



The Hardman Triathlon
Individual Entries
Race Manual

20th August 2016



Sponsors and Supporters

Thank you to our sponsors our supporters and the volunteers who made the event possible

Killarney Golf and Fishing Club

Castlerosse Hotel

Killarney National Park

Cycleways

Runways

Fossa GAA Club

Race Schedule

Friday 19th August	5:00pm – 7:00pm Registration and Race Pack collection: Fossa GAA Club 5:00pm – 7:00pm Feed Zone Bags check in: Fossa GAA Club 7:00pm – Competitors briefing: Fossa GAA Club
Saturday 20th August	5:30am Transition 1 opens 5.30am-6.15am Bike/helmet check 6:20am Assembly call 6:30am Race start 8:40am Swim course closed 9:00am Transition 1 closed 4:40pm Cycle course closed 10:50pm Run course closed 11:30pm Transition 2 closed 10:00 am – 11:00pm Hardman Triathlon Race Headquarters: Castlerosse Hotel 2:00pm – 10:00pm Post race massage*
Sunday 21st August	10:00 am – Noon Hardman Triathlon Race Headquarters: Castlerosse Hotel 11:00am – 1:00pm Lunch, Prize Presentation and Awards Ceremony

Safety Information

Cycle course:

The Irish Rules of the Road must be obeyed.

You must give way to all traffic.

Roads are NOT closed.

You must ride on the left hand side of the road

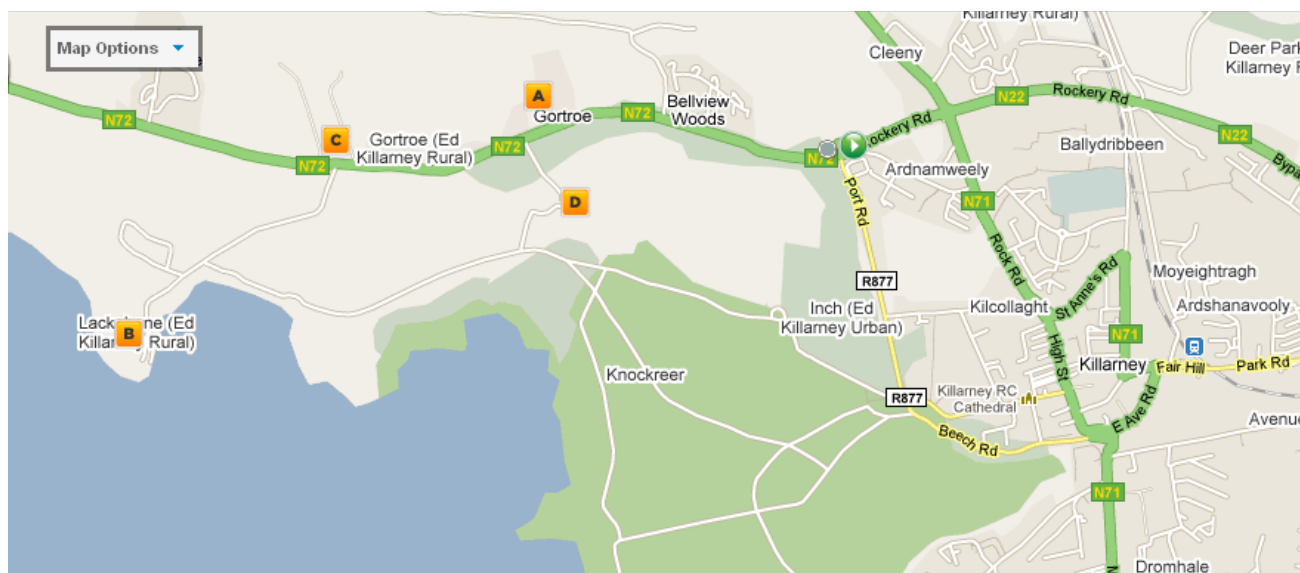
You must never cross the centre line.

Run course:

Roads are NOT closed.

You must run on the right hand side of the road unless instructed to do otherwise.

Killarney area map



- A** Fossa GAA Club Pavilion
- B** Killarney Golf and Fishing Club
- D** Castlerosse Hotel

Pre-Race Information

Race Headquarters:

The race headquarters will be in Fossa GAA Pavilion on Friday 19th, race headquarters will be in the Castlerosse Hotel on Saturday 20th and on Sunday 21st. Opening times will be as laid out in the race schedule. Inquiries relating to all aspects of the race will be dealt with here. Contact with race officials can be made through the race headquarters.

Items of property that have been lost or found can be dealt with as well as requests for additional tickets for the awards brunch.

Course maps, race regulations and general information will be on display.

Registration:

Individuals:

You are to proceed to the desk marked INDIVIDUAL COMPETITORS. You will then be asked to sign the registration sheet and to present your Triathlon Ireland licence or else to present your *One Day Licence*. A person unable to present one of these documents will not be allowed to proceed any further in the registration process and will not be allowed to race.

You will then be presented with a bag containing:

- ✚ A race number
- ✚ A frame number for the bike
- ✚ A numbered swim cap
- ✚ Meal Vouchers for the Prize giving Brunch. This allows entry to the Prize Presentation and Brunch on Sunday 26th. ***You will not gain access to the meal without producing this voucher.***
- ✚ Some promotional products from HP Nutrition
- ✚ Event T-shirt
- ✚ Gear bags:
 - ✚ Bag C: this bag is to be used to bring all the items of clothing etc you will need for the cycle and sufficient food to get you to the feed station at Waterville (approx 73km). When you exit from the swim you should put your wet clothing etc into this bag and it will be brought to T2
 - ✚ Bag R: this bag should contain all the items of clothing etc you will require for the run.
 - ✚ Bag E: this should contain all the items of clothing etc you require at the end of the race.



A **HARDMAN** EVENT

You will bring these 3 bags to T1 with you on Saturday morning and the race organisation will transfer them to T2.

- + Bag F: these bags are to be used to bring your personal race food requirements to the Feed Zone on the cycle course at Waterville (approx 73km) and to the run feed station at the end of Lap 1
- + A laminated course map/route guide to the cycle course

Two separate bins will be provided at registration to collect Feed Zone Bags. The bins will be marked Cycle Feed Zone and Run Feed Zone. If you wish to have food at the feed stops then you must place your own food in the bag, tie a knot on the bag and place it in the appropriate bin.

Head torches are mandatory for all runners according to Race Rule 4.0.5. Competitors starting a lap of the run course from 8:15pm must wear a head torch. If you expect to need a head torch, it should be tagged with your race number and place in your Run Feed Zone Bag.

It is your responsibility to ensure that your race number is written on each of your bags.

Hydration Stations:

Hydration Stations on the Cycle route will be stocked as follows:

- Water only at Molls Gap
- Water + bars/gels at Sneem
- Water + bars/gels at Waterville
- Water + bars/gels at Kells
- Water + bars/gels at Killorglin.

Hydration Stations on the Run route will be stocked as follows:

- Water, gels and bananas at Queens bridge
- Water, coke, brack etc at Castlerosse
- Water and gels at Ross Castle

All the energy products are provided by HPNutrition.

Pre Race formalities

Pre-Race Briefing:

There is a compulsory pre-race briefing for all competitors in Fossa GAA Pavilion. This will be held at 7:00pm . The format of the briefing is to:

1. Introduce the race organisers
2. To introduce the Technical officials
3. To advise of any last minute incidents that effects the courses.
4. To answer any questions you may have

Gear Bags Check-in:

Competitors are responsible for packing their own race bags. Transition bags are included in the registration pack. These are pre numbered and must be used. No other bags will be accepted. Please do not pack anything that you will need on race morning and for the swim. These bags are for the swim/bike transition and the bike/run transition.

Reflective tape must be used and attached to your running top or shorts. Note the requirement to have a head torch if you expect to be on the run course after 8:15pm. These requirements are to ensure competitor safety if on the course after dark. Please do this prior to gear check-in.

In the **gear bag (C)** should be all the gear competitors will require for **Transition 1** (the swim/bike transition) and sufficient personal food etc to get to the Feed Zone in Waterville. Competitors are required to bring it to the race start on Saturday morning. These bags will be laid out in numerical order on the exit from the swim. Competitors will take their bag to the changing tent and change into their cycle gear. Competitors are required to pack their wet suits, towels and any other equipment back into gear bag (C) after the swim. It is then to be left at the bag drop trailer near the entrance to **Transition 1**

In the **gear bag (R)** should be everything required for **Transition 2** (the bike/run transition) and the run. Please note **Transition 1** and **Transition 2** are in separate locations. This bag should be brought to the **Transition 1** on Saturday day morning. It will be collected at sign-on and brought to **Transition 2**

Gear bag (E) can be used to store warm clothing and other supplies competitors require at the finish and or the clothing the competitor will wear to the race start. This bag should be brought to the **Transition 1** on Saturday day morning. It will be collected at sign-on and brought to **Transition 2**

In the gear bag (F) competitors should place whatever race food and other requirements they wish for the cycle course. This bag must be placed in the Cycle Feed Zone Bins at Fossa GAA. The bags will be laid out in numerical order at the Feed Zone in Waterville. Riders must clip out at least 1 shoe to collect their feed bag and must not leave the Feed Zone until they have disposed of the gear bag (F) in the bin provided. Bicycles are not permitted in the Feed Zone area, they must be left outside.

A second gear bag (F) is available to competitors who should place whatever race food and other requirements they wish for the run course. This bag must be placed in the Run Feed Zone Bins at Fossa GAA. The bags will be laid out in numerical order at the Feed Zone in at the end of Lap 1 Runners must collect their own feed bag and must not leave the Feed Zone until they have disposed of the gear bag (F) in the bin provided.



Competitors will need to start the race with their timing transponder – do not put this in a gear bag. Attach the race number to the back lower left hand side of your cycle clothing and to the front of your running clothing.

Race Day Information

Race Morning

Transition 1 at the Killarney Golf and Fishing Club will open at 5:30am.

Race day parking:

There is parking for competitors in a designated area at Killarney Golf and Fishing Club on race day. This is approx 300m from Transition 1. Please do not use the member's car parks.

Bicycle and helmet check:

Bicycles and helmets will be checked at T1 from 5.30am on Saturday morning. At registration on Friday evening you will be given a sheet to fill in detailing your race number, bike name, colour etc. Please bring this with you to T1 on Saturday morning. The bike check will involve two experienced cyclists examining your machine to test:

- ✚ That both brakes work
- ✚ That the saddle is secure
- ✚ That there is no excess play in the head set
- ✚ That the bottom bracket is not loose

A bicycle failing to pass scrutiny must be repaired or replaced before registration can proceed. The fact that a bike passes scrutiny is not a quality assurance of any sort.

At bike scrutiny, you will be required to produce the following item

- ✚ An approved cycling helmet

Given the length of the cycle course, it is recommended that every competitor should carry a breakdown kit comprising the following items and know how to use them:

- 2 tyre levers
- 2 tubes or 2 tubs
- A pump or compressed gas sufficient to inflate 2 tubes
- A multi-tool with a chain-breaker

The scrutineers will then note that the make, model and colour of the bicycle match what you have filled in on the form. The bike that will be returned to you at the end of the competition must match this description.

All competitors must be inside T1 by 6:15am.

Race Timing:

The timing system requires all competitors to wear a transponder attached to their left ankle. You will receive your transponder at sign-on at Transition 1 on Saturday morning. The band must not be removed during the entire race. Relay team members must exchange the transponder and the race number at the transitions. Officials will remove



the transponder once you cross the finish line. If you are forced to withdraw at any stage of the race you must report to the Race Headquarters or a Referee at one of the transition areas as soon as possible and hand in the band. Failure to do so will cause delays in issuing official results. Do not hand it in to any race volunteers on the course. In the event of your transponder being lost during the race, you must report to timing personnel at transition before starting the next leg and a replacement will be issued. Failure to do so will incur a five-minute stand down penalty at the bike/run transition and/or a finish time not being recorded.

Race Procedure:

There will be a notice at 6:20am that there is 10 minutes to the race start. There will be a notification at 6:25am that there is 5 minutes to go to race start. At 6:28am all competitors will be requested to move to the race start. At 6:29am all competitors will be requested to enter the water and form up at the start line. There will be a countdown with a call of 30 seconds, 15 seconds and a countdown from 10 seconds. A blast from an air-horn will signal the race start. Warm up swims will be allowed from the 6:20am call

Competitors leaving the water following the swim are required to put their swim cap into the bin at the exit. This is a safety feature and your compliance with this is essential for the safety of all competitors and event staff.

Once you exit the swim you are to proceed toward Transition 1. Your gear bag (C) will be laid out in numerical order on the exit from the swim. There will be a changing tent but you are not required to use it. Competitors are reminded of the regulation regarding nudity. Your gear bag (C) with your wetsuit etc must be placed in the bag drop trailer. You may not take your bike down from the rack until you have your helmet on and the chin-strap secured. A Technical Official will be on duty in T1 to supervise adherence to this rule.

You must then walk or run without mounting your bike to the mount line where the cycle begins.

When T1 closes at 9:30am all your bags will be transferred by race staff to T2.

The finish line is 10m in the driveway of the hotel and the dismount line a further 10m. You must walk or run with your bike to the bike rack position (approx 50m) and rack your bike before you can undo the chin-strap of your helmet. A Technical Official will be on duty at T2 to supervise adherence to this rule.

When you arrive into T2 at the end of the cycle you are to rack your bike and remove your helmet. Your run gear bag (R) will be at a numbered position on the exit from the bike racks and before the changing tent.

The run begins at the exit from T2. The first 750m of the run is on compacted 804 type material. This is not a tarred surface but it is solid and sound. The rest of the course is on bound surfaces.

When you finish your run there will be some chairs where you can sit and have some tea/coffee and some cake/barm-brack etc. First Aid will be available in T2 at the end of the race..

The timing system and the results are being provided by Sport Timing. The provisional results will be available at the Castlerosse Hotel from 11:30pm approx. The final results will be posted on www.hardman.ie during the night.

You may not leave a hydration station while carrying a plastic cup or anything else you pick up, everything must be disposed of before you leave the hydration station. There will be a bin at every station. The penalties for discarding litter on the course are severe and will be implemented rigorously. The same rationale applies at the Feed Zones. You must empty the contents of the Feed Bag and put your discards in the bin before you leave the Feed Zone. The



continuing cooperation of Killarney National Park and Kerry County Council is contingent on adherence to this rule. Your assistance is appreciated.

Hydration Stations/Feed Zones:

Gear Bags (F) are for use by competitors who wish to have food of their choice at the Feed Zones in the cycle and during the run. It will not be possible to accept food bags on Saturday morning. The feed bag for the cycle must be handed over to the Cycle Feed Zone coordinator at Fossa GAA on Friday 23rd of August. The bags will be laid out in numerical order at the Feed Zone in Waterville for the cycle and at the end of lap 1 for the run. Riders must dismount to collect their feed bag and must not leave the Feed Zone until they have disposed of the gear bag (F) in the bin provided. Bicycles are not permitted in the Feed Zone area, they must be left outside.

Cyclists wishing to use a Hydration Station must come to a halt and clip out at least one (1) shoe. There are assistants at every Hydration Station and at the Feed Zones. You will be handed whatever you requested or you can take what you want from the table. Wrappers, banana skins etc must be disposed of in the bin at each station before departure.

Runners wishing to use a Hydration Station can call to the staff as they approach making a request. This will be handed over at the table. There is a bin at each station for discarded wrappers etc. There are penalties for discarding refuse on the course that will be enforced vigorously.

Clothing discards on the cycle course:

Clothing may be discarded at any of the Hydration Stations along the route. All items dropped at these points must be clearly labelled with the competitor's name and race number and will be returned to the race headquarters for collection on Sunday (please bring identification when reclaiming property). Any items not clearly labelled will not be returned. Only those items dropped at the official clothing discard point will be returned. All items will be available at race headquarters on Sunday between 10:00am and noon only.

Please bring a race number as ID when picking up discarded items.

Post Race

The course closes at 11:00pm. The race clock will be stopped at 11:00pm. The Technical Officials, the Timekeeper and the Race Organiser will review the results and add penalties as appropriate. The provisional results without penalties will be posted in the Castlerosse Hotel shortly after the race clock is stopped. These results have no standing and are posted for information only. The final results will be available on www.hardman.ie on Sunday morning or at the prize presentation and brunch. This will take place in the Castlerosse Hotel.

Retrieval of bikes and gear bags:



Except in the case of a competitor who withdraws at T1, the retrieval of equipment and gear will take place at T2. To withdraw your equipment and gear you need to bring your race number and a piece of photographic identification such as a drivers licence. The bike you will be offered is the one that has a frame number equal to your race number. The bike must match the description of the bike you presented at bike scrutiny. If there is a discrepancy you will have to consult with the Race Director and the Chief Technical Official. The gear bags that will be offered to you will be those bags bearing the same number as your race number.

Remember it is up to you to ensure that your race number is on each of your gear bags

Medical Assistance:

Qualified First Aid personnel will be on duty throughout the day and at the race finish. If you need assistance from them please proceed to the medical tent or ask one of the race officials at the finish to get assistance for you

Prize Presentation:

The presentation of prizes will take place in the Castlerosse Hotel on Sunday 21st of August. A buffet brunch will be available from 11:00am for competitors and race staff who can present their **meal vouchers**. Additional tickets for support staff and family members may be purchased at registration on Friday evening. Your competitors wristband will give you access to the dining room. The prize presentation will follow brunch.

Transition 1 swim – bike:

Transition 1 is located at the Killarney Golf and Fishing Club main car park. There is parking for competitors in a designated area at Killarney Golf and Fishing Club on race day. This is approx 300m from Transition 1. Please do not use the member's car parks. All bicycles must be brought to **Transition 1** on Saturday between 5:30am and 6:15am. The area inside the barriers is for athletes only. Athletes will enter through the sign-on tent and have their transponders issued. Bikes are to be laid out in numerical order on the frames. The swim starts in the water near the pier. Swimmers finishing the swim are to get to the timing gate at the entry/exit point. A water station is located near the timing gates. Areas are carpeted where necessary. Changing areas and toilets are available within the **Transition 1** compound. Competitors must have the chinstrap of their helmet secured before they take their bike from the rack. Competitors may then proceed through the timing station. The start line is located 50m outside the **Transition 1** compound. Riders may not mount their bikes until they have reached the start line.

Transition 2 bike – run:

Transition 2 is situated in the front car park of the Castlerosse Hotel. Cyclists must dismount before entering **Transition 2**. Competitors will rack their own bike as they arrive. Competitor's bags will be arranged in numerical order on the exit from the bike rack area and before the changing tent. It is not mandatory to use the changing tent. A support station and toilets will be available at **Transition 2**. First Aid facilities will be available at **Transition 2**. There will also be a race referee at **Transition 2** to address any concerns or questions regarding any decisions made on the bike course.

Bike and gear bag collection:

Competitors must collect their bike and gear bags at **Transition 2** following the race. **Transition 2** will remain open until 11:30pm to allow for retrieval of gear. Bikes and gear will only be handed over on the following basis. Except in the case of a competitor who withdraws at T1, the retrieval of equipment and gear will take place at T2. To withdraw your equipment and gear you need to bring your race number and a piece of photographic identification such as a drivers licence. The bike you will be offered is the one that has a frame number equal to your race number. The bike must match the description of the bike you presented at bike scrutiny. If there is a discrepancy you will have to consult with the Race Director and the Chief Technical Official. The gear bags that will be offered to you will be those bags bearing the same number as your race number. You will also be returned your Triathlon Ireland licence or your One Day licence.
