



Dear Resident,

On Sunday 1<sup>st</sup> October 2023  
Athy Triathlon Club will host our  
annual Junior Flat Out Duathlon  
events in Narraghmore from 9am.

The series of races, which span junior participants from ages 4 to 19 years old, are run in conjunction with Triathlon Ireland and this year a number of our races have been selected as part of the Costcutter Duathlon Youth National Series. This year our races also double up as the National Primary and Post Primary Schools Championships for 2023, with school team prizes on offer. We expect to have athletes of all abilities participating, from those competing to gain points in the Youth National Series and Schools Championships, to beginners taking part in their first event for fun.

The duathlon event incorporates both run and cycle elements in each race. The event will be based in Narraghmore with the cycle taking place on the 5km loop going south of the village to Cuckle's Cross, left onto the R415 and left again and back via Wood Road. The run will take place on approx. 500m of road north (The Orchard) of the village. See route maps overleaf for more information.

There may be some traffic disruption in the area of your home from approx. 9am to 12noon on Sunday 2<sup>nd</sup> October. Public roads will remain open for the majority of the event and we expect any delays or blockages to be temporary and minor. Race Marshals and Garda will be present to manage traffic movement, and all junctions will be well marshalled. Any temporary diversions will be well signposted. We thank you for your understanding, patience and support of this local event which will be great for the area.

More details on the events will be available on our web page at [www.athytriathlonclub.com](http://www.athytriathlonclub.com) or on our Athy Triathlon Club Facebook page. If you have any queries or questions please do not hesitate to contact us by email [athytriclub@gmail.com](mailto:athytriclub@gmail.com) or call John Sourke on 0876825428.

Thanks & Regards,  
Athy Triathlon Club Committee

