



Triathlon
Ireland

TriLaois 2023



trilaois
Athlete Race Brief

What you need to be allowed Race

1. Race Entry
 2. Photo ID
 3. Triathlon Ireland Membership. This can be either:
 - a. Triathlon Ireland Full Membership
- OR**
- b. One Day Membership

Full Membership (or u23/Junior/Youth) of Triathlon Ireland can be purchased [here](#)

One Day Membership requires you to be at the very least, registered on the Triathlon Ireland website. You then need to log in to the members section of the website [here](#), and select **Buy a One Day Membership (ODM)** and follow the steps.

Note#1: The latest a One Day Membership can be purchased in advanced of TriLaois 2022 is **Thursday March 30th 2023**.

Note#2: If you have purchased one of the Full Membership options from Triathlon Ireland when joining, you do not need a One Day Membership.

Note#3: Proof of Triathlon Ireland Membership must be demonstrated at Race Registration via the Triathlon Ireland app which can be downloaded to your phone.

Note#4 - Relay Teams: Although only one member of a Relay Team needs to have a One Day Membership/Full Membership, **ALL Relay Team members must be a member of Triathlon Ireland**. You can set up an account for free by selecting Site User on Triathlon Ireland [here](#).

If you do not have items 1 and 2, and one of either 3a or 3b above, you will not be allowed to participate in the race.

If you require a One Day Membership to race, please purchase one today, before it is too late.

Event Timetable

EVENT DETAILS:	DATE:	TIME:	LOCATION:
Race Competitor Briefing	25 th March	20:00	Sent via Email
Early Race Registration	31 st March	18:30 – 21:00 All Race Waves	Portlaoise Leisure Centre
Race-day Registration	1 st April	07:00 – 08:00 All Race Waves 09:00 – 10:00 Waves 7-10 Only	Portlaoise Leisure Centre
Transition Open for Bike Racking	1 st April	07:00 – 08:00 All Waves 09:00 – 10:00 Waves 7-10 Only	Portlaoise Leisure Centre
Event Start	1 st April	08:30	Portlaoise Leisure Centre
Event Finish <i>This is the time when the organisers are no longer responsible for athletes in the recovery area, transition or run courses.</i>	1 st April	14:00 (estimated)	Portlaoise Leisure Centre
Prize Giving	1 st April	14:00 (estimated)	Adjacent Finish Line

Race Brief

Race Distances

RACE:	SWIM:	BIKE:	RUN:
Try-a-Tri	400m 16 x 25m lengths Cut-off: 20mins	22.5km	5km
Sprint	750m 30 x 25m lengths Cut-off: 30mins	22.5km	5km

Car Parking

There will be no parking available at Portlaoise Leisure Centre or in the immediate vicinity of the centre. Roads leading to and from the Leisure Centre will be used for the Bike and Run routes, and therefore must be kept free of event traffic.

Car Parking Marshals will be on duty on your approach to Portlaoise Town to direct you to one of the below car parks.

CAR PARK:	COST:	WALK TIME TO PLC:
Old Convent Car Park	Free	4 mins
LCC Car Park on left of Tower Hill	€2.40/day	2 mins
Multi-Storey Car Park @ Odeon Cinema	€1.60/hour	5 mins
St. Fintan's Hospital Car Park	Free	10 mins

We advise you to come early so you have time to park and are not rushing to make your Registration and Transition deadline. Latecomers will not be able to race.

Please do not to approach the Leisure Centre via either the Borris Road or the Ridge Road. Try to come either via the Dublin Road, James Fintan Lalor Avenue or the Mountmellick Road.

Registration Process

Early Registration will take place between 18:30 and 21:00 on Friday evening 31st of March at Portlaoise Leisure Centre. For people who are based locally, it would make your race-day morning a lot less stressful and our job a lot easier if we could get as many of you registered on Friday night. This leaves more time for those who will be travelling distances to register on Saturday morning. Race-day morning can be stressful enough with competitors having enough to think about such as parking, bike racking race-day nerves, etc. The last thing you need is to be worrying about registration deadlines.

Race-Day Registration will be open on Saturday morning between 07:00 – 08:00 for all waves at Portlaoise Leisure Centre.

There will be a second Race-Day Registration solely for competitors in Waves 7-10 between 09:00 and 10:00 on the morning of the race at Portlaoise Leisure Centre. Note **you must be** listed to race in one of Waves 7, 8, 9 or 10 to register in this later registration. If anyone comes to this registration from Waves 1 - 7 they will not be allowed to register or to compete.

Triathlon Ireland Membership will be checked at registration (either via app or card), and One Day Membership licenses must be presented where required. All competitors will be required to sign the competition disclaimer. Competitors with any medical conditions and/or disabilities will be required to inform us at the time of registration.

RELAY TEAMS: All Relay Team members must present themselves at registration and have a copy of their TI Membership and photo ID.

Transition Area

Transition Area will be on the astroturf pitch behind Portlaoise Leisure Centre.

THERE IS NO NUDITY ALLOWED IN TRANSITION. Use your towel to cover yourselves if you are changing clothes. Take your time.

Transition will open at 07:00 on the morning and **will close at 08:10 SHARP**. All athletes must leave the Transition Area at this time.

For entrants in Waves 7 - 10 who register in the later registration (09:00 – 10:00), you will be allowed enter the Transition Area between 09:00 and 10:10 to rack your bike. This later Transition Area entry is marshalled and will be restricted only people from these waves. This later Transition Area entry **will close at 10:10 SHARP**.

Everyone in Waves 1-7 must rack their bike between 07:00 and 08:10.

Only items deemed necessary for your race are allowed at your Bike Rack position. Other

items will be removed.

Once you leave the Transition Area after setup, you will not be permitted to re-enter transition until after your swim.

Bike racks in transition will be identified by Wave Numbers. You must rack your bike in the rack labelled with your Wave Number. It is the responsibility of each athlete to remember where their bike is located.

Tip: It is always a good idea that last thing before you leave Transition after racking your bike, you walk over to the gateway where you enter the Transition Area from the swim and identify where your Wave Rack is, and the route you have to take to get to it and to your bike.

It is the athlete's responsibility to have a roadworthy bike and wear a hard-shell helmet. You will not be permitted to race without either.

When an athlete is entering the Transition Area to setup, he/she will be required to demonstrate that their bike is roadworthy (e.g. by spinning wheels and pulling brakes). Marshals will be on hand to check bikes on entry and to provide directions to the athletes.

Each bike will have a numbered sticker to go along with your race number. This sticker must be on your bike on entry to the Transition Area for setup. After the race you must present your race number to the marshals at the gate to collect the bike with the corresponding numbered sticker from the Transition Area.

Transition Closes at 08:10 for Waves 1 - 6 and at 10:10 for Waves 7-10

At your Transition Close time all competitors must leave the Transition Area and bring any belongings not needed for the race with them. Anything not deemed to be required for the race will be taken from the Transition Area by marshals and moved to the Lost and Found.

Changing facilities are available at the rear of the Leisure Centre. Please don't use the lockers here but instead the Bag drop at the rear of the Transition Area.

Race Start

- The race will start at 08:30 with Wave 1 in the pool.
- It is very important to be ready at poolside at least 20 minutes before your projected wave start time. This will allow us to organise you properly for the race and avoid delays in the pool and enable the race to run as smoothly as possible.

Waves and Wave Start Times

- Wave and Wave Start Times will be announced on **Tuesday 28th March**.
- Athletes must be in the pool area at least 20 minutes prior to your wave!

Rules and Regulations

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. This document is available on the Triathlon Ireland website: www.triathlonireland.com and we would ask that all athletes refer to section 3.8 – ‘General Rules for Competitors.’

Appeals/Protests

A competition jury will be appointed in line with the rules set out in the Triathlon Ireland Manual of Guidance.

Note on Marshals

Ignoring the instructions of marshals will result in disqualification.

Marshals are there to make sure you have a safe race – so listen to them and be courteous at all times. They have your best interests and your safety at the forefront of their decision making. It may not seem that way at the time, but that is the case.

Verbally abusing a marshal will result in immediate disqualification.

Verbal abuse of any marshal will not be tolerated. We could not hold an event such as TriLaois without our marshals volunteering their time to enable the race to be run. Don't forget this when the adrenaline is pumping and all you want to do is keep going.

Swim Section

PLEASE NOTE WAVE TIMES ARE INDICATIVE ONLY.

All athletes must monitor the progress of previous waves as wave starts may be brought forward if events are being completed faster than anticipated.

Wave 1 will start at 08:30, with each subsequent wave starting as soon as the previous wave finishes, so aim to be ready to start early in case the race moves faster than planned.

Swim Information and Rules

- This is a 25m pool with 5 lanes.
- 5 lanes will be in use with 6/7 athletes per lane.
- We plan to accommodate 350 athletes in 10 Waves.
- The swim cut off time for the Sprint Race will be 30 minutes and 20 minutes for the Try-a Tri.
- Swimmers who have not completed the distance in this time will have their times calculated on the distance covered.
- Athletes will be seeded based on the times they supplied during online registration.
- Wetsuits or other buoyancy aids are not allowed.
- No Diving or Tumble Turns are allowed.
- Firmly tap a slower swimmer on the ankle if you wish to overtake them.
- Overtaking is only allowed at the end of the pool.
- If you feel a firm tap on the ankle, please stop at the end wall and allow that swimmer to pass by.
- Marshalls may stop slower swimmers at a wall to allow a faster swimmer to pass safely by.
- Marshalls will count lengths completed, & their count is final.

Relay Team Swim

- Relay team swimmer proceeds directly to the pool for their allocated wave.
- While the team swimmer is in the pool, the team cyclist must wait within the RELAY PEN inside transition.
- Upon completion of the swim, the team swimmer enters transition and proceeds directly to the RELAY PEN.
- Swimmer swaps timing chip over to the team cyclist.
- Swimmer exits transition. Their part is complete.

General Safety

- The Portlaoise Leisure Centre will have its full complement of lifeguards on site.
- These lifeguards are trained in lifesaving and first aid techniques.
- Each lane will have 2 lane counters per lane. These lane counters are members of Trilogy Triathlon Club and can spot if any swimmer is in difficulty.

Swimmer Identification

- Each swimmer will wear his/her own swim hat.
- In the event of two swimmers in the same lane having the same-coloured swim hat, the lane counters will allocate a different coloured spare hat to the first swimmer. This is for swimmer identification.
- The lane counters will then use a specific form for each wave to count the lengths covered by each swimmer (as noted by colour of swim hat), as the race progresses.
- The Swimmer will receive a 'pat on the head' from the lane counter when they have two lengths to go.
- Swimmers may be asked to let faster athletes pass at the pool end wall.

Retiring Swimmers

Athletes who retire early will have their timing chips removed by the Water Safety Officer. They are free to finish the course but will not receive an official time.

Pool Layout



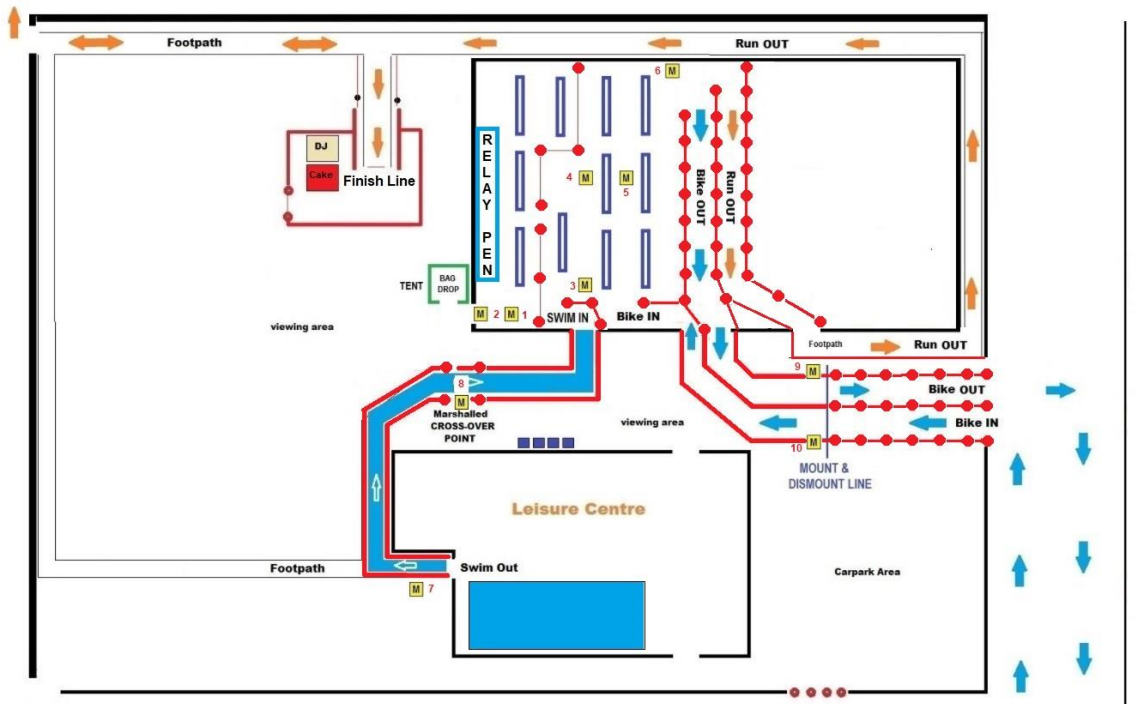
Transition 1 (T1)

- Once athletes have completed the Swim leg, they will be directed towards the pool exit and from here follow the matting towards transition.
- Marshals will be on hand to provide directions to the athletes, and athletes must follow the routes indicated by the marshals at all times.
- Transition is neutralised to ensure no bike or rack positioning within Transition is advantageous to any one athlete over another.
- It is the responsibility of each individual athlete to remember the location of their bike.
- **DO NOT REMOVE YOUR BIKE FROM THE RACK UNTIL YOUR HELMET IS ON AND FASTENED.**
- Each bike will have a numbered sticker to go along with your race number.
- No earphones of any description are allowed on the bike route.
- Once you have your helmet on and bike ready you will leave Transition by running alongside your bike under the direction of the marshals and head for the Mount/Dismount Line.
- **DO NOT MOUNT YOUR BIKE UNTIL YOU PASS THE MOUNT/DISMOUNT LINE**
- Once you have passed the Mount/Dismount Line you are out on the Bike Course.

Relay Team T1

- The cyclist for a relay team must take up position in the RELAY PEN before the team swimmer starts their swim.
- When the swimmer enters T1 from the swim, they proceed to the RELAY PEN before transferring the Timing Chip to the cyclist.
- After receiving and putting on the Timing Chip, the cyclist then proceeds to their Wave Rack and to their bike to get started on their cycle.
- Swimmer exits transition.
- Runner enters RELAY PEN to await the cyclists return.

Transition Layout



Bike Section

Competitors will exit the transition area and mount their bike after crossing Mount/Dismount Line.

Bike Route

TriLaois 2023 features a fast out-and-back route which takes athletes to the New Inn roundabout and back.

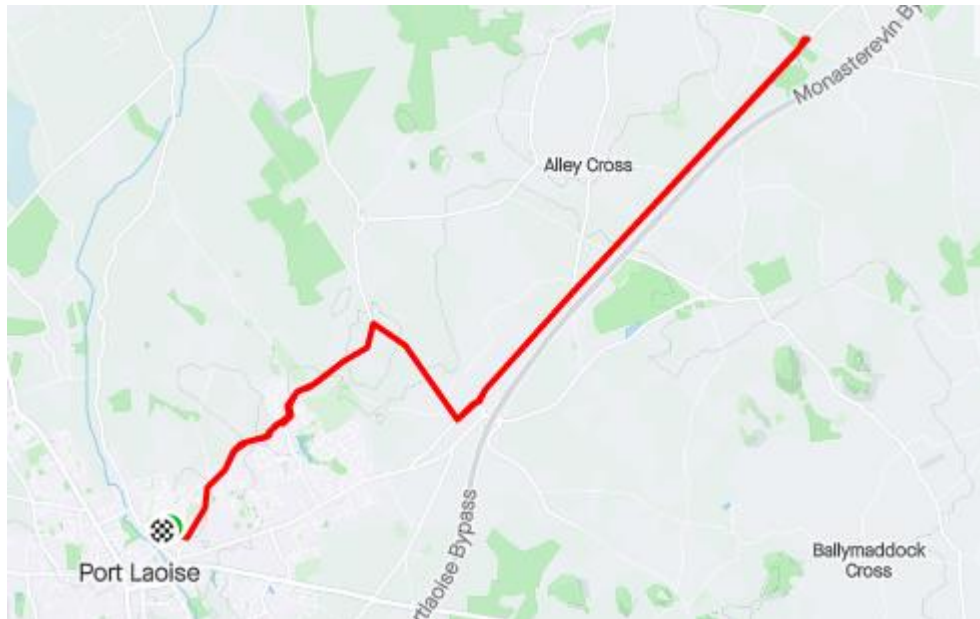
- Exit Transition and mount your bike after the Mount/Dismount Line
- Marshals will direct you out of the Leisure Centre car park, through Dr. Murphy Place and left out onto the Borris Road.
- When on the Borris Road you will continue for approximately 2km, through 3 roundabouts before you're directed left and then right again at Rathevan.
- Leaving Rathevan you head out a country road for another 1.5km approximately before being directed to take a very sharp right turn. Please be careful at this turn as it is very sharp and therefore dangerous.
- Continue along this road for another 1.5km before you meet a T-junction and are directed left up the short hill to another roundabout.
- Go through the roundabout at the top of the hill and down the other side.

- You are now on the Old Dublin Road, and it is a straight run all the way to the turnaround point at the roundabout at the New Inn (6km approx.)
- At the New Inn Roundabout, you will be doing a 180° turn so please be mindful of speed, especially if the roads are wet.
- Once safely around the roundabout the route home is the same as the route out.
 - 6km to the roundabout at the top of the hill
 - Down the hill and a sharp 90° right turn back onto the country roads
 - 1.5km to the very sharp left turn and
 - 1.5km to the Rathevan left, right and the first roundabout on the Borris Road
 - 2km back in the Borris Road & 90° onto Dr. Murphy Place and back into the Leisure car park and off your bike before the Mount/Dismount Line.

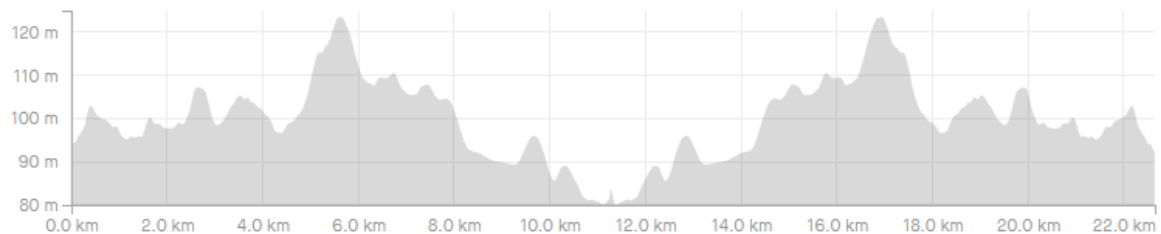
Bike Safety Notes and Rules

- The Cycle Route is on public roads and all roads are open. This means that the **RULES OF THE ROAD APPLY**.
- Approach all roundabouts, junctions and any pedestrian crossings with caution and pay attention to traffic, marshal calls and signals. Remember you do not have right of way just because you are racing.
- Marshals will be at all major junctions to direct you and for your safety. Note though that **MARSHALS CANNOT STOP TRAFFIC FOR YOU**.
- If a marshal instructs you to stop, STOP! This instruction is given with your safety in mind.
- **DRAFTING IS PROHIBITED**. This is a non-drafting race in which it is forbidden to cycle close behind another athlete to gain a benefit from the reduced wind resistance or drag.
 - Age Group bicycle draft zone: the bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete.
 - There will be a Triathlon Ireland Draft Buster Official traversing the cycle route on a motorbike to ensure that this rule adhered to.
- Signs will be in place along the route and there will be directional arrows painted on the road also.
- Enjoy the cycle, but please remember that everyone else in Portlaoise and the surrounding roads are going about their normal Saturday morning business, so obey the rules of the road and the marshals, and let common sense and decency apply.

Bike Route Map



Bike Route Profile



- See the route on Strava [here](#)

Transition 2 (T2)

- At the end of the Bike Section you will enter the Leisure Centre carpark as you exited. Follow marshal directions in to the Mount/Dismount Line.
- Dismount your bike before the Mount/Dismount Line and run alongside your bike into the Transition Area for T2.
- Be careful when you dismount as the legs will be tired and your coordination may not be as good as you expect.
- Find your bike rack in the Transition Area and rack your bike in the same rack and slot as it was originally. Failure to do so may impede another competitor's progress through transition and may lead to you being penalised.

- **DO NOT UNFASTEN OR REMOVE YOUR HELMET BEFORE RACKING YOUR BIKE.**
- No earphones of any description are allowed on the Run Route.
- Exit T2 out the Run Out lane and off you go on the Run Route.

Relay Team T2

- The runner for a relay team must take up position in the RELAY PEN as soon as the cyclist starts their cycle.
- When the cyclist enters T2 from the cycle, they proceed to their Wave Rack and rack their bike, following all the same rules as all other competitors.
- Once their bike is racked, the cyclist heads for the RELAY PEN before transferring the Timing Chip to the runner.
- After receiving and putting on the Timing Chip, the runner then follows the exit route out onto the run route.
- Cyclist exits transition.

Run Section

- The Run Route is an out-and-back course along the Ridge Road, a relatively quiet country road leading away from Portlaoise.
- You first run around the outside of the Astro pitch following the route to exit the Leisure Centre grounds, turning right under the railway bridge.
- There is a brief detour turning right into the Esker Hills housing estate and back out again before you continue on out the Ridge Road.
- After 2.6km, you will see the water station, a marshal, and a traffic cone to signify the turnaround point.
- You must run around this cone and return to the Leisure Centre via the same route you took out, including the short detour into the Esker Hills estate.
- On entering the Leisure Centre grounds you head straight for the Finish Line.

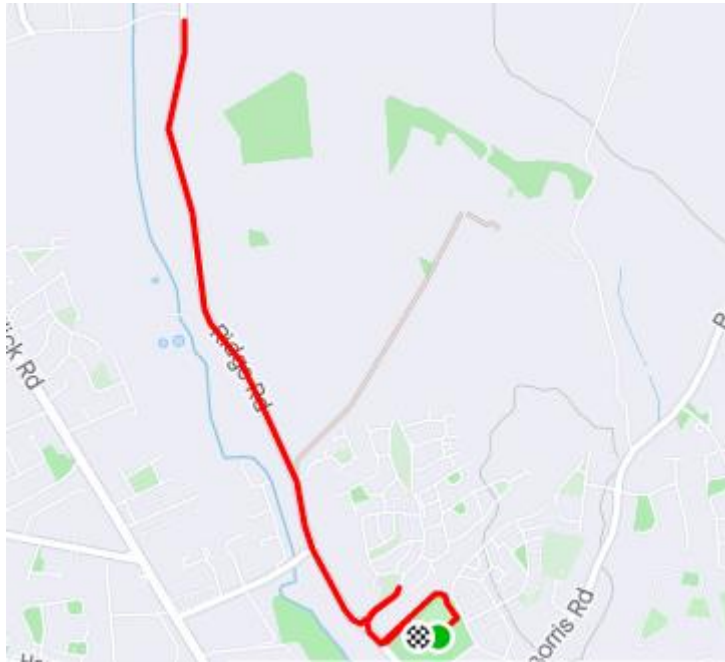
Run Safety Notes and Rules

The run course is relatively flat, rising slowly out of the town and providing a gentle downhill return.

- Runners are asked to always run on the right-hand side of the road.
- On the way out runners should keep on the pavement and then on the right hand side of the road until the turnaround point.

- Runners will run on the right-hand side of the road on the way back.
- There is a crossover on the run route which is marshalled, and runners must cross over at this point and run on the road adjacent to the pavement until you reach the leisure centre.
- **NO EARPHONES OF ANY DESCRIPTION ARE ALLOWED ON THE RUN ROUTE.**

Run Route



Run Profile



- See the route on Strava [here](#)

The Finish

The Finish Line, with spectating alley, will be located in the grounds of the Leisure Centre.

- Finishers will receive a breakdown of their times for each of the legs, for their overall race, and their finishing position.
- While waiting for these results, competitors can use the shower and changing facilities at Portlaoise Leisure Centre and avail of the post-race refreshments and celebrations nearby.
- Final results are expected around 14:00, with a prize presentation immediately following the announcement of results.
- Remember to smile for the camera at the Finish Line!

After the Race

- After the race, you will not be permitted to remove your bike until a marshal has deemed it is safe to do so and will not hinder any athletes who are still completing their race.
- Because the transition is set up in waves, we do not have to wait for everyone to be finished to allow people to retrieve their belongings. However it is very important that finished athletes respect that there are others in later waves who will still be racing and that finishers avoid interrupting other athlete's race.
- **YOU MUST HAVE YOUR RACE NUMBER WITH YOU TO COLLECT YOUR BIKE FROM TRANSITION.**

Lost and Found

- Lost and Found will be located in the Transition Area.

Rubbish and Litter

- We kindly ask that you do not litter the race route.
- At the Water Station on the Run Route there will be containers for you to drop your water cups into. Please use these containers.
- Alternatively, please drop your litter at the km markings on the Run Route. This helps greatly with the clean up afterwards as litter isn't strewn along the route.

Thank you

Trilogy Triathlon Club would like to take this opportunity to thank you for entering our race. There will be many first-time triathletes in this race so encourage one another, enjoy the experience, and savour the achievement of the challenge tackled.

Should you like to train or get more involved in triathlons, we would love to welcome you into our club. Check out www.trilogy.ie for details.