

West Cork Duathlon

Series Race 3:



Skibbereen

Date: 22/04/2012

Website: www.westcorktri.com

Email: info@westcorktri.com

Race info: 0872224370 Dominic



Quick Overview:

Distances: **Run: 3 km Cycle 20km Run 3km**

Race date: **22/04/2012**

Registration opens: **09:00**

Transition Closes: **11:00**

Race Briefing: **11:00**

Start Time: **11:30**

End Time: **13:30**

Prize Giving: **14:00**

Transition re-opens for pick up: **14:00**

Location: **Skibbereen Rowing Club**

Race Director: **Dominic Casey 0872224370**

Prizes to the value of

Per race and gender: **1st €65, 2nd €45, 3rd €25 1st Relay €50**

Overall Series Winners: **1st Female €75 1st Male €75 1st Relay €75**

General Info:

Welcome to the West Cork Duathlon Series 2012 - this multi town race series will be held in Clonakilty, Bantry and Skibbereen. The Series are suitable for both new and experienced athletes

Payment for one day licences can be done at registration. Race entries will NOT be taken on the day. Changing facilities, Toilets and Showers will be supplied by at the Skibbereen Rowing Club. Free car parking for Spectators will be available at the Skibbereen Rowing Club where spectators also can **purchase** food before, during and after the race. Triathlon Ireland (TI) membership or One Day license is required! Sandwiches, Tea and Coffee will be served to all finishers. Timing will be done manually. Results will be available 1 hour after the last finisher.

There will be an Overall Series winner`s prize for First Female, First Male and First Relay team. In addition for each race there will also be a prize for First, Second and Third in both Female and Male; and First for Relay team. The Overall Winners shall be presented with their prizes at the Skibbereen Duathlon. The presentation of prizes will be done immediately after the Race concludes.

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League Scoring:

Every racer will be given a score per race, the score is calculated as follows: Your time / Race winner time * 100. This means that the person who wins the race will receive 100 points. The winner of the league will be calculated by his/hers 2 highest scores out of 3 possible. If 2 persons would top the league on the exact same point, the individual result of when the persons has raised against each other will define the winner.

Triathlon Ireland Sanction

This event is sanctioned by the governing body for triathlons and related events in Ireland, Triathlon Ireland (TI).

The race therefore complies with well established rules including safety regulations, race organisation guidelines and provision of third party insurance cover. TI nominated officials attends every sanctioned event to ensure these standards are fully adhered to. Further details can be provided as required or reviewed at www.triathlonireland.com

Transition

Bikes will be checked for road worthiness bike, Cycling helmets are required – No Helmet No race. Bike racks will not be numbered in transition.

Bike

This is time trial cycling so drafting rules must apply. The drafting rule is 3m wide x 10m length (for long distance, 12m length)

Upon returning from the first run, have helmet fitted and then take bike from rack. Exit Skibbereen Rowing Club and turn left towards Skibbereen. Stay on left hand side of road, turning left over Newbridge, and proceed on N71 in direction of Ballydehob. At turnaround point, proceed back towards Skibbereen as far Schull Rd Roundabout and cycle out towards Newbridge, turning left and then immediate right at top of Newbridge and continue back to Skibbereen Rowing club

On completing the bike section, competitors will dismount the bike at the 'dismount' line before entering the transition area. Helmets must remain on and fastened until the bike is racked.

Run

Exit Skibbereen Rowing Club turning right, run on right hand side of road, 1.5km towards OldCourt, where runners will round a traffic cone and return to Skibbereen Rowing Club, running on the right hand side of the road.

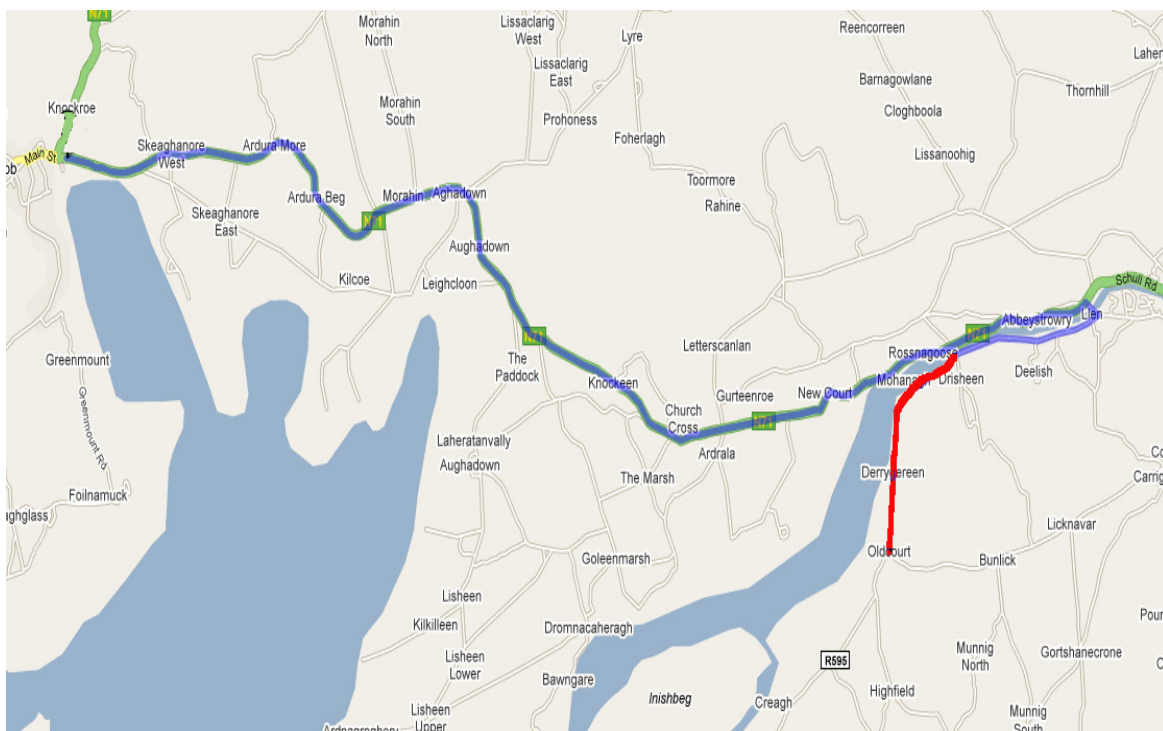
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Map



Red Line = Run [Commencing at Rowing Club, run to Oldcourt and back to Rowing Club]

Blue Line = Cycle [From Rowing Club, To Ballydehob and back to Rowing Club, via Schull Rd roundabout.

***** Please note on return cycle**

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