**Race Brief**

***ENNIS NATIONAL DUATHLON***

***CHAMPIONSHIPS***

**Sunday March 29th, 2015**

***Lees Road Sports & Amenity Park***

***Ennis, Co Clare***

# Triathlon Ireland Sanction

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 attend every sanctioned event to ensure these standards are fully adhered to. Further details can be provided as required or reviewed at [www.triathlonireland.com](http://www.triathlonireland.com/)

###### **How to get to the race venue**

On the Ennis by-pass turn off at exit 12 (Kilrush/Ennistymon) towards Ennis, stay on this road, straight through four roundabouts, all the way to the Lahinch Road roundabout.  At this roundabout (on a T-junction), take a right and then take the very next left.  In less than 1km, you'll pass a crossroads and the entrance to Lees Road Sports Complex will be just up on your left.

This year’s event is the National Duathlon Championships for both junior and senior athletes.

***Junior Race***

|  |  |  |
| --- | --- | --- |
| **Event Details** | | |
| Race Name | Ennis Junior Duathlon | |
| Race Date | Sunday 29th March 2015 | |
| Location | Lees Rd Sports & Amenity Park, Ennis, Co Clare | |
| Type of event | Duathlon | |
| Distance - Junior 6 – 7   * Junior 8 – 9 * Junior 10 – 11 * Junior 12 – 13 * Junior 14 – 15 | 250m/ 1km/ 250m  500m/1km/500m  1km /4km/1km  1.5km/6km/1km  2km/7km/1.5km | |
|  | | **Time** |
| Race Sign on and Registration – LEES ROAD, SPORTS COMPLEX | | Sat 28th 5 – 7 pm  Sun 29th 8.00 – 9.50 am |
| Transition opens | | 08.15am |
| Transition closes | | ongoing |
| Competitor Race briefing | | Before each race |
| Event start - | | 9.20am |
| Estimated JUNIOR Race Start Times: 6 - 7  8 – 9  10 – 11  12 – 13  14 - 15 | | 9:20am  9:45am  10:20am  11:10am  12 noon |
| Event finish - This is the time when the organisers are no longer responsible for athletes in recovery area, transition or run courses. | | 1.30pm |
| Prize Giving | | 1.30pm |

**Registration**

From 8:00am

Registration for the junior events will be situated near the junior transition. We will be having an on-going race registration we will be asking that all competitors register for their event at least 1 hour before the estimated race start time as stated below,

**Race Distances**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Age Group | Run 1 | Laps | Bike | Laps | Run 2 | Laps |
| 6 – 7 | 250m. | 1/2 | 1km | 1 | 250m | 1/2 |
| 8 – 9 | 500m. | 1 | 1km | 1 | 500m | 1 |
| 10 – 11 | 1km | 2 | 4km | 4 | 1km | 2 |
| 12 -13 | 1.5km. | 3 | 6km | 6 | 1km | 2 |
| 14 - 15 | 2km. | 4 | 7km | 7 | 1.5km | 3 |



***General information***

# Marshals

Remember that the Duathlon cannot happen without the generosity of volunteers giving of their time. They are there for your safety so please if you have the breath….take time to acknowledge them as you go around the course. Any abuse of marshals shall result in automatic disqualification.

# One Day Licence/TI Membership cards

It is mandatory that all participants are insured to compete. Therefore you must either be in possession of a valid 2015 TI membership card or a one day licence on the day of the race. If not in possession of your card (including picture) you will be required to purchase a one day licence at a cost of €10 for seniors or €3 for a junior licence. You can pre-purchase the ODL at <http://www.triathlonireland.com/purchase-a-one-day-licence.html> or on the day at registration.

Please don’t let us have to disappoint you by not permitting you with a place on the start line or having to pay the €10 because you forgot!

# Car Parking

Lees Road facility has provision for 350 cars. Car park attendants will be on hand to direct competitors. There are two car parks provided on site

1. Main car park – Athletes cars parked in this location shall not be permitted to exit until the race is over.
2. Entrance Car Park (old all-weather surface) – Athletes cars parked here shall only be permitted to leave once all cyclists have returned to transition.

Parking will also be available in a field opposite the entrance to the LEES ROAD Sports Complex.

NO PARKING shall be permitted on the *Drumcliffe Road/Claureen Drive* up to complex.

ETC or Clare County Council takes no responsibility for vehicles or contents therein using these facilities.

# Penalties, Infringements and Appeal process

Penalties may be issued or disqualifications given by the Technical officials at any time up to the announcement of the final results, except where drug testing is involved, when results must be considered provisional until test results are known. A competition jury will be appointed in line with the rules set out in the Triathlon Ireland Manual of Guidance.

An appeal is a request for a review of a decision made by a Technical Official. A protest relates to the conduct of a competitor, race official, or the conditions of the competition. Appeals/protests cannot be made against "judgment calls" made by officials. This includes, but is not limited to, drafting, dangerous riding, safety issues and unsporting conduct. Further information can be found within ITU Competition Rules and Manual of Guidance. Infringements shall be posted in registration and must be appealed within 30 minutes of the finish of the race.

**First Aid**

A team from the Clare Civil Defence shall be on site to assist athletes.

# Toilets/Changing facilities

There are shower and changing facilities available at the venue. Toilets can be found adjacent to registration.

**Refreshments/Prize Giving**

Please join us after the race for some refreshments in the registration area. Ennis Tri Club are renowned for pulling out the stops on the baking front. The prize giving shall be held as close to 1300hrs as possible.

# Prizes

Cash prizes are given for 1st, 2nd & 3rd in both overall male & female categories

All 1st, 2nd, 3rd and age group categories winners will also receive a token prize.

**Junior Race F.A.Q**

1. **What age group category will my child be in?**

The age group category is based on the age that your child will be on, the 31st December 2015. To avoid confusion on the day and get your child into the correct age group please register your child online at http://register.sportstiming.ie/ps/event/EnnisDuathlon12015#

|  |  |
| --- | --- |
| Age Group | Born in |
| 6-7 | 2008/2009 |
| 8-9 | 2006/2007 |
| 10-11 | 2004/2005 |
| 12-13 | 2002/2003 |
| 14-15 | 2000/2001 |

1. **Will I be able to help my child in transition?**

No. due to the potential number of athletes participating in each age group category Transition will be a very busy area, we will have registered Triathlon Ireland helpers within transition to help any child that needs it.

1. **The Course is on grass, should I use a mountain bike or road bike?**

Either can be used on the course as the surface is relatively flat throughout. If it is or has been raining Knobbly Tyres will be an advantage for traction and cornering.

1. **Can I be on the course to encourage my child?**

Yes, but we are asking all parents not to encroach on the course which may impede other athletes. We will be asking all parents and supporters to be mindful of other athletes and obey the Marshals on the day for you and your child’s safety.

1. **What equipment should I bring?**

* Bike - Make sure it’s in good working order, as to avoid any mechanical issues which may affect your child’s race.
* Helmet - Without this your child will not be able to race!
* Runners - Bring the fast pair!

1. **Our Child will be doing lots of laps who does the counting?**

We will have counters positioned on the course to help with the counting of the laps, but we will be asking your child to try and keep count. The counter will indicate to the athlete as to when they are on the final laps of each stage of the race. If there is any dispute in the number of laps done by an athlete the counter total is final.

1. **I feel that the distances are too great for my child. Can they race in the age group below?**

Yes. If parents or athletes feel the distance is beyond their current capability it is permitted to enter the race for the age group below their current age. However please note that in doing so they will not be eligible for podium placement irrespective of finishing position. It is not permitted to enter the age group above their current age.

1. **What are the Rules of a Duathlon?**

* A Duathlon is a Run-Cycle-Run event where the athlete moves from one discipline to another in the “Transition area”.
* All competitors will have to rack/setup their bikes in the “Transition area” prior to race start.
* When athletes enter the “Transition area”, before they are allowed to touch their bikes their helmets must be fastened securely (they will be stopped by race officials if not properly secured)
* There is no cycling in the “transition area”
* After retrieving their bike the athlete then runs out of the “Transition Area” and are only allowed onto their bikes until after the mount line.
* Nearing completion of the bike course the athlete is to proceeds back to the “transition area” where they must dismount from their bike before the dismount line.
* The athlete then must return their bike back to where it was retrieved and must have racked their bike before they remove their helmet.