



Athletes Guide

Loughrea Triathlon Festival



Contents

1. General information	3
1.1 Introduction	3
1.2 Triathlon in the Olympic spotlight.	3
1.3 Triathlon Festival Information	4
1.4 Race Entry and Registration	4
1.5 Race Schedule	5
1.6 Race Briefing	6
1.7 Race Pack	6
1.8 Race Prizes	6
1.9 Race Timing	6
2. Race Location	7
2.1 Loughrea Town	7
2.2 Long Point Loughrea	7
2.3 Carparking	8
3. Course Maps	9
3.1 Race Site Overview	9
3.2 Children (U9,U11) Course Maps	13
4. Triathlon Rules	16
4.1 Key rules to remember.	16
4.2 Protest and Appeal	16
5. Triathlon Checklist	17
5.1 Arrive	17
5.2 Swimming	17
5.3 Cycling	17
5.4 Running	17
6. Services	18
6.1 Medical Service	18
6.2 Garda	18
6.3 Bike Mechanical Services	18
6.4 Contact details	18
6.5 Race Partners	18

1. General information

1.1 Introduction

Welcome to the Loughrea Triathlon Festival 2024. 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, athletes, 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. Athlete starter lists will be issued four days prior to the event date. The race is subject to approval of road closures and sanctioning by Triathlon Ireland.

1.2 Triathlon in the Olympic spotlight.

The Loughrea Triathlon Festival was awarded “Race of the Year 2023” by Triathlon Ireland. Thank you to all our participants and supporters who nominated and voted. The festival is very grateful for your recognition. The award builds on the “Junior Race of the Year 2022” award and gives the festival encouragement to elevation the race experience for athletes in 2024. The races in this year’s festival are Children’s Triathlon, Youth National Championship incorporating the ATU Youth National Club Championship and ATU Youth Triathlon Cup in the morning session. The National Triathlon Sprint Series races are in the afternoon with separate male and female races. This year’s festival date coincides with the competition window of the Olympic triathlon race events in Paris. Our festival theme this year is shaped by the Olympic ideals to dream and to aspire. Each athlete’s sports dream is individual to them and can hold a range of symbolism that helps them understand their deepest desires and challenges. For all our athletes it is to realise their dream in the sport to participant and compete to overcome the challenges of swimming, biking, and running with their peers. Aspirations demand a celebration, and this festival is a chance to bask in the spotlight of achievement. So, as you cross the finish line, raise your arms, and celebrate your achievement.

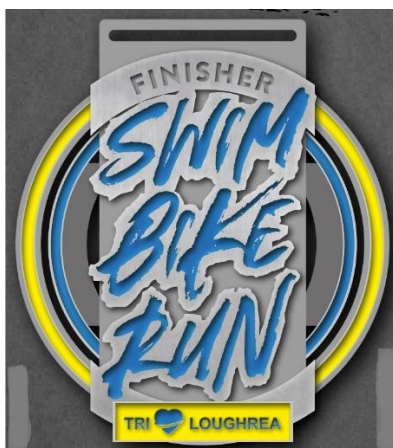


Image 1. Finisher Medal 2024

1.3 Triathlon Festival Information

Day	Sunday
Date	August 4 th
Time	08.30 – 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 31st of July 2024. No race day entry accepted. Full race fee refund via refund@triathlonireland.com minus Triathlon Ireland fees until 28th July 2023. Transfers are allowable.

Athlete registration is at Longpoint, Loughrea on the day from 08.15. See table 2 for race registration times. If the athlete 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 athletes 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. Athletes have option to purchase race T Shirt online. No T Shirt selection option available after July 11th. Race entry pricing set out in table 2.

Race	Price	Race	Price	Race	Price
Sprint	€55.00	YNS 16-17	€30.00	Children 10-11	€25.00
Relay Sprint	€100.00	YNS 14-15	€30.00	Children 7-9	€25.00
		YNS 12-13	€30.00		

Table 2. Loughrea Race Entry Fee not including merchandise.

1.5 Race Schedule

The race distances are detailed in table 3. The 2nd swim wave of each Youth Series and Children's Triathlon Festival race is designated female only. There is also a separate male and female National Series Triathlon Sprint race. 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" and in the start pen 15 minutes prior to start time.

	Registration Time	Distances	Start Pen	Swim Start Time
Morning Session				
YNS 12-13		300m/6.5km/1.5km		Pier Wall
Semi Final 1- Male	8.30-9.30		9.45	10.00
Semi Final 1- Female	8.30-9.30		9.45	10.03
YNS 14-15		300m/6.5km/1.5km		Pier Wall
Semi Final 2- Male	8.30-9.30		10.05	10.20
Semi Final 2- Female	8.30-9.30		10.05	10.23
YNS 16-17		300m/6.5km/1.5km		Pier Wall
Semi Final 3- Male	8.30-9.30		10.25	10.40
Semi Final 3- Female	8.30-9.30		10.25	10.43
NCF 10-11		200m/3km/1km		Beach
Wave 1- Male	8.30-9.30		11.15	11.30
Wave 2 - Female	8.30-9.30		11.15	11.32
NCF 7-9		100m/1.5km/500m		Beach
Wave 1- Male	8.30-9.30		11.45	12.00
Wave 2 - Female	8.30-9.30		11.45	12.01
Triathlon Cup Final		300m/6.5km/1.5km		
Final - Male			12.15	12.30
Final - Female			12.15	12.33
Afternoon Session	11.30-12.30	750m/20km/5km		Pier Wall
Wave 1- Male			13.30	13.45
Wave 2- Male			13.30	13.50
Wave 3- Female			14.20	14.30
Wave 4- Female			14.20	14.35

Table 3. Triathlon Festival Race Schedule with Distances

1.6 Race Briefing

Link to Video Recorded Race briefings. [link to be place here]

1.7 Race Pack

Athletes 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 athlete 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 athletes 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.

1.8 Race Prizes

Race		Presentation Time
AM Session		After each race next to Finish Line
YNS 16-17	Fe/Male 1 st ,2 nd ,3 rd . Medal	
YNS 14-15	Fe/Male 1 st ,2 nd ,3 rd . Medal	
YNS 12-13	Fe/Male 1 st ,2 nd ,3 rd . Medal	
Children 10-11	No Medal Participation only	
Children 7-9	No Medal Participation only	
ATU National Club Champions	Team 1 st ,2 nd 3 rd presentation	13.00 next to Finish Line
ATU Triathlon Cup	Fe/Male 1 st presentation	13.00 next to Finish Line
PM Session		16.30 Finish Line
Sprint	Fe/Male 1 st ,2 nd ,3 rd . Medal Top 5- cash prizes 1 st €270, 2 nd €225, 3 rd €180, 4 th €135, 5 th €90	

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 athletes in the specified age category for 2nd place and thirteen athletes for 3rd place prizes to be awarded. All prize money is 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](https://www.google.com/maps/place/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

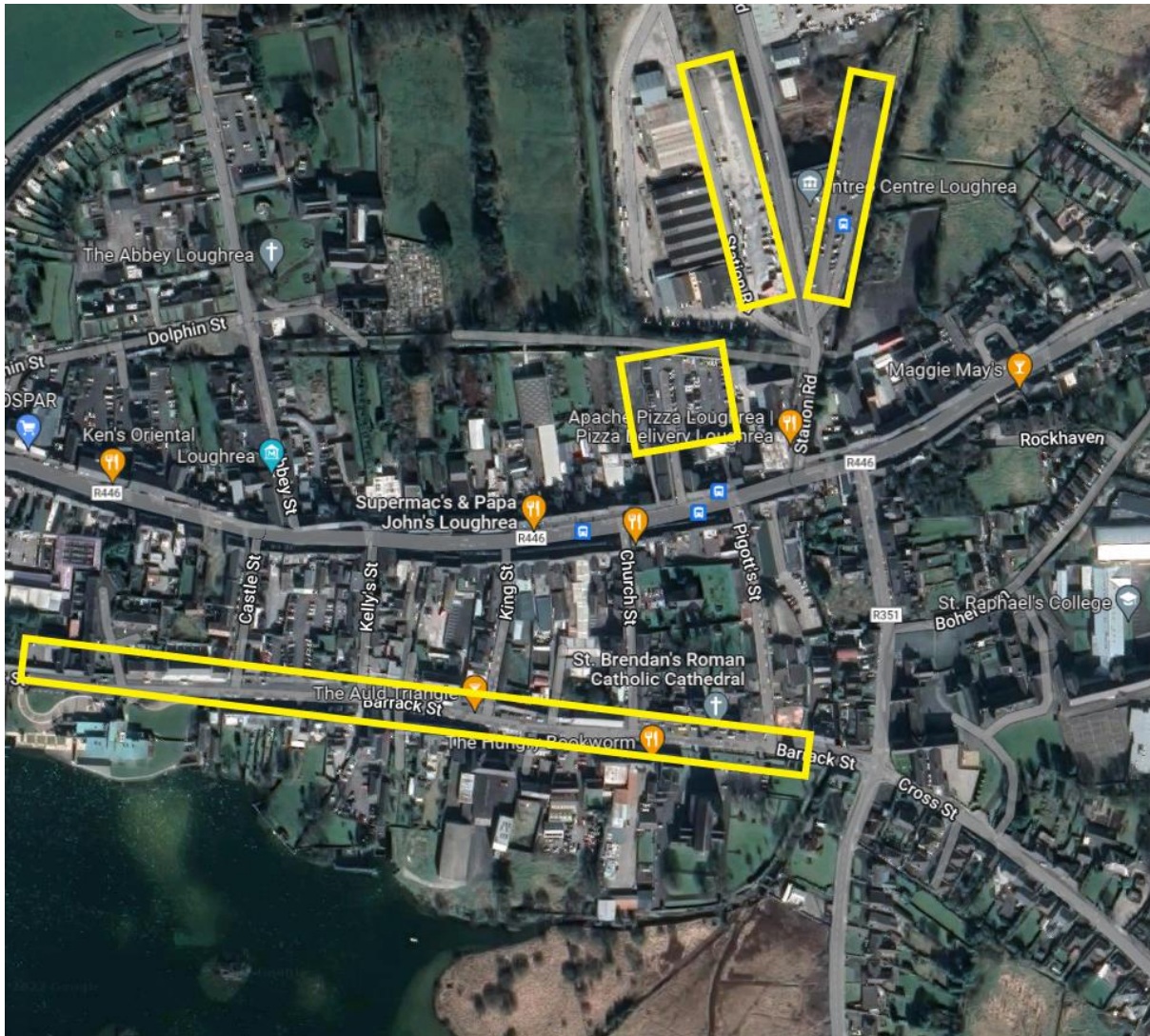


Image 5 overview of parking spaces in Loughrea

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 in Loughrea to Longpoint is 1/1.5 km.

3. Course Maps

3.1 Race Site Overview

3.1.1 General Race Site Map



Race site map, Longpoint, Loughrea Lake.

Athletes/spectators are asked to approach race site from lake side path as Youth and children's races may be in progress and the road is closed. Please note there is no athletes /spectator parking available at race site on the day. Athletes will register, apply numbers, timing chips and present to transition with fastened helmet for bike check. Once transition is secure, participants exit transition to race start point and receive a swim safety briefing. Each wave will be called from the start pen to pier wall or steps for race start.

3.1.2 Swim Course Map Sprint Triathlon.



Image 6 Sprint Triathlon Aquathon and Aquabike swim course

Swim for sprint follow course outlined in image 6. Swim cut off times will apply as 45 minutes. swim course consists of one loop. The water level of the first 25 metres and the last 100 metres is between 1.8 and 1 metres.

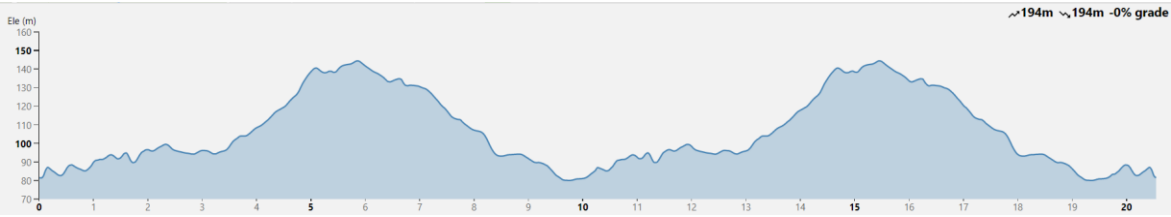
3.1.3 Route and Directions of Bicycle course Sprint Triathlon.



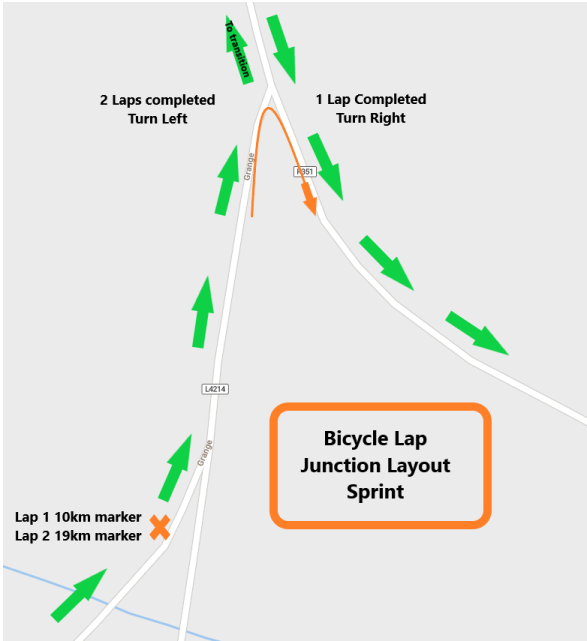
Map 1 The cycle route_ all senior races (2 laps).

Once the swim is completed the athlete 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 athletes 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. Note Aille Cross to Kilnadeemna cross is an L designated road so it is narrow in parts (4km to 7km 1st lap, 14km to 17km 2nd lap). After 6km the route begins to descend (GAA pitch on your right-hand side is a visual marker). It is easy to build speed, but athletes must remain in control of the bike and moderate their speed as there are two crests on the road when taken at high speed can act as a ramp that can lift the bike. Also, as you approach Kilnadeemna cross the right-hand turn is on a descent so moderation in speed is advised for safe handling of this technical turn. 8km to 10km on 1st lap and 17.5 km to 19.5 2nd lap are descending. Please note that there is a short (150m) steep ascend with a right-hand turn after the 10km mark with a possibility of merging bicycle traffic.

The Sprint Triathlon is two 10-kilometre laps (see map 2).



3.1.5 Route and Directions of Bicycle course Sprint Triathlon.



3.1.6 Run Route Map Sprint Triathlon.



The Sprint Triathlon run route is an out and back course beginning in transition consisting of 2 laps. Athletes 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. There is water available at transition turn points (2.5km, 5km).



Map 5. Turn point/Finish in transition.

3.2 Children (U9,U11) Course Maps

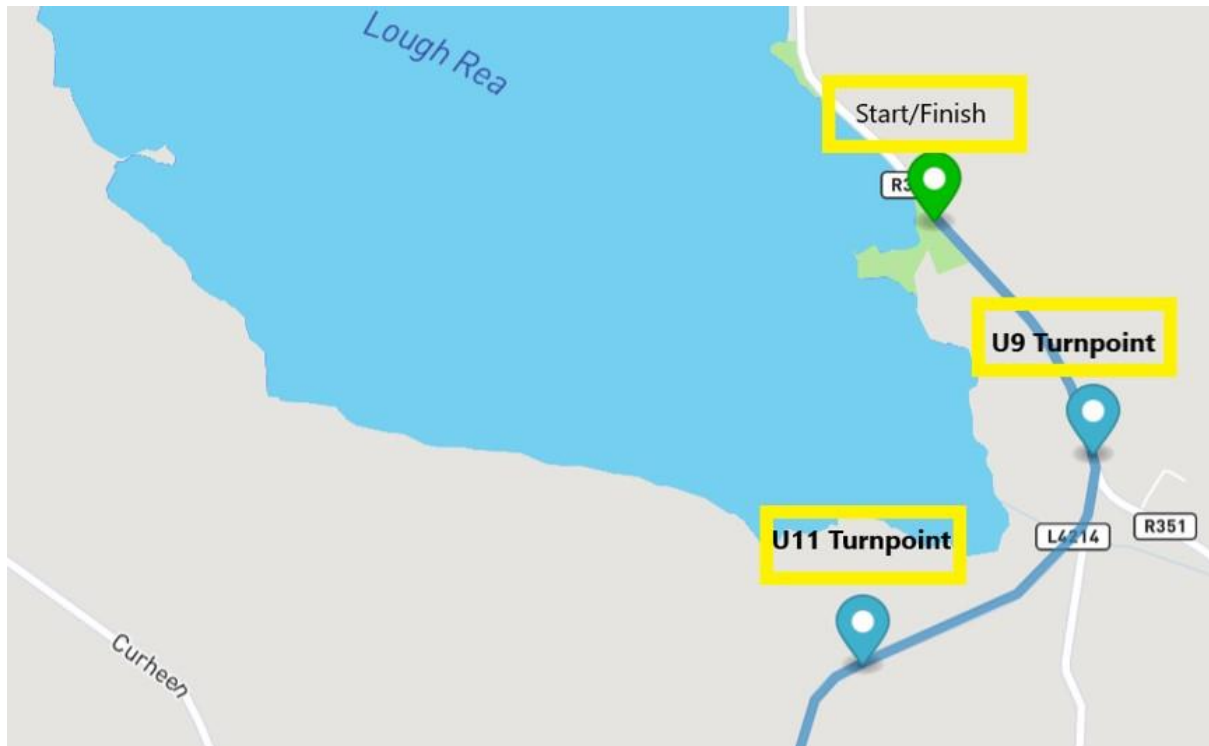
3.2.1 Youth Swim Course and Distance



Map 6. Youth and Children swim course

Map 6 indicates the swim courses for each age category. The 7-9 age category consists of a 100m dash [purple line] from the lake beach to the swim exit point by the Lifeguard hut. The water level is 3 to 4 feet for 100m distance. The 10-11 swim [orange line] begins at the lake steps 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 1 metre.

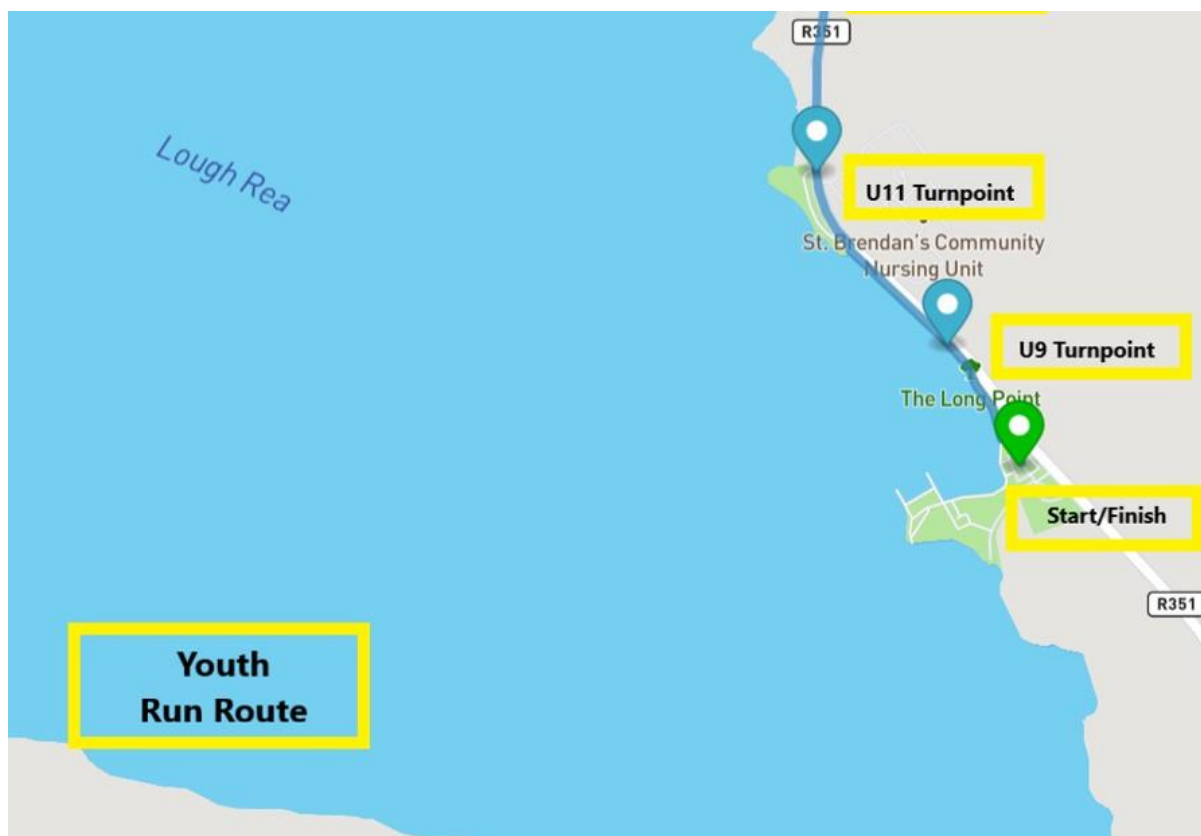
3.2.2 Children U9, U11 Bike Route Map



Map 7. Children bike route

Children U9, U11 all exit transition and turn right at mount line to each age category turning point as outlined on map 7. Each athlete 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 athlete.

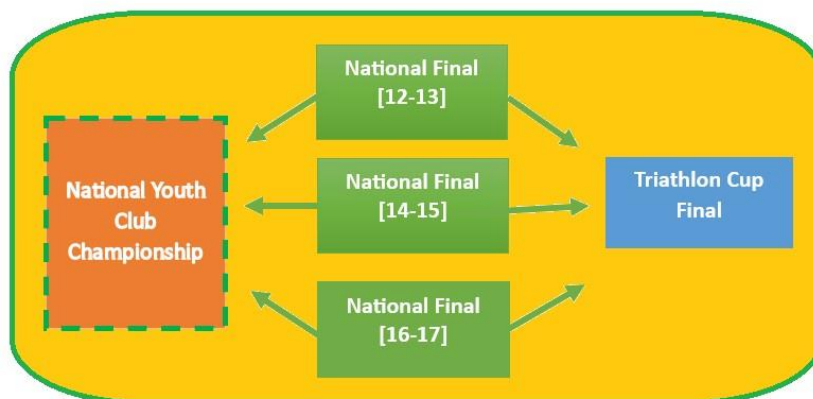
3.2.4 Children Run Route Map



Map 8. Children run route.

All children exit transition zone and turn left onto the closed road keeping to the right-hand side and returning on the left-hand side. Children [10-11] turn at 500m turn point and return to transition area at the lake to finish [1 km]. Children [7-9] turn at 250m turn point and return to transition area at the lake to finish [500m].

3.3 Youth National Championship, ATU National club championship and ATU Youth Triathlon Cup



See separate Athletes Race Guide.

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 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

Murray Ambulance Service – on race site

Civil Defence – Finish Line First Aid (PM)

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 is the email address if you require further information.

6.5 Race Partners



[End]