. There is ample opportunity to register in the days leading up to the race, so please do not leave it to the last minute.

We would like to extend our gratitude to Base2Race and to the Brass Fox for kindly allowing us to use their premises.

Race Venue

Transition will open at 10.45am at Wicklow Harbour.

The transition area is located on the dock road in a car park across from the Uplift Gym. Please follow the signs and the directions of marshals.



4. PARKING & EVENT FACILITIES

Parking

Parking will be available close to the race venue and competitors are requested to arrive early and car pool where possible . you know it makes sense!! (see map in **Appendix D**). Please do not park on double yellow lines or on any private property or in any designated residentsqplaces. Your co-operation is greatly appreciated and ensures that we do not hinder any local residents.

After passing through Rathnew, competitors should take the left hand turn at traffic lights sign posted for Port Road to in order to get to race site and parking.

No road side parking will be permitted near transition as this road is part of the bike course and we need to ensure access for emergency vehicles, so please do not park on the roadside.

Wicklow Town will be busy and your assistance is required in ensuring that traffic is free flowing and please only park where permitted.

We would encourage competitors to car pool where possible.

We would like to extend our gratitude to Wicklow County Council, Wicklow Enterprise Centre and Remo Kitchens for kindly allowing us to use their facilities.

Venue Facilities

- The Order of Malta and a GP will be available on site for the duration of the event.
- Portaloos will be available at the race venue . in transition/finish area.
- Two water stations will be provided along the run route. Details will be provided at the race briefing.
- Please bring sun cream with you!!!

Litter Policy

Please help us to keep Wicklow Town and its environs clean and tidy.

Bins will be provided in transition and on the run route and in the finish area. Please use the bins provided as appropriate (recycling and non-recycling). Please do not litter the bike course, if you can bring gels/bars on the bike with you, then you can bring back the empty packets.

Wicklow Triathlon Club wishes to promote an environmentally race and we are taking a number of measures to ensure that our race is as green as possible and your co-operation is appreciated.

Any competitor found littering will be disqualified.



5. REGISTRATION

Registration will take place at the times indicated above at the Base2Race store, Ballymount (6 and 7 July) and in the Brass Fox, Wicklow Town on 8 July.

Registration will close at 11.45am sharp on race day and competitors are strongly advised to register early or on the previous days. Don't forget that you will be entered into a draw for some great prizes if you register in Base2Race. Prizes will be given at the finish on Sunday. Unregistered entrants will not be allowed compete and the transfer window has closed.

Triathlon Ireland membership cards will be checked at registration so please ensure that you bring your TI photo ID with you. Please also ensure you have other photo ID with you such as drivers licence. Relay teams . only one team member is required to register (team member can pick up goody bags for all members).

No TI card, no race, no exceptions.

If you are not a member of Triathlon Ireland and you have purchased an ODL, then you will be required to bring your ODL licence and photo ID with you to register.

No licence, no race, no exceptions.

Please note that all competitors must collect their own race number and pack in person . please do not ask to collect a pack for a friend, family member or any other competitor, we do not want to disappoint you when we say no.

Timing chips, race numbers, swim caps, wristbands and goody bags will be distributed. Competitors will also receive 1 number for the bike . this must be placed on the seat post of your bike. Please ensure that this number is placed on your bike before entering transition. There is also a number for your helmet and your transition bag.

The wristband must be worn in order to gain access to transition for the duration of the race. These will be checked both entering and leaving the transition area and are for security purposes.

No wristband, no access to transition and no access to bike. NO EXCEPTIONS. The only access to the transition area will be to competitors and race officials/marshals NO EXCEPTIONS TO THIS RULE

In case of emergency you are requested to complete the required information on the reverse of your race number. Please detail any medical conditions where indicated. Do not fold your race number.



6. TRANSITION

Transition Access

Transition will be open from 10.45am and security personnel will be present. No access to transition without wrist band which will be provided with your race pack. Competitors only are allowed access. No family members or friends etc are permitted in transition, no exceptions. We take the safety and security of our competitors and their equipment seriously.

Please wear your helmet when bringing your bike to bike check-in and ensure that your numbers are on your bike and on your helmet. Bikes cannot be removed from the transition area until 4.45pm.

Competitors are pre allocated places at transition. The transition area will be neutralised.

No boxes or bags will be permitted in transition. We will be providing a bag drop facility at a designated area beside transition. Competitors are required to attach the number provided to their transition bags before dropping to the designated area.

Transition 1

Exit harbour at same point as swim entry and follow marked pathway from the waterside to transition. The transition area is about 350m from the swim exit. Marshals will direct you to the transition area and will highlight any trip hazards. However, you are requested to keep to the left of the pathway and mind your step.

Helmets must be fastened before competitors remove bikes from the racks.

Competitors should exit transition through the **Cycle Exit** and follow marshals directions to the gate. Do not mount bike until the mount line which will be clearly marked and located outside the transition area.

It is advised that competitors wear the race number on the front and back of your racing top. If wearing a race belt . please ensure that a number is visible on your back during the cycle and on the front during the run.

Transition 2

Competitors must slow down before the entrance to transition . there is a speed ramp at the dismount line and caution must be exercised. Dismount bikes at point indicated by marshals. **Do not remove helmet until bike is secured on rack.**

Exit from transition through **Run Exit** and turn left and commence run along the waterside towards the Port Road to the turn-around point. Please exercise caution on exiting the transition area as there may be spectators and walkers/runners on the pathway.



7. RACE BRIEFING

ALL COMPETITORS MUST ATTEND THE RACE BRIEFING.

This is an important safety measure for our event and it is mandatory for all competitors to attend.

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 briefing will have the latest information to hand to the event organisers and race referee . it will not suffice to have read this race briefing document.

The race briefing will commence at **12.30pm** beside the transition area.

The race will start at 1.00pm sharp.

In the event that the swim cannot proceed due to weather conditions or other unforeseen circumstances, the swim may be replaced with a run and full details of the distance and route will be announced at the race briefing.

In the event that the bike section cannot proceed due to adverse weather conditions or other unforeseen circumstances, the race may be changed to an Aquathon. Again full details of the distance and route will be announced at the race briefing.

Cut-Off Times

- **The swim cut-off time will be 50 minutes after you start your race.**
- **The bike cut-off time will be 2 hours 50 minutes after you start your race (i.e. this includes your swim time).**
- **The race cut-off time is 5.15pm and where the bike cut-off time is not met, competitors will not be permitted to enter the run course.**



8. SWIM COURSE

General

The swim will take place in Wicklow Harbour and it will comprise of one lap. This may be subject to change depending on conditions on the day. See **Appendix A** for map of the swim course.

Competitors will complete one lap of the course. Swim Caps will be provided and **MUST** be worn.

Swim Start

- The swim will be a rolling start. Competitors will be counted onto the pier and will be requested to seed themselves according to their estimated finish swim time.
- Competitors will then be directed to the rolling start area and once you cross the timing mat, your race has started.
- Competitors are requested to enter the water quickly to avoid congestion and getting in the way of other competitors.
- Competitors will enter the water to the left and only in the location where marked.
- Caution needs to be exercised in the vicinity of the swim entry and exit as it may be stony underfoot (albeit smooth stones!).

Swim Course

- The swim course will be rectangular (see map at **Appendix A**) and competitors will swim directly out about 200 metres along the pier wall to the mouth of the harbour.
- You will then turn left and swim parallel to the coastline in a counter clockwise direction and keep the buoys to your left. Competitors will then turn towards the coast, then left returning parallel along the coast and then along the far side of the west pier, before re-entering the harbour.
- The last buoy towards the finish is to be kept on your left.

Please only exit the water where directed by marshals. This is to ensure that you cross the timing mat.

Wetsuits are compulsory (not exceeding 5millimetres in thickness).

Safety

Crew from the Coast Guard, the RNLI and other water safety personnel will marshal the swim course and canoeists/kayakers will be in the water also to guide and assist swimmers where required. The Water Safety Team Leader will have responsibility for safety measures.



If a swimmer wishes to retire from the swim for any reason, lie on your back, raise your clenched fist in the air, stay calm, and a rescue boat will come to your assistance.

If any competitors are rescued their name and race number will be communicated to Swim Identification Control. Swimmers who retire must report in person to Swim Identification Control which will be located at the swim exit.

There will be time limit on the swim of **50 minutes** from your race start time but 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 and your timing chip will be removed.

Swimmers are asked to apply common sense . average or weak swimmers should remain at the back of the group at the start to allow stronger swimmers through.



9. BIKE COURSE

General

Race number must be worn on the back. Failure to have your number visible will result in a time penalty being added.

Bike racks are numbered

You must put on your helmet and fasten it before removing your bike from the transition area. Cycling is not permitted in the transition area.

The mount line will be located within the transition car park area. You must mount your bike after the designated mark/line.

Similarly on your return you must dismount bike on/before the mark/line before re-entering the transition area.

You must replace your bike on the rack in your own spot before removing your Helmet.

Please exercise courtesy towards your fellow competitor and keep your transition area tidy and do not block the transition space of another competitor.

Marshals will be present in transition.

There is a cut-off time of **2 hours 50 minutes** for the cycle leg of the race (which includes your swim time).

Cycle Route

The bike route will be 42km in length and it will be an out and back route. The majority of the turns on the route will be left hand turns with the exception of one right hand turn on the approach to the Port Road on the return leg. This will ensure a safer race as it avoids competitors having to cross junctions.

The route map can be found in **Appendix B** and a brief synopsis is as follows:

- You will mount your bike having left the transition carpark area and having crossed the bike mount line and will proceed straight ahead.

There is a concrete road surface for approx. 500m with some gaps, so please exercise caution along this section.

- The route continues straight heading north on the Wicklow Town Port Road/Drumkay Road.



- After approx. 2k of undulating road there will be a right turn onto the R750 Wicklow-Rathnew road. Please exercise caution at this junction. There will be a Garda presence but you will be turning onto a main road.
- The route will continue north for 400m before taking a left turn to follow the Hawkstown Road.
- There is a short sharp 200m incline straight after this turn and this is followed by a steady climb for a further 1k leading to another short sharp incline for 300m whereupon the road sweeps downwards as it heads for the Marlton Road where the route goes straight ahead at a roundabout onto the R751.
- This road undulates for 4k towards the old N11 road where you will turn left at the Beehive Pub roundabout and head off south for 12.2k to a turnaround point at the roundabout beyond Jack Whites pub (21K).
- The route follows the same road back to Wicklow Town (Port Road area).
- Please exercise caution and reduce speed on approach to roundabouts, particularly the Ashtown roundabout.
- The dismount line will be before the entry back into transition. Please exercise caution at the speed ramp before transition. Dismount at the dismount line and turn left back into the transition area.

Helmets must remain on and fastened until the bike is racked.

Road Safety

The roads will **not be closed** and the rules of the road will apply and competitors should obey the rules of the road and exercise due caution when presented with a hazard. Any competitor crossing the white line or centre of the road may be disqualified or receive a severe time penalty depending on the seriousness of the breach.

Competitors deemed to be cycling dangerously or without consideration to others will be disqualified or penalised by race marshals.

The surface of the roads is in general good on the bike route, however, there may be some small holes which will be marked. Please remember that these can be busy roads and expect the unexpected.

Please obey the Gardai, stewards and marshals at all times

On your return you must dismount on or before the mark/line, marshals will warn cyclists to prepare to slow down/dismount.



DRAFTING

This is a non-drafting race and we will not accept cheating. Full details of the drafting rules can be found in the Triathlon Ireland Manual of Guidance (www.triathlonireland.ie).

Draft marshals will be on the bike course and the draft marshals decision is final. No warnings will be given.

Drafting is the term to describe the act of taking shelter behind or beside another competitor or vehicle, within the Draft Zone during the cycling segment.

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 will receive a time penalty which will be outlined by the race referee at the race briefing.

In brief, the Draft Zone is a rectangle surrounding every competitor that is 3 metres wide and extends to 10 metres behind the front wheel of the competitor's bicycle. The front edge of the front bicycle wheel will define the centre of the leading 3-metre edge of the rectangle.

A competitor may enter the draft zone but must be seen to be making forward progress. A maximum of 20 seconds will be allowed for a competitor to pass through the draft zone.

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.

WE DO HAVE DRAFT MARSHALS!!!!



10. RUN COURSE

General

The run will take place around Wicklow town and it will comprise an out and back section and two laps of 2kms around the harbour. The majority of the run will be on footpaths, cycle lanes or closed roads. There will be some local traffic on the run route so exercise caution. See **Appendix C** for map of run course.

Race numbers must be worn to the front during the run. Marshals will need to be able to note numbers at all times so please have your number visible.

Run Route

The run is 10km long with a gradual climb to the first turnaround point and then two flat loops around Wicklow Harbour. The route map can be found in **Appendix C** and a brief synopsis is as follows:

- You will leave transition to the shore side and turn left on to a concrete walkway.
- The walkway follows the shoreline past the playground and across a carpark entrance. This carpark is open so there may be traffic. There will be marshals in this area but please exercise caution.
- The route continues straight to the turnaround before heading back past transition. Please have your race number visible at turnaround.
- 50m past transition you will cross Leitrim Place over a crossing on a closed road and run parallel to the Vartry River before crossing the river at Bridge St.
- Here you will turn left to start your first 2km lap of the town along South Quays.
- There is a water station available here.
- Continue straight on keeping the water on your left until you reach Wicklow Pier to the Lighthouse.
- The run takes you to the turnaround at the end of the pier and back with plenty of chance to look at your competitors.
- You now tackle the only uphill part of the course 22 steps to Castle Street before looping back down to the quays again. Please follow marshals advice and stay on the footpath here as this road is open.
- Turn left at the bottom of Quay Lane, back to the turnaround at Bridge St corner before beginning your second lap of the town. You will pass the water station again then run to the end of pier and up those 22 steps again!!
- Turn right at the bottom of South Quay Lane, back to Bridge Street Bridge, along the river at Leitrim Place before turning right into the transition area and the finish line.
- ***There will be marshals here to direct runners either to go on their second lap or to the finish, but it is up to you to know how many laps you have done.***



Water Stations

Water stations will be provided at the playground past transition and at 6km on South Quays. Water will be provided in paper cups. Please dispose of these in designated areas so we can leave Wicklow Town tidy.

Safety

The majority of the run will be on footpaths, cycle lanes or closed but please note the following areas of caution:

- Crossing the carpark entrance beside the Murrough playground.
- Crossing the road at pedestrian crossing on Leitrim Place
- Bollards at start of Wicklow pier
- Footpath on Castle Street. Castle Street is open to traffic and the run will be on the footpath. Some houses open directly onto the footpath so care will be needed by runners here.
- Please exercise caution when running on footpaths and going up and down kerbs.

Please obey the Gardai, stewards and marshals at all times.

The Finish

Finish at the transition site car park finish line and exclusion area immediately after finish with drinks/medical assistance. Please proceed through the finish promptly to avoid congestion.

Runners will cross the timing mat at the finish.

Competitors can collect their bags at the finish area and will be provided with hot food and refreshments and a 99! You are by the sea after all!!

Competitors must present their wristband at the food stand and ice-cream van in order to be fed.

Wicklow Triathlon Club would like to thank you the competitor for choosing to race in Wicklow Town, we hope you had a great day and a safe and enjoyable race.

We greatly appreciate the support from our sponsors, local authorities, emergency services and local community and our club members and their friends and families who supported us in marshalling the event.



11. RESULTS & PRIZE GIVING

This is a timing chip event and results via the timing chip system will be available after the race referee has dealt with any penalty issues.

A competition jury will be appointed in line with the rules set out in the Triathlon Ireland Manual of Guidance to whom appeals and protests should be directed.

Full results including split times will be made available at the prize giving ceremony at 5.30pm. The prize giving ceremony will take place at the finish area.

Prizes

Overall winners - Olympic

1st male - overall = " 300 vouchers for Base2Race
2nd male - overall = " 200 vouchers for Base2Race
3rd male - overall = " 100 vouchers for Base2Race

1st female - overall = " 300 vouchers for Base2Race
2nd female - overall = " 200 vouchers for Base2Race
3rd female - overall = " 100 vouchers for Base2Race

There will also be **SPOT PRIZES** on the day.

**BEST OF LUCK &
ENJOY THE RACE!!**

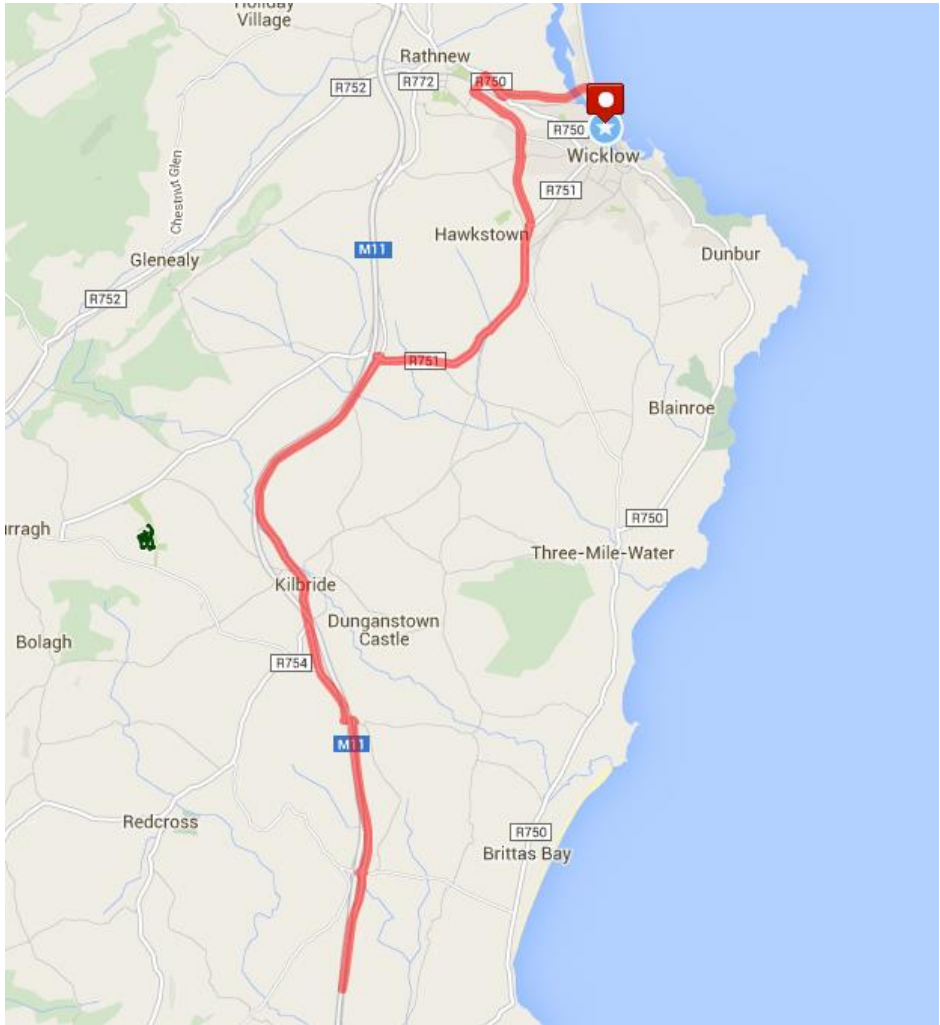


APPENDIX A
Map of Swim Course

One Lap – 1500m



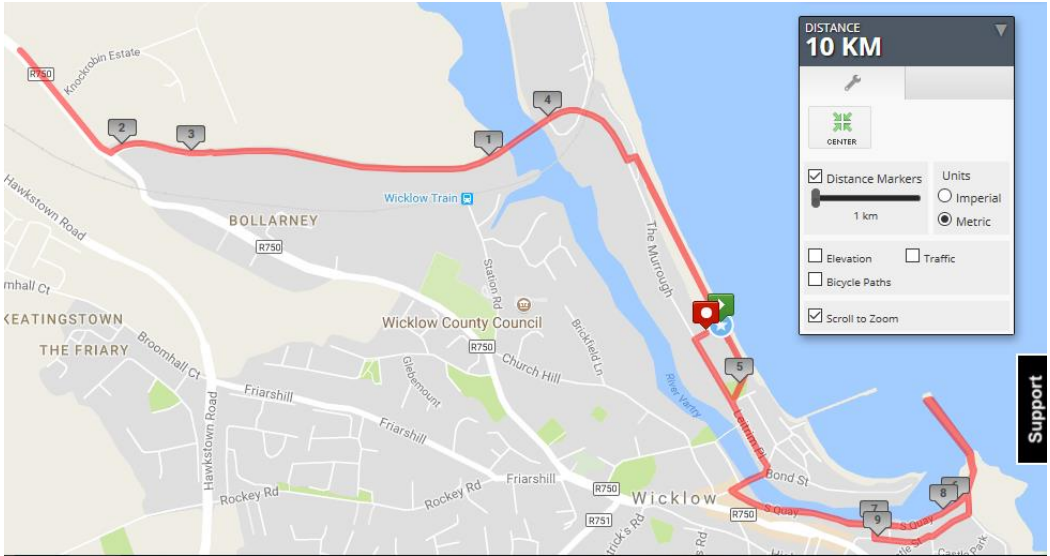
APPENDIX B Map of Bike Route



Note: Bike turnaround will be at the roundabout past Jack Whites pub.



APPENDIX C Map of Run Route



Laps of Quays



APPENDIX D PARKING LOCATIONS

