



Race Guide

Loughrea Triathlon Festival



Race Partner

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## 1. General information

### 1.1 Introduction

Predator Triathlon Club welcomes you to the Loughrea Triathlon Festival 2023. All details provided in this guide are provisional and can be amended prior to race day. The race committee ensures that the information contained in this guide is correct and up to date as of the production date. However, Competitors, Coaches and Team Leaders are advised to check with the race committee updates via social media and email regarding any changes in information included in this guide. The course has been amended for the senior races this year with a revised bike and run route. Starter lists will be issued 4 days prior to the event date. The race is subject to approval of road closures and sanctioning by Triathlon Ireland.

### 1.2 Triathlon in Ireland is forty years a growing.

“Be your extraordinary” is a core value of World Triathlon. This core value promotes excellence, courage, and innovation in what we do to achieve success for our sport. The embodiment of “Be your extraordinary” was Loughrea man Maurice Mullins. Maurice was a man of many talents, achievements, and endeavours particularly in long distance running. Born on Moore Street and schooled in the Convent of Mercy he played multiple sports in Loughrea and competed in numerous Loughrea road races right up into his late 60's. However, it is his contribution and legacy to the sport of triathlon in Ireland that the Loughrea Triathlon Festival wish to recognise. Maurice is widely credited with organising the first triathlon race in the Republic of Ireland in Skerries where he then lived in 1983. This year marks the 40th anniversary of Maurice’s triathlon event. Assisted by a large team of volunteers and friends, he courageously established this innovation idea for its time of swimming, cycling, and running consecutively. As a tribute to this Loughrea man’s extraordinary contribution to our sport this year’s Loughrea Triathlon Festival has commissioned a commemorative finisher’s medal acknowledging the 40th milestone of his legacy to our sport.

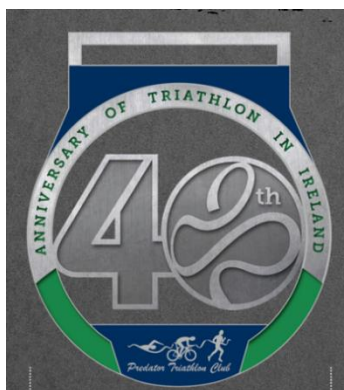


Image 1. Finisher Medal

### 1.3 Triathlon Festival Information

|       |                                    |
|-------|------------------------------------|
| Day   | Sunday                             |
| Date  | 6 <sup>th</sup> August             |
| Time  | 08.00 – 17.00                      |
| Place | The Longpoint, Loughrea, Co Galway |

Table 1. General Festival Information

### 1.4 Race Entry and Registration

Race entry via Triathlon Ireland website (Click [Here](#)). Closing date for entries is the 29<sup>th</sup> of July 2023. No on day entry accommodated. Full race fee refund via [refund@triathlonireland.com](mailto:refund@triathlonireland.com) minus Triathlon Ireland fees until 28th July 2023. Transfers are allowable.

Race registration is at Longpoint, Loughrea on the day from 08.00. See table 2 for race registration times. If the competitor presents a virtual membership card without a photograph, then they must have a passport or driver's license as photo identification. Note that One Day Membership (ODM) fees apply to all participants who are not current Triathlon Ireland annual members, and a copy must be produced at registration. The race entry fees for each race are set on below. Competitor has option to purchase race T Shirt for €5 or €7. No T Shirt selection option available after July 11<sup>th</sup>. Pricing set out in table 2 which is valid until June 11<sup>th</sup> after which it increases by €5.

| Race                     | Price  | Race           | Price  |
|--------------------------|--------|----------------|--------|
| Sprint                   | €49.00 | YNS 16-17      | €29.00 |
| Aqua Bike                | €39.00 | YNS 14-15      | €19.00 |
| Aquathon                 | €39.00 | YNS 12-13      | €19.00 |
| Relay Sprint             | €69.00 | Children 10-11 | €19.00 |
| Super Sprint (Try a Tri) | €39.00 | Children 7-9   | €19.00 |

Table 2. Loughrea Race Entry Fee until July 11<sup>th</sup> not including merchandise.

### 1.5 Race Schedule

The race distances are detailed in table 3. The 2<sup>nd</sup> swim wave of each Youth Series and National Children's Festival race is destined female only. There is a female only wave in the Sprint race. The Aquabike and Aquathon races are also segregated male/female. These times are subject 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".

|  | Registration Time | Distances       | Swim Start Time |
|--|-------------------|-----------------|-----------------|
| Morning Session                                    |                   |                 |                 |
| YNS 14-15  |                   | 500m/10km/2.5km | Pier Wall       |
| Wave 1- male                                       | 8.00-9.30         |                 | 10.00           |
| Wave 2 - female                                    | 8.00-9.30         |                 | 10.03           |
| YNS 12-13  |                   | 400m/6.5km/2km  | Pier Wall       |
| Wave 3- male                                       | 8.00-9.30         |                 | 10.50           |
| Wave 4 - female                                    | 8.00-9.30         |                 | 10.53           |
| Children 10-11                                     |                   | 200m/3km/1km    | Steps           |
| Wave 5- male                                       | 8.00-9.30         |                 | 11.30           |
| Wave 6 - female                                    | 8.00-9.30         |                 | 11.32           |
| Children 7-9                                       |                   | 100m/1.5km/500m | Steps           |
| Wave 7 - mixed                                     | 8.00-9.30         |                 | 12.00           |
| Afternoon Session                                  |                   |                 |                 |
| Super Sprint (Try a Tri)                           |                   | 300m/10km/2.5km | Steps           |
| Wave 1- male                                       | 10.00-12.30       |                 | 12.45           |
| Wave 2- female                                     | 10.00-12.30       |                 | 12.45           |
| Sprint - Triathlon, Aquabike, Aquathon YNS [16-17] |                   | 750m/20km/5km   | Pier Wall       |
| Wave 3   | 10.00-12.30       |                 | 13.30           |
| Wave 4   | 10.00-12.30       |                 | 13.35           |
| Wave 5 - Female                                    | 10.00-12.30       |                 | 14.15           |

Table 3. Triathlon Festival Race Schedule with Distances

### 1.6 Race Briefing

Link to Video Recorded Race briefings. [to be inserted in version 2]

### 1.7 Race Pack

Competitors race pack will include the following: Swim hat, Timing chip (wear on left ankle), Race number (wear to front if you don't have race belt), bicycle and helmet race number (place on seat post and front/side of helmet). Each competitor will receive a race T Shirt if ordered. Race T Shirt for Senior, Youth Series and Children Triathlon displayed in image 2 and 3. Note participants have option to purchase additional race T Shirt via entry portal for family or friends if desired. There may be limited availability of T Shirts on the day for €10.



Image 2. Race T Shirt Senior



Image 3. Race T Shirt Youth Series

### 1.8 Race Prizes

| Race                     |  | Presentation Time    |
|--------------------------|--|----------------------|
| AM Session               |  | 12.30<br>Finish Line |
| YNS 14-15                | Fe/Male 1 <sup>st</sup> ,2 <sup>nd</sup> ,3 <sup>rd</sup> . Medal  |                      |
| YNS 12-13                | Fe/Male 1 <sup>st</sup> ,2 <sup>nd</sup> ,3 <sup>rd</sup> . Medal  |                      |
| Children 10-11           | No Medal Participation only  |                      |
| Children 7-9             | No Medal Participation only  |                      |
| PM Session               |  | 16.30<br>Finish Line |
| Super Sprint (Try a Tri) | Fe/Male 1st,2nd,3rd. Medal   |                      |
| Sprint                   | Fe/Male 1 <sup>st</sup> ,2 <sup>nd</sup> ,3 <sup>rd</sup> . Medal<br>Top 5- cash prizes 1 <sup>st</sup> €270, 2 <sup>nd</sup> €225, 3 <sup>rd</sup> €180,<br>4 <sup>th</sup> €135, 5 <sup>th</sup> €90 |                      |
| YNS 16-17                | Fe/Male 1st,2nd,3rd. Medal   |                      |
| Aqua Bike                | Fe/Male 1st,2nd,3rd. Medal   |                      |
| Aquathon                 | Fe/Male 1st,2nd,3rd. Medal   |                      |

Table 4. Loughrea Triathlon Race Prizes

Note the National Series (Sprint) medals will be awarded in every adult age group category, e.g., 18–19, 20-24, 25-29 etc, and sent by post to recipients after the event. As per Triathlon Ireland guidelines there must be at least eight competitors in the specific category for 2<sup>nd</sup> place and thirteen competitors for 3<sup>rd</sup> place prizes to be awarded. All cash prizes are electronically transferred to recipient's bank accounts after the event.

### 1.9 Race Timing

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

## 2. Race Location

### 2.1 Loughrea Town

Loughrea is a medieval town that dates from 1236, when the Anglo-Norman Knight Richard de Burgo built a castle here. The town lies to the north of a range of wooded hills, the Slieve Aughty Mountains, and the lake from which it takes its name. The town is 10km off the M6 Dublin Galway motorway.

### 2.2 Long Point Loughrea

A very popular amenity that was awarded €50,000 under the 2021 Outdoor Recreation Infrastructure Scheme. Long Point is on the shores of Loughrea lake, a large limestone lake, which covers an area of about 260 hectares. Loughrea lake is of international importance for waterfowl and is a designated Natural Heritage Area. It is Ireland's only blue flag freshwater lake.



Image 4 overview of race location

The race location co-ordinates are GPS 53.1929263, -8.5653312. 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 at this location.



## 2.3 Carparking

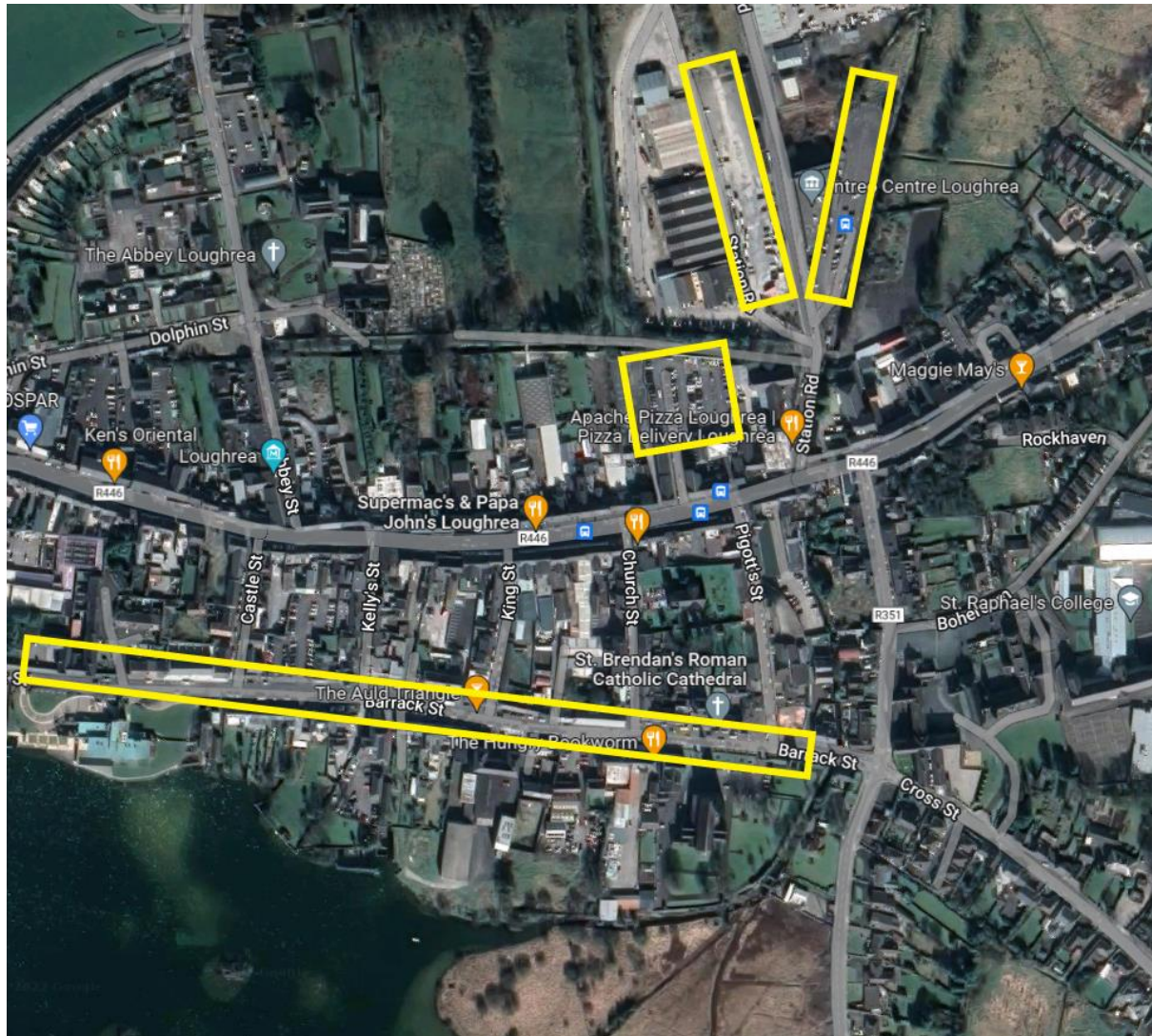


Image 5 overview of parking spaces in Loughrea

As there is no parking at Longpoint and the road is closed to vehicular traffic, participants and spectators must park in Loughrea town. Highlighted in image 5 are some of the main carparking spaces available near the event site. One is off the main street (R446) next to Weaver's Rest restaurant, there are also two parking areas side by side at Railway House and some on street parking along Barrack Street. Please park safely and with due consideration for the community. Approximate distance from parking to Longpoint is 1/1.5 km.

### 3. Course Maps

#### 3.1 Super Sprint (Try a Tri), Sprint, Aquabike, Aquathon Maps

##### 3.1.1 General Race Site Map



Race site map, Longpoint, Loughrea Lake.

Participants/spectators are asked to approach race site from lake side path as Youth races may be in progress and the road is closed. Please note there is no participant/spectator parking available at site on the day. Participants will register, apply numbers, timing chips and present to transition with fastened helmet for bike check. Once transition is secure, participants exit transition to swim start point, avail of 15-minute opportunity to warm up prior to swim start and return to swim pen to be counted in and receive a swim safety briefing. Each wave will be called from swim pen to pier wall or steps for race start.

### 3.1.2 Swim Course Map Sprint Triathlon, Youth Series [16-17], Aquabike and Aquathlon



Image 6 Sprint Triathlon Aquathlon and Aquabike swim course

Swim for sprint, YNS [16-17], aquabike and aquathlon will start at pier wall and follow course outlined in image 6. Swim cut off times will apply as 45 minutes for sprint, aquabike and aquathlon. The swim course consists of one loop. The water level of the first 50 metres and the last 200 metres is between 3 to 5 feet.



### 3.1.3 Swim Course Map Super Sprint Triathlon



Image 7 Super Sprint (Try a Tri) swim course

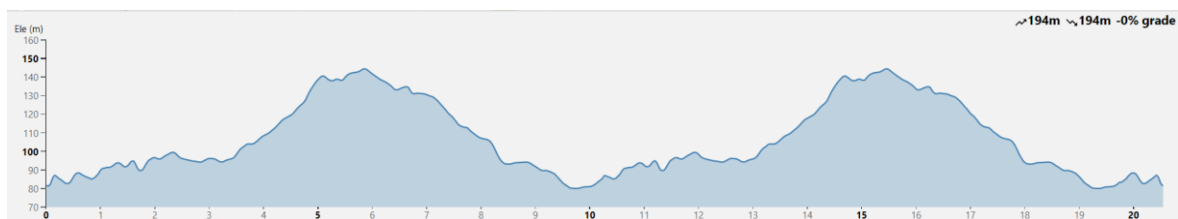
Super Sprint (Try a Tri) swim start is at the lake “steps”. Participants are called from swim pen to a shallow start point (2 feet). The wave is started, and participants swim towards and around the the lake island back to the pier opposite the Lifeguard hut where they exit. The water level of the first 50 metres and the last 150 metres is 3 to 5 feet.

3.1.4 Route and Directions of Bicycle course Try a Tri, Sprint Triathlon, Youth Series [16-17], Aquabike.



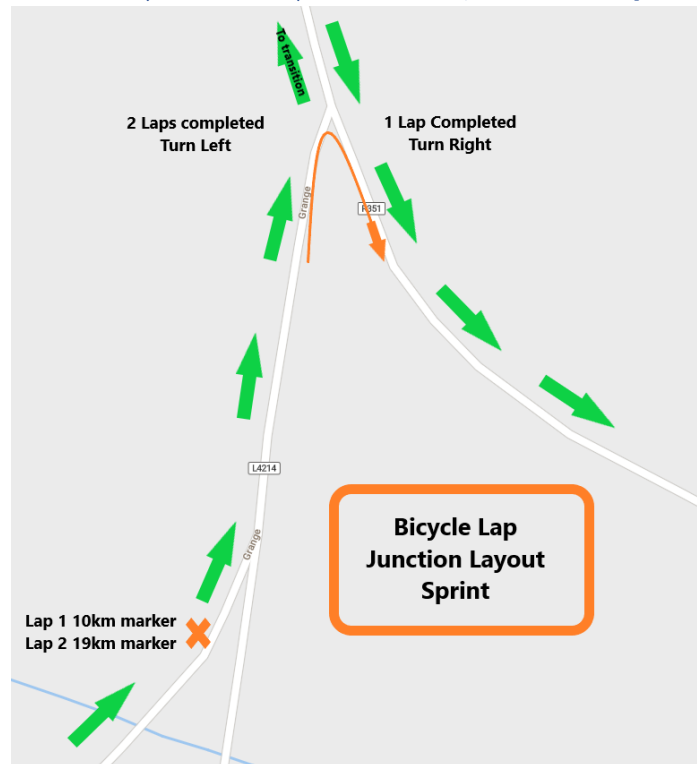
**Map 1** The cycle route\_ all senior races plus Youth Series [16-17] (2 laps).

Once the swim is completed the participant enters transition and transfers onto their bicycle to complete the bicycle course (see Map 1). The bicycle route although marshalled is an “open road” so participants 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 Super Sprint (Try a Tri) Triathlon is 10.5km (see map 3), the Sprint Triathlon, Aquabike and Youth Series [16-17] is two 10-kilometre laps (see map 2). Please note that there is a steep ascend with a right hand turn at after the 10km mark with a possibility of merging bicycle traffic.

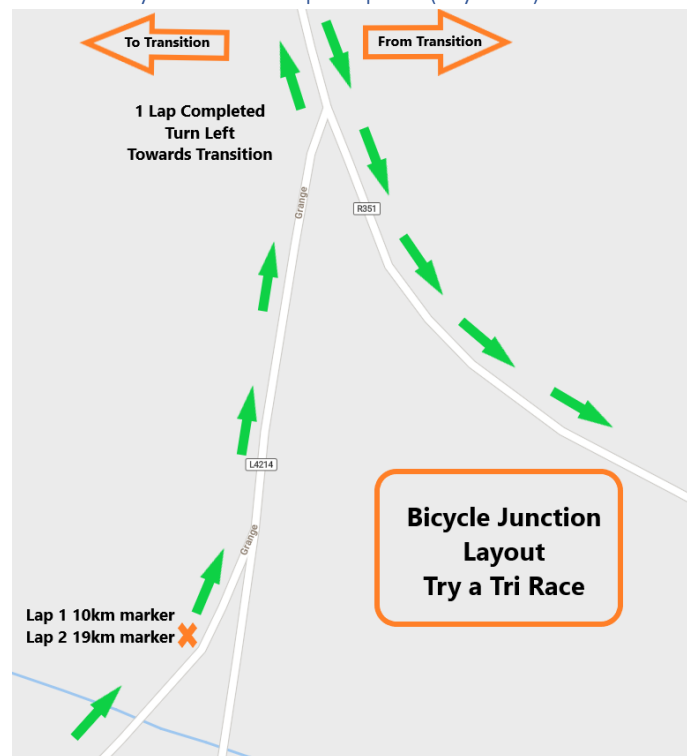


**Figure 1.** Cycle route gradient

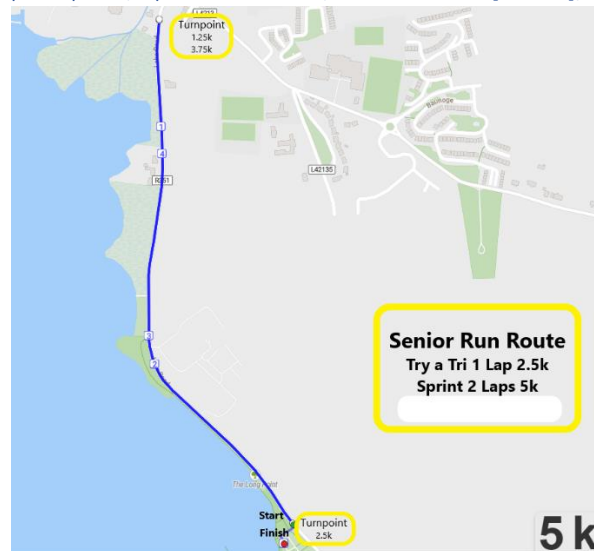
3.1.5 Route and Directions of Bicycle course Sprint Triathlon, Youth Series [16-17], Aquabike.



3.1.6 Route and Directions of Bicycle course Super Sprint (Try a Tri) Triathlon

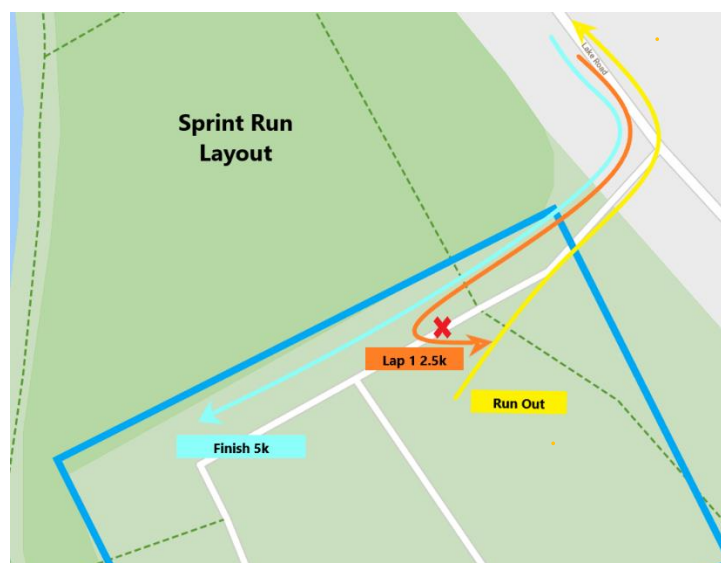


• 3.1.7 Run Route Map Super Sprint, Sprint Triathlon, Youth Series [16-17], Aquathon.



• • **Map 4.** The run route 5km.

The Sprint Triathlon, Youth Series [16-17] and Aquathon run route is an out and back course beginning in transition consisting of 2 laps. Participants turn left out of transition to a 1.25km turn point, return to transition and loop back to 3.75km turn point (original 1.25km turn point) and return to finish in transition. See Map 5 for overview of turn point and finish. The super sprint (Try a Tri) run route is similar, but a single lap beginning in transition with a turn point at 1.25km and return to transition to finish. There is water available at transition turn points (2.5km, 5km). Note Aquabike participants must cross the finish arch after cycle dismount and racking of bicycle in transition via run exit (turn right towards finish line).



**Map 5.** Turn point/Finish in transition.

### 3.2 Youth (U9,11,13,15) Course Maps

#### 3.2.1 Youth Swim Course and Distance

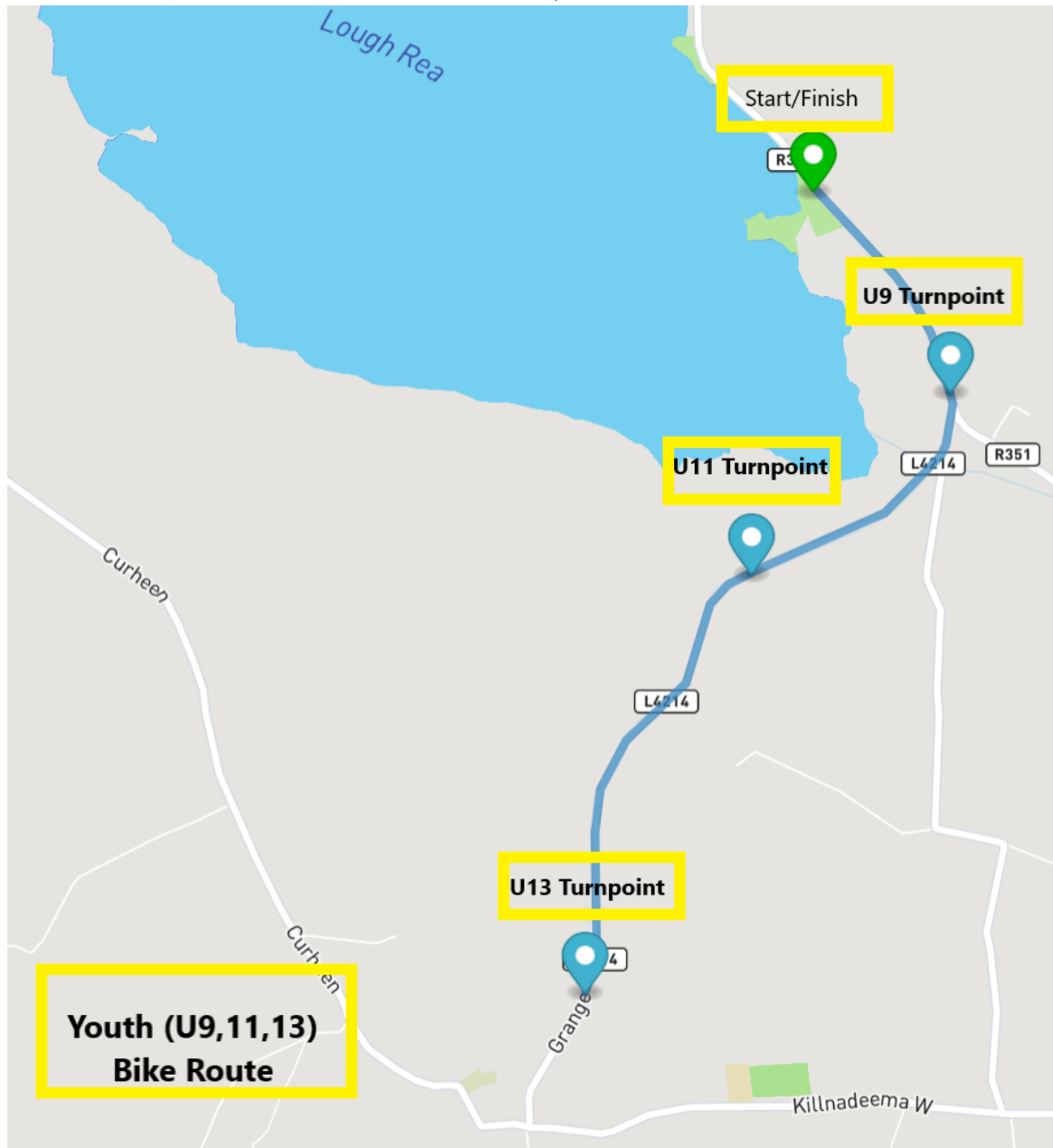


Map 6. Youth swim course

Map 6 indicates the swim courses for each age category. The 7-9 age category consists of a 100m dash from the lake steps to the swim exit point by the Lifeguard hut. The water level is 2 to 3 feet for 100m distance. The 10-11 swim begins at the lake steps and swims towards a buoy, turning left to the swim exit point by the Lifeguard hut. The water level for the first and last 25m is between 3 and 4 feet. Both 12-13 and 14-15 age category start at pier wall. Turning left at a designated buoy to the swim exit point by the Lifeguard hut. The water level of the first 50 metres and the last 200 metres is between 3 to 5 feet.



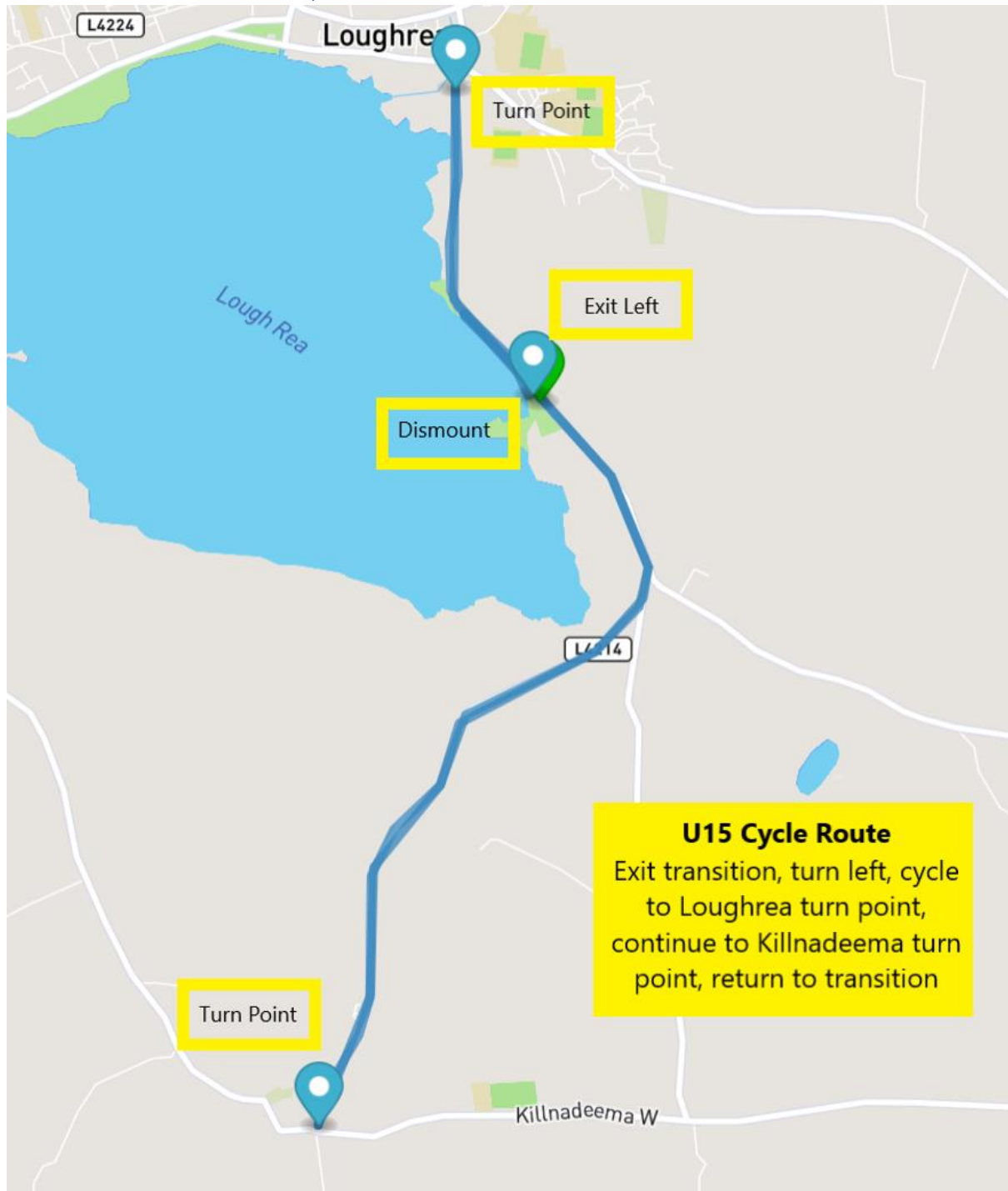
3.2.2 Children U9, U11 and YNS 12-13 Bike Route Map



Map 7. Children and Youth [12-13] bike route

Children U9, U11 and YNS 12-13 all exit transition and turn right at mount line to each age category turning point as outlined on map 7. Each participant in their age category returns to transition and exits on the run course. Note a parent/guardian of children U9 and U 11 are allowed to be in the transition to assist the child. Note a parent/guardian must NOT interfere with the progress of another participant.

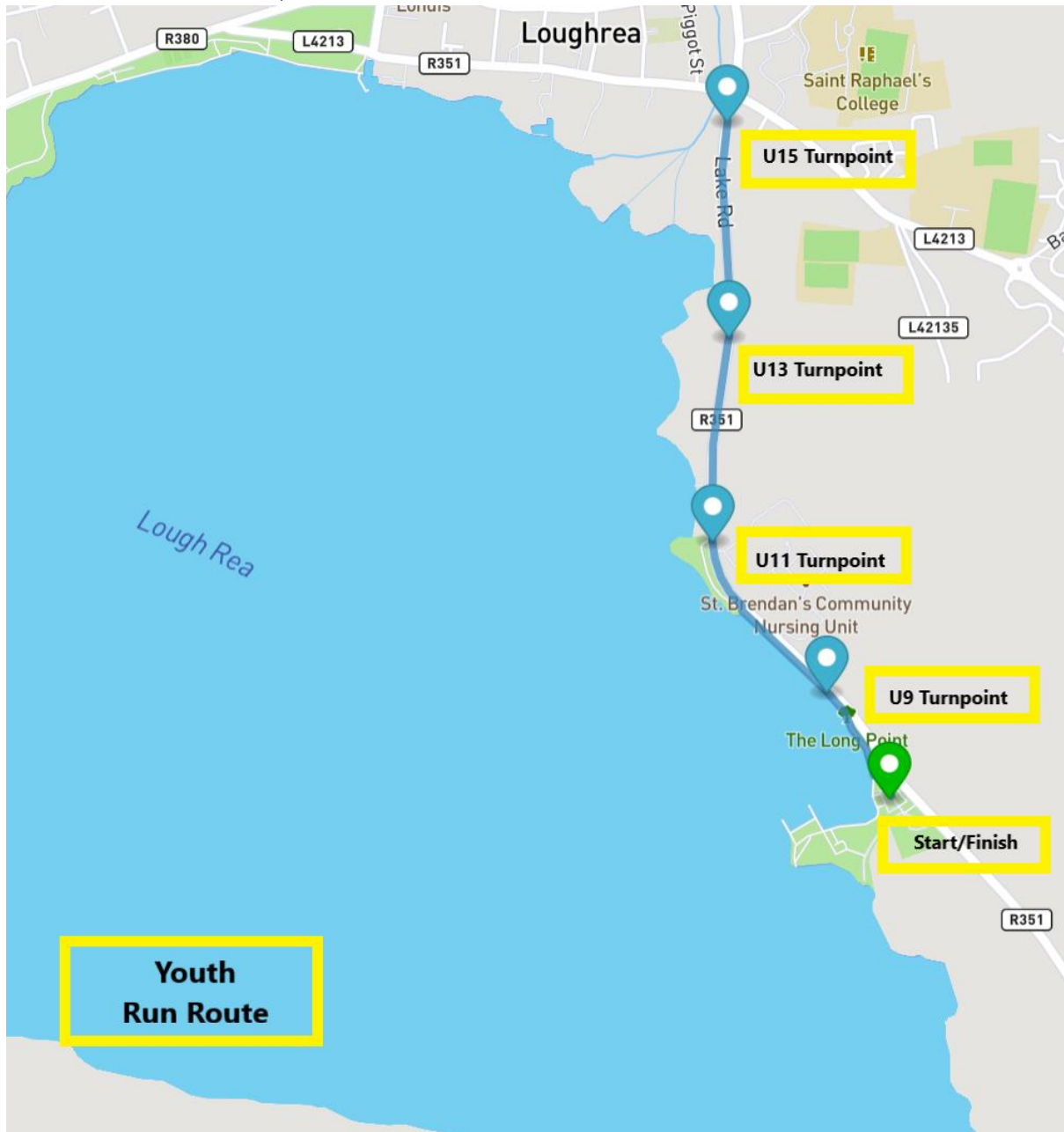
### 3.2.3 YNS 14-15 Bike Route Map



Map 8. YNS 14-15 Bike Route Map

Map 8 indicates that the YNS 14 -15 participant must turn LEFT at mount line, cycle towards Loughrea turn point, return past transition to Killnadeema, and return to the transition area.

### 3.2.4 Youth Run Route Map



Map 9. Youth run route.

## 4. 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](#)

### 4.1 Key rules to remember.

- Without a Triathlon Ireland Licence or a One Day Licence you will not be allowed to race.
- Wetsuits are COMPULSORY.
- Avoid nudity in transition, wear a tri suit instead of changing from swimwear to cycle apparel.
- A bicycle in good working order is required and a Helmet is mandatory. Bicycles will be rejected if deemed unfit.
- While cycling the competitor must wear their 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.

### 4.2 Common penalties

| Age            | Time Penalties                | Disqualification possible? | *Drafting Time Penalty |
|----------------|-------------------------------|----------------------------|------------------------|
| Under 12       | 10 seconds                    | Yes                        | 1 minute               |
| 12-13          | 10 seconds                    | Yes                        | 1 minute               |
| 14-15          | 10 seconds                    | Yes                        | 1 minute               |
| 16-18          | As Adult as per race distance |                            |                        |
| Adult Sprint   | 10 seconds                    | Yes                        | 1 minute               |
| Adult Standard | 15 seconds                    | Yes                        | 2 minutes              |

### 4.3 Protest and Appeal

The Protest and Appeals document ([click here](#)) sets out rules and procedures relating to protests and appeals for all events sanctioned by Triathlon Ireland.

The protest must be accompanied by a deposit of €40 and will be refunded if the protest is successful. If the protest is dismissed, there will be no refund and the money will be retained by Triathlon Ireland. Protest forms may be obtained from the Race Referee.

## 5. Triathlon Checklist

### 5.1 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!

### 5.2 Swimming

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

### 5.3 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

### 5.4 Running

- ☐ Run shoes.
- ☐ Elastic laces
- ☐ Water bottle

## 6. Services

### 6.1 Medical Service

Irish Red Cross Ambulance – on race site

Galway University Hospital

**Saolta University Health Care Group**

University Hospital Galway, Newcastle Road, Galway H91 YR71 Tel: +353 91 524222

### 6.2 Garda

Loughrea Garda Station

Barrack Street, Loughrea, Co. Galway, H62 V275 +353 91 842870. Call 999/112 in emergency

### 6.3 Bike Mechanical Services

Unit 1, Main Street, Loughrea Co. Galway, H62 ED65 Tel +353 87 9619453

On race site 9.00-14.00

### 6.4 Contact details

[predatoreventinfo@gmail.com](mailto:predatoreventinfo@gmail.com) is the email address if you require further information.

### 6.5 Race Sponsor

Welliba was created by an international group of highly experienced Occupational Psychologists, HR Professionals, and IT Experts. They share the belief that providing people with meaningful insights about themselves and their contexts, will empower them to manage their personal and professional development and lead them to an altogether happier and more balanced life. For more details, please visit [welliba.com](https://welliba.com) to unlock your potential.



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