



- Welcome to Killarney for the Hardman Triathlon
- Race organisers Alan Ryan, Mary Concannon, Mícheal Concannon
- Event Parking
- Phone numbers on the reverse of the cycle course map
- Special thanks our volunteers, Killorglin Cycling Club, Kerry Sub Aqua Club and SKDP RSS
- Chief TO: Derek Nugent



Scrutiny of bicycles is at registration on Friday evening from 5:00 to 7:00

Bicycles are to be brought to Transition 1 on Saturday Morning

Sign-on closes at 6:15am on Saturday

Race cut-off time 10:30pm on Saturday

Prize Presentation and Brunch at Castlerosse Hotel Sunday morning 11:00am

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SWIM·CYCLE·RUN **KILLARNEY 2012**

- Swim Course supervised by Kerry Sub-Aqua Club
- Right handed rectangular course
- 2 laps (this may change to reflect the wind conditions)
- Water temp. > 16°C
- Lamprey eel
- Walk-in/walk-out area
- Safety – start time

HARDMAN

SWIM·CYCLE·RUN KILLARNEY 2012

- Cycle Course – The Ring of Kerry
- You must put a foot down at the exit from the Golf Club
- No service support
- Hydration/Feed zone- no running hand ups
- Tourists and Tour Buses
- Festivals, Fairs, Funerals and Farmers
- Cautions: The tunnel to Ladies View, Kenmare, other villages, Scariff, Caítín Beaters, bridges at Blackwater, Sneem, Baslicon, Glenbeigh, Caragh
- Last 5km

HARDMAN

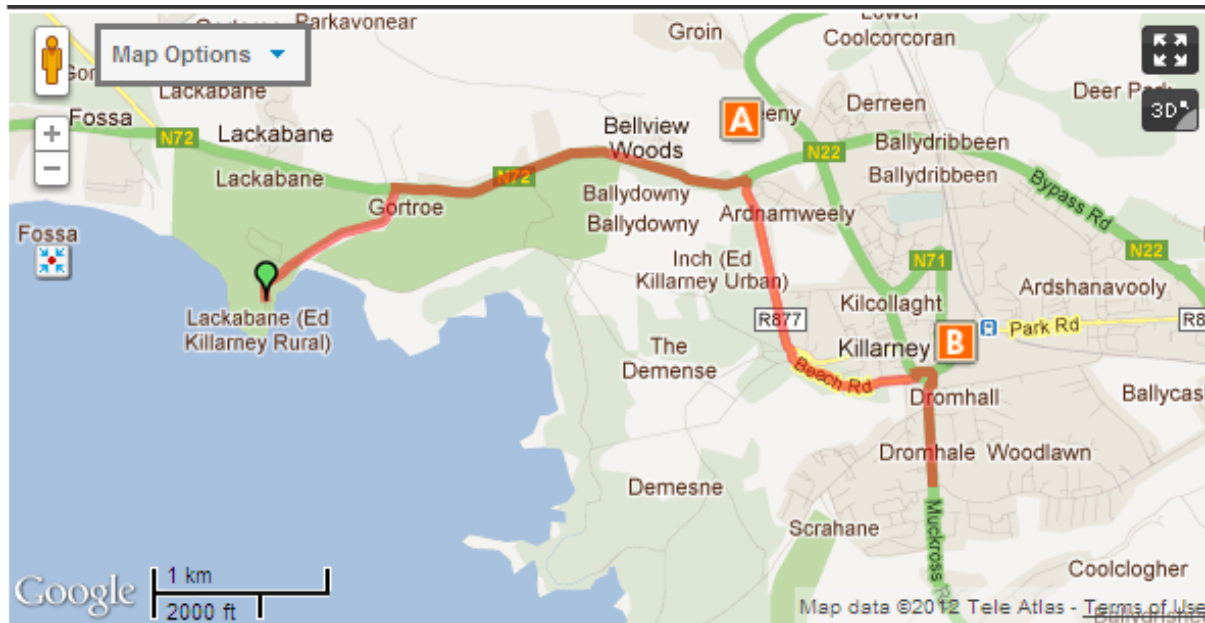
SWIM·CYCLE·RUN **KILLARNEY 2012**



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SWIM·CYCLE·RUN **KILLARNEY 2012**

First 5 km Hardman Iron Distance Triathlon



HARDMAN

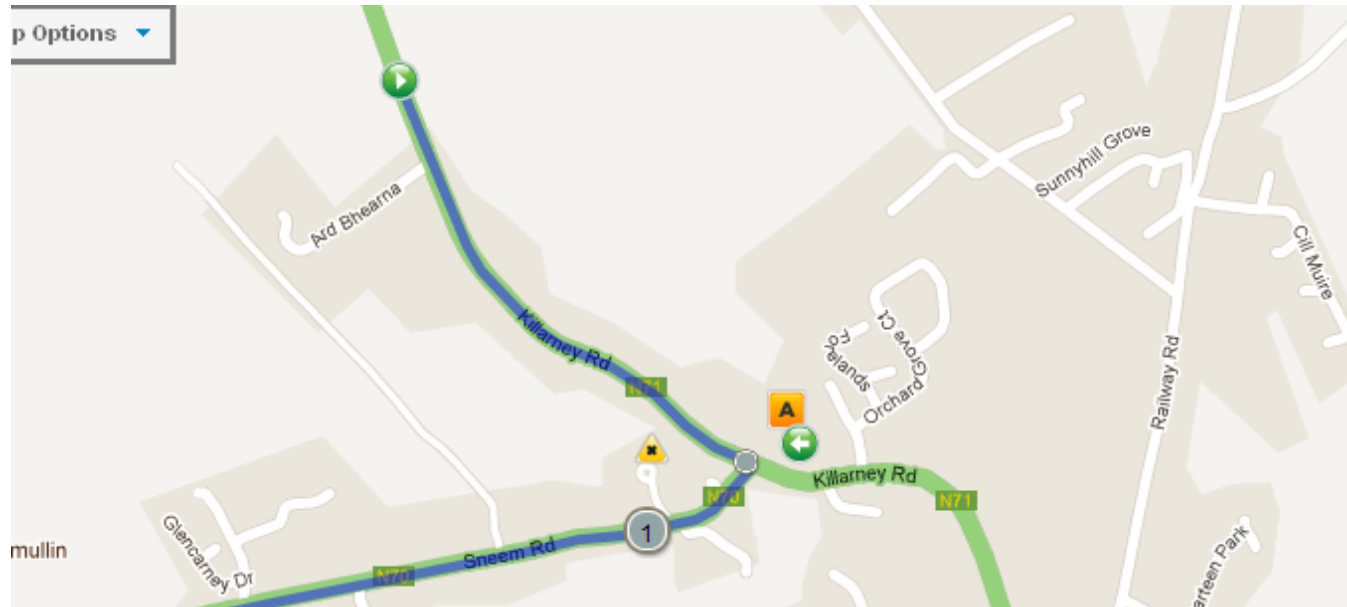
SWIM·CYCLE·RUN **KILLARNEY 2012**



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SWIM·CYCLE·RUN **KILLARNEY 2012**

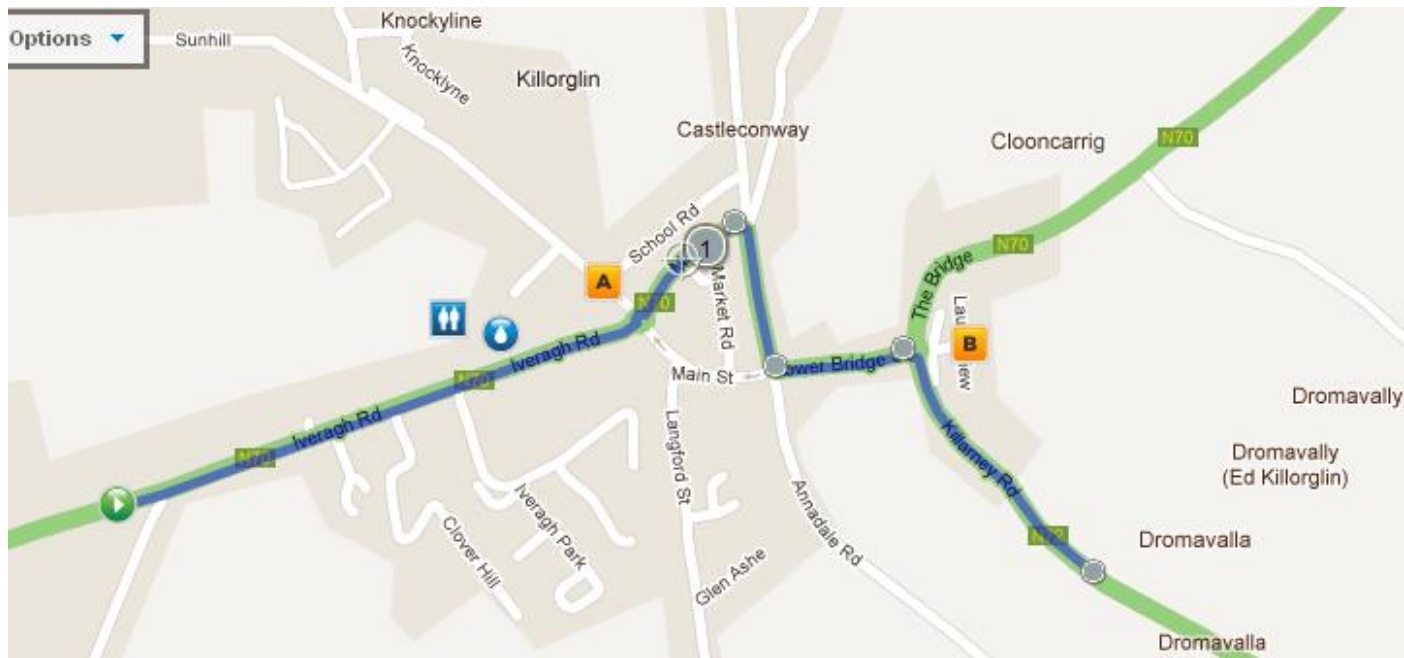
Kenmare



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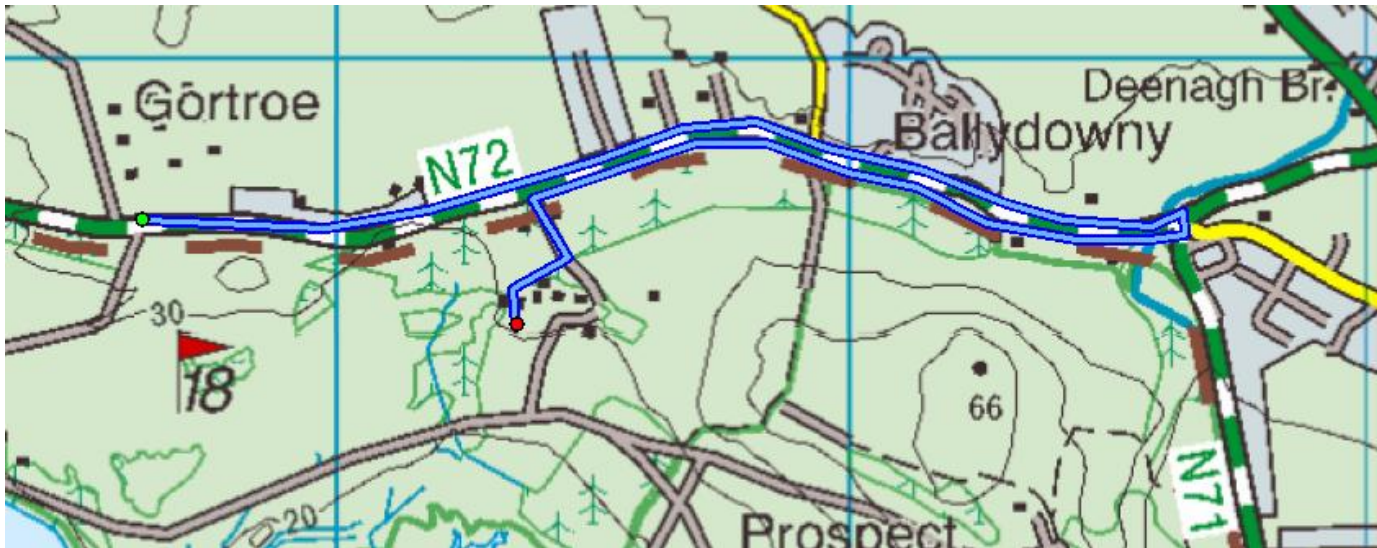
Killorglin



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SWIM·CYCLE·RUN **KILLARNEY 2012**

The last 4km:





- Run Course: all within the Killarney National Park
- 4 laps of 10.87km approx note - 655m start and finish leg
- Run on the right hand side of the road at all times
- Jarveys and other park users
- Feed zone/Hydration stations

HARDMAN

SWIM-CYCLE-RUN **KILLARNEY 2012**





- ## Cut-off times

- Swim cut-off is 2 hours and 20 minutes. If you are outside that time you may continue but will be marked down as a DNF. A swimmer not completing the swim may still complete the other 2 legs but will be marked as a DNF and may not leave T1 until given permission by the Chief TO
- Cycle cut-off time is 4:30pm. If you are outside that time you may continue to the run but you will be marked as a DNF
- The cut-off time for the run is 10:30pm. If you are outside that time you will be marked as DNF
- Race time is what it says on the timekeepers watch
- Transition 1 closes at 9:10am. If you wish to ride the cycle course you must have left T1 by that time
- A runner approaching the start of the laps on the run course with one or more laps to complete after 10:00pm will be withdrawn from the course
- The Broom Wagon will stay behind the last rider or will adhere to the checkpoint closure schedule whichever is the slowest. A rider falling outside this schedule will be asked to get in the Broom Wagon. They may still complete the run



- Equipment and gear reclaim after the run is concluded

You must have

- *Race No. and the transponder*

One person to reclaim all the gear for the team

- *If the bike that was presented for scrutiny is not the bike you wish to reclaim: you have a problem*



- Enjoy the event
- Come back safely
- Drink plenty of liquids and eat frequently



- Registration for
Hardman 2013
opens 1st Dec. 2012