



Galco Naas Duathlon Race Briefing Document 2022

Sunday 16th January 2022

Triathlon Ireland 2022 National Duathlon Series

Starts at 12h00

**IF YOU THINK YOU HAVE COVID SYMPTOMS, PLEASE
STAY AT HOME**



Welcome to Galco Naas Duathlon – National Championship

In 2022 we are excited to be bringing you our annual duathlon series from a brand new venue. Mondello Park is synonymous with speed and we expect nothing less from the participants taking part!

It has been a difficult year with Covid 19 and we want to provide you with a safe and enjoyable experience racing in a new venue with an exciting bike route and run on the Mondello race track itself. We have made some changes to the race/registration format to reduce contact points, enhanced social distancing and promoting a safe race for athletes, marshals and the local community. We hope you enjoy the event.

Event Location

Mondello Park,
Donore, Naas
Co. Kildare, IRELAND
[Click here for Google map](#)

Car Parking

Please enter Mondello Park at the Main Gate (No.4). Car Parking for participants will be available close to the transition/run areas. There will also be an overflow carpark if required.

Please follow the instructions from marshals when parking as this space is limited due to other events at the venue on the same day.

Your co-operation is greatly appreciated.

Race Briefing

There will be no race briefing for participants on the morning of the race. All details will be contained in this document. Should you have any questions on the day, please as a race marshal (in a high viz jacket) who will be happy to assist you.

Registration

As all participants are pre-registered, there will only be a race pack collection on arrival at Mondello Park. Please follow the REGISTRATION signs from the transition area to the registration area. Bring proof of Triathlon Ireland (current) membership and ID to registration to collect your race pack.

As you will be indoors briefly, please wear a mask. While queuing for race pack collection, please observe social distancing of 2m. There will be hand sanitiser at strategic points around registration and transition.

After collecting your race pack you may enter transition with your bike and pass through the bike check area. Only participants and marshals will have access to transition.

Registration/transition opens: 10h00

Registration/ transition closes: 11h45

Race start time: 12h00

Race Licence

As this is a TI sanctioned event all person's racing MUST do so under a Triathlon Ireland (TI) racing licence or One Day Licence/membership. All participants MUST provide proof of their official TI membership or a One Day Membership at registration alongside one form of I.D.

Timing Chips

Timing Chips will be provided in your race pack, at the back of your race number. These must be worn using a race belt or attached to the **FRONT** of your tri suit/shirt using the safety pins provided. Please

ensure you cross the timing mats when entering and exiting transition to record your splits. Should you lose your timing chip at any stage, please let a marshal know immediately.

Marshals

There will be marshals at all turn points and junctions along with members of the Gardai at major junctions. On the bike course, do not turn unless you are instructed to by a marshal or signposted to do so.

All marshals are fully briefed and are there for your safety. Please follow any instructions and enjoy the support and encouragement along the route! All marshals will be wearing bright yellow Marshall vests.



Transition

The Transition is located on the grass area on the right after entering Mondello Park Main Gate (No.4). There will be rows of bike racking with designated spots marked with bright tape. Transition spots will not be numbered so may rack anywhere you prefer. Remember only leave the gear you require for the event in transition. All transition bags etc can either be left back in your car or in the bag drop area. Please note, bag drop will not be attended and bags are left at your own risk. There will be timing mats on the entrance and exit of transition to record all splits.

Transition will re-open after the last competitor is on the run course.

Transition Open Times: Sunday 10h00 – 11h45

Transition Entry Checks

Bikes and helmets will be checked going into transition, please have your helmet on your head and fastened as you come into transition, you have attached your bike sticker number to your bike. The marshals will not be handle your bike or helmet during the checks so please have your hands free to show your bike are in good working order.

Transition is a secure area and **only competitors with race numbers are allowed into the transition area.** Transition will close at 11h45 sharp. Please ensure that all your belongings are removed from transition before the above time. Transition will open for equipment and belongings collection after the last person is on the run course. Should you need to enter transition before this time, please speak with the Head Marshal at transition.

Common faults – No bar ends, brakes not working, wheel skewers loose, tyres flat, loose headset. – It is your responsibility to ensure your bike is in a safe working state. Any issues and you will be denied entry to transition.

The Course

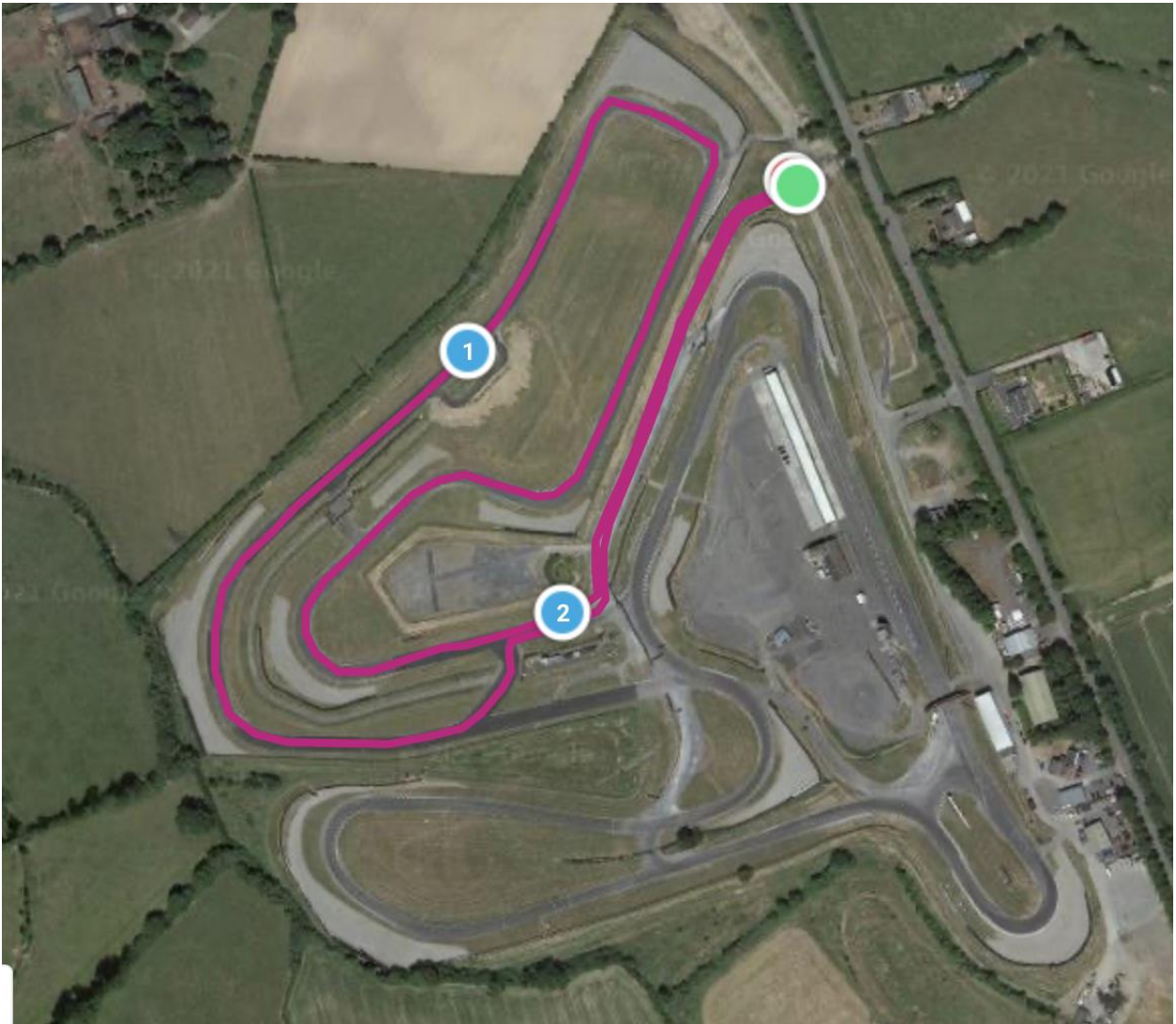
Race start will be at 12h00. If you are wearing a mask, bins will be provided for disposal, along with gel packets/bottles.

- 5km run around Mondello Park Race track (2 laps of the run route)
- 20km cycle from Mondello Park on open roads (see map below)
- 2.5km run around Mondello Park Race track (1 lap of the run route)

Run Route

1st run: 5km (2 laps)

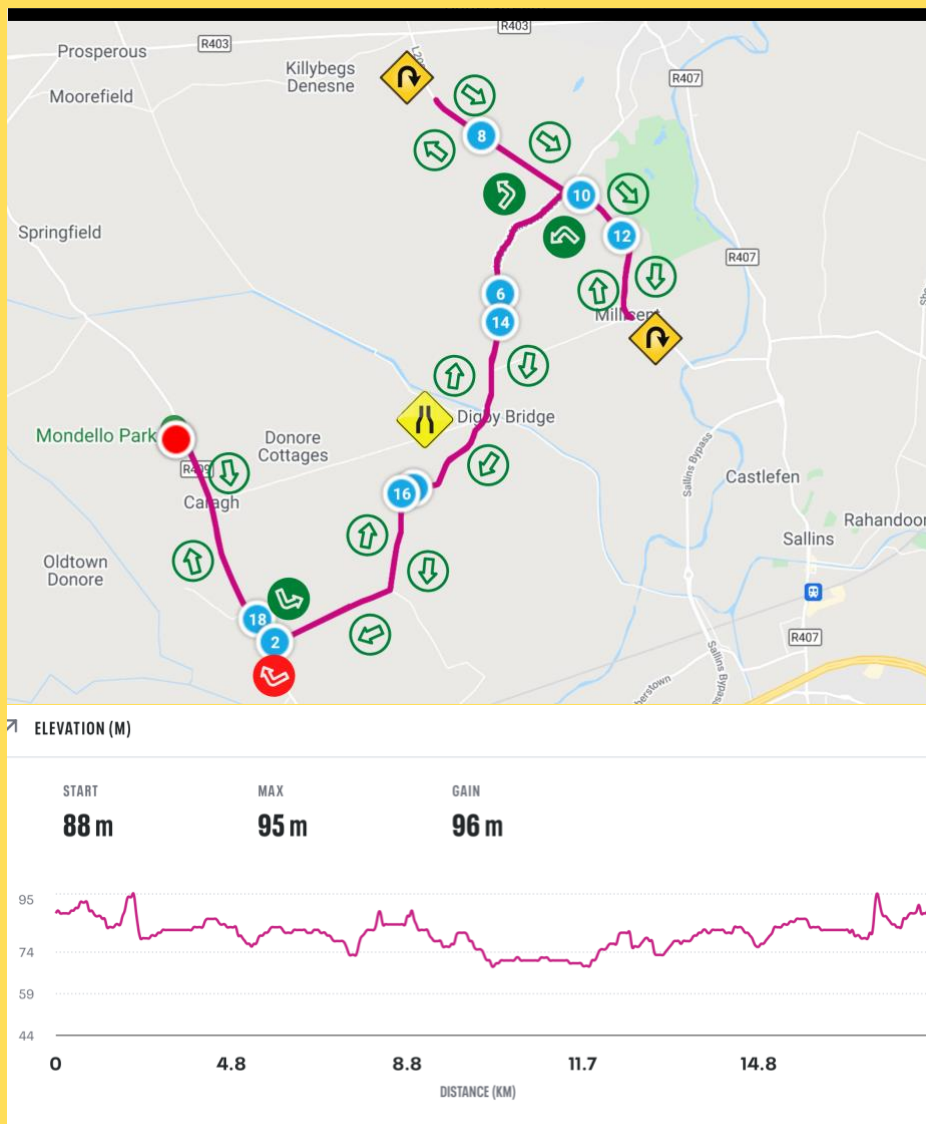
2nd run: 2.5km (1 lap)



Link to the run route: [Map My Run](#)



** MONDELLO NEW 2022** Duathlon Cycle Route 20km



Link to the cycle route: [Map My Run](#)

Safety on the bike:

- All athletes must fasten their helmet **BEFORE** removing their bike from the rack and only unfasten their helmet **AFTER** their bike has been racked. Failure to do so will result in a correction by TI officials and/or marshals - failure to obey TI Officials or race marshals to rectify the problem will result in a penalty.
- Bike helmets must be fastened for the full duration of the cycle section of the race. Athletes with unfastened helmets on the bike course will incur a penalty.
- Remember no helmet no race. It's for your own safety so please obey all instructions.
- Bikes cannot be mounted until you reach the mount line outside the transition area and must be dismounted before the dismount line. This will be made clear on the day.
- Obey all marshals, Gardai and all road markings as per rules of the road. Any abusive language or behaviour toward any official will result in instant disqualification (DSQ)
- The roads are not closed so ordinary Rules of the Road apply. Any crossing of an unbroken white line will result in instant disqualification (DSQ).
- Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft. Any competitor who does not clearly avoid violating the drafting rules may receive a time penalty.
- We have trained TI Motorbike Officials on the bike course. For safety reasons they may not be able to display notice of an infringement (by displaying a blue card to the competitor) at the time of the infringement. In any event the competitor's race number will be communicated to the race referee along with a description of the infringement.
- Earphones, earbuds, etc are not allowed on any element of the course. Failure to remove these will result in a DSQ.
- Any Penalties incurred will be displayed beyond the finish line

Finish

Due to Covid restrictions we will have a straight through finish Shute. Athletes are asked to keep moving and not to gather in groups. There will be bottled water and bananas available a small distance from the finish. Please take what you require and move away from the area, thank you.

Prizes

There will be no prize giving at the end of the event. Prize winners will be announced on social media and notified directly. Prizes will be awarded in the usual categories in-line with Triathlon Ireland National Series rules. Prizes will be awarded to Overall 1st, 2nd and 3rd Place in Male and Female.

Participants' Health Screening

Athletes racing in this event must monitor their health status continuously (including taking their temperature and monitoring for any symptoms) before the event.

EVEN WHEN YOU ARE FULLY VACCINATED, YOU WILL NEED TO SELF-ISOLATE IF YOU:

- have symptoms of Covid-19
- are waiting for a test appointment and your test results, if you have symptoms of Covid-19
- have had a positive test result for Covid-19, even if you have mild symptoms or no symptoms
- arrive into Ireland from a high-risk country
- arrive into Ireland without proof of vaccination or recovery
- are a close contact of someone who arrived into Ireland from a high-risk country, who tested positive for Covid-19

Thank you for your co-operation and the very best of luck on race day.

We look forward to welcoming you to the first race of 2022!! You can be assured of the usual support and encouragement along the race route that our marshals are renowned for.

A big thank you to our members/marshals for the work that goes into putting on a safe and enjoyable event for all.

Thank you,
Maxine Strain
Naas Triathlon Club