



“Little Bo Beep Triathlon”
Kenmare, Co. Kerry, Ireland.
2.00 pm, Saturday 7th August 2010.

1.5Km Swim, 40Km Cycle, 10Km Run.

Registration: Friday Night 6th Aug 19.00 – 21:00 @ Star Sailing Centre
Saturday Morning 7th August 10.30 – 12.00 (sharp) @ Star Sailing Centre
Note all members of a Relay team must be present when registering.

Directions to Star Sailing Centre: Turn left at the Post Office in Kenmare and go over the Suspension Bridge. Take the first right hand turn after the bridge heading out along the main Kenmare to Castletownbere Road. Star Sailing Centre is 4 miles out on the left hand side.

Race Briefing: Pre-Race briefing is at 13.30 at transition area. *All competitors must attend.*

Race Start: 14.00 (sharp) on the slipway at Star Sailing.

Post Race: Post Race Entertainment and food available in the Star Sailing Centre.
Prize giving at 18.00 at Star Sailing Centre.

Please be Responsible

Please note this is a very scenic area. Please do not litter the Bike and Run routes with gels/bar wrappers, bottles etc. The people of Kenmare and particularly the residents of the run course have been gracious in their support for the event. We do not wish to repay their courtesy by littering their roads and jeopardizing the holding of future events. Please take your litter home or place it in the refuse bags available in the Transition Area.

Star Outdoors are offering a unique view of the swimmers from their cruise vessel for €6 pp departing before the swim start at 1.45 pm , duration one hour.

Con's Restaurant at Star Outdoors will be open from 10am for coffee, light snacks etc. All day menu available from 12 noon.

Special buffet available from 4.30 to 6.30 pm at rate of €10.00 per person .



Event Information

The Little Bo-Peep is a Triathlon Ireland sanctioned event. Hence T.I rules apply. Competition rules can be found on their website. www.triathlonireland.com

VERY IMPORTANT

If you are not currently a FULL 2010 member of Triathlon Ireland you must purchase a ONE DAY RACE LICENCE for the Little Bo Peep Triathlon.

THIS IS YOUR RESPONSIBILITY AND ANY ISSUES WITH THIS PROCESS ARE TO BE BROUGHT TO THE ATTENTION OF TRIATHLON IRELAND.

www.triathlonireland.com

This license must be purchased by Aug 5th.

**You MUST bring PROOF of PURCHASE and PHOTO ID to registration
NO EXCEPTIONS**

Failure to provide these details will mean you WILL NOT RACE

**ALL MEMBERS OF A RELAY TEAM MUST ATTEND REGISTRATION
TOGETHER.
NO EXCEPTIONS.**

T.I membership cards will be checked at registration.

Please be aware that all competitors have signed a disclaimer and a swim proficiency declaration at time of purchase of event place. Relay team swimmers must resign this form at registration as the person who signed at time of booking may not be the swimmer.

Competitors with any medical conditions will be required to inform us at the time of registration. In case of emergency you are requested to complete the required information on the reverse of your race number .Do not fold your race number

Each athlete will get, their swim hat, race number and timing chip. Individual athletes numbered 1-240, with Relay teams given letters i.e. A B C etc

The Swim Hat provided must be worn and the race number cannot be amended or doctored in any way.

Two race numbers are supplied. This race number is to be worn on the back. If athletes are wearing a race belt, the number can be worn on the back for the duration of the cycle and then twisted to the front for the run.

For Relay Teams the swimmer will not be wearing a number, the cyclist wears their number



on the back and the runner on the front. For Relay Teams where the same person is doing both the bike and the run then the two numbers back and front can be used.

The transition area will open at 10.00 on the Saturday morning .We **do not** have numbered racks so get in early . There are no boxes allowed in transition while the event is underway so please remove them before the starting horn or the transition marshals will remove them. Competitors who have finished the race are not permitted to remove bikes / gear from transition until the chief transition marshal gives the go ahead. Ignoring this rule or abusing any transition marshal will result in disqualification.

Cyclists and runners on relay teams will be body marked after the swim has started. There will be a holding area for Relay Teams.

A timing chip system will be in operation. This means that every athlete will have an electronic chip attached by velcro to their ankle. This will record their times as they cross the electronic mats. It is your own responsibility to ensure that you cross over the mats. No manual records will be kept so if you do not hear the electronic bleep as you cross the mats your time has not been recorded. This system is highly accurate and will record splits immediately. Relay teams will pass on the chip as a baton at transition. Detailed results and splits will be available at the prize giving.

NB: You must pass over the timing mat at transition when making your way to the waters edge for race start or you will not be registered in the race.

Swim Information

Swim – 1500 Meters 14:00 Star Sailing Slipway

Swim Caps provided must be worn.

No one is to enter the swim start area until officially summoned to do so by the start marshal. The swim start (in water) will begin off the main slipway on the pier. The swim course is triangular and each of the buoys must be passed on the swimmers left hand side. It is then a straight swim back to the starting position. The buoy on the way back is a sighting guide.

Please seed yourself accordingly at the swim start, i.e. if you're a weak swimmer its pointless slogging it out with stronger competitors!!!

If a swimmer wishes to retire from the swim for any reason raise your clenched fist in the air, stay calm and a rescue boat will come to your assistance.

Swimmers who retire (not rescued) must immediately report in person to Swim Identification Control. This person will be identified at the Swim Briefing. The minimum penalty for an infringement of this rule shall be a one-year suspension from all competitions sanctioned by TI.

The Swim cut-off time is 60 minutes. However, if a marshal feels you are endangering yourself or others you can be withdrawn from the swim. You will be allowed to continue the race if you wish to do so but will receive no official time.

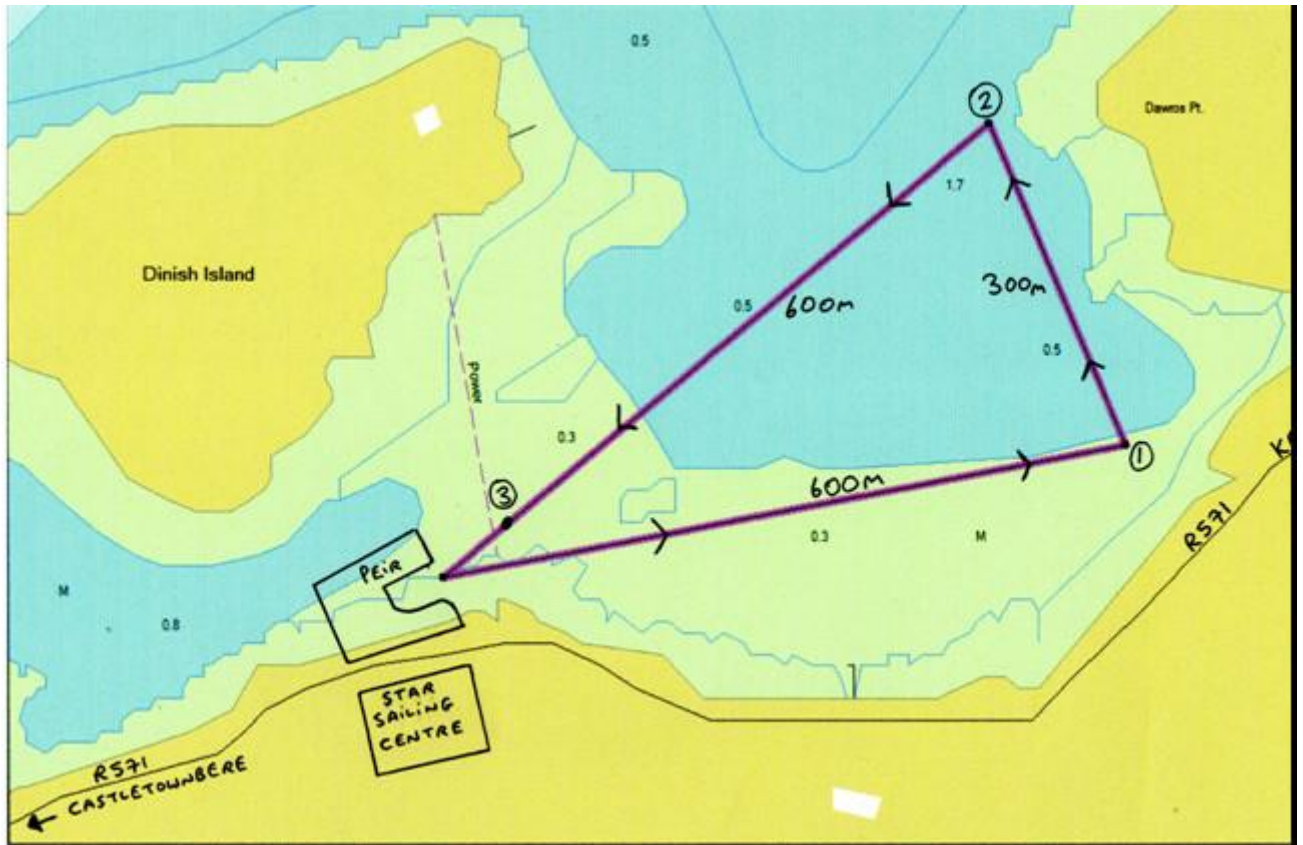
All swimmers must check in with the timekeeper at transition area whether they are continuing or not.

If you withdraw from the swim you will be sin binned until the last competitor proper exits the water. You will then be permitted to continue if you so wish but you will not receive an official finish time.

Ensure that you cross over the timing mat, on entering the transition area from the Swim, this



receiver will record your swim time.



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Bike Information

Bike 40Km.

Hard shell helmets must be worn. **The helmet must be on and fastened before your bike is removed from the bike rack.** All helmet violations will incur a time penalty. Ensure that you cross over the timing receiver which records your transition time and begins to record the bike time.

Competitors will not be allowed out of the transition area without a clearly visible number to the back, a fully fastened hard shell helmet with a sticker and a timing chip.

Bikes cannot be mounted until athletes cross over the yellow line. Similarly on the return from the bike course, athletes must dismount before the yellow line. Failure to do so will incur a penalty. Cyclists will be assisted by marshals.

A Garda motorbike will be the lead vehicle and will travel about 200m ahead of the first rider.

The roads are not closed. The rules of the road must be adhered to at all times.

Please obey Marshals, Stewards, Gardai at all times.
Four other motorbikes will act as Stewards/Draft marshals.

Needless to mention being a Triathlon there is no back up, so we recommend athletes take at least two spare tubes and/or pump/CO2 Gun / Canisters as appropriate.

Drafting - Under no circumstances will drafting be allowed. Draft marshals will be in operation. The race referee will outline the penalties at the race briefing. See Referee's note below.



Bike Route - From Pier Area / Transition Area turn right out on to the main Kenmare - Castletownbere road on the R571 towards Lauragh (this junction will be stewarded however please be aware of oncoming traffic).



At Lauragh there is a right hand turn on the R573. This road will take you towards Bunaw and along the coast road back through Tuosist where the bike route comes back onto the main Kenmare - Castletownbere road. At this junction turn left to bring you back to the pier/transition area.



Run Information

Run 10Km.

Again leave the Pier/Transition area this time taking a left turn crossing immediately to the right hand side of the road. Proceed on the main road heading back to Kenmare for 1.5km, turn right passing Dauros Church on your left hand side and then run through the crossroads where you will find the first hill of the day (Enjoy???)

From there run along Killaha West heading back to Kenmare Town with views of Kenmare Bay on your left hand side running down hill towards the 5km mid way marker.

There will be a timing chip on the run turnaround to prove that all competitors reach this mark. Note the turnaround is the half way mark. Overall this is a tough half course, with plenty of little drags so we're asking all runners to run on the right hand side at all times.

After turning the mid-way marker it is a hard climb up the hill back along the same route.



Water Stations

There will be two Water stations (one that you pass twice) at approx 4km and 6km on the run route.

There will be NO aid station on the bike route.



General Event Information

Competitor parking is available at the back of Star Sailing Centre. No camper vans or cars are allowed in the pier area or on the main road. Absolutely No Parking will be allowed on the main road or on the road immediately outside the Pier also. This area will be marshalled on Saturday morning.

Littering will incur disqualification.

Each competitor must wear clothing on the upper body part of the body, both on the bike and run.

Competitors may not at any time be accompanied by non competing person's friends, supporters, trainers etc (You will be disqualified for this offence)

Instructions given by adjudicators, Officials, Doctors, Gardai and Rescue Officials must be complied with.

Be careful not to get Sun Burned!! Bring lots of Lotion.

It is essential that you drink enough (water) to ensure that you maintain a suitable level of hydration. (Drink lots of water in the days previous to triathlon).

Security will finish at the Transition Area at 18.00.

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Prizes:

Prizes will be awarded for the following places and categories:

- Overall female 1st, 2nd and 3rd
- Overall male 1st, 2nd and 3rd
- 1st male & female 20-24
- 1st male & female 25-29
- 1st male & female 30-34
- 1st male & female 35-39
- 1st male & female 40-44
- 1st male & female 45-49
- 1st male & female 50-54

- 1st Relay

GOOD LUCK and Enjoy the Race!

Kenmare Triathlon Club
www.kenmaretri.com



