

# COMPETITOR RACE BRIEFING

Welcome to Pulse Port Beach Triathlon 2019

Firstly, an address from our Club Chairperson, Niall Byrne.

On behalf of Pulse Triathlon Club and our race committee I would like to welcome you to the 10<sup>th</sup> running of our Port Beach Sprint Triathlon in association with Triathlon Ireland. To those participating for the first time or indeed doing their first triathlon we extend a special welcome to you. We hope you enjoy the experience. This year will see almost 600 athletes from all across Ireland race in what is a stunning location. We thank each of you for your continued support. This year has seen us make some minor changes to our event following your feedback in 2018. 2019 also sees us continue on with our environmentally friendly theme so as minimal amount of plastic and bags as is possible. Please respect the environment by disposing of your litter in the appropriate manner before, during and after the race. To Triathlon Ireland we say a big thank you for your continued support throughout the year and their assistance for this event which is on the National Series calendar. To our club partners and many sponsors we express our gratitude for supporting us each and every year. Without this support running events such as this would be nigh on impossible. A big thankyou to all of our Marshals & 2019 Race Committee whose job is to ensure you have a safe and enjoyable race day experience. Please take the time to acknowledge this during the day.

Have a great day folks. Race hard and enjoy the après race in our athlete recovery area.

Yours in Sport  
Niall Byrne  
Chairperson  
Pulse Triathlon Club

This Briefing supersedes the website information, so **please read it carefully**. Any further amendments will be notified during the pre-race briefing on the day.

If you have any queries or comments, please mail us at [race@pulsetri.com](mailto:race@pulsetri.com) .

## RACE SCHEDULE

Event Timetable	Date	Time	Venue/Location
Registration Opens	14/09/2019	09:00	Port beach
Transition Opens	14/09/2019	09:00	Port beach
Registration Closes	14/09/2019	10:30	Port beach
Transition Closes	14/09/2019	10:45	Port beach
Road Closure	14/09/2019	11:00	Port beach
Paratriathlete Race Briefing	14/09/2019	10:45	Port beach
Competitor race briefing	14/09/2019	10:55	Port beach
Event start – Race 1 ParaTriathlete	14/09/2019	11:40	Port beach
National Series Wave 1 Start	14/09/2019	11:50	Port beach
National Series Wave 2 Start	14/09/2019	11:58	Port beach
National Series Wave 3 Start	14/09/2019	12:05	Port beach
National Series Wave 4 Start	14/09/2019	12:10	Port beach
National Series Wave 5 Start	14/09/2019	12:15	Port beach
Swim cut-off time	14/09/2019	13:05	Port beach
Bike cut-off time	14/09/2019	15:00	Port beach
Run cut-off time	14/09/2019	15:55	Port beach
Event finish - this is the time when the organisers are no longer responsible for athletes in recovery area, transition or run courses.	14/09/2019	16:00	Port beach
Road Closure ends	14/09/2019	16:00	Port beach

**\*Times subject to amendments**

**Note:** Between 11:00 and 16:00 the roads will be closed and there will be no vehicular access to car parks and race start area during this time. You will need to be onsite before this time.

# REGISTRATION

## ***There will be three opportunities to register:***

1. At **Cycle SuperStore** (Tallaght, Dublin) on Thursday 12<sup>th</sup> September anytime between 18:30 – 20:00.
2. At **Port Beach** on Friday evening between 19:00 – 20:00
3. At **Port beach** on the morning of the race between 09:00 and 10:30.

We need to keep to a tight schedule on the morning of the race, so we would request that anyone who can attend the registration in Dublin should do so.

On registering you will receive your timing chip, race numbers (which must be pinned to the front and back of your jersey), bike stickers, helmet stickers, and swim cap. Following registration proceed to the nearby station to collect your race t-shirt.

## ***Required documentation:***

All competitors **MUST** show one of the following Triathlon Ireland issued licences at race registration:

- A Triathlon Ireland membership card. (Note: a print-out of your TI membership confirmation will **NOT** be accepted at registration, you must have your green card) or;
- A printed copy of a One Day Licence for Pulse Port Beach Triathlon 2019 purchased through the TI website at <http://www.triathlonireland.com/one-day-licence.html>.

## ***Other important information:***

- Relay teams only need to purchase a single one day licence between the team. If you are a member of a team and hold a TI Race Licence Membership, you do not need to purchase a one day licence for your team as your membership will cover you all.
- One day licences cannot be cancelled, swapped or transferred to other people or races.
- If you hold a Full racing licence with a federation affiliated to the ITU, you do not need to purchase a one day licence as your federation membership will cover you, provided you show proof of this membership with photo ID at race registration.
- If you have a Triathlon Ireland Membership Card with no photo, you must be able to show some other form of photo identification.

## DIRECTIONS TO THE EVENT

The triathlon takes place at Port beach, just north of the village of Clogherhead in Co. Louth and accessed via local road L2244. (GPS [53.827153, -6.261462](#)). Registration, transition and parking will all be at the same location.

Detailed directions can be found in Appendix A at the end of this document.

## PARKING

There will be two car parks:

### ***Car Park A:***

Competitors will be guided to this car park by marshals until it is full. Please cooperate with the marshals as we work to fit everyone in!

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. 15:05).

### ***Car Park B:***

If car park A fills you will be guided a few hundred meters away to car park B. This car park is about 3 minutes' walk from registration and transition.

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. 15:55).

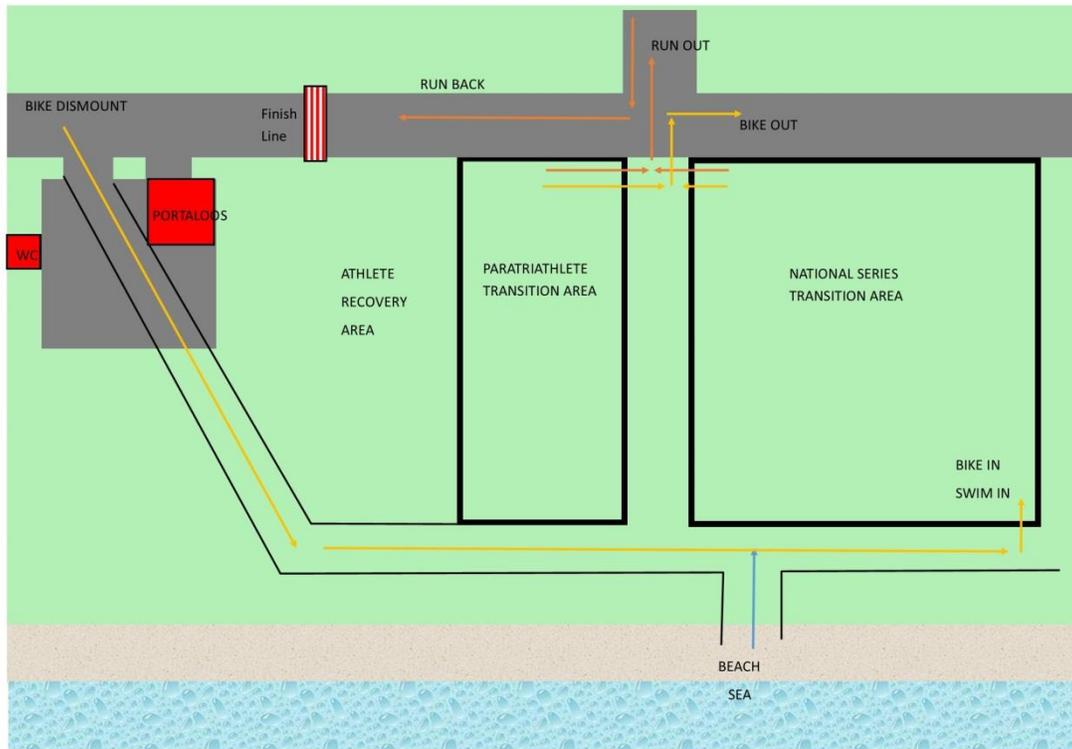
The car parks will be manned by marshals during the race, but we cannot accept responsibility for any lost or stolen items from cars.

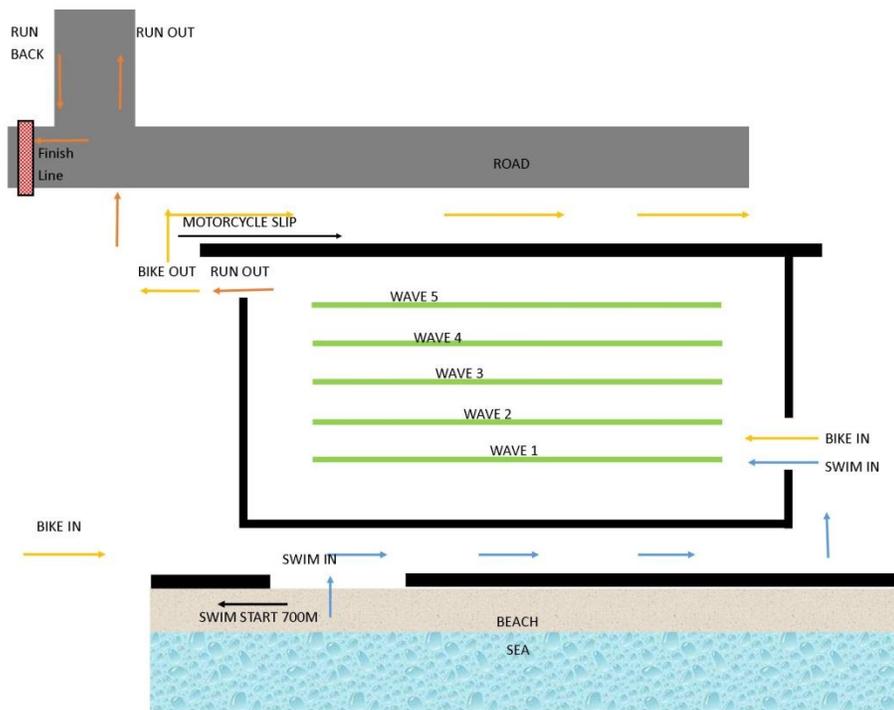
## TRANSITION

The transition area is located at the Port Beach Car Park beside Registration. This is the area where competitors change from swim to bike and from bike to run. There will be separate transition areas for the Super Series and National Series races. ***Transition will open at 09:00 and close at 10:45***

- Racks spaces are numbered. You must use the rack space that corresponds to your race number.
- Transition is neutralised so there is no advantageous spot.
- Only competitors and race officials will be allowed in the transition area.
- Your bike will be checked for road-worthiness as you enter transition. 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 not be allowed to participate in the race.
- No boxes, bags, towels or miscellaneous items may be left in transition. 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 other items will be removed and stored for collection after the race.
- You cannot mark your transition place in any way; flags, balloons, talc lines, etc. will be removed.

- Your bike cannot be taken out of transition without your bib number being displayed and that number matching the sticker affixed to your bike. There will be no exceptions to this.





## RACE BRIEFING

A pre-race briefing will take place beside transition at 10:50 for all age group athletes. The purpose of this is to outline the course, race rules, and safety information. **All competitors must attend.**

**Please note: The first race is the Para Triathletes National Championship. They will start ahead of you so please look out for them on the road. And shout some encouragement too. These athletes are at the top of their game and this will be the biggest ParaTriathlete National Champs the series has ever had.**

## SWIM

The swim is 750m and takes place in the Irish Sea. It is expected to be a beach start, however this could be changed on the morning of the race if conditions require it.

The course is rectangular: swimming out 100m, north 550m and back in 100m. The exit will be in line with Transition.

Wetsuits are mandatory for this event.

When exiting the swim and approaching transition – as you run up the hill, please look to your left as there may be athletes entering from the bike. The chute is wide and can cater for multiple athletes but please be aware of your surroundings.

In the unlikely event that the swim is cancelled due to adverse weather conditions, Pulse Triathlon Club reserves the right to change the race to a duathlon format. No refund will be granted if this occurs.

***Please note: There is a run in towards the course in very shallow water due to the shallow strand– this is approximately 50 metres long – the same applies to the exit. Your actual swim will be 750m.***

## ***Swim Safety***

On the day we will have rescue kayaks and rescue boats in the water to ensure that you are all safe at all times.

Swim start will be in 5 waves for age groups and relays, this will reduce congestion and ensure a more comfortable start to your race. However, you should be mentally prepared for some physical contact during the swim start. If you are a weaker swimmer stay to the back of your wave to minimise physical contact.

The course and swim exit will be clearly marked with large buoys.

We will issue you with a brightly coloured swim cap so that you are clearly visible to safety personnel. If you intend to wear two swim caps, make sure that you wear the official cap outermost.

***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 kayak will come to your assistance. Follow the instructions of the kayak marshal.***

## ***General Swim Information***

- The first race is the ParaTriathlete National Championship starting at 11:40am. There will then be 5 waves starting from 11:50. This will reduce congestion and ensure a more comfortable start to your race. However, you should be mentally prepared for some physical contact during the swim start. If you are a weaker swimmer stay to the back of your wave to minimise physical contact.
- From the race briefing you will be guided onto the beach and down to the swim start. Swimmers will be guided into corrals segregated by swim wave. As you move from your allocated corral into the start area you will be counted. ***You must not leave the start area once you have been counted in. You will be allowed to warm-up in the water in front of the start area, but you must not leave the start zone.***
- Swimmers must be ready to enter the start area 10 minutes before the start of their wave.
- Swim to the first large buoy, turn left and continue, parallel with the shore, to the next buoy located in line with the swim finish. Once again, keep the second buoy on your left hand side. Swim around the second buoy and head directly towards the beach and swim exit.
- There will be a **time limit of 50 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.
- If you are assisted in the swim or your swim is cut short by race officials, 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.

### ***Swim to bike transition***

When you exit the swim, run up the beach and up the ramp to the grass area. At the top of the ramp **turn right** and proceed along the transition chute to the AG transition area. Note, there are two transition areas, do not turn left at the top of the ramp from the beach as this will bring you to the Para Triathlete transition area (see transition area map above).

Proceed to your racked bike in the transition area, put on your helmet and clip it in position and only then remove your bike from the rack. Proceed to the transition bike exit. Cycling is not permitted in the transition area.

### ***Relay teams***

There will be a designated holding area for relay teams. Once the swim section is complete, the swimmer should proceed to the holding area and pass on their chip to the cyclist. The cyclist must then proceed to their racked bike in transition, put on their helmet and clip it in position and only then remove their bike from the rack. Cyclists cannot bring their helmet to the holding area

## **BIKE**

The cycle route is 20 km on an anti-clockwise course. The route is shown on the map below.

Your race number must be worn on the back during the cycle.

**This is a draft illegal event, drafting is forbidden off another athlete or motor vehicle. Athletes must reject attempts by others to draft.** Draft busters will be on-course to ensure a safe and legal race.

Please respect the local area and refrain from littering on the course. Do not discard empty gel sachets or water bottles.

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.

### ***Safety on the bike course***

There are four points on the route that involve a sharp left turn at a crossroads. They are marked with  on the map below. Competitors **MUST** slow in advance of heading into these junctions. A marshal with a red flag will be positioned to provide advance warning on approach to these points.

The course is officially closed to traffic, however we cannot police every house or farm exit, so ***you must exercise caution at all times as there may still be vehicles, pedestrians or stray animals on the road.***

***Competitors must obey the rules of the road, failure to do so may result in disqualification from the race. If there is a white line in the centre of the road, you must stay to the left of it.***

Competitors must adhere to any instruction provided by race marshals, referees or Gardaí. Failure to adhere to safety instructions may result in disqualification.

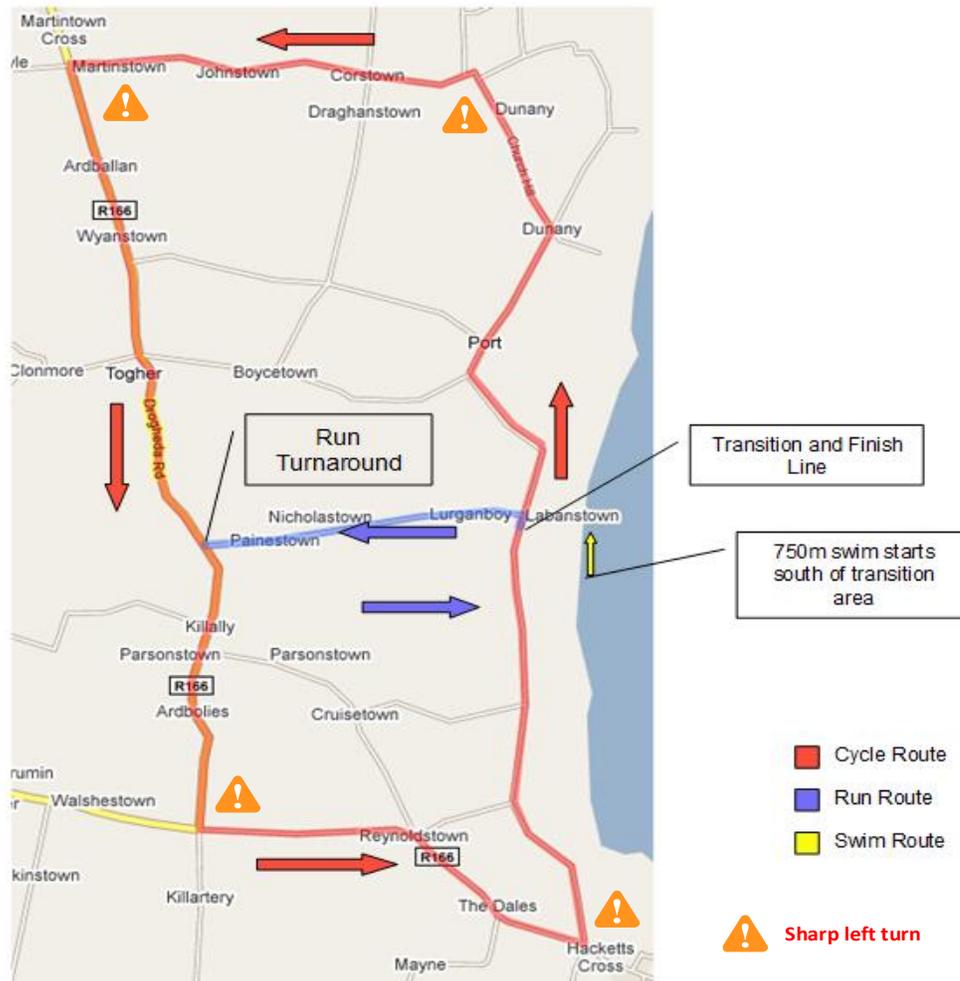
Cycling helmets must be securely fastened at all times when the competitor is in possession of the bicycle, i.e. from the time they remove their bicycle from the rack at the start of the cycle, until after they have placed their bicycle on the rack at the finish of the cycle.

### ***Bike to run transition***

As you approach transition, slow down as directed by marshals. You need to dismount at or before the dismount line. Proceed along the transition chute into the correct transition area for the age group race and rack your bike **before** removing your helmet.

### ***Relay teams***

Relay cyclists must rack their bike, then unclip and remove their helmet. Once this is done, they can proceed to the 'holding area' and transfer the timing chip to the person doing the run leg. The runner can then proceed with the run section. The cyclist is the only one to enter the transition area. Teams will only receive an official race time once the timing chip is worn by all team members – this could be 2 to 3 members depending on how the team is constituted. Each member must behave in a similar fashion to all other competitors; equipment must be stowed safely away before proceeding to the holding area.



## RUN

The run is a 4.8km circuit comprising of 2.4km out and back. Competitors will exit transition directly onto the run route and stay on the right on the way out and back. At the end of the run you turn right for the Finish.

Your race number must be worn on the front during the run.

The course is officially closed to traffic, however we cannot police every house or farm exit, so ***you must exercise caution at all times as there may still be vehicles, pedestrians or stray animals on the road.***

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

## FINISH

The Finish is located near transition. Remember to hand over your chip to the marshals. Water and fruit will be available at the finish line.

Bikes cannot be removed until the last bike is racked (approximately 13:00). You will only be able to leave Car Park A after the last cyclist has finished and leave Car Park B after the last runner has finished.

## **PENALTY BOX**

As this is a National Series event, a penalty box will be in operation at this event. If at any stage while on the bike course you are shown a “yellow card,” this is a two minute penalty, ***it is not a warning card***. You must serve the two minute infringement in the penalty box.

The penalty box will be located at the entrance to the transition zone. It is your responsibility to serve the penalty here and at no other place. Failure to do so for any reason will result in an automatic disqualification from the event with no appeal. At all times there will be a Technical Official in the penalty box who will observe the penalties.

## **MARSHALS**

Our marshals are all volunteers and are giving up their time to help run a safe race for all involved. It is therefore important to treat all Marshals with respect, please cooperate with their instructions at all times. To appreciate the scale of involvement we will have a minimum of 110 marshals working on the day of the race.

## **ATHLETE RECOVERY & SITE SERVICES**

Fruit and water will be provided at the finish line

Tea/coffee and other snacks will be available for purchase at a snack van located near transition.

There will be seven standard and one disabled portable toilet onsite. They will be fully stocked with toilet paper. If there are any problems with the toilets please inform a race marshal.

## **COMMUNITY and SPONSOR**

First and foremost thank you to the local people and the local businesses for accommodating this year’s event.

We would like to thank our sponsors: Orca, Cycle SuperStore, Kinetica, Kind Bars, Lucozade, Avonmore Protein, Chia Bia, Heineken 0.0% and Westpark Fitness whose support allows us to stage the event.

We extend our gratitude also for all the support we have received from the Louth County Council, An Garda Síochána, the Irish Coastguard, Boyne Fishermen's Rescue and Recovery Service, St. John’s Ambulance, and local community groups.

## **APPENDIX A: DIRECTIONS TO THE EVENT**

In general most people will travel north or south on the M1 and exit at Junction 12 for Dunleer. Google Maps directions from M1 Junction 12 to the race start location at Port beach can be found [here](#).

### **From Dublin and south, Dundalk / Newry and north:**

Travelling from Dublin and further south you will exit the M1 motorway at Junction 12, proceed to the end of the slip road, and turn right onto the R169, direction Dunleer (note: the M1 is a tolled road between Dublin and Junction 12, cost is €1.90 for a car).

Travelling from Dundalk, Newry, and further north, you will exit the M1 motorway at Junction 12, proceed to the end of the slip road, and turn left onto the R169, direction Dunleer.

In both cases, at the next T-junction, turn left onto the R132, direction Dunleer.

Continue on the R132 into the village of Dunleer. In the centre of the village, turn right onto the R170, direction Clogherhead. There is a fenced compound belonging to a hardware store at this junction.

Follow the R170 and then the R166 towards Clogherhead. There are a number of sharp junctions along the road, remain on the R170/R166.

Continue along the R166 until you see a yellow sign directing you to turn left for the Triathlon (you may see signs before this for Port beach, please ignore these and do not turn off the road until you see our sign).

Continue to the end of this road and then turn left onto the Coast Road (this will be signposted with a yellow sign). Continue along this road for approximately 2 km and you will reach Port beach.

If you miss the turn and end up in Clogherhead village, turnaround and proceed back towards Dunleer. You will come to a crossroads with a church on the right hand side. Turn right at this crossroads following the road signs for "Coast Road" and "Port beach". Continue along this road for approximately 3.5 km and you will reach Port beach.

### **From Drogheda:**

From Drogheda take the R166 to Termonfeckin and then onwards to Clogherhead.

Continue on the R166 through the village of Clogherhead and you will come to a crossroads with a church on the right hand side. Turn right at this crossroads following the road signs for "Coast Road" and "Port beach".

Continue along this road for approximately 3.5 km and you will reach Port beach.