



Vs



What is it?

This is a series of 4 TT training events held on open roads over three venues, between January and April. The aim is to help participants prepare for the upcoming triathlon season.

For Whom?

The TT is open to **ALL** levels of cyclists and we would encourage **ALL** club members to participate as much as possible. The only cost to participants is a nominal fee of €2 per person per event in order to help off-set the cost of St John's ambulance - with the two clubs picking up the remaining cost equally between them.

Is there a prize?

Yes - the winners in both male and female categories will each receive the series winning trophy - along with 12 months of boasting rights in the winner's respective club!!

Marshalling

The success of this series is predicated on the participation of club members as cyclists - **but also as volunteer marshals** (8 or 9 needed for each event, 4 from each club). With that in mind anyone who wishes to participate in any of the events must also be prepared to marshal in **at least one of the events**.

Participants can suggest a date on which they are prepared to marshal and the organisers will seek to satisfy the preferences on a best endeavour basis.

YOUR CLUB





Vs



Locations/Dates

Details of the courses can be found below along with maps. Events will take place early Sunday mornings at 08:30am in a bid to be off the open roads as early as possible to avoid being a nuisance to general traffic. It will be worked in as place of the Club Cycle.

1. Sunday: 31st January 08:30 - N2 Route (14km)

Map: www.mapmyride.com/routes/view/354533011

Parking: The White House Pub: Ready to ride at 08:30am

Coffee and scones after in The White House

2. Sunday: 21st February - N11 Route (18.5km)

Map: www.mapmyride.com/routes/view/354538277

Parking: Triathlon Ireland HQ - Glencormack Business Park - Kilmacanogue
Ready to ride at 08:30am

Coffee and scones after in Avoca, next door

3. Sunday: 13th March 08:30 - N2 Route (14km)

Map: www.mapmyride.com/routes/view/354533011

Parking: The White House Pub: Ready to ride at 08:30am

Coffee and scones and Trophy presenting in The White House

4. Sunday, Date TBC (Early April), 08:30 – Longer TT route (45km lap)

There will be an option to complete two laps

Map: TBC



Vs



The Rules!!!

Participants are advised that although these are purely training events that the rules of the road must be adhered to at all times and that the etiquette of TT cycling should be adhered to

- No bunch cycling/drafting
- Over-taking only on the correct side (right hand side)
- Call out to advise other participants of indication to over-take
- All participants must be club members of Belpark TC or Piranha TC, fully registered with Triathlon Ireland and hold a valid 2016 licence.
 - Failure to provide evidence of this will result in non-participation.
- Participants are required to be on-site at the starting time of each event and must have completed a sign-on (disclaimer) sheet noting that they undertake the event at their own risk.
- Although these are purely training events we will add scores to each participant with the best 2 scores being added to a league table (Only based on the 1st three TT's).
 - Scoring will be based on times with fastest time getting 1 point, 2nd fastest 2 points, 3rd fastest 3 points etc

What next

Simply just fill in the google form with your details and we'll get the ball rolling.

<http://goo.gl/forms/QNSFdVFvjR>

If you have any questions, please contact your club member via email details listed below;

- > For Belpark: **Rob Dagg** : rob.dagg@gmail.com
- > For Piranha: **James Northridge**: jnorthridge@gmail.com

Please watch your respective club website for further details as they become available