

HOLLINGSWORTH PULSE TRIATHLON –PORT BEACH 2010



UPDATED COMPETITOR RACE BRIEFING

1. INTRODUCTION

Welcome to the second ever Sprint Distance Race at Port Beach!

This Briefing supersedes the website information, so **please read it carefully**. While there have been no changes to the course and start time, there have been some minor additions and changes to logistics. Any further amendments will be notified during race briefing on the day.

Most importantly, jump in and enjoy it!!



2. DIRECTIONS & TIMING

<ol style="list-style-type: none">1. Take Motorway Exit 12 off the M1 Motorway - for Dunleer/Collon (Avoid Drogheda Exits 10&11).2. Drive along R169 into Dunleer and take the R170 for Clogherhead (right hand turn at Wogan's) (<i>ignore first sign R160 here with incorrect number. R170 is Correct</i>)3. Follow the signs for Clogherhead.	<p>8.30 Registration opens</p> <p>7.45am Transition Opens</p> <p>10am Registration closes, no late registrations will be accepted after this time.</p> <p>10:30am Race Briefing</p>
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HOLLINGSWORTH PULSE TRIATHLON –PORT BEACH 2010



4. The R170 leads onto the R166 (left just past Doherty's Pub) which will take you towards Clogherhead. 5. Continue towards Clogherhead and 1km north of Clogherhead, at Hackett's Cross (Church), take left turn for Coast Road – this turn will be identified by race signage. Continue along coast road where you will be directed by marshals to parking and Registration, at Port Beach.	10.35am Competitors may enter the water for warm-up 10.50am Wave 1 Start 11.00am Wave 2 Start 11:10am Wave 3 Start 2.30pm Prizegiving
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NB:

- Port Beach (and Registration/Transition/Finish) is located 3 miles north of Clogherhead and is not situated in Clogherhead.
- The Coast Road will be a closed road so please approach Coast Road via above directions.
- Competitors arriving from Drogheda/Clogherhead, just drive north through Clogherhead Village and the Coast Road is approximately 2km north of the Village centre (just past Community Hall).

2.1 Parking

There will be two car parks (see attached);

Car Park A: located south of transition (see course map) with entrance off Coast Road and abutting Port Beach. This will be the main Competitor Car Park just beside Transition. Only competitors will be permitted to use this car park.

Please note that competitors will be cycling past the car park entrance into transition, so **no competitor will be permitted to leave Car Park A until after the last bike is in Transition (approx 1.45pm).**

Spectator Car Park B: located across Coast Road from Transition with entrance off Run Route, this will be an overflow car park for competitors and for all Spectators. Marshals will direct you to this car park if and when required.

Please note that runners will be running past the entrance to Car Park B, so **no car will be permitted to leave Car Park B until after the last runner has finished (approx 2.15pm).**

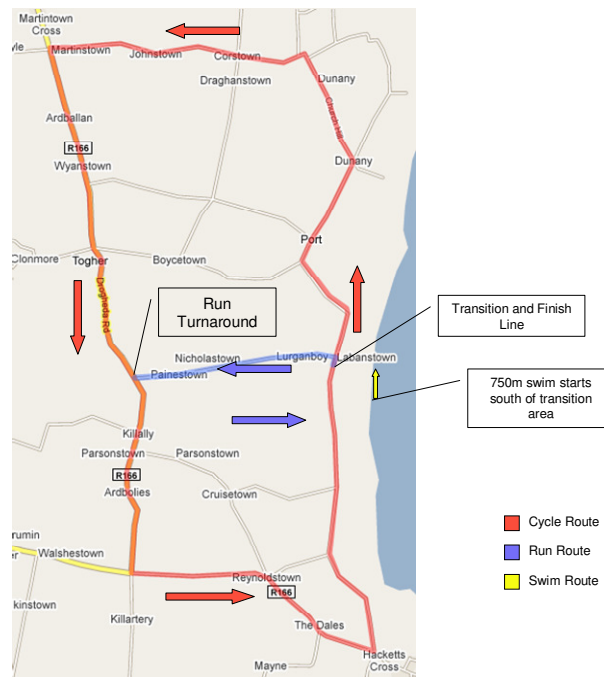
Competitor Parking will be manned by marshals during the race but please note we will not accept responsibility for any lost or stolen items from cars in the car parks.

HOLLINGSWORTH PULSE TRIATHLON –PORT BEACH 2010



3. COURSE MAP

This map is also available as a google map on our race page (www.pulsetri.com).



4. REGISTRATION & PARKING

Registration will be at Transition.

Registration **opens at 8.30am and closes at 10.00am** (Transition opens at 9.00am). You will need your Triathlon Ireland card or show appropriate evidence that you have paid the licence fee online (see our race page for more detail or www.triathlonireland.com). We cannot accept any registration application without either of these two pieces of TI licence information.

On registering you will receive;

- timing chip
- jersey race numbers (which must be pinned to the front and back of your jersey)
- goodie bag

HOLLINGSWORTH PULSE TRIATHLON –PORT BEACH 2010



5. TRANSITION BRIEFING

The transition area is located at the Port Beach Car Park as outlined on the Course Map. This is the area where competitors change from swim to bike and from bike to run.

Transition will open at 9.00am.

General points or notes

- All athletes will be required to move in a certain direction within the transition area and all entrances and exits will be strictly controlled to ensure that only athletes are permitted to enter the area.
- All bike racks will be numbered.
- Only athletes will be allowed within the transition area.
- The transition area will be cleared of all athletes 15 mins prior to the start of the first swim wave
- No bags or towels will be permitted within the transition area 30mins prior to race start. Car park is beside transition so please leave your bags in your cars.
- The only equipment permitted at each athlete location prior to the start of the race is bike, runners, cycling shoes, helmet, sunglasses and food
- Any material other than those stated above will be removed and stored for collection after the race.

Transition Area Organisation

- Swimmers will enter the transition area from the beach in line with the transition entrance and will proceed directly to their bike.
- **Athletes must put on and buckle their helmet prior to removing their bike.** You can then proceed down through the transition area wheeling your bike until you cross the mount\dismount line. You can then mount your bike and start cycling.
- When returning **you must dismount your bike at the dismount line** and wheel it back to its original location before re-racking it **at your allocated space**. Only at this point can athletes' un-buckle their helmets change into running shoes and exit the transition area through the same point you entered it from the swim and start the run.

HOLLINGSWORTH PULSE TRIATHLON –PORT BEACH 2010



6. SWIM

Distance: 750m (Sprint Distance)

Swim is taking place in the Irish Sea. This route is 750 meters, starting ~300m south of transition. It is expected to be a beach start. However, this could be changed on the morning of the race due to the conditions. It is a rectangular course, swimming out 200m, north 300m and back in 200m. The exit will be in line with Transition. Wetsuits are mandatory for this event.

- Concerned About Safety?

On the day we will have approximately 10 rescue kayaks, 3 rescue boats, Civil Defence Ambulance, Land Life Guards & Swim Marshals – ensuring that you are all safe at all times. We will also be setting athletes off in 3 waves – this ensures a more comfortable start to your race. Large buoys will be placed at the start of race to ensure you can have a comfortable start to the race.

General Swim Information

- There are three swim waves, starting approximately 10 minutes apart.
- There will be a designated swim start area. Swimmers will only be allowed into the swim start area 10 minutes before the start of their wave. Swimmers must be ready to enter start area 10 minutes before the start of their wave.
- **IF YOU ARE A WEAK SWIMMER KEEP TO THE BACK OF YOUR START.**
- Swim to the first large buoy and turn left and continue parallel with the shore to the buoy located in the water in line with the swim finish. Once again, keep the second buoy on your left hand side. Swim around the second buoy and directly towards the beach and swim exit.
- Swimming for exit: We will have the exit well signed and buoys will be in place to ensure that there is a safe exit from the water.
- Canoeists, assisted by power boats, will marshal the swim course.
- Exit the swim via the correct exit. You will be assisted by marshals who are at hand helping each swimmer out of the water
- **If a swimmer wishes to retire from the swim for any reason, they should lie on their back, raise their clenched fist in the air, stay calm** and a rescue canoeist will come to your assistance. Follow the instructions of the marshal who will bring you to safety.
- There will be a **time limit of 40 minutes on the swim**. This will be confirmed on the day by the race director. A swim marshal has full discretion to remove you from the swim if they feel that you are endangering yourself or others. Don't worry; the vast majority of swimmers will be finished in good time.

HOLLINGSWORTH PULSE TRIATHLON –PORT BEACH 2010



- If you are assisted in the swim or your swim is cut short by the race director, 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.
- If you choose not to finish the race for any reason, you must hand your timing chip to a marshal.

7. BIKE BRIEFING

The cycle route is identified above and proceeds anti clockwise around the course.

Cyclists must obey the rules of the road, failure to do so may result in disqualification from the race. This is an **OPEN ROAD** race. Exercise caution at all times on the cycle route as there maybe vehicles, pedestrians or stray animals. Please do not litter the cycle route.

- Cycling is not allowed in transition area. Cycling helmets are compulsory.
- A competitor may not compete in the cycling segment with a bare torso. The lower body must also be covered adequately.
- As the bike course is not closed to other traffic, rules and regulations of the road must be obeyed at all times. Instructions and directions from the Garda and race marshals must be obeyed.
- Competitors are personally responsible that their bicycles are in satisfactory condition and for providing necessary tools and spare parts to carry out repairs themselves. Receiving help, in the course of the competition, from others is not allowed.
- The helmet must be securely fastened at all times when the competitor is in possession of the bicycle, i.e., from the time they remove their bicycle from the rack at the start of the cycle, until after they have placed their bicycle on the rack at the finish of the cycle.
- It is the responsibility of competitors to ensure that their helmet and bicycle are in safe and roadworthy condition. Competitors who fail to do so may, for safety reasons, will be denied participation.
- Allocated race numbers must be attached to the front of the helmet. Race numbers must also be pinned to the front and back of your jersey / race top.
- All athletes will be required to move in a certain direction within the transition area and all entrances and exits will be strictly controlled to ensure that only athletes are permitted to enter the area.
- Cyclists are warned to slow down for entry to transition and must dismount before the dismount line otherwise time penalties may apply. Please do not litter.
- Cyclists must dismount and take their bikes into transition where they must rack them **before** taking off their helmets.

HOLLINGSWORTH PULSE TRIATHLON –PORT BEACH 2010



- Cyclists are warned to slow down at the following crossroads;
 - Martinstown Crossroads
 - Togher Crossroads
 - Walshestown Crossroads
 - Hackett's Cross (at the Church)

Once again, this is an OPEN ROAD race. Exercise caution at all times on the cycle route as there maybe vehicles, pedestrians or stray animals. Please obey the rules of the road, failure to do so may result in disqualification from the race.

9. RUN BRIEFING

The run course is a 5k circuit route (see map above).

The run will be an out and back 5km circuit comprising of 2.5k out and back. Competitors will exit transition, turn left onto the run route and stay left on the way out and back. At the end of the run you turn left for the Finish.

There will be a water station located at the half way point of the Run Route.

While all effort is given to restricting non competitor traffic on the route, competitors should watch out for pedestrians or vehicles on the run route.

You must run to the turnaround point (to cross the run timing mat), displaying race numbers pinned to the front and on the back of your jersey.

10. FINISH

The Finish is located north of Transition. Remember to hand over your chip to the marshals. Water will be available at the finish line.

Bikes cannot be removed until the last bike is racked. You will only be able to leave Car Park A after the last bike has been racked and leave Car Park B after the last competitor has finished.

HOLLINGSWORTH PULSE TRIATHLON –PORT BEACH 2010



11. FOOD AND PRIZEGIVING

Food and Drinks will be available at the prizegiving/registration tent beside the Finish.

For any competitor returning to Dublin, you're welcome to join us in the Odeon Bar on Harcourt Street from 8pm onwards.

Prizes for the first three male and female placings will be ;

- 1st overall €125 €125
- 2nd overall €100 €100
- 3rd overall €75 €75

There will also be prizes for various other categories including Over 40, Over 55, 1st Junior, 1st Relay and others.

And for anyone who doesn't get a placing, all is not lost because we will also have spot prizes to give out to competitors!

12. FACILITIES

Toilets will be available at Registration.

While showers will not be available, you will be glad to hear, massage will!



Courtesy of the Irish Association of Physical Therapists

HOLLINGSWORTH PULSE TRIATHLON –PORT BEACH 2010



13. FEEDBACK

We want to make this race and our future races as safe and as pleasurable as possible, so do send us your feedback on the race and race organization. If you have any comments please email pulserace@gmail.com.

14. SPONSORS

A VERY BIG THANK YOU to our Head Sponsor, **Hollingsworth Cycles** and indeed to all the sponsors who supported this Triathlon event:

