



Sponsored by:



LIMERICK CITY
COLLEGE



TREVOR ASKIN AND SONS
AMBER/COSTCUTTER SERVICE STATION



FITZFLORA



Banner Duathlon Race Briefing 2014

Thank you for entering the inaugural Banner Duathlon in Shannon, Co. Clare. The following document details the competitor race information for the standard and sprint distance duathlon. The main sponsor for this race is limerick city college (www.limerickcc.ie).

Race Day Schedule - Sunday 16th March

Event Timetable			
	Date	Time	Venue/Location
Race sign on and registration	16TH Mar	10.30am- 12.30pm	Wolfe Tones GAA
Transition opening	16TH Mar	11am	St.Senans RFC
Marshal/stewards etc briefing	16TH Mar	11.30am	Wolfe Tones GAA
Transition closing time	16TH Mar	12:45pm	St.Senans RFC
Competitor race briefing	16TH Mar	12.45pm	Transition
Event start	16TH Mar	1pm	St.Senans RFC
Refreshments & Prize Giving	16TH Mar	5pm	Wolfe Tones GAA

NO CARD NO RACE.....NO ONE DAY LICENCE NO RACE.....TI RULES



COMPETITION RULES

The rules are:

SAFETY on run

SAFETY on cycle

SAFETY on run

The Banner Duathlon is a Triathlon Ireland sanctioned event and thus abides by the rules of the **Triathlon Ireland Manual of Guidance**.

Section 3 of the manual outlines the competition rules. It is the competitor's responsibility that (s)he is aware of the rules.

OUTSIDE ASSISTANCE

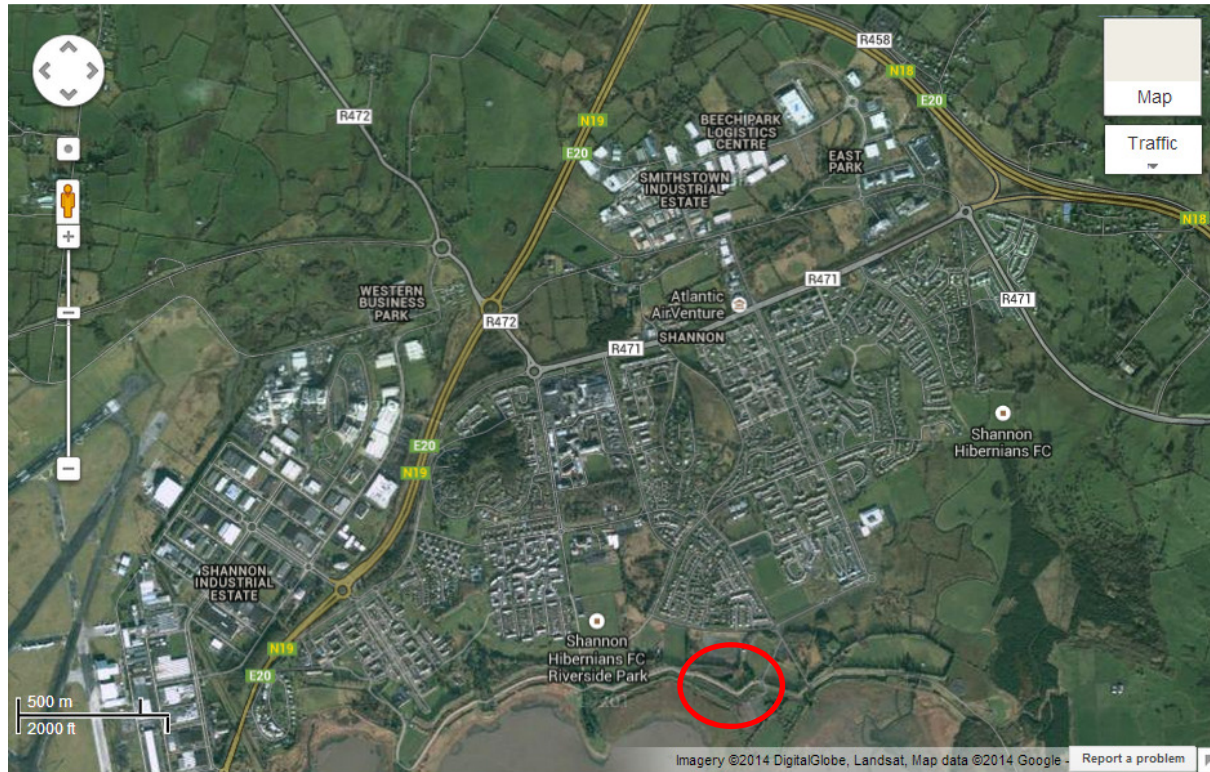
Any competitor receiving any form of outside assistance i.e. mechanical, puncture repair, giving of drinks or other help by spectators, or coaching on the cycle or run are strictly forbidden and will result in immediate disqualification. The only time where outside assistance may be provided is assistance by Marshals.

REGISTRATION

All athletes need to register for the competition in person. Registration will take place in the Wolftones GAA club in Shannon, Co. Clare. Registration opens on Sunday registration will open at 10:30am and close promptly at 11:30am. Please try to register as early as possible. If you are a member of Triathlon Ireland please bring your membership card with you. At registration you will receive your race number, timing chip and "goodie bag". There will be a race course map on display.

DIRECTIONS

Registration is in Wolfetones GAA club and race transition is at St Senans Rugby Club, these two clubs are located adjacent to each other, see map below with location of clubs highlighted.



PARKING

Parking will be located as Wolfe tones GAA club. Marshals will be on hand to welcome you and guide you to a parking place.

TIMING



The **timing chip** which you receive at registration must be worn on your **ankle**. Please ensure that it is securely fastened on your ankle. A marshal will collect it from you at the finish line.

RACE NUMBERS

Race numbers will be provided to be worn, one on your back and one on your front. Race belts are permitted and athletes must ensure that their numbers are fully visible at all times on the bike and the run. It is not allowed to alter or fold your race number in any fashion.

TRANSITION ZONE

Bike rack positions will be determined on a first-come first-served basis and will be neutralised.

WEATHER

In the unfortunate event of extreme weather conditions, the duathlon maybe cancelled for safety reasons.

COURSE OUTLINE

RUN 1 – Standard distance 10km / Sprint 5km

The run courses will be an out and back loop of 5km. The standard distance race will complete two laps and the sprint race once lap before entering transition.

The sound of a horn will start the race by a marshal. A marshal will be located at the lap turn arounds to ensure correct number of laps are completed.

Anyone cutting corners will be immediately disqualified and permitted to continue.

There is a 90 minute time-limit on the standard distance run.



Run route 5km out and back on quite dead end road

Run 1 - 10km (2Laps - Out and back x 2)

Run 2 - 5km (1Lap - Out and back x 1)



TRANSITION 1

You must put on your cycle helmet and fasten it before removing your bike from the transition area. Anyone who has an unfastened helmet while in contact with their bike will be asked to stop and fasten it.

Exit transition as indicated on the map.

CYCLE – Standard Distance 42km / Sprint Distance 24km

Cycle helmets are compulsory.

You must walk/run your bike to the **mount/dismount line** which will be marked on the road and also marshalled. Only at this point may you mount your bike and begin the cycle.

All roads are open to cars so keep left. Normal rules of the road apply.

Competitors must NOT overtake on a blind bends.

Extreme caution to be taken when exiting onto the R471 road (main road through Shannon). Gardai and marshals will be present so follow their instructions at that junction and all other junctions when told to slow down. Failure to do so could mean disqualification.

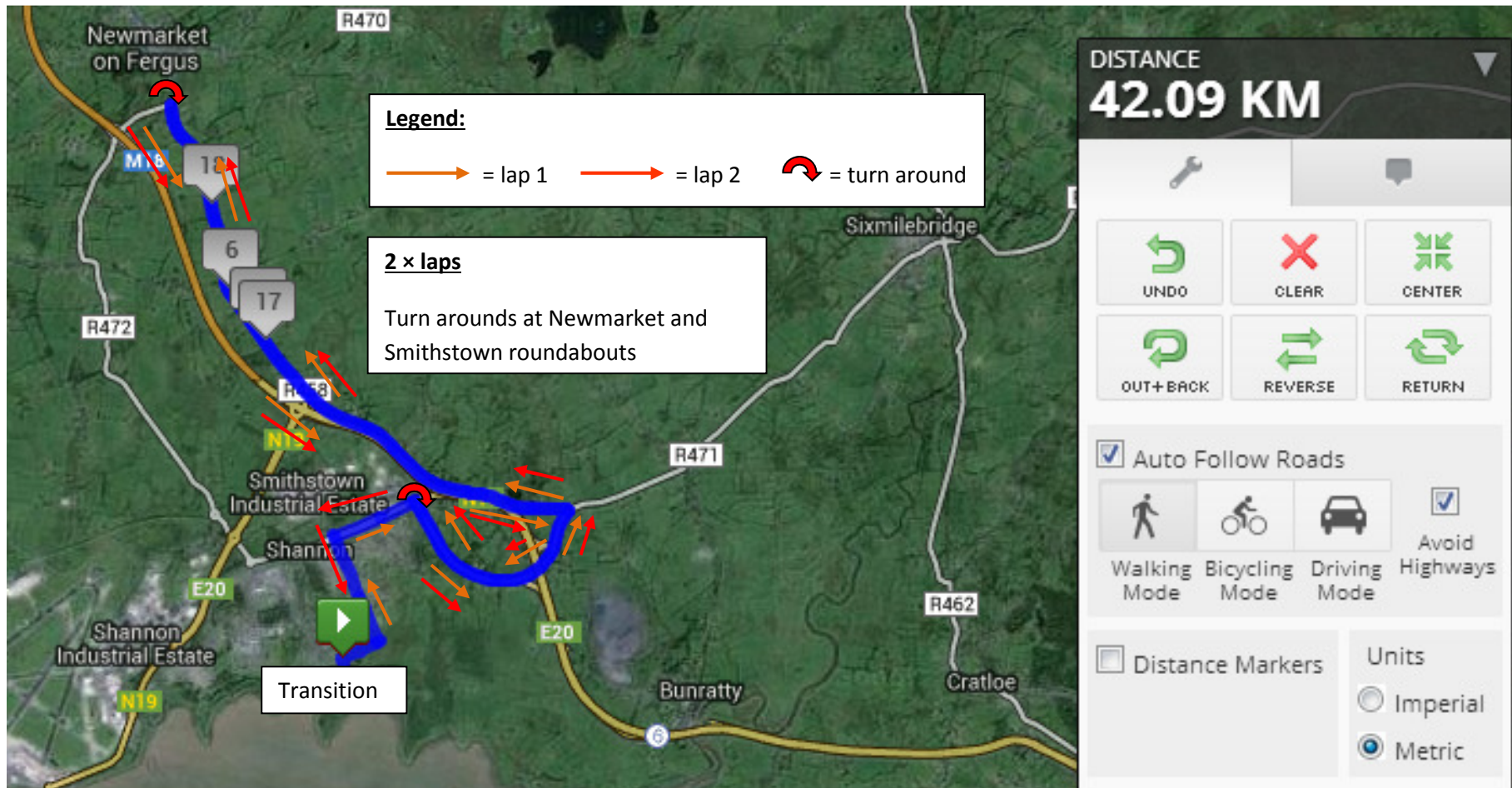
Please keep inside the hard shoulder where possible on main roads.

Remember if the course is wet please be careful on the bends and roundabouts.

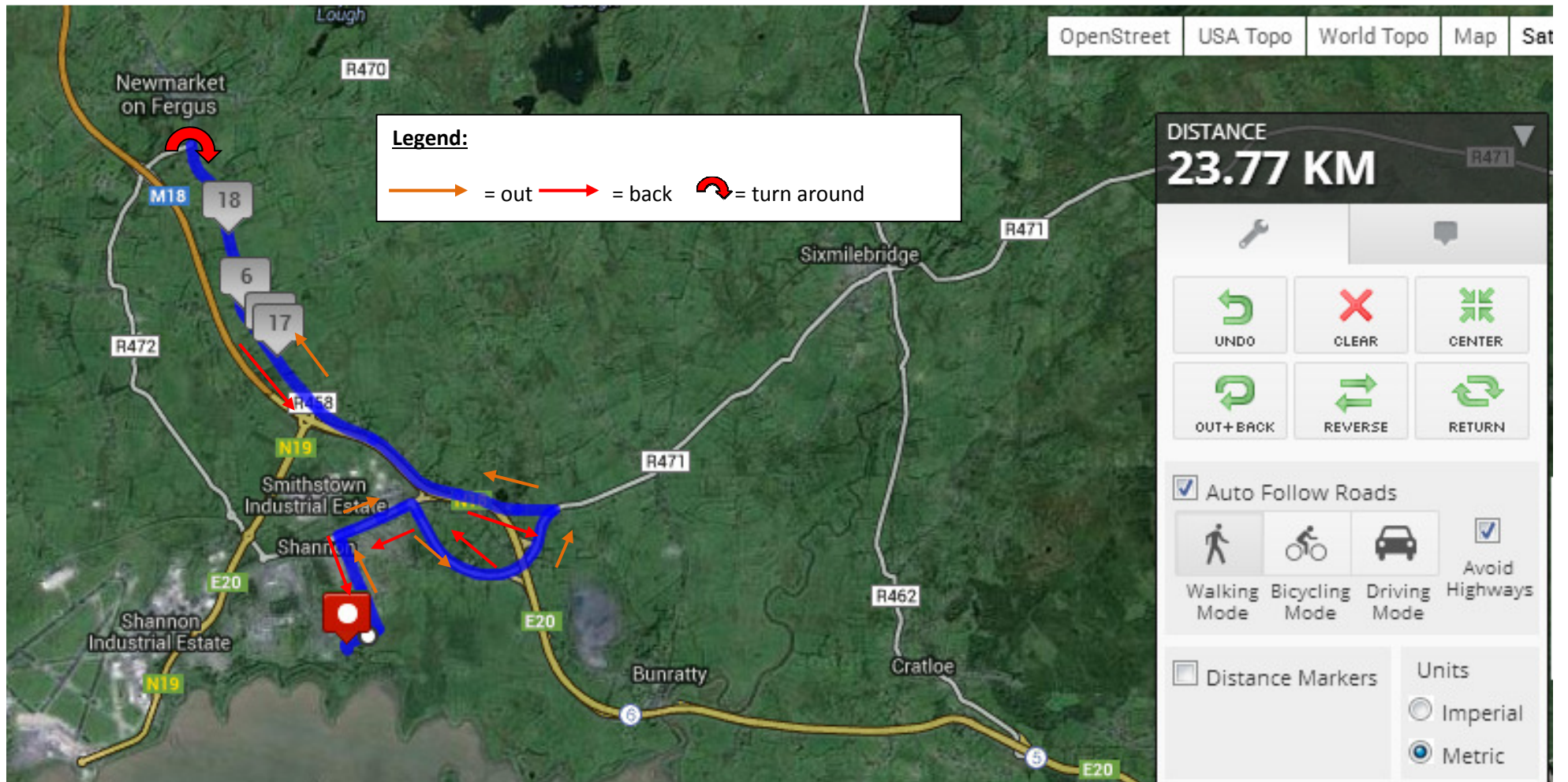
Slow down in advance of the dismount line. At this point, or before, walk/run into transition zone leaving your bike into same rack.

Do not unfasten your helmet until your bike is racked.

Standard Distance Bike Route (2* Laps)



Sprint Distance Bike Route (1* Lap)





DRAFTING

Under no circumstances will drafting be allowed. Draft marshals will be on the course.

TWO draft busters and TWO unmarked cars. TIME PENALTIES will be given out.

TRANSITION 2

Exit for run as indicated on map.

You are not permitted to remove your helmet until you bike is racked in transition. Anyone who has an unfastened helmet while in contact with their bike will be asked to stop and fasten it.

RUN 2 – Standard Distance 5km / Sprint 2.5km

The run two course will be same as the run 1 route. Standard distance complete one full loop of 5km. The sprint distance race will complete half a of the 2.5km loop (a turn-around point will be marked clearly)

Finish Line

The finish line will be located at the transition area and will be clearly marked.

Penalties and Appeals 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.

REFRESHMENTS

Fruit and water available after finish at line area. Refreshments and snacks will be available from 3:30pm- 5pm at Wolf Tones Bar. Please go early for two to avoid ques.

SHOWERS and RESTROOMS

Showers and rest rooms will be located close to transition.

PRESENTATION AND RESULTS

In side the Wolftones Bar at 5pm.

Prize Categories:

Male 1st, 2nd, 3rd – Standard Distance

Female 1st, 2nd, 3rd – Standard Distance

SPONSORS

Thank you to our event sponsors:

Limerick City College (www.limerickcc.ie)

St Senans Rugby Club

Trever Askin & Sons Fitzflora



GOOD LUCK AND ENJOY THE EVENT!

Thank you from all the members of GoTri Triathlon Club we hope to see you again next year.