

Hardman Half Triathlon Waterville

July 8th 2017

FAQ

Q. What is the start time.

A. 9am sharp

Q. When/where is signon:

A. The marquee adjacent to the IRD building on the seafront. Friday from 7-9pm, Saturday from 6.30-8am

Q. Is there a bagdrop

A. You may leave any bags you need afterwards in the registration tent.

Q. When is the race briefing.

A. 8.30am in the transition/finish area. This is located in the IRD carpark OPPOSITE the Butler Arms hotel.

Q. What are the cutoff times

A. Swim-10.10

Bike- 14.30

Run- 17.30

Q. Where does the race start

A. From the slipway in front of the transition area.

Q. Where does the race finish

A. In the village green beside transition

Q. When/where is the prizegiving

A. 6pm in O'Dwyers the Villa pub across the road from the finish line.

Q. Do I need a TI license.

A. Yes. As this is a TI sanctioned race you will either need to produce a full TI license or a one day license. ODLs can be purchased in advance on the TI website. For team entries one member of the team must produce either a full TI license or a ODL.

Q. What time does transition open

A. 7.30am

Q. Any points of note

A. As you are all aware there are two very steep climbs on the cycle route. This also means very steep, fast descents. We will have stewards here to remind you to take care but it is your responsibility to take care

and ensure you don't descend too fast. Many of you have already cycled the route and will know what I mean but please take this as a warning to beware.

Q. Water stops

A. On the cycle there will be a stop after 46kms. This will be after the descent of Ballaghbeama and just before the ascent of Ballaghisheen. At this stop there will be water in large containers and some gels from SIS. The water will be in large containers so you will have to stop and fill up your bottles here.

On the run there will be a stop at the beginning and end of each lap and also at the turnaround point, i.e. every 2.5kms. At the turnaround point there will be just water while at the lap end there will be water, gels, bars(SIS), bananas and flat coke.

Q. How will we follow the cycle route.

A. The cycle route is one circuit through the south Kerry mountains. Other than exit and entrance to the transition area you will keep left at junctions. We will have stewards on any areas of doubt and will also have red arrows on a white background pointing you in the right direction. Please read the attached route description and look at the mapmyride map on the site. Remember that the roads are open and that it is your own responsibility to know the route.

Q. Toilets

A. On the cycle there are public toilets in Sneem, approximately 32kms in. On the run there are the toilets next to transition which you can use at the start/finish of each lap.

Q. What happens at the finish line

A. There is an athlete's area where you can chill and relax. There will be tea, coffee, water, bananas, brack, sandwiches and chocolate here.