



## Athy "Flat Out" Junior Duathlon Race 2020

13:00 Sunday 9<sup>th</sup> Feb 2020

# Race Briefing Document



**Junior**  
Flat Out  
Duathlon



**BMW DUATHLON**  
NATIONAL SERIES





# Race Team Welcome Message

Dear Parent / Guardian,

Welcome to the annual Athy Triathlon Club (ATC) “Flat Out” Junior Duathlon. We’re delighted you and your children will be able to join us at Castlemitchell GFC (Postcode: R14 HD80) on Sunday 9<sup>th</sup> February where we look forward to welcoming you to our event

Athy Triathlon Club would like to convey our thanks to the local community, in and around our race route, who continue to support our race and give permission for the race to take place around their land and homes. We have a special thank you to Castlemitchell GFC who are allowing us to use their fantastic facilities for our events, offering a new and improved route for the junior duathlon this year.

You can find out more information about our races and about Athy Triathlon Club on our website [www.athytriathlonclub.com](http://www.athytriathlonclub.com) and our very active Facebook page.

The organisers would like to thank in advance everyone who has contributed in any way to making this race happen and especially to our club members who are volunteering their time to marshal and ensure a safe and enjoyable race for everyone.

We adopt a “Leave No Trace” policy with our race and therefore ask all participants to discard of all waste appropriately and ensure we leave the race venue and local environment as we found it.

Lastly and most importantly we would like to thank you for joining us for our All-Inclusive Junior “Flat Out” Duathlon where we welcome children of all abilities to take part in the event. We’re looking forward to a great day.

Wishing you all a fantastic day!!!

The ATC Race Team.

Email: [athytriclub@gmail.com](mailto:athytriclub@gmail.com)



# Race Day Event Timetable

EVENT TIMETABLE	TIME	VENUE/LOCATION
Car Park Entrance Opens	10:00	Castlemitchell GFC (postcode R14 HD 80) Please Note: Adult "Flat Duathlon" will be in progress at this time so please be cautious on your approach to the event
Registration Opens	11:00	Castlemitchell GFC, indoor astro pitch
Transition Area Opens	12:00 approx.	Castlemitchell GFC car park
<b>Registration Closes</b>	<b>12:40 sharp</b>	Castlemitchell GFC, indoor astro pitch
Marshal/stewards briefing	12:30	Castlemitchell GFC, indoor astro pitch
<b>Transition Area Closes</b>	<b>12:50 sharp</b>	Castlemitchell GFC car park
Competitor Race Briefing - A briefing will take place in advance of each age group race	12:50 for first age group	Castlemitchell GFC car park or indoor astro pitch
<b>Event Start</b> - Races will be run one after the other in sequence (by age group from younger to older) Note: Youth and Cadet National Series Races will be run concurrently	<b>13:00</b> for first age group	Castlemitchell GFC, Race Start/Finish Line
Transition Area Re-Opens	after last race	Castlemitchell GFC car park
Medals for all participants at Finish Line	after each race	Castlemitchell GFC, car park
Transition closes	15:00	
Event Ends	15:00	



# Registration Information

Registration will take place in the indoor astro pitch area of Castlemitchell GFC.

At registration participants will collect

- Race Numbers (with incorporated timing chip for Youth and Cadet National Series races)
- Bike Sticker
- Helmet Sticker

Participants with any medical conditions will be required to inform the race organisers at the time of registration, together with emergency contact information.

All competitors will be required to show your TI membership cards or TI ODM at registration and sign the race waiver forms/sign-in sheet.

**Note:** If you have renewed your TI membership for 2020, but have not yet received your 2020 TI membership card in the post, it is possible to download and print out a temporary TI membership card on [www.triathlonireland.com](http://www.triathlonireland.com)

This is an all-inclusive event so participants of all abilities are welcome to participate.

As the event includes very young children and children of all abilities, who may not be able to complete the course by themselves, marshals or parents may assist as required.

One parent/guardian per child who requires assistance (e.g. help getting on a bike, or pushing in a wheelchair) will be allowed to accompany their child on the course and in the transition area as required.

# Course Information

## Run Course

The run takes place within the confines of the Castlemitchell GFC grounds, with participants completing the appropriate number of laps for the distance of their race. Depending on the distance and route the surface is a mix of compacted gravel running/walking track and short grass.

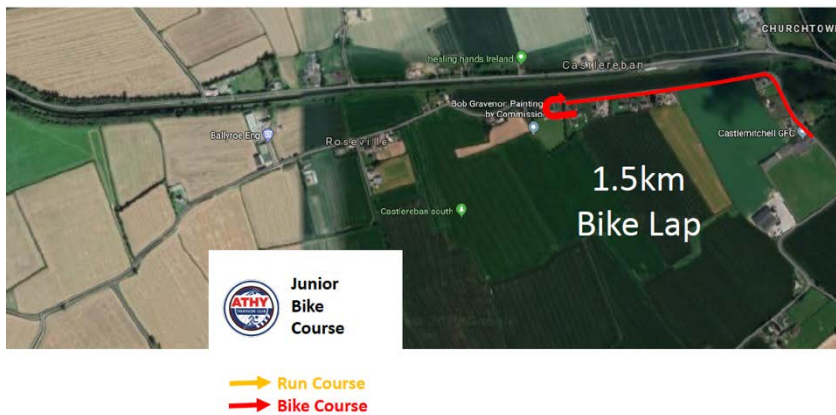


Marshals will be placed at various points around the pitch and participants will be in view of a marshal at all times.

We encourage each child to count their own laps and shout them out to marshals as they pass by. This helps keep track of laps 😊

It is not permitted to wear headphones or items such as iPod, mp3 players, or any device that may distract attention.

# Bike Course



## **Bike Helmets are compulsory.**

The bike course is on the public road just outside the entrance to Castlemitchell GFC. The entire area will be closed down to traffic with diversions in place for the duration of the junior race.

Marshals will be placed at various points along the bike route so that participants will be in view of a marshal at all times. Marshals will be located at the mount/dismount lines and at the end lap to facilitate lap counting.

We encourage each child to count their own laps and shout them out to marshals as they pass by. This helps keep track of laps 😊

It is not permitted to wear headphones or items such as iPod, mp3 players, or any device that may distract attention



# Transition

The junior transition area is located in the car park of Castlemitchell GFC and will be laid out in zones with dedicated racks labelled for each age group.

Each age group race will take place separately (with the exception of Youth and Cadet National Series races which will take place concurrently) and participants will be directed by marshals to the zone where their bikes are located.



Race Numbers, Bike Numbers and Helmet Numbers are required to enter Transition.

Bikes will be checked for road worthiness on entry.

**Helmets must be worn and clipped before taking the bike from the rack.**

**Likewise, when returning the bikes to the rack, Helmets must remain clipped until bikes are safely racked. Helmets can only be removed once bikes are safely racked.**

Do not mount your bike until after you cross the "Mount Line". Run/walk with the bike through transition to the exit and follow the marshals instructions at the mount line.

On the return to transition area after the cycle all participants must dismount before crossing the "Dismount Line" line.



# Race Distance for each age group

The race distance and number of laps for each age group are outlined below



**All Inclusive Junior Duathlon Distances**



				
AGE	RUN	BIKE	RUN	Estimated Race Start Time
<b>4 - 5 years</b>	100m <small>(1 lap of 100m)</small>	250m <small>(1 lap of 250m)</small>	100m <small>(1 lap of 100m)</small>	<b>13:00</b>
<b>6 - 7 years</b>	200m <small>(1 lap of 200m)</small>	500m <small>(2 laps of 250m)</small>	200m <small>(1 lap of 200m)</small>	<b>13:10</b>
<b>8 - 9 years</b>	350m <small>(1 lap of 350m)</small>	1.5km <small>(1 laps of 1.5 km)</small>	350m <small>(1 lap of 350m)</small>	<b>13:25</b>
<b>10 – 12 years</b>	625m <small>(1 lap of 625m)</small>	3km <small>(2 laps of 1.5 km)</small>	625m <small>(1 lap of 625m)</small>	<b>13:45</b>
<b>Cadet (TI National Series) 13 - 14 years</b>	1,900m <small>(3 laps of 625m)</small>	8km <small>(2 laps of 4.2 km)</small>	625m <small>(1 lap of 625m)</small>	<b>14:15</b>
<b>Youth (TI National Series) 15 – 17 years</b>	2,500m <small>(4 laps of 625m)</small>	13km <small>(3 laps of 4.2 km)</small>	1,250m <small>(2 laps of 625m)</small>	<b>14:20</b>

We encourage each child to count their own laps and shout them out to marshals as they pass by.

This helps keep track of laps 😊

**Please note the estimated start times above are indicative only. The first junior race will start at 13:00 and all other races will be run as quickly as possible thereafter. Please ensure you are in place well before the estimated times above.**

**Note: Registration closes at 12:40 sharp and Transition Area closes at 12:50 sharp before which time bikes for all age groups must be racked.**

**If your bike is not in transition before 12:50, it will not be possible to take part in your race**





# Other Information

## **Parking**

Parking will be located on the playing fields at Castlemitchell GFC and will have a dedicated entrance from the main road. Marshals will be on hand to direct traffic and coordinate parking.

In the event that inclement weather, or very soft ground, prevents parking on the playing fields, alternative parking will be provided in nearby concrete/gravel yards. Just follow marshals directions..

## **Toilets/Showers**

Toilet, Shower and Changing facilities are available at Castlemitchell GFC.

**We ask that anyone availing of the facilities, please remove any personal belongings when finished.**

## **Refreshments**

A local vendor will be on-site selling light refreshments and hot drinks for participants and spectators, in advance of and during the race.

## **Bike Mechanical Support**

John Fox from Infinity Cycles, Athy will be on hand to assist with any technical/mechanical issues encountered with bikes. Minor adjustments and repairs will be available.

## **Garda Property Marking**

Local Garda will be on hand during the event and will property stamp your bike if you wish. This involves identifying your bike by stamping your Eircode on it.

## **Emergency Services**

Emergency services will be onsite for the race.

If you see any accidents, or notice someone in need of attention, please let one of our race marshals know immediately.

Participants with any medical conditions must make this known at time of registration.

**Race Director Emergency Contact Number - 087 6825428**



## Prizes & Sponsors

All participants in our All-Inclusive “Flat Out” Junior Duathlon will receive a Finishers Medal and some treats at the end of each race.



### Local Event Sponsors

We would like to thank our race sponsors for their support, without which we couldn't run such a great event

- Irish Tax Rebates
- Kendra Civil Engineering
- Pettitt's SuperValu, Athy
- A&A Pharmacy, Athy
- Infinity Cycles, Athy
- Bosco's Outlet, Carlow



# Directions

## Event Address

Castlemitchell GFC, Athy, Co. Kildare, **EIRCODE: R14HD80**



## New Improved Course & Venue in 2020

- **Same "Flat Out" Adult Bike Course**
- **New All Tarmac "Flat Out" Adult Run Course**
- **New Junior Bike Course** (closed roads)
- **New Junior Run Course** (within private club grounds)

## Our New Venue is

**Castlemitchell GFC  
Grounds and Clubhouse  
Post Code: R14 HD80**



Located approx. 5km north west  
of Athy Town





# Participant Checklist

As we often experience multiple seasons in one day at this time of year, please ensure participants are dressed appropriately to cover all weather eventualities.

Some items for consideration are

## Run Leg

- Runners
- Tri suit, or shorts and top, or tracksuit.
- Hat and gloves, and rain coat in the event or rain
- Race numbers will be provided for all participants (pins will be provided at registration)

## Bike Leg

- Bike (it is your responsibility to ensure that it is in good working order)
- Helmet (**mandatory**)
- Bike water bottle
- Tri suit, or shorts and top, or tracksuit.
- Hat and gloves, and rain coat in the event or rain
- Race numbers will be provided for all participants (pins will be provided at registration)

# Event Feedback

In order for us to improve races and make them as enjoyable and as safe as possible for all participants in the coming year we encourage you to offer feedback through the Club's email address or Facebook page.

We will also issue an email survey after the event, and we'd greatly appreciate if you could complete this so we can continue to improve our event

**Wishing you a safe and enjoyable Race**  
**Remember to smile as you cross the finish line**  
**Athy Triathlon Club**