

# THE BUTCHER'S BLOCK

## *Naas Duathlon Series 2016*



## *Race Briefing*

Organised & run by:



With kind permission of Punchestown racecourse



### Important Information:

You **must attend** the 'on the day' *race briefing* which may contain updates or safety notices.

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Naas Triathlon Club races are Triathlon Ireland sanctioned Races.

Triathlon Ireland require that competitors have a Full, Student or Junior Triathlon Ireland membership or that you purchase a one day licence from triathlon Ireland for the race.

It is your responsibility to ensure you have an appropriate Triathlon Ireland License  
Please contact Triathlon Ireland in relation to any queries regarding any aspect of licensing.

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It is each competitors own responsibility to ensure that:  
The bike they race on is in good mechanical order and safe to ride.  
Bike Helmets are compulsory.

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### Key Race Information:

<b>Race Dates:</b>	17 <sup>th</sup> January; 21 <sup>st</sup> February; 27 <sup>th</sup> March <b>Note:</b> Only where an entrant has entered for multiple races do 2 or 3 dates apply.  <b>Intersivity Duathlon Championships:</b> 21 <sup>st</sup> February
<b>Race Distances:</b>	3.2km run / 20km bike / 3.2km run (all distances approx)
<b>Registration</b>	Registration opens from 10:15 hrs until 11:30 hrs <b>ONLY</b>
<b>Transition</b>	Transition opens from 10:15 hrs until 12:00 hrs <b>ONLY</b>
<b>Competitor Race Briefing</b>	12:15

**Race Start**

12:30 sharp

**Sponsors**



**Bike mechanic:**

**A bike mechanic will be on hand courtesy of Base2Race**



## Getting there

### Directions to Punchestown

#### From Dublin

1. Exit N7 at Naas exit
2. 2nd exit at 1st roundabout
3. Straight through next 2 roundabouts
4. Left at the 1st set of traffic lights (Maxol on your right)
5. Right at the cross roads signposted for Punchestown, there will be signs for the race from here

#### From Cork, Limerick,

Exit the N7 at the 2nd exit for Naas then the same as above.

**Parking:** There is plenty of parking in Punchestown;  
On-road parking is **STRICTLY** not allowed.

**Race numbers:** Bib race numbers must be worn on the front during the entire race.  
Bicycle race numbers must be placed on seat posts.  
Bicycle race numbers **must be placed on bicycles BEFORE entering Transition**.  
No bicycle will be allowed into Transition Area without the race number being attached to the seat posts.

**Spectators:** The Punchestown Grandstand offers an ideal view of the run course & Transition and the Finish

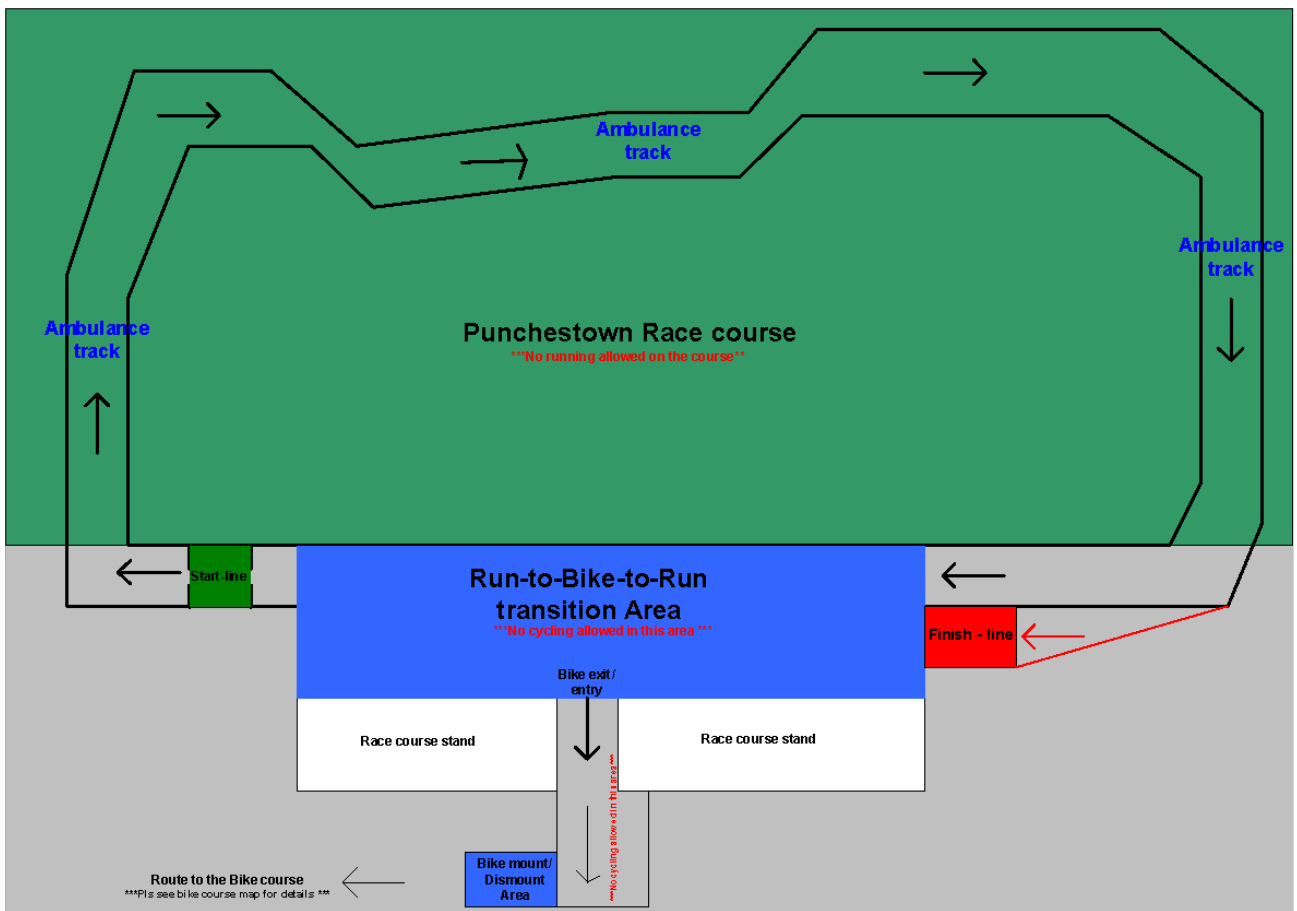
**Toilets:** Male & Female Toilets are available in the Punchestown complex.

**Refreshments:** NTC will endeavour to have Drinks & Bananas for competitors at the finish  
Last Lap Café will be on hand selling Coffee products as well as tea, hot chocolate, juices, soft drinks, scones, hot snacks, muffins, snacks and sandwiches.



<http://lastlapcafe.com/>

# THE COURSE



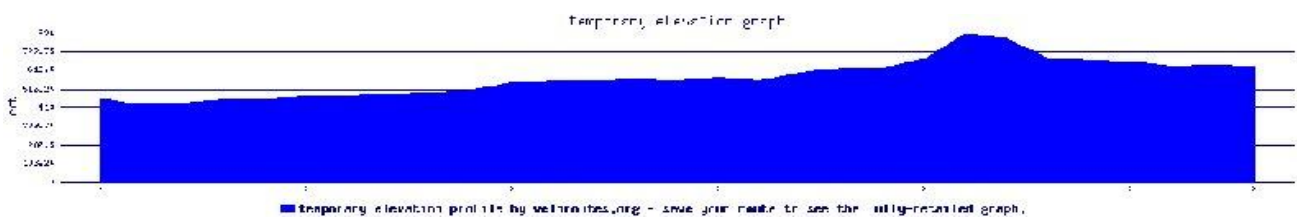
## First Run

The 1st run is 3.2 km around the Punchestown Ambulance road which follows the race track; you MUST run on the tarmac road NOT on the grass.

## Transition 1

You will be directed into transition from the 1st run, you must put your helmet on and secure by closing the chin strap clip before touching your bike. You must obey marshals here and everywhere else on the course - anyone abusing the marshals will be disqualified immediately. You cannot mount your bike until after you cross the mount / dismount line

## The Bike course profile - Punchestown to Blessington



### Punchestown

The route climbs gradually most of the way to Blessington – while not very steep you will feel the drag,

### Blessington

But this makes for a easier return to Punchestown

## Bike

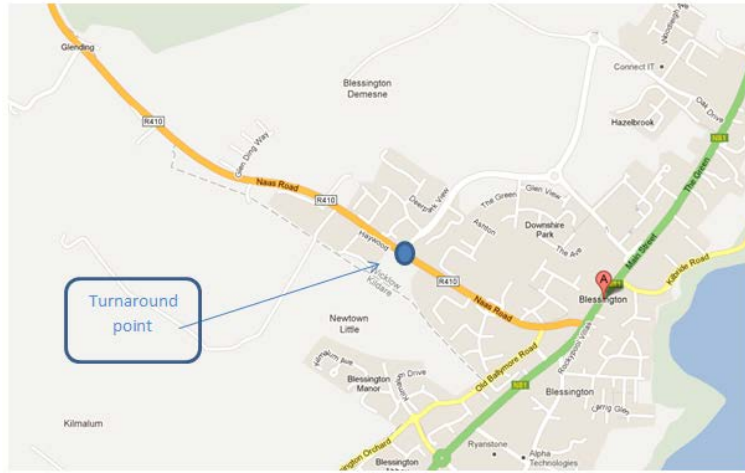
### HELMETS ARE COMPULSORY



On leaving the transition area there is a short exit road before joining the main road, there will be marshals at every junction along with Gardai, you must obey the marshals at all times on the road and normal rules of the road apply. The roads are open to traffic so stay on the left only pass when it is safe to do so. Distances are in Kilometres from the start and are approximate

The Course exits Punchestown by the top gate onto the public road. (0.6km) Turn right and then down a hill to the \"Four Cross Roads\" Turn Right Towards Blessington. (1.8km) **(Be very careful at this junction)** You will now be on a 3km gradual climb of 276m in elevation. Nothing too steep but you will feel it in the legs as you climb into Eadestown where you make a right hand turn with the road (4.7km - this is a 90degree right hand bend which then takes you past Eadestown Church). After Glending wood (on your left) there is a sharp left bend, (8.1 km). A sweep down to the 9.65 k mark at the turnaround point (just enough time to catch your breath) - this is a downhill into Blessington.

The turn point is at a new roundabout on the run into Blessington at the junction with the Blessington inner relief road. It is very obvious and there will be marshals to help you. Then you follow the return course to Punchestown - 19.4km total)



This is a ***non drafting*** race so you must leave a gap of 10 metres long between you and other competitors. A competitor may enter the draft zone but must be seen to be making forward progress. A maximum of 20 seconds will be allowed for a competitor to pass through the draft zone. A penalty of 2 minutes will be given in the event of a competitor being caught drafting.

Full details at Section 5.5. c, page 31 - [http://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_november2015.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_november2015.pdf)

### **Transition 2**

On re-entry to the transition competitors must dismount, (Dismount Line), before the transition area and may not remove their helmet until they have re racked their bike.

You must take care in transition not to disturb anyone else's equipment; again marshals must be obeyed here at all times. Please respect their instructions.

### **2nd Run**

The 2nd run will follow the same route as the 1st one, the same rules apply.

We are looking forward to an enjoyable and above all **safe** race, make sure to follow the rules and act in appropriate fashion.

**TRANSITION WILL NOT RE-OPEN FOR BICYCLE OR GEAR REMOVAL UNTIL THE LAST COMPETITOR HAS EXITED TO THE 2<sup>nd</sup> LEG OF THE RUN. IF YOU ENTER TRANSITION AREA TO REMOVE YOUR BICYCLE (OR ANY OTHER EQUIPMENT / GEAR) PRIOR TO TRANSITION RE-OPENING YOU WILL BE DISQUALIFIED IMMEDIATELY.**

### **Cancellation Policy**

The race organisers may we may be forced to alter the course, remove one or more of the legs (run, bike, or 2<sup>nd</sup> run), or cancel the race altogether. The race organisers are bound to comply with the wishes of An Gardaí Scíochána, Triathlon Ireland and Punchestown Racecourse Management but will endeavour to do everything in our power to prevent changes to the published race course and schedule. ***However, there are many factors and stakeholders involved.***

If the bike course is unusable, but the run course is usable - we may hold the race – converting it to a two lap running race if the stakeholders are in agreement.

If we cannot hold the race on the day planned we will endeavour to hold the race at a later date if possible.

In the case of us being forced to cancel the race and unable to reschedule it for a later date we will offer a refund. But an administration fee may apply.

## **GOOD LUCK TO ALL THE COMPETITORS**

Many Thanks to our Race Partners:



***This is the latest information we have - please confirm with Triathlon Ireland.***

### ***How do I purchase a one day licence?***

. Please read through the below information before purchasing your one day licence.

Deadlines to Purchase One Day Licences online:

\* For races being held on a Sat, Sun or bank holiday: midnight the Thursday before race

\* For races being held on a weekday: midnight the day before the race

Note: It will be possible to purchase one day licences after the above times on race day

### ***Before purchasing your one day licence, please read the following information***

1. One day licences cannot be cancelled, swapped or transferred to other people or races.
2. If you hold a Full racing licence with a federation affiliated to the ITU, you do not need to purchase a one day licence as your federation membership will cover you, provided you show proof of this membership with photo ID at race registration.



### **What is a one day licence?**

A one day licence grants you the benefits of Triathlon Ireland racing membership for a period of one day.

### **Who needs a one day licence?**

A one day licence is required for anyone wishing to race a Triathlon Ireland sanctioned event who does not have a TI Race Licence Membership.

### **How much does a one day licence cost?**

Children's Events: 3 euro / £3

Aqauthlons/Duathlons/Triathlons - €15.

<https://www.triathlonireland.com/membership/RaceOdl.aspx>