



# Race Briefing

## Wednesday 5<sup>th</sup> June & 10<sup>th</sup> July 2019

Thanks for signing up for the Phoenix Park Duathlon Series, sponsored by Mason Hayes & Curran. You will enjoy racing on closed roads in Dublin's iconic Phoenix Park.

This is Ireland's largest duathlon race series, with over 300 adults & juniors taking part in each race, from over 20 clubs. Our race has been organised by volunteers from Belpark Triathlon Club, so every effort has been made to ensure a safe and enjoyable event.



### Weather forecast

Check [www.met.ie](http://www.met.ie) for latest weather – dress appropriately.



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



[www.belparktri.ie](http://www.belparktri.ie)



[duathlon@belparktri.ie](mailto:duathlon@belparktri.ie)

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

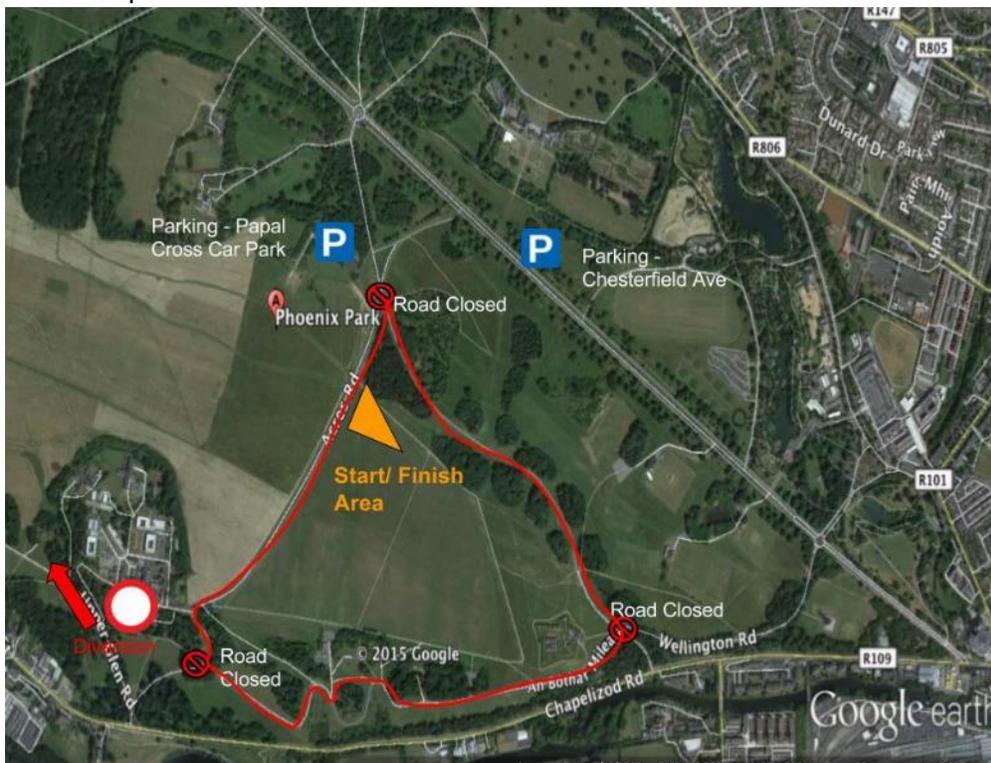


## Parking and Road Access

Parking is available at the Papal Cross car park, also 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 (cheer them on!) and follow instructions from our marshals. The junior race will finish by 7.25pm - the bike course will be used by juniors from 7.00pm.



## Timetable

- 5.30pm Registration Open
- 6.00pm Transition Opens
- 6.10pm Junior race starts (wave 1 of 3)
- 7.00pm Registration Closes
- 7.15pm Transition Closes
- 7.20pm Race Briefing
- 7.30pm Race Starts - wave 1
- 7.37pm Wave 2 starts
- 7.45pm Wave 3 starts

8.45pm Prize Giving

## Registration <5.30pm - 7.00pm>

There are two options for registration. Online registration closes on TI website on Tuesday night at 11pm. Late registrations are available on Wednesday evening from 5.30pm - come early as spaces are limited.

Registration on the day of the event is located beside transition at the north west corner of the 15 Acres playing pitches area of the park and is open **from 5.30pm until 7.00pm**. There will also be a bag drop tent, toilets and refreshments.

You will receive your race number, which includes your timing chip, 2 bike stickers (large sticker on bike seat post, small sticker on bike helmet) and a sticker for the bag drop area.

**New:** there is **no ankle chip** – timing is based on your bib number.



Your wave allocation (1, 2 or 3) will also be confirmed & visible on printed boards. Online pre-registered competitors will be allocated to wave 1 or 2. Wave changes are not possible – your time will be a net time, so please start in your allocated wave.

## Race Licence & Photo ID



In order to race you must have either a 2019 Triathlon Ireland **race licence** or a **One Day Membership (ODM)**. If you don't have your TI membership card, you can print a copy from the TI website.

You can also purchase an ODM at registration on the day for €15 - but to ensure speedy registration please purchase in advance by midnight Tuesday from TI:

<https://www.triathlonireland.com/Get-Involved/One-Day-Membership/>

**!** **Photo ID:** If your TI card does not have a photo or you race with a One Day Membership, you need to show a photo ID at registration.

**Acceptable ID:** passport, ID card/passport card, driver's license, student cards, work ID.

**Not acceptable:** credit cards or smartphone photos.

## **Transition <6.00pm - 7.10pm>**

Transition opens at 6:00pm. It will be neutralised. Bicycles must be roadworthy (working brakes – front and back, bar ends plugged, no fixies) and will be checked as they enter transition. Helmets are compulsory. No bags are to be left in transition. There is a bag drop tent available. Transition closes at 7.10pm.

## **Pre-Race Briefing <7.20pm>**

A pre-race briefing will take place at 7:30pm. All competitors **must** be present as this will contain important information, including any last minute changes to the course. The Triathlon Ireland Technical Official will also brief you on ITU rules, since it's a TI sanctioned race.

## **Race Start - 3 Waves**

Wave allocations will be available online by Wednesday morning at <https://www.belparktri.ie/phoenix-park-duathlon-series/> or via Facebook.

Athletes will be allocated to 1 of 3 start waves, which will be confirmed to you at the registration area. A printed board will also display waves, start times and names. Waves are allocated based on the average run time you provided at registration, with preference given to race licence holders & club members. It is not possible to change your allocated wave.

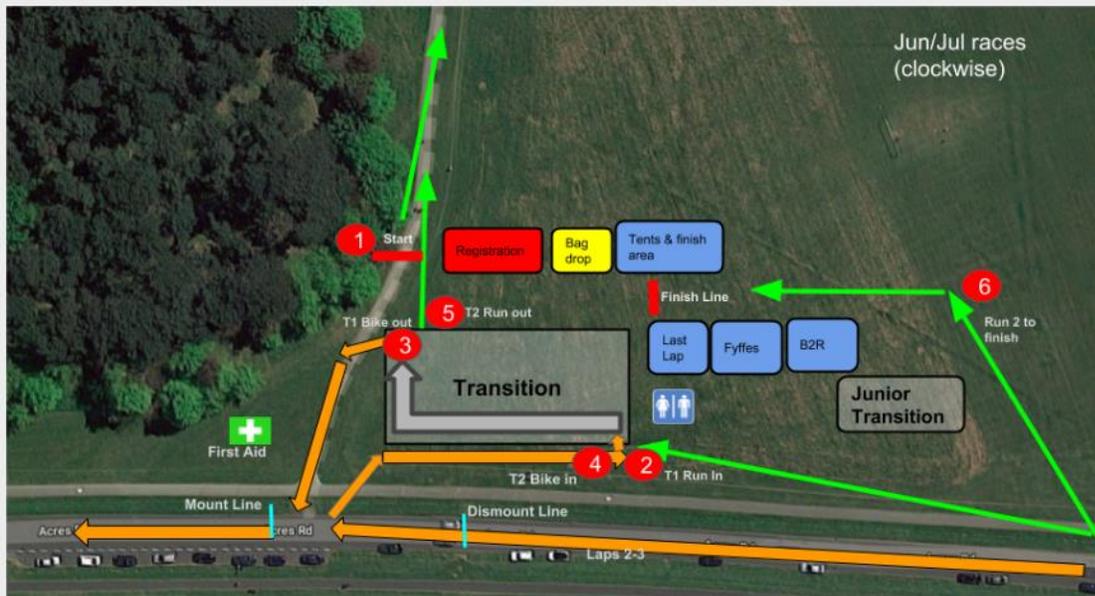
- 7.30pm - Wave 1 (online entrants)
- 7.37pm - Wave 2 (online entrants)
- 7.45pm - Wave 3 (online & late entrants)

## **Run Course**



Run 1 is a **clockwise** lap of 2.5km of the playing pitches area of the 15 Acre. Stay on the footpath at all times. All traffic cones must be kept to your right – there are 2 corners on the triangular route.

## Transition

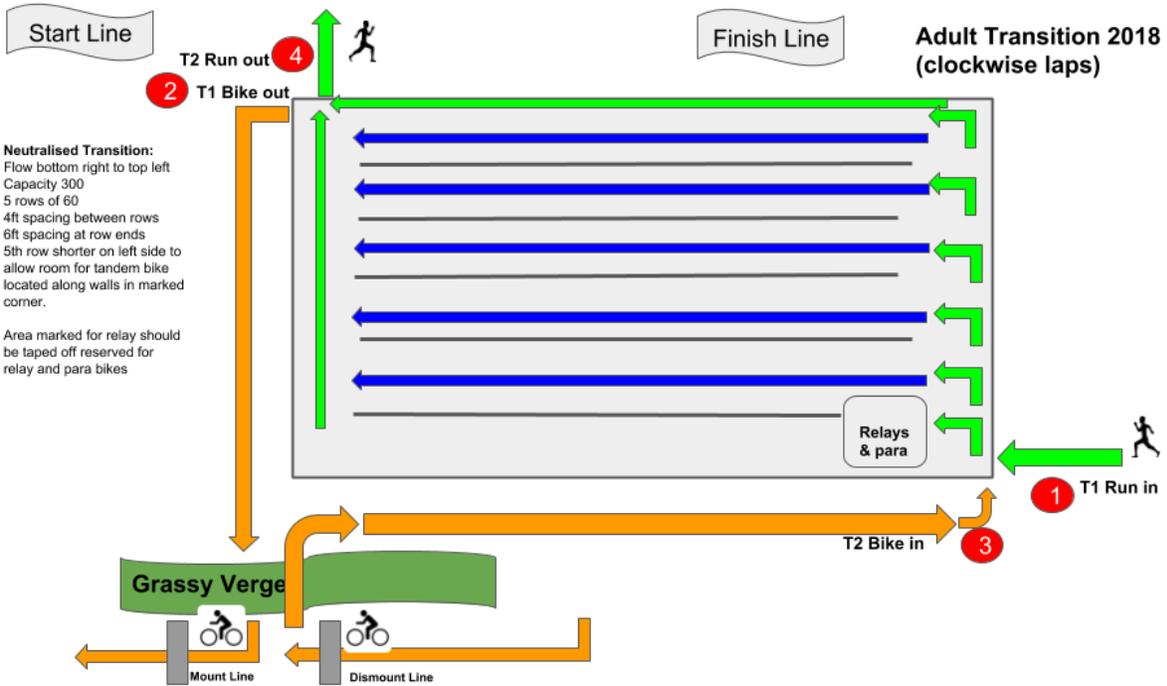


You must enter and exit transition by the official entry and exit points. We have a neutralised transition and places are not allocated. All boxes and bags will be removed from transition before the race. The usual T1 rules on nudity will be observed and applied. *You must put your helmet on before touching your bike or a stop/go penalty may be applied by the technical official.*

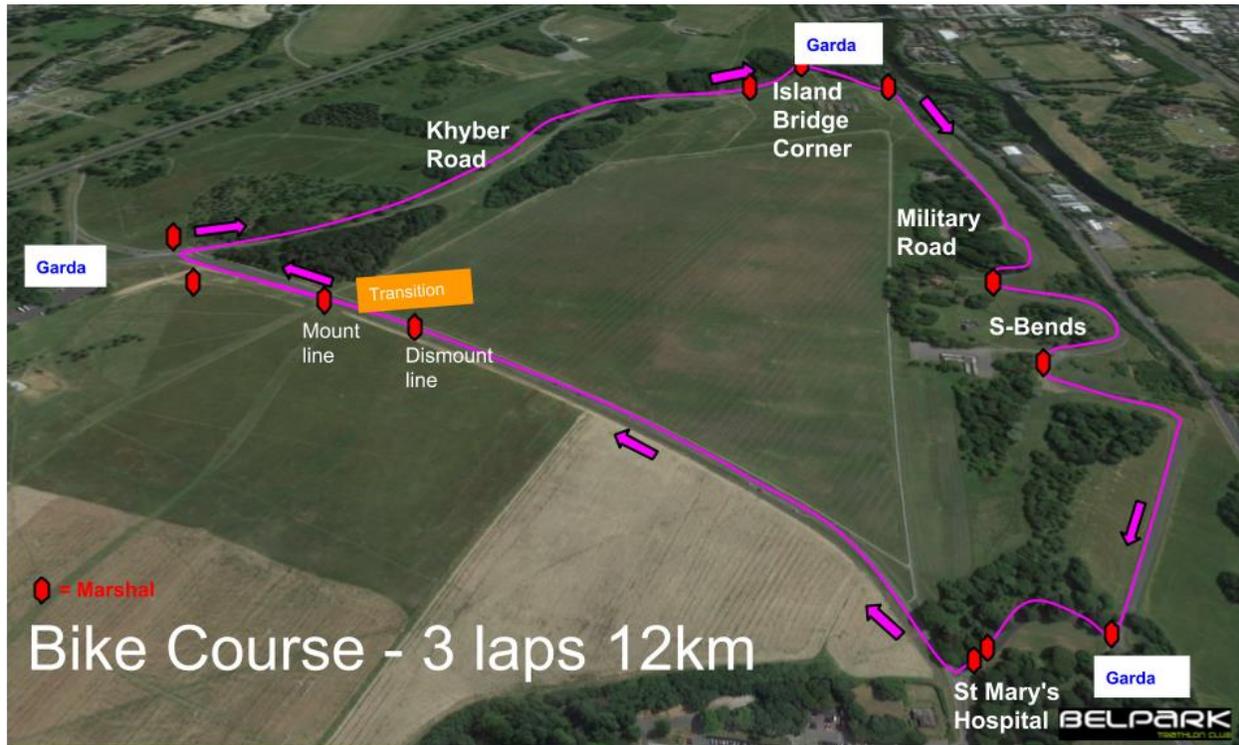
1. *Start line – begin lap 1 here*
2. *T1 run in – complete lap 1 here and enter transition*
3. *T1 bike out – in transition, find your bike, affix helmet, take bike from rack, run to T1 bike out point. Turn left, run 50m towards grass verge, cross over grassy mound (take care - it could be slippery on downslope), turn right onto Acres Road, proceed 10m to **mount** line, pick up speed and start lap. Beware of cyclists on your left starting laps 2 and 3.*
4. *T2 bike in – after completing your 3<sup>rd</sup> lap, stay right on Acres Road and get off your bike before the dismount line. Turn right over grassy mound, run for 40m to T2 bike in, rack your bike, follow signs to run 2 exit towards start line.*
  - a. **Relay** – There will be a designated area in transition for relay teams. The runner enters transition and hands over the ankle strap chip in the designated area for relays. Only then, the cyclist goes to the bike, puts on their helmet first and can then touch the bike. In T2 the cyclist must rack the bike before handing the chip to the runner.
  - b. **Para athletes** – There will be designated area in transition for para athletes to rack tandem bikes.
5. *T2 run out – join the footpath and complete the same run lap of 2.5km.*
6. *Finish – stay right of transition entry point, follow the tape/barriers towards the finish line gantry.*

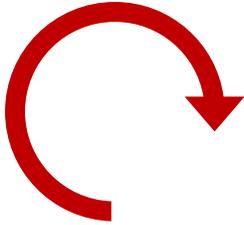


**Safety** - ensure your bike is roadworthy: the handlebars are plugged with bar ends, front and back brakes are working and no earphones are permitted.



## Bike Course





The direction of the bike course is **clockwise**.

The bike course consists of 3x laps of a 4km circuit on closed roads, with 3 right hand turns. The direction is clockwise - after crossing the mount line, cyclists will proceed right up Acres Road, turning right onto the Khyber Pass, proceeding downhill, where you will pick up speed to 30-50kmph by the bottom, turning sharp right onto Military Road, coming around the S bends, then turning right uphill past St Mary's Hospital and along the Acres Road.

The dismount line on Acres Road will be 20m before crossing the verge near the mount line, there is a 30m run back to transition.



The bottom of the Khyber Pass road is after a long descent. This section requires caution as it leads into a sharp right hand turn on to the Military Road. You will be instructed to slow down, please heed the warnings and exercise caution.

At all times, please stay **left** to allow faster competitors pass on the right. Complete laps 1 and 2, so when you complete your 3rd lap, stay right on Acres Road until you reach the dismount line. Get off your bike, then turn right over the grass verge to re-enter transition.

### Non-Drafting Rule



It is forbidden to cycle close behind another competitor in order to gain a benefit from the reduced wind resistance or drag. The bicycle draft zone will be **10 meters long** measured from the leading edge of the front wheel (approx. 5 bike lengths). An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete. **A penalty of 1 minute applies for drafting.**

### Run 2

After T2, the second run is a single lap, following the same 2.5km clockwise loop as Run 1 back to the finish line.



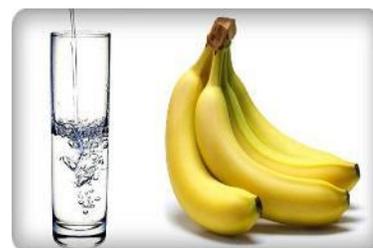
## Finish

- Once you've crossed the finish line please follow the marshals' instructions and head towards the post-race area.
- Complimentary refreshments will be available: water & Fyffes bananas.
- Sports Food Ireland will offer tasty samples of Cliff Bars.
- Darren Butterly will be providing post-race massage.
- Last Lap Cafe will be serving drinks & snacks available for purchase.
- Transition will re-open once all cyclists have completed the course (approx 8:45pm).
- Retain your race bib number after the race - it's required to take your bike from transition & also at bag drop

## Prizes

The prize giving will take place after the race by 8.45pm. Prizes will be awarded in the following categories for both male & female:

- 1st (overall)
- 2nd (overall)
- 3rd (overall)
- 1st Junior (16-19)
- 1st AG (20-34)
- 1st AG (35-49)
- 1<sup>st</sup> AG (50-79)
- 1<sup>st</sup> relay team



## 2019 Race Series Rankings

Competitors can earn points in all 3 Phoenix Park Duathlon Series races. The overall series winners will receive prizes after the 10<sup>th</sup> July race. The current leaders from April are Becky Woods (Piranha Tri Club) and Finbar McGrady (Omagh Tri Club).

## Results & Photos

Results will be available from <http://www.coretiming.ie> and [www.belparktri.ie](http://www.belparktri.ie). Photos will be posted to Facebook, Twitter & flickr page. Live race updates will be available on Facebook & Instagram.



**#PhoenixParkDuathlon** - share photos & posts using this

hashtag on social media   



## 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, including illegal overtaking manoeuvres.

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 the race organiser or one of the TI Officials as soon as you can.

We welcome feedback by email ([duathlon@belparktri.ie](mailto:duathlon@belparktri.ie)) or by speaking directly to any of our marshals.

## 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



## Summer racing is here

Belpark is hosting 2 summer races:

- 30<sup>th</sup> June – **Blessington Triathlon**
- 10<sup>th</sup> July – **Phoenix Park Duathlon 3**

Sign up now at [www.belparktri.ie](http://www.belparktri.ie)

