



Flat Out Junior Duathlon Race 2021

from 09:00 on Sunday 10th October 2021

Race Briefing Document



Junior Flat Out Duathlon



Sponsored by





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 in Narraghmore (EIRCODE: **R14 TC92**) on our rescheduled date of Sunday 10th October 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 Narraghmore Community group and Mel’s Place who are allowing us to use their fantastic facilities for our events.

You can find out more information about our races and about Athy Triathlon Club on our website 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 would also like to thank our sponsors Aquatrace and Drytech (Waterproofing System Engineering) for enabling the event.

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



Race Day Event Timetable

Our event will have a “staggered” timetable to facilitate social distancing and grouping in so far as possible. Please see the table below paying particular attention to the timing for your age group.

AGE GROUP	Arrive at car park	Register at entrance to transition	Exit Transition for race start	Race Start (Run)	Estimated first on Bike	Estimated final finisher	Event closes
16-17 (YNS)	From 08:20	From 08:35	08:50	09:00	09:15	10:30	10:40
14-15 (YNS)	From 08:20	From 08:35	09:05	09:15	09:25	10:30	10:40
12-13 (YNS)	From 08:20	From 08:35	09:20	09:30	09:40	10:30	10:40
10-11	From 08:20	From 08:35	09:35	09:45	09:55	10:30	10:40
8-9	From 10:00	From 10:15	10:35	10:45	10:50	11:10	11:20
6-7	From 10:00	From 10:15	11:00	11:10	11:15	11:35	11:45
4-5	From 10:00	From 10:15	11:25	11:35	11:40	11:55	12:00



Registration Information

Registration will take place on line this year to facilitate social distancing and to minimise unnecessary contact on site. Please ensure you complete all on line registration **before** 12noon on Saturday 9th Oct. On line registration is available at this link <https://forms.gle/sz8zQhjDnhEJyD719>

Once registered on line all participants will collect a pack containing the following as they enter their transition area, where they will rack their bike

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

Participants with any medical conditions or special needs will be required to inform the race organisers of this during on line registration.

All competitors will be required to show details of your Triathlon Ireland membership (card or phone application) or your Triathlon Ireland One Day Membership as you enter the transition area.

Note: TI membership or a TI One Day Membership is required to participate in this event. Details are available on www.triathlonireland.com. You may present proof of TI membership via the TI app on your phone or with print outs.

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.

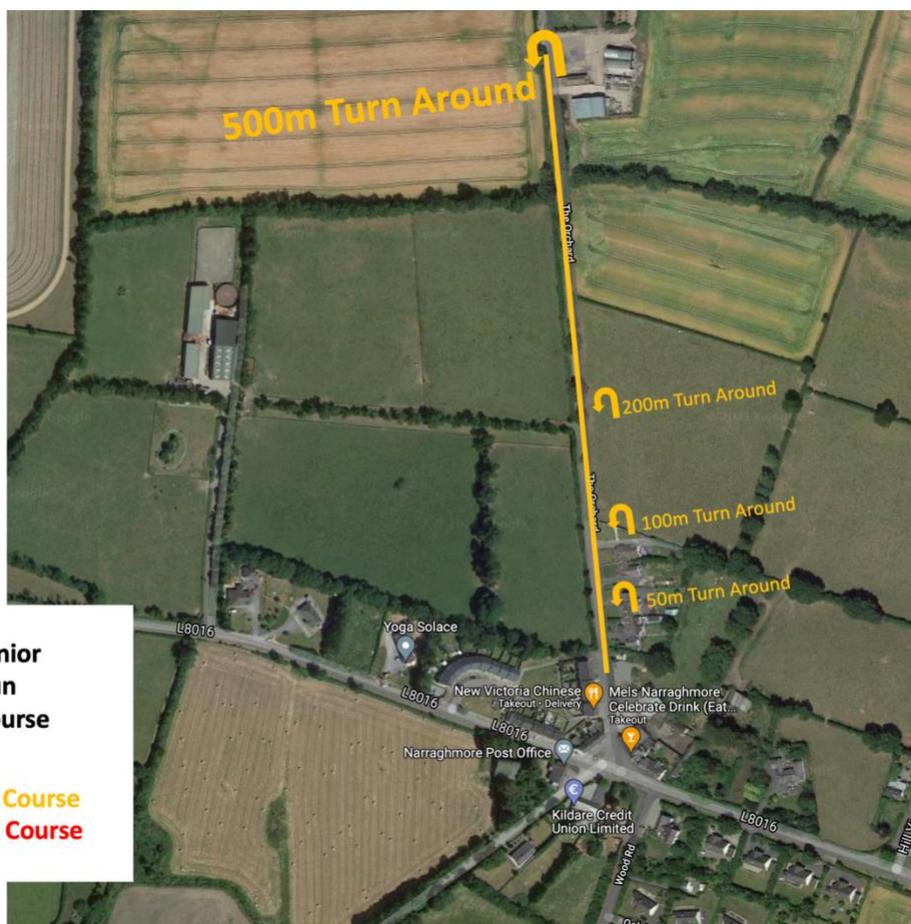
Course Information

Please refer to our on line race briefing before attending the event. This on line race briefing is available via this Dropbox link, and provides the best information, including video footage, of the course

<https://www.dropbox.com/s/pl230pjgab5ovru/Junior%20Flat%20Out%20Duathlon%20Race%20Brief%202021.mp4?dl=0>

Run Course

The run takes place on the L8012 "The Orchard" road which is north of Narraghmore village, with participants completing the appropriate number of laps for the distance of their race. The road surface is good paved tarmac.



Marshals will be placed at various points along the route 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 😊

Note: It is each participants responsibility to count their own laps, particularly for Youth National Series races, as failure to complete the correct laps will invalidate results.

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

Bike Course

The bike takes place on the L8019 road which is south of Narraghmore village, with participants completing the appropriate number of laps for the distance of their race. The road surface is good paved tarmac





Bike Helmets are compulsory. Helmets must be worn and securely clipped in place at all times while touching your bike.

The bike course is on the public road from Narraghmore village. The 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 😊

Note: It is each participants responsibility to count their own laps, particularly for Youth National Series races, as failure to complete the correct laps will invalidate results.

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Transition

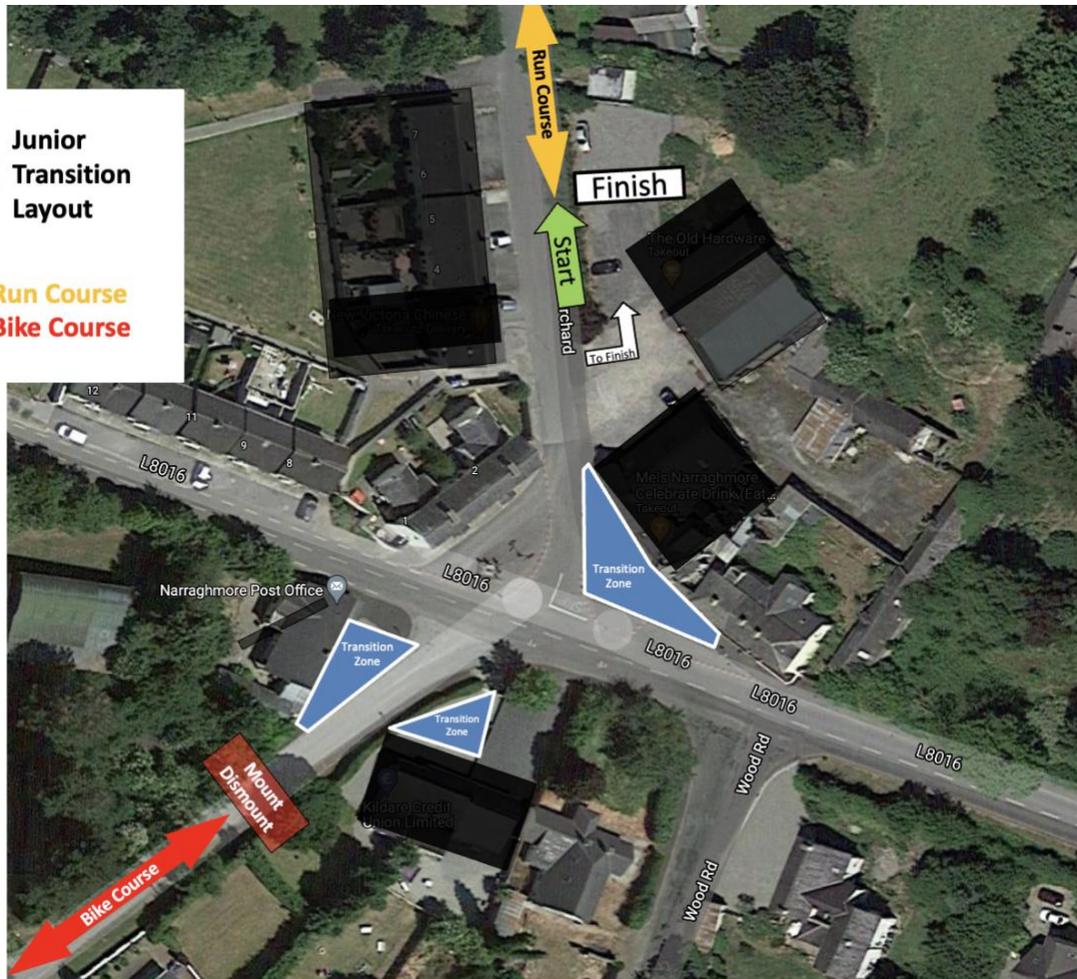
The transition areas are located in Narraghmore village and will be laid out in zones with dedicated racks for each age group. Upon arrival to Narraghmore marshals will direct you to the appropriate zone for your age group. All transition areas will have age group signage.

Each age group race will take place per the schedule outlined below and participants will be directed by marshals to the zone where their bikes are located. Please note that race times may vary slightly as the day progresses.



Junior Transition Layout

→ Run Course
→ Bike Course



Race Numbers, Bike Numbers and Helmet Numbers will be provided to each participant on entry to Transition.

Bikes will be checked for road worthiness on entry.

During the race 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.

Please do not mount your bike until after you cross the "Mount Line". Run/walk with your 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 distances for each age group are outlined below



All Inclusive Junior Duathlon Distances



			
AGE	RUN	BIKE	RUN
16 – 17 years <small>(Youth National Series)</small>	3km <small>(3x 1km laps)</small>	16km <small>(4x 4km laps)</small>	2km <small>(2x 1km laps)</small>
14 - 15 years <small>(Youth National Series)</small>	2km <small>(2x 1km laps)</small>	12km <small>(3x 4km laps)</small>	1km <small>(1x 1km lap)</small>
12 – 13 years <small>(Youth National Series)</small>	1km <small>(1x 1km lap)</small>	8km <small>(2x 4km laps)</small>	1km <small>(1x 1km lap)</small>
10 - 11 years	1km <small>(1x 1km lap)</small>	4km <small>(1x 4km lap)</small>	1km <small>(1x 1km lap)</small>
8 - 9 years	0.4km <small>(1x 400m lap)</small>	2km <small>(2x 1km laps)</small>	0.4km <small>(1x 400m lap)</small>
6 - 7 years	0.2km <small>(1x 200m lap)</small>	1km <small>(1x 1km lap)</small>	0.2km <small>(1x 200m lap)</small>
4 - 5 years	0.1km <small>(1x 100m lap)</small>	0.5km <small>(1x 500m lap)</small>	0.1km <small>(1x 100m lap)</small>

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 😊



Other Information

Parking

Parking will be provided in a field on the edge of Narraghmore village, less than 5 minute walk from transition. Please follow signage and marshals directions as you arrive to Narraghmore village.

We ask for your patience and support to ensure safe parking and entry to and exit from the event. Just follow the marshals directions.

Toilets

We will have 3x Portaloo's available close to the transition area in Narraghmore with wheelchair accessible toilets available in Mel's Place.

Refreshments

Some light refreshments will be available for participants upon completion of their events.

Emergency Services

Emergency services will be onsite for the duration of our event.

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 or special needs must make this known at time of on line 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 at the end of their race.





Event Sponsors

We would like to thank our race main sponsor Aquatech and Drytech for their support, without which we wouldn't be able to run such a great event



We would also like to thank Dan Curtis and Kendra Civil Engineering for their generous provision of equipment and barriers for our event.



Directions

Event Address

Narraghmore Village, Co. Kildare. EIRCODE: R14 TC92



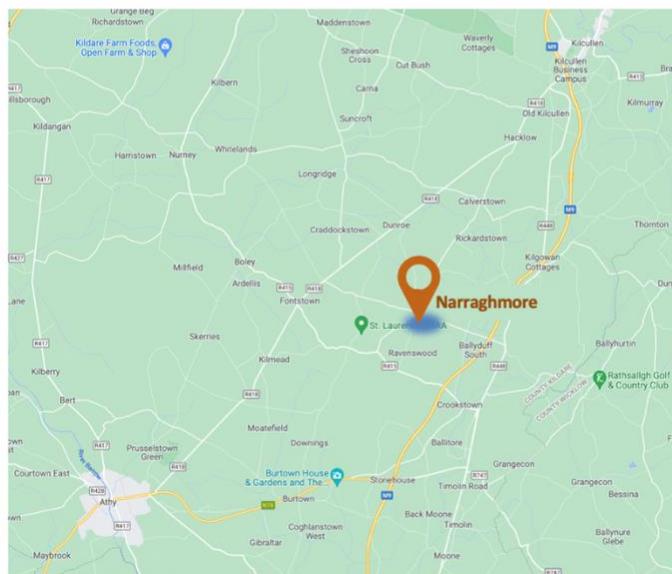
New Junior Course & Venue in 2021

- **All Tarmac "Flat Out" Course**
- **New Junior Bike Course** (closed roads)
- **New Junior Run Course** (closed roads)

Our New Venue is

**Narraghmore Village
Co. Kildare
Post Code: R14 TC92**

Located approx. 14km north-east 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 Section

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

Bike Section

- Bike (it is your responsibility to ensure that it is in good working order)
- Helmet (**mandatory**)
- 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**