



Race Information

Loughrea Triathlon Festival

Race Partner



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Preamble

Predator Triathlon Club welcomes you to the Loughrea Triathlon Festival 2022. All details provided in this document are provisional and can be amended prior to race. More detailed race briefing documentation will be issued 10 days prior to the event date. Please note currently there are still health guidelines to follow and measures in place to prevent the spread of Covid-19. This triathlon race's organisation is informed by [Triathlon Ireland's Covid-19 Event Guidelines for ROI version 1.3](#) dated 1st February 2022.

General Triathlon Festival Information:

Day	Sunday
Date	31 st July
Time	08.00 – 18.00
Place	The Longpoint, Loughrea, Co Galway

Table 1. General Festival Information

Race entry via Triathlon Ireland website (Click [Here](#)). Closing date for entries is the 17th of July 2022. No on day entry accommodated. Full race refund via refund@triathlonireland.com until 10th July 2022. No refund after 10th July 2022.

General Triathlon Festival Race Schedule:

Race	Start Time	Distances
Morning Session		
YNS 14-15		500m/9km/2.8km
Wave 1	10.00	
Wave 2	10.10	
YNS 12-13		400m/6.5km/2km
Wave 1	10.40	
Wave 2	10.50	
NCF 10-11		200m/3km/1km
Wave 1	11.30	
Wave 2	11.40	
NCF 7-9		100m/1.5km/500m
	12.00	
Afternoon Session		
Olympic		1500m/39km/10km
Wave 1	12.30	
Wave 2	12.50	
Aquabike	13.10	
Sprint		750m/26km/5km
Wave 1	14.00	
Wave 2	14.10	

Table 2. Triathlon Festival Race Schedule with Distances

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The race distances are detailed in Table 2. These are open to change in case of weather or other factors. Each race wave is expected to start at the time specified and the competitor must be “ready to go”. Transition is open from 08.00 (morning session) and 10.00 (afternoon session) both close 1 hour prior to the start of the morning and afternoon sessions.

General Maps Afternoon Session

Race Site and Swim Route Map



Map 1 The swim takes place in the Blue flag Loughrea Lake, with crystal clear waters all along the 750m swim.

The competitor is called directly from transition to swim start (see Map 1) by wave colour. The sprint triathlon race and sprint Aquabike is one loop of swim course, the standard triathlon race and standard Aquabike race is two loops.

Bike Route Map



Map 2 The cycle takes place around the Loughrea Lake and the local countryside on a 20km loop.

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Once the swim is completed the competitor enters transition which is neutralised and transfers onto their bicycle to complete the bicycle course (see Map 2). The bicycle route although marshalled is an “open road” so competitors must be aware of vehicular traffic on the route and any potential traffic hazards. The rules of the road always apply. Drafting is not allowed. The sprint triathlon and sprint Aquabike is one 20-kilometre loop, the standard triathlon and Aquabike is two loops.



Cycle route gradient

Run Route Map



Map 3 The run route.

The run begins in transition and is an out and back course for the sprint triathlon with a turn at 2.5km. The standard triathlon will turn at end of closed road back to a marked cone (Red X) return to end of closed road to complete a mini lap and thereafter return to the finish.

General Maps Morning Session

Swim Route Maps



NCF 7-9 swim route (orange arrows)



NCF 10-11 swim route (orange arrows)



YNS 12-13 (red arrows) YNS 14-15 (yellow arrows)

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NCF and YNS Bike Routes Map



NCF and YNS Run Routes Map



Prizes

Race		Presentation Time
AM Session		
YNS 16-17	Fe/Male 1 st ,2 nd ,3 rd . Medal	12.30
YNS 14-15	Fe/Male 1 st ,2 nd ,3 rd . Medal	
YNS 12-13	Fe/Male 1 st ,2 nd ,3 rd . Medal	
NCF 10-11	Fe/Male 1 st ,2 nd ,3 rd . Medal	
NCF 7-9	Fe/Male 1 st ,2 nd ,3 rd . Medal	
PM Session		
Olympic	Fe/Male 1 st ,2 nd ,3 rd . Medal Top 5- cash prizes 1 st 100, 2 nd , 100, 3 rd 100, 4 th 100, 5 th 100	17.00
Sprint	Fe/Male 1 st ,2 nd ,3 rd . Medal Top 3- cash prizes 1 st 250, 2 nd , 150, 3 rd 100	
Aqua Bike	Fe/Male 1st,2nd,3rd. Medal	

Timing

Please view [RedTag Timing Ireland](#) for race results.

Triathlon Rules

All competitors are expected to be familiar with the rules. For a the full rule book follow the [link World Triathlon Sport Competition Rules 2020 20181125.pdf](#)

Key rules to remember;

- Without a Triathlon Ireland Licence or a One Day Licence you will not be allowed to race.
- Wetsuits are COMPULSORY. Water temperature is 16-18 degrees.
- Avoid nudity in transition, wear a tri suit instead of changing from swimwear to cycle apparel.
- A bicycle in good working order with repair kit is required and a Helmet is mandatory. Bicycles will be rejected if deemed unfit.
- For cycling the competitor must wear helmet during the cycling event or he/she will be disqualified. The competitor must buckle up the chin strap of helmet even before boarding bicycle.
- Drafting; when part of your bicycle is in the Draft Zone of another competitor. This is ILLEGAL as you gain an unfair advantage over the rider ahead.

Race Location



Map 4 overview of race location

The race location co-ordinates are GPS 53.18647768003413, -8.560788036760362

As an aid use the Eircode H62 ND89, it will direct you to the nearest public building (HSE St Brendan's nursing home) that is 500m from race site. Note there is no parking available in this location.



Map 5 overview of parking spaces in Loughrea

Highlighted in Map 5 is a carpark off main street next to Weaver's Rest restaurant and on street parking along Barrack street. Please park safely and with due consideration for the community. Approximate distance from parking is 1/1.5 km as road is closed at Barrack street roundabout from 10am.

Triathlon Checklist

Arrive

- Bag for carrying equipment and storing in transition
- Race details – distances, registration times, layout of field of play
- Triathlon Ireland membership card or ODM and proof of ID
- Courage!

Swimming

- Tri Suit
- Wetsuit
- Goggles / Spare goggles
- Swim cap (supplied)

Cycling

- Bike (make sure brakes are working, tyres inflated)
- Bike tools/puncture repair kit /bike pump
- Bike water bottle
- Cycle shoes/socks (if required)
- Helmet (vital) check straps and fitting
- Sunglasses
- Talcum powder for bike shoes
- Towel for transition area

Running

- Run shoes
- Elastic laces
- Water bottle

Contact

predatoreventinfo@gmail.com is the email address if you require further information.



[End]