

The Butchers Block Naas Duathlon Series Race Briefing

Main sponsor



<http://www.thebutchersblock.ie/>

Organised & run by :



Naas Triathlon Club

www.naastriathlonclub.com

Important Information:

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

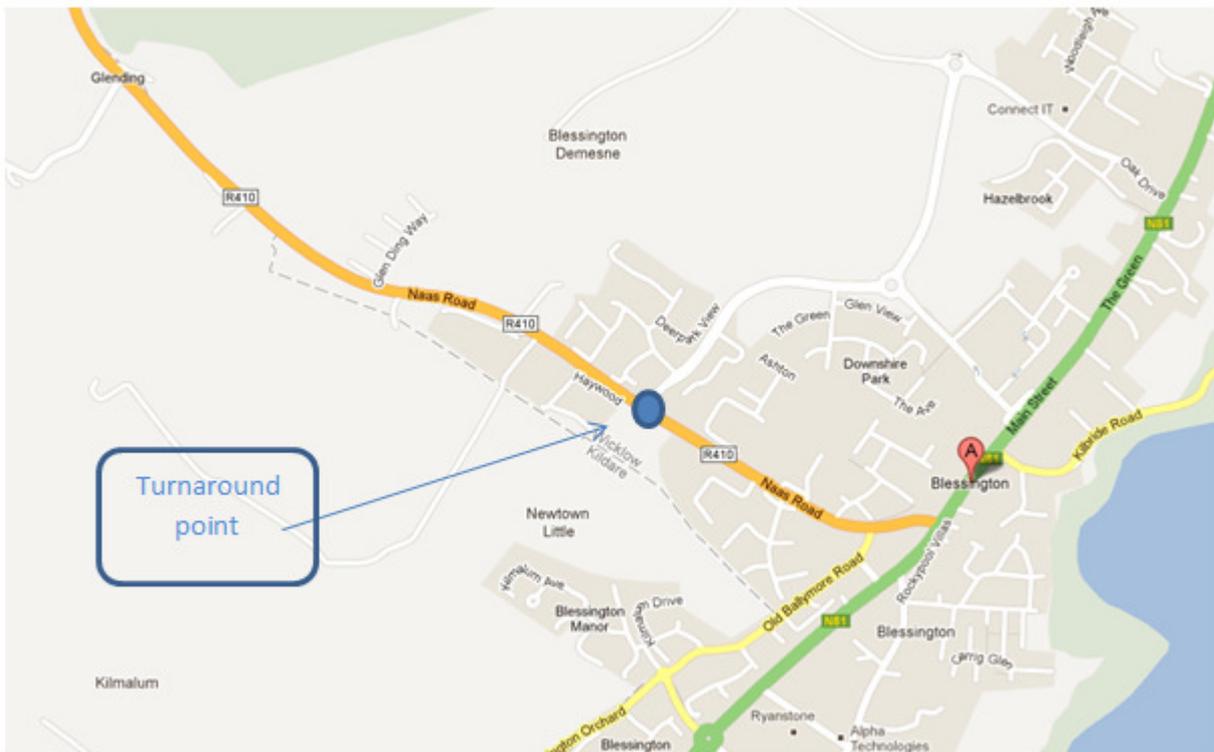
Naas Triathlon Club races are Triathlon Ireland sanctioned Races.

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.

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.

The Turnaround point is as shown below – a roundabout is in place on the run into Blessington, this will be the turnaround point.



Key Race Information:

Race Distances:	3.5km run / 20km (approx.) bike / 3.5km run
Registration	Registration opens from 10:30 am until 11:30 ONLY
Transition	Transition opens from 10:30 until 12:15
Competitor Race Briefing	12:15am
NTC 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: Race numbers must be worn on the front & back during the entire race

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.

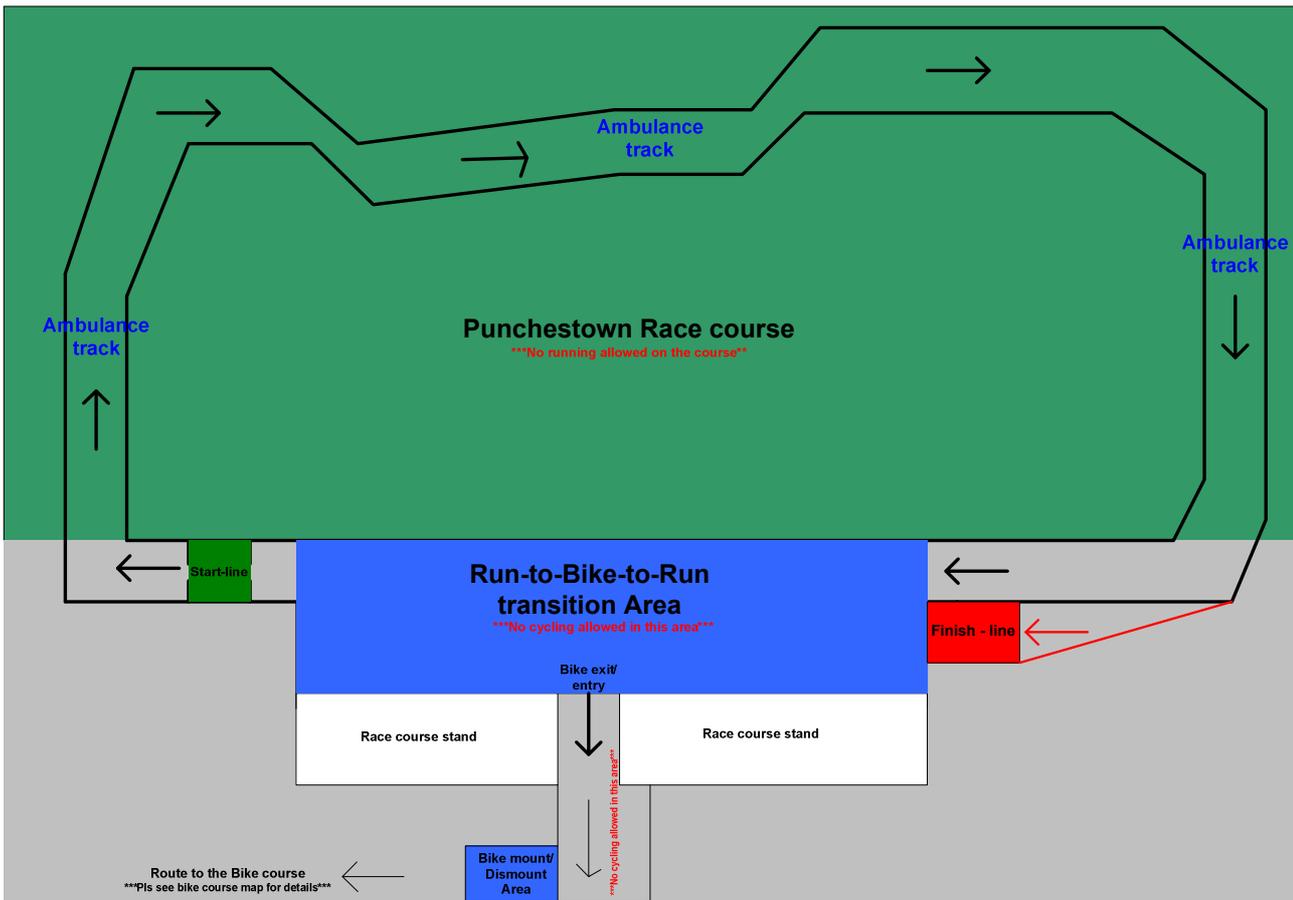
Refreshments: NTC will endeavour to have Drinks & Bananas for competitors at the finish
Last Lap Café will be on hand selling Coffee products as well as tea, hot chocolate, juices, soft drinks, scones, hot snacks, muffins, snacks and sandwiches.



<http://lastlapcafe.com/>

www.naastriathlonclub.com

THE COURSE



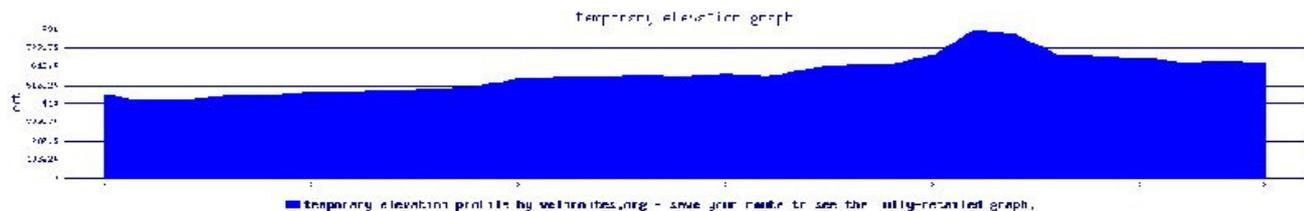
First Run

The 1st run is 2 miles (3.5k) 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 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 at the exit of transition area.

The Bike course profile - Punchestown to Blessington



Punchestown

Blessington

The route climbs gradually most of the way to Blessington – while not very steep you will feel the drag, But this makes for an 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. (0.6k) Turn right and then down a hill to the "Four Cross Roads" Turn Right Towards Blessington. (1.8k) **(Be very careful at this junction)** You will now be on a 6.2k 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 (7.8k) (this is a 90 degree right hand bend which then takes you past Eadestown Church) A sweep down to the 9.2k mark (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. 12 miles (20k total)

This is a non-drafting race so you must leave a gap of 10 meters long by 3 meters wide 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 http://www.triathlon.org/uploads/docs/itusport_competition_rules_20120215.pdf

www.naastriathlonclub.com

Transition 2

On re-entry to the transition competitors must dismount 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.

Cancellation Policy

The race, the race organisers may we may be forced to alter the course, remove one or more of the legs (run, bike, or 2nd run), or cancel the race altogether. The race organisers are bound to comply with the wishes of the Garda, Triathlon Ireland and Punchestown 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.

Our race entry suppliers (run Ireland) do not offer us a refund option in the case of cancellation but we may in certain circumstances offer limited refunds. But an administration fee may apply

GOOD LUCK TO ALL THE COMPETITORS

Many Thanks to our Race Partners:



www.naastriathlonclub.com

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

HOW DO I GET A ODL

One Day Licences are to be purchased on Sunday at Registration or beforehand on the TI website

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 that does not have a racing licence (Student, Junior, or Full membership).

How much does a one day licence cost?

Duathlons: 10 euro

		Name:	Naas Triathlon
		Email:	naastc@gmail.com
		Websites:	http://naastriathlonclub.com/

www.naastriathlonclub.com