



Wednesday July 11th 2018

Junior Race Briefing

Thanks for signing your child up for the Phoenix Park Junior Duathlon, sponsored by Mason Hayes & Curran. Our race has been organised by triathletes for triathletes and we've put a lot of effort into making this a competitor-friendly and child-friendly event.

The rules and instructions exist for the safety of your children, please ensure you read this document carefully and abide by the rules and instructions fully. On race day, you MUST follow all directions of the Gardai and Race Marshals.

If you have any questions feel free to contact us at juniors@belparktri.ie

Safeguarding:

This event is being run in accordance with TI safeguarding guidelines. If you have any questions or concerns on the night, please contact Children's Officer Sharon Meyler.

Weather forecast: Times of clouds and sun; pleasant with light ENE winds.



<http://www.facebook.com/phoenixparkduathlon>



www.belparktri.ie



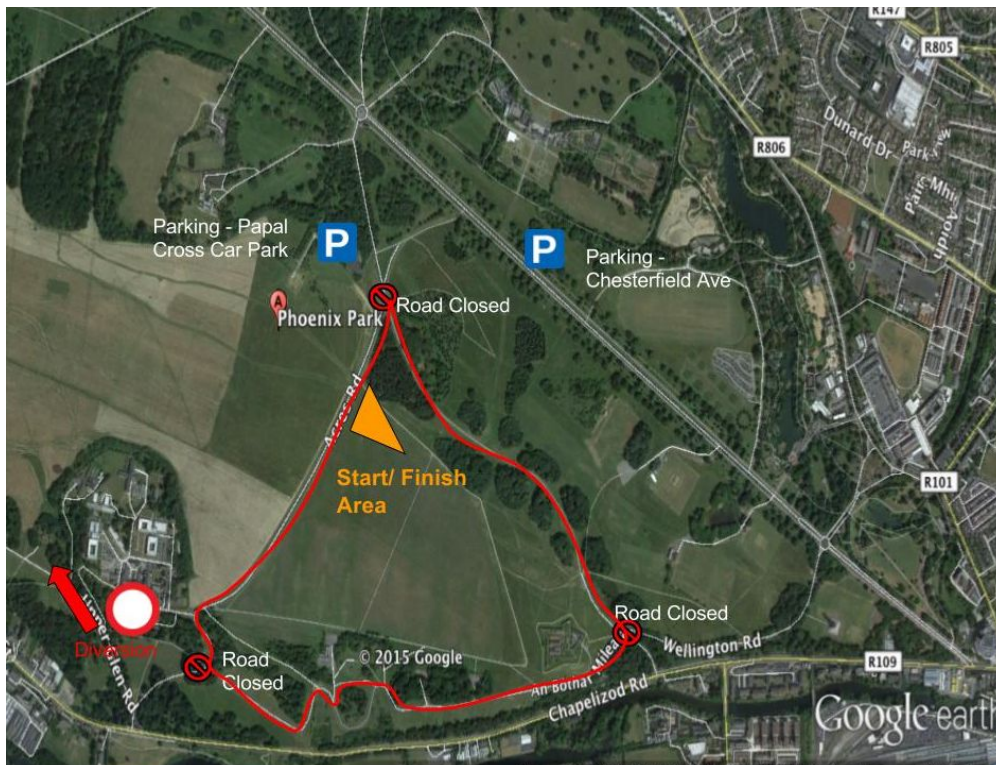
duathlon@belparktri.ie

Parking and Road Access

Parking is available at the Papal Cross car park, in the overflow car park adjacent to Dublin Zoo and along Chesterfield Avenue (the main road running up through the Park).

There will be no parking on Acres Road or Military Road as this is part of the road closure for the race (effective 6.30pm). Gardai & traffic marshals will be enforcing this so please cooperate.

Due to the junior races starting at 6.10pm, car & pedestrian access will need to be considerate of junior athletes on the course - please give right of way and follow instructions from our marshals. The full bike route (same as adult route) will be in use by juniors from 7.00pm and all junior races will be complete by 7:30pm.



Registration

Registration opens at **5.00pm** for Juniors and is located beside transition area in the northern corner of the 15 Acres playing pitches area of the park. There will be competitors' toilets at the race compound. All competitors will receive a race number this **must** be pinned to the front of your t-shirt/suit. Everyone is asked to come as early as they can for registration as registration will close at **5.45pm**.

In order to race, your child must have either a 2018 Triathlon Ireland license or a One Day Membership (ODM). You can also purchase a ODM at registration on the night for €3 - but to

ensure speedy registration we would prefer people to purchase in advance by midnight Tuesday from: <https://www.triathlonireland.com/Participation/One-Day-Membership/>

Transitions

Transitions open at 5:15pm and closes at 5:50pm. Bicycles must be roadworthy (incl. brakes and tires) and will be checked as they enter transition. Helmets are compulsory. No bags or boxes are to be left in transition, all competitors' bags or boxes must be removed by parents before the race. You and your child must enter and exit transition by the official entry and exit points when setting up the transition area. Transition places are not allocated.

NB: Your child must put their helmet on before touching your bike, please ensure they are fully aware of this rule.

Timing of races

A pre-race briefing will take place 10mins before each age group wave (see race start times below). All competitors **must** be present as this will contain important information that could affect their race.

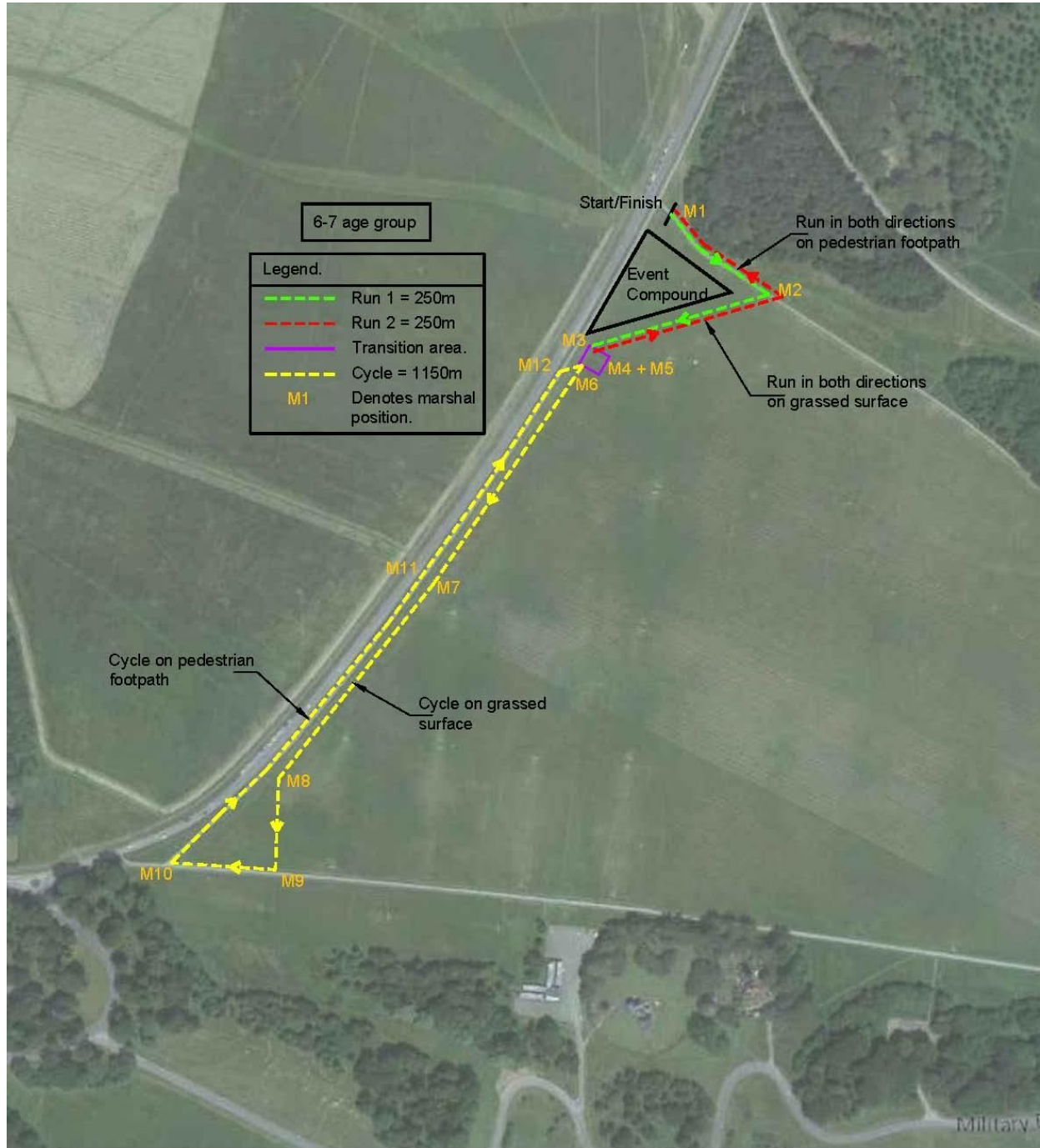
Age Group	Registration Open	Registration Closes	Transition Closes	Pre-race briefing	Race start	Race finish
6-7	5:00pm	5:45pm	5:50pm	6:00pm	6:10pm	6:25pm
8-9	5:00pm	5:45pm	5:50pm	6:20pm	6:30pm	6:45pm
10-13	5:00pm	5:45pm	5:50pm	6:35pm	6:45pm	7:20pm

Race 1: Ages 6-7

Start 6:10pm

Approx. distances: Run 250m, Cycle 1150m, Run 250m

The run will be on grass and footpath. The bike will be down on the grass and back on the footpath.

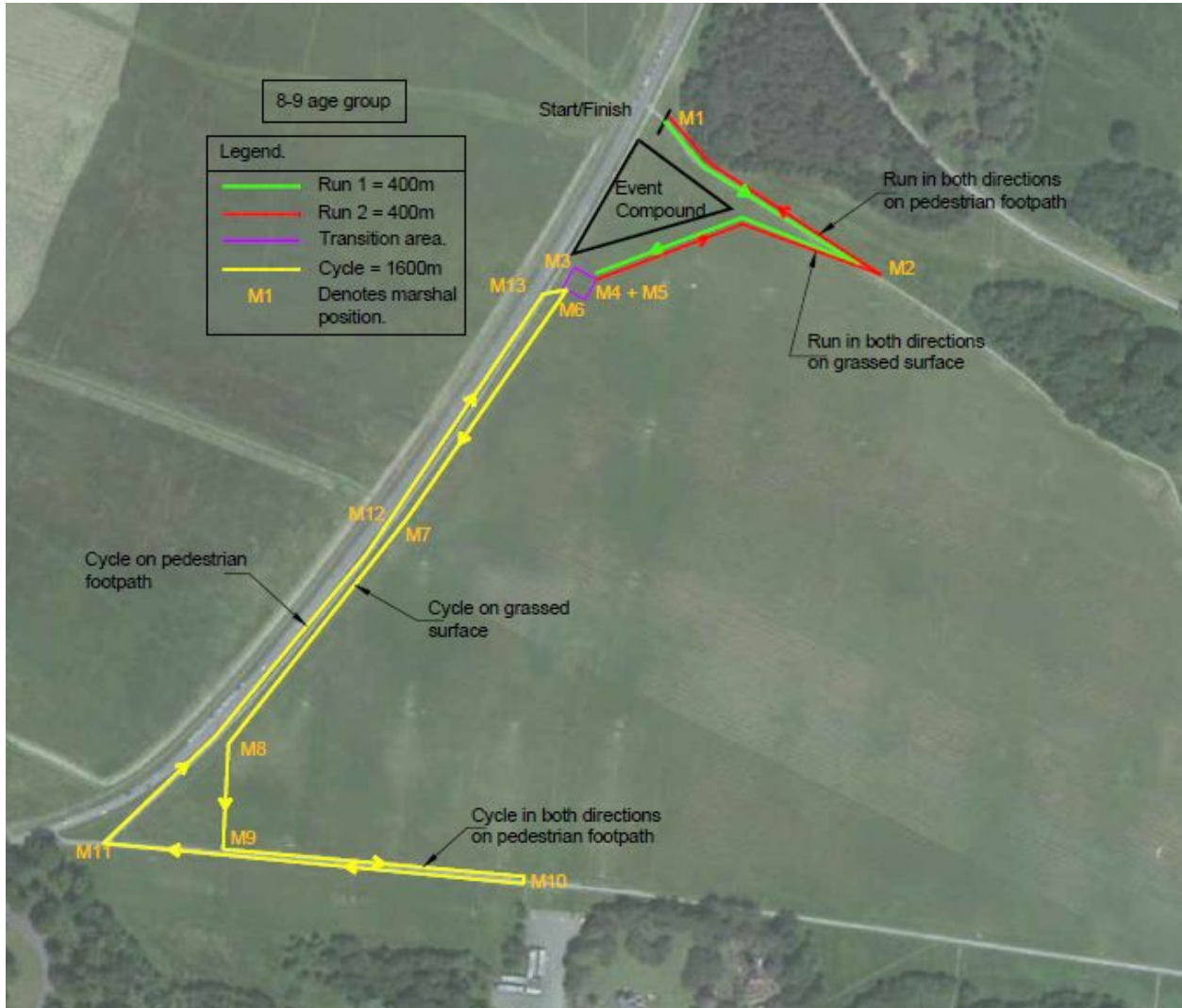


Race 2: Ages 8-9

Start 6:30pm

Approx. distances: Run 400m, Cycle 1600m, Run 400m

The run will be on grass and footpath. The bike will be down on the grass and back on the footpath.

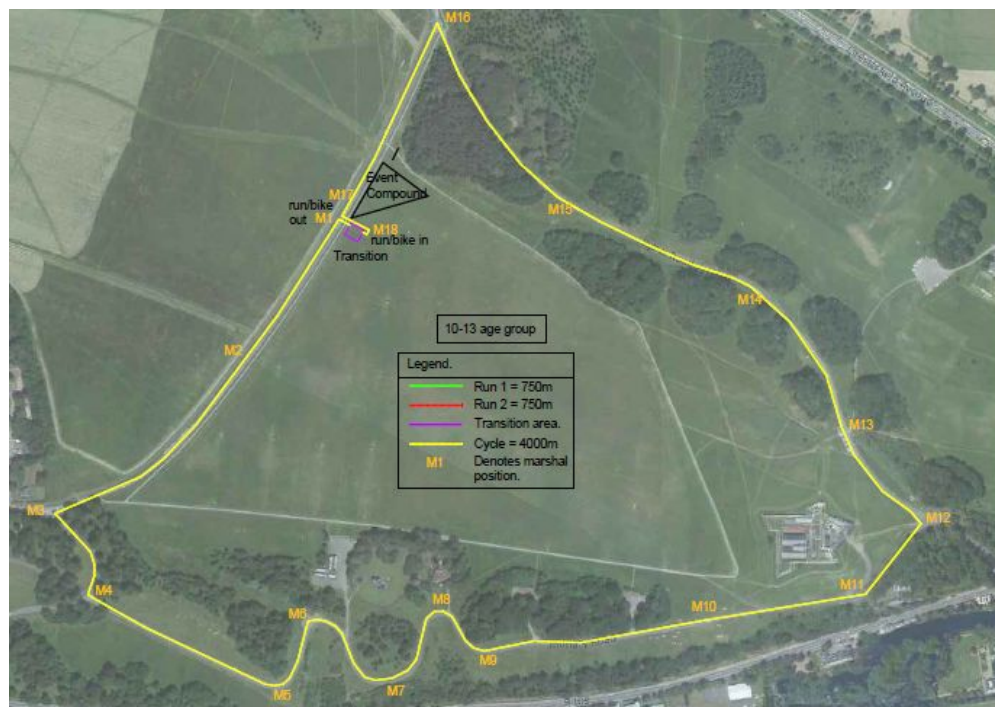
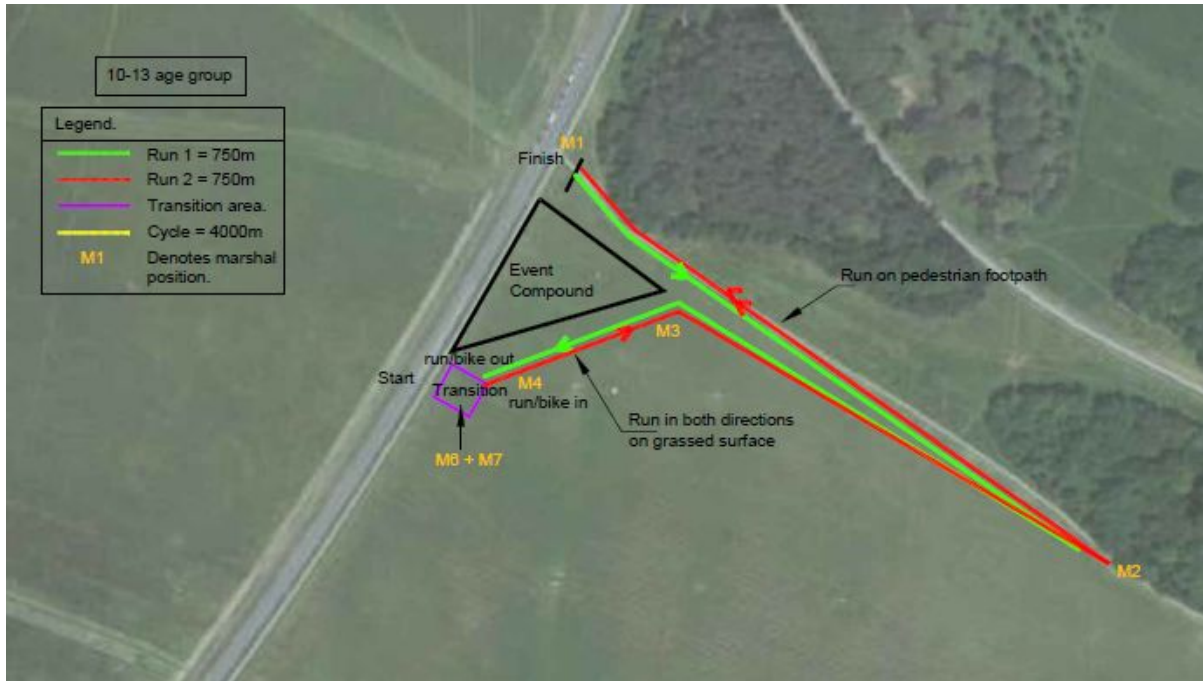


Race 3: Ages 10-13

Start 6:45pm

Approx. distances: Run 750m, Cycle 4km, Run 750m

The run will be on grass and footpath. The bike will be on tarmac, closed roads, going in a clockwise direction. The mount line is on the road, so competitors will have to push their bikes over a small grassy mound to reach the road when exiting transition.



Finish

- All children MUST be collected by their parents at the finish line.
- Parents MUST ensure the race number is handed to the marshal at the finish line.
- Transition will re-open once sufficient numbers of competitors are off the course and bikes MUST be collected at the very latest after the race your child was in ends.
- Water & bananas will be available for all competitors.
- Last Lap Cafe will be serving drinks & snacks available for purchase.
- Fyffes Kitchen Van will be offering frozen banana pops and a chocolate fountain.
- Sports Food Ireland will offer tasty samples of Cliff Bars.
- Medals will be presented to competitors as they finish the race.
- The emphasis is on participation, so all children will get medals. There are no specific prizes for places.
- Juniors must remove bicycles and belongings immediately after the event to make way for the adult's race.



#PhoenixParkDuathlon - share photos & posts using this hashtag on social media



Results

No timing of competitor will take place. We will have photos from the race on Facebook and website.

One Last Thing...

Triathlon Ireland race rules will be implemented at our race and we expect fair play from every competitor. Competitors shall not deliberately obstruct or interfere with other competitors. Disqualifications will be applied for littering, abusing marshals or cheating.

The rules and instructions are there for the safety of your and all the other children, please ensure you read this document carefully and abide by the rules and instructions, and follow the instructions provided by marshals and the Gardaí at all times. There will be a first aid station at the transition area. If you have any complaints please report to Children's Officer Sharon Meyler or one of the TI Officials as soon as you can.

We welcome feedback by email (duathlon@belparktri.ie) or by speaking directly to any of our marshals once the event is over.

Thanks to our kind sponsors & supporters

This race would not be possible without the following:

- Title sponsorship from Mason Hayes & Curran
- Prize sponsors Base 2 Race
- Volunteers & club members from Belpark Triathlon Club
- Technical Officials from Triathlon Ireland
- Access to the Phoenix Park granted by the Office of Public Works
- Road closures granted by An Garda Síochana
- Sponsorship & prizes from all our sponsors listed below

