

SETANTA

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TRIATHLON CLUB

Carlingford Triathlon **Briefing**



Event Location

The event is being held at Carlingford Sailing Club, which is in the middle of Carlingford village. As you approach Carlingford the southern side, take the first right after the Four Seasons Hotel down the Ghan Road, go down to the bottom and Carlingford Sailing Club is on your left.

Approaching from the North, take the left before the Four Seasons Hotel down the Ghan Road, go down to the bottom and Carlingford Sailing Club is on your left.

Parking

There is parking in Carlingford village and on the road into Carlingford. There is no parking available at Carlingford Sailing Club as this is where transitions is and for emergency reasons. Please do not leave any valuables in your car.

Event Timetable

9.00 am - 11 am Registration, we will close registration at 11am SHARP

9.30 am - Transition Opens

11.40 am - Race Briefing

12.00 noon - Race Start Wave 1

12.04 pm - Race Start Wave 2

3.00 pm - BBQ Starts

3.45 pm Presentation of Prizes

Registration

At Registration you will be given a timing chip to be worn on your ankle, a swimming hat and race number.

Race numbers should be worn front and back. For those with number belts, the number should be worn on the rear during the cycle and on the front during the run. The race number should not be cut, folded or hidden.

Electronic timing chips will be used. You will receive a Velcro strap and electronic chip. Attach the chip to your Velcro strap, and put the strap around your lower leg just above your ankle. This will record all your split times for each discipline. Detailed results will be available after the presentations, and on both the Setanta Tri and Triathlon Ireland website.

Relays: hand the chip over from one member to the next (e.g. swimmer to cyclist). Please ensure your electronic chip is returned after the race. The cyclist should wear the race number on the rear and the runner on the front.

Please only wear the official race hat during the swim leg of the race.

Waves

There will be two waves, the first wave going off at 12.00 noon and the second wave 4 minutes later.

Transition

Transition will be numbered and there will be only 1 entry point and 1 exit point. Please see the map on the Setanta tri website.

Swim Course

The Swim is two laps of a 750m course. The swim start will be a water start in chest deep water, you will be out of your depth from then on. At the end of the first lap you will have to exit and re enter the water after a very short run up to a cone and back to the water for your second lap.

There will be kayaks, divers and rescue boats in the water at all times to assist and direct you. If you wish to retire during the swim, lie on your back, raise a clenched fist in the air and stay calm. A canoeist will come to your assistance.

Bike Course

The bike course is a straight out and back 40km loop; while the course is mostly flat there is some undulating hills on it.

You must ensure your helmet is fastened **BEFORE** you remove your bike from the rack. Do not mount your cycle until you have left transition and reached the designated line/mark on the road. When you exit transition, turn right, down this road approx 200 m and then left onto the main Carlingford Road.

The cycle route will have marshals and/or police at all major junctions and there also have directional marker signs on all junctions and distance markings on the road. The roads are not closed so please obey the rules of the road on all sections.

Drafting it **totally illegal** in this race, draft busters will be patrolling the course, if you are caught drafting you will be given an official warning and your number noted, if you are caught again, you will be given a yellow card and 3 minutes will be added to your finishing time.

Run Course

After you exit transition, run out the gates of the sailing club and turn left running approx 500 m to the main carlingford road taking another left here.

The run is a straight 10km 1 lap course on open roads. There will be a water station on the course which you will pass twice, all junctions will be marshalled.

On the return leg, run past the 4 seasons hotel to the corner of the Ghan road, down this road, the finish line, crowds, family, friends, WAGs and glory are there waiting for you !

BBQ

There will be a BBQ after the race starting at 3pm, dig in!

Prize Giving

Prize giving will be held in the sailing club at 4pm, prizes can be collected by the prize winner only, NO EXECPTIONS, There will be overall prizes and age category prizes.

Showers

There will be male and female showers available in the sailing club afterwards

Camping

There is camping facilities for anyone who wants to camp on the Friday night before the race on lovely soft grass at the Sailing club.

That's it, see you on Saturday, enjoy the race

Setanta Tri Team