

Base2Race Pulse TC Aquathlon Festival 2018

Triathlon Ireland National Aquathlon Championships

COMPETITOR RACE BRIEFING

13th May 2018

1. INTRODUCTION

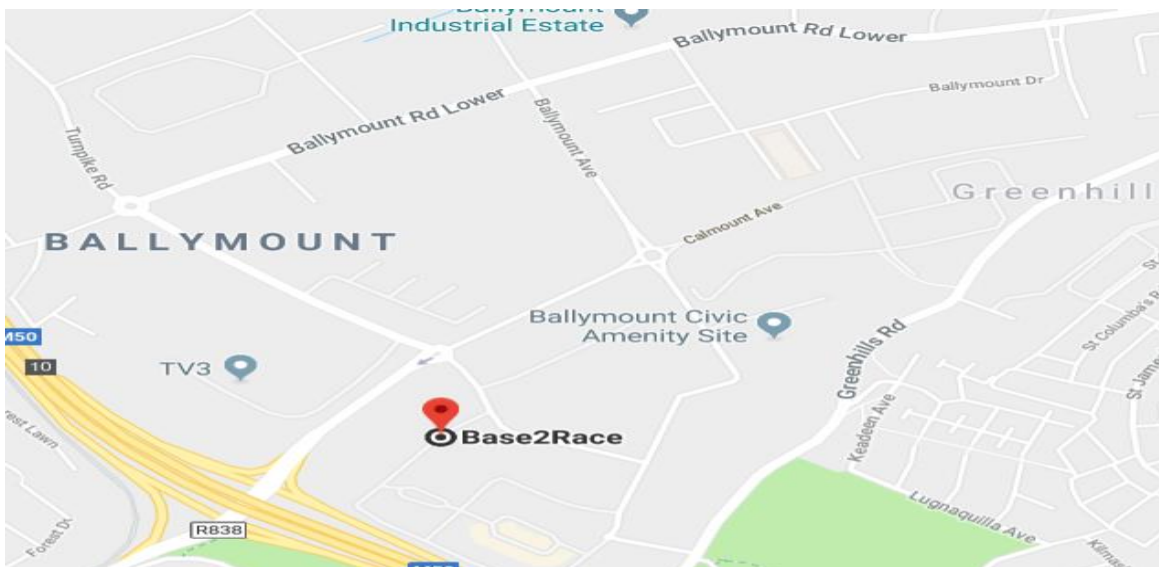
Welcome to the Base2Race Pulse TC Aquathlon Festival and TI National Aquathlon Championships 2018 and thanks for joining us! This Briefing supersedes the Website information, so **please read it carefully***. Any amendments to this Briefing will be notified by email and during the race briefing on the day.

2. SCHEDULE

Please pay particular attention to the registration closing times for each race. Please allow sufficient time allowing for traffic and parking etc, so you can arrive in time to register.

Pre-registration All Distances – Saturday 12th May at Base2Race

1:30 pm	Registration Opens
4:30 pm	Registration Closes



Map 1: B2R Location

Main Registration All Distances – Sunday 13th May at Bull Wall

9:00 am	Registration Opens
9:45 am	Registration Closes (time will depend on the number who attend pre-registration)
10:00 am	Race Briefing at Race Start (All competitors must be present for briefing)
10:15 am	Race Start – Wave 1: Wave 2 and Wave 3 will start when swimmers are at final turning buoy
Various	Cut-off time for swim – 45 minutes from wave start
12:15 pm	Cut-off time for run
12:30 pm	Prize Giving (approx.)

3. LOCATION and PARKING

Bull Island, Clontarf, Dublin

The race takes place at the [Bull Island](#), Clontarf. Race start is accessed via [The Wooden Bridge](#), off the Clontarf Road (see map below).



Map 2: Race location



Parking

Parking will be available in designated areas along the Bull Wall. **Limited** parking will be available in the [car park](#) on the beach, where race registration is located. It is advisable to use public transport or car pool where possible. Gardai and marshals will be onsite to guide you the most suitable parking location. Please listen to and obey the guidance from our marshals, they are there to try and help. Please park responsibly and with due consideration for others, do not block anybody in. There are no road/beach closures in place for this event.

The race location is not closed to the public. Do not leave any valuables visible in your car. Please note that Pulse TC will not accept responsibility for any lost or stolen items at the event.

Public Transport

From Dublin City Centre, take **bus route 130** to stop number [1752](#) (Clontarf Rd, Seaview Point). If returning to the City Centre the nearest inward bound bus stop for the 130 bus is [1727](#) (Clontarf Rd, Kincora Road). A bus timetable can be found [here](#).

4. REGISTRATION & ESSENTIAL DOCUMENTS

Pre-registration will take place on Saturday afternoon from 13:30 to 16:30 in Base2Race, Fashion City, Ballymount, Dublin 12. We encourage you to avail of pre-registration to ensure there are no delays on Sunday morning – we are subject to tidal constraints.

Sunday morning registration will be in the [beach car park](#) located along the North Bull Wall (see map below).

In order to race, all competitors **must** show their original Triathlon Ireland Membership Card or a One Day Membership (ODM) at registration. A One Day Membership can be purchased in advance from the Triathlon Ireland Website (or it can be purchased at registration TBC). If you have a Triathlon Ireland Membership Card with no photo, you must be able to show some other form of photo identification.

On registering for the Adults, Junior and Youth race, competitors will receive a timing chip, race number (which must be pinned to the front of your top or on a race belt) and a swim hat. Safety pins will be available from registration.



5. RACE BRIEFING

The pre-race briefing for all athletes will take place at the Ladies Changing shelter at the adult and junior swim start. Attendance by competitors is compulsory.

Timing chips for the adult race, provided by CORE TIMING, must be worn on lower left leg by competitors while on the course.

6. TRANSITION & BAG DROP

The **transition area** is located on the beach beside registration. A red mat will be placed for each athlete. Please keep transition area tidy, for your sake and others. There will be a bag drop area. While our marshals will endeavour to monitor transition and the bag drop, we will not be held liable for any property removed from transition. Do not leave any valuables in the bag you drop. Please do not leave bags or any other items not needed during the race in the transition area.

7. SWIM

Wave 1 – Adult and Junior NC Standard Distance – 10:15am

Wave 2 – Youth Distance – start time will be based on previous wave

Wave 3 – Super Sprint – start time will be based on previous wave

The wave 2/3 will start as soon as the previous wave swimmers are at the final turning buoy. The time in the water before a wave starts will be limited due to current temperatures.

The swim cut-off time will be 45 minutes from the start of each wave.

Adult & Junior NC Standard Swim Course

This is an open water swim, taking place in the Irish Sea. The swim starts with all competitors in the water. This route is 1000 meters, along the North Bull Wall, starting approximately 750m north of transition – opposite the on-site cafe. From the start you swim to the first large turning buoy, swim around it, keeping it on your left-hand side. You are turning left and heading for the second large turning buoy. Swim around this buoy also keeping it on your left-hand side, and head straight for the swim exit. There will be guiding buoy(s) along the long stretch and towards the finish/swim exit.

Youth NC Sprint & Adult Super Sprint Swim Course

This is an open water swim, taking place in the Irish Sea. The swim starts with all competitors in the water. This route is 500 meters, along the North Bull Wall, starting at the male changing shelter. From the start you swim to the first large turning buoy, swim around it, keeping it on your left-hand side. You are turning left and heading for the second large turning buoy. Swim around this buoy also keeping it on your left-hand side, and head straight for the swim exit. There will be guiding buoy(s) along the long stretch and towards the finish/swim exit.

Swim Exit – For All

The swim exit will be marked with buoys and marshals in high vis bibs. At the swim exit there is a series of concrete steps leading up to the Bull Wall. Please take care when exiting as these steps may be slippery, hold onto the handrail when ascending the steps. Marshals will be on hand to assist you, you must obey their instructions.



Map 3: Aquathlon Course – All Distances

Concerned About Safety?

On the day we will have rescue kayaks, rescue boats, and shore based ambulance and marshals – ensuring that you are all safe at all times. If you need assistance in the swim, roll over on your back, and raise one arm straight up, with a clenched fist. Stay calm, we will come and assist you.

General Swim Information

- There will be 3 swim waves.
- If you are a weak or nervous swimmer, keep to the back of the start pack.
- **If a swimmer wishes to retire from the swim for any reason, they should lie on their back, raise their clenched fist in the air, stay calm,** and a rescue kayak will come to your assistance. Follow the instructions of the kayaker who will bring you to safety.
- There will be a **time limit of 45 minutes on the swim**. This will be confirmed on the day by the race director. A swim marshal has full discretion to remove you from the swim if they feel that you are endangering yourself or others. Don't worry; the vast majority of swimmers will be finished in good time.
- If you are assisted in the swim or your swim is cut short by the race director, you will be allowed to continue the race if you wish to do so but will receive no official time and your timing chip will be removed.
- If you choose not to finish the swim for any reason, you must report to a marshal who will take your name, number, and timing chip. This is essential to ensure that we have fully accounted for all swimmers.
- Wetsuits are mandatory for this event.

NB Water Temperature – please note that the swim distance for the 1000m event is subject to reduction if the water temperature is not in line with TI rules.

In the event the water temperature is too low, sea conditions are rough or visibility is poor – the swim leg may be cancelled.

8. RUN

Adult, Junior & Super Sprint Run

The run will be an out and back 5km along the beach, comprising 2.5km out and back. Competitors will exit transition down onto the beach and stay on the right on the way out and right on the way back. You must run to the turnaround point, displaying your race number to the front.

The beach will not be closed to the public, so competitors should watch out for others using the beach.

Youth Run

The run will be an out and back 2.5km along the beach, comprising 1.25km out and back. Competitors will exit transition down onto the beach and stay on the right on the way out and right on the way back. You must run to the turnaround point, displaying your race number to the front.

The beach will not be closed to the public, so competitors should watch out for others using the beach.



Map 3: Aquathlon Course – All Distances



9. FINISH

The Finish is located on the beach near Registration. Water and fruit will be available at the finish line.

10. PRIZE GIVING

All prizes will be awarded at or near the finish line immediately after the races at approximately 12.30pm.

Prize Categories

- Youth NC (15 – 17) – 1, 2, 3 M/F - TI will also be awarding NC medals
- Junior NC (16 – 19) – 1, 2, 3 M/F NC – TI will also be awarding NC medals
- Super Sprint – 1, 2, 3 M/F
- Adult NC – 1, 2, 3 M/F – TI will be awarding NC medals at their end of year awards ceremony
- Adult Age Groups – 1, 2, 3 M/F (based on total number of entrants in each age group*):
 - 20 – 24; 25 – 29; 30 – 34; 35 – 39; 40 – 44; 45 – 49; 50 – 54 etc.
- *There will be one prize in each age category even if there is only one competitor in that age category
- A second place prize shall be awarded where there are at least eight competitors in the specific category
- A third place prize shall be awarded where there are at least thirteen competitors in the specific category

11. SERVICES

Coin operated public toilets are located close to the beach car park. 3 portable toilets will be located in the registration area. Refreshments and snacks will be available for purchase from the Lastlap Café snack van.

COMMUNITY

We extend our gratitude for all the support we have received from Dublin City Council, An Garda Síochána, Civil Defence, Dollymount Sea Scouts, Dublin Port Authority, Howth Coast Guard, Lastlap Café, Royal Dublin Golf Club, and local residents for assisting with and accommodating this race series every year. A special mention and thanks to all the volunteers from Pulse Triathlon Club who have given their time, facilities and equipment in order to make this event successful.

12. FEEDBACK

We want to make this race and our future races as safe and as pleasurable as possible, so do send us your feedback on the race and race organization. If you have any comments please email race@pulsetri.com