

25.5 Triathlon Series

www.sebfitness.com

Sprint Triathlon 9:30am
Swim 500m, Bike 20km, run 5km

Mini Try-athlon

100m swim, 3km Bike, 1km run



Westport 29th May 2010

Portumna 27th June 2010

Lanesborough 10th July 2010

Ballinasloe 1st August 2010



Enter on runireland.com

Or call Sebastien : 0857350850 staff@sebfitness.com

Welcome to the 25.5 Triathlon series which is in its 3rd year!

The series is evolving each year the dates for this year are :

Wesport 29th May 2010

Portumna 27th June 2010

Lanesborough 10th July 2010

Ballinasloe 1st August 2010

A "Yellow Jersey" will be given after each event to the overall leader (male and Female) of the series like "le Tour de France" and a cash Prize of €200 for each events so €800 !

- 1st, 2nd, 3rd male and Female of each race will receive respectively €75, €50 and €35

- Category winners will receive a category winner memento. (Overall winners 1st, 2nd, 3rd are not included in category results)

- Scoring system over the 4 events: lowest cumulative time over 4 events

All the events are based on the same principles, with a Women's mini and Children's mini at 9:15 then the sprints starts at 10:00 am. During the cycling parts, the volunteers organise a 1km run for the children and parents.

Westport Triathlon 29th May 2010

Race Details

Date: 29th of May 2010

Distance: 500m Swim, 20 km Cycle, 5 km Run

Location: Westport, Co.Mayo

Organizer: SEB Fitness

Registration Location: Westport woods Hotel, Westport, Co.Mayo

**Registration Time: Friday Evening from 7 to 9pm
 Saturday morning from 7.30 – 8:30am**

Start Time: 9.00 am (mini Tri) 9.30 am (sprint Tri)
1km Family run during the cycling events will be held at after the last bike.

Finish Time: 12.00pm

No. of Competitors: 250 Entries including relays (1 Relay = 1 entry)

Pre Entry: www.runireland.com

Garda: Westport Gardai

First Aid: Red Cross

Volunteers: 8 May Water safety life guards on rescue Boards/ 30 volunteers / 1 motorbike, 1 power boat, 1 rescue dingy boat, one patrol car.

€45 entry fee for westport triathlon, which includes "Westport House" Day pass for your family (couple+children) to Westport House & Gardens.

<http://www.westporthouse.ie/westport-house>

Triathlon Ireland:

Note: 1-Day Licence required for each race, if you are not a Triathlon Ireland member. **One day Licence will be asked on the day for non Triathlon Ireland Members.**

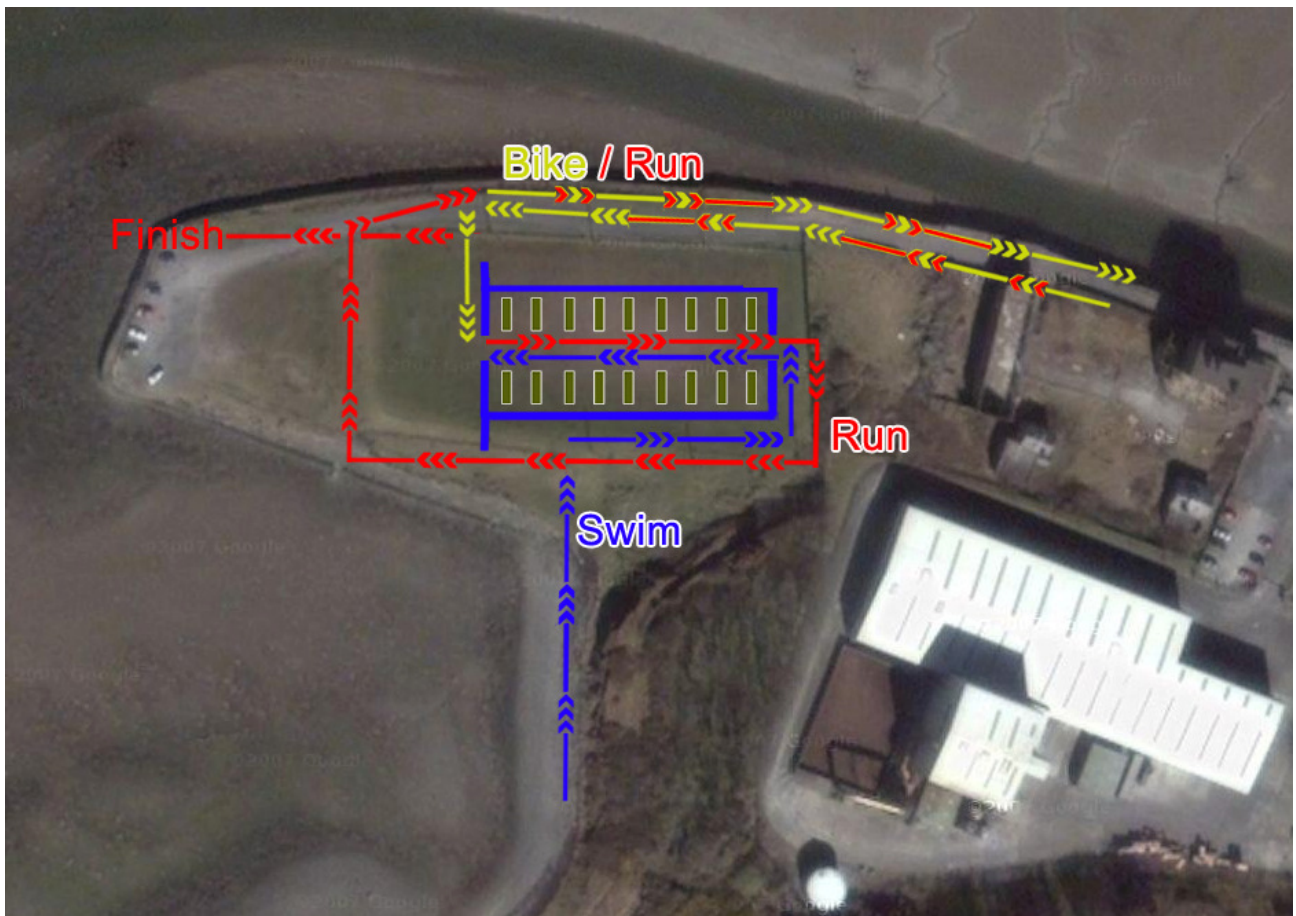
Swim Course

- Course: Sea swims with current for 500m with some sea weeds at the turn point.
- Access: Through harbor step channel
- Start: In the Sea
- Wave: One wave start
- Safety: 8 Mayo Water safety Lifeguards with Rescue Boards, 1 power boat.
- Start Time: 9:30.00 am for the main event

The swim will be an inverted L shape, in with a traight swim for approximately 350m, left turn at the end of the pier for 75m and a last turn for 75m before athletes stand and run up to the beach depending the tide.



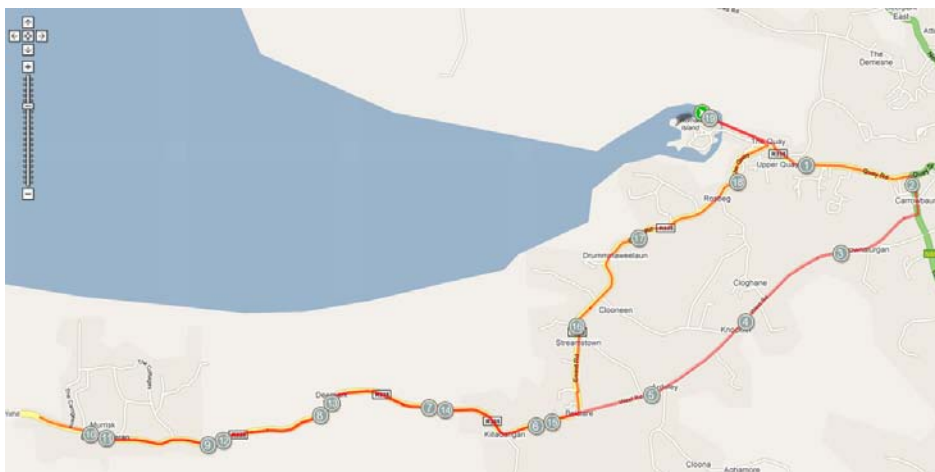
Transition



Cycle Course

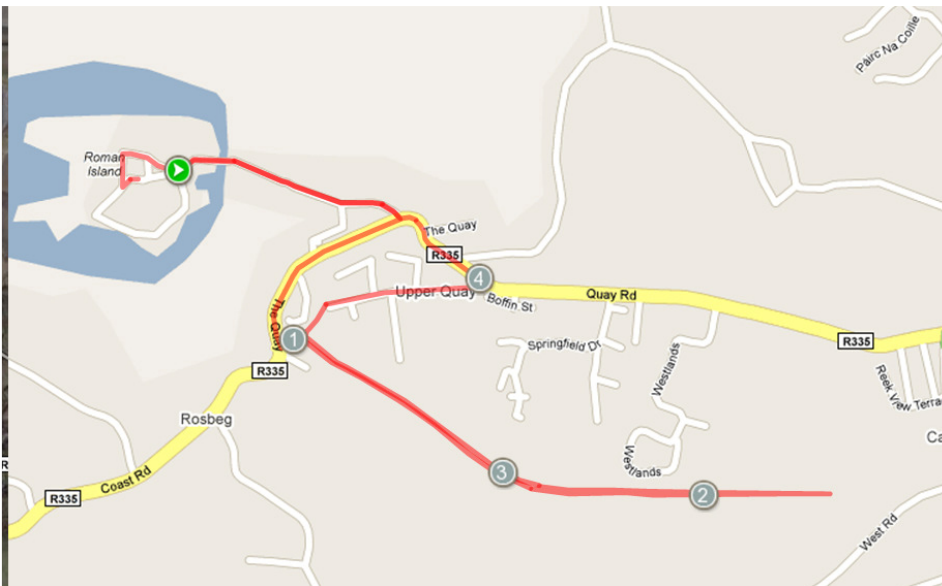
Cycle Course

Out and back route from Westport pier to murrisk, Croagh Patrick. After the U-turn the athletes will have to cycle on the wide cycle path. Roads will be open to traffic and due care is required as.



Run Course

Mostly of the run will be on the new safe greenway pedestrian/cycle route around Westport town. There is one turning point at halfway. There is one road crossing just at the start of the run (about 500m) and competitors must proceed here with caution.



Risk Assessment, Contingency Plan & Water Safety Plan

The entire transition will be closed off to the public. There will large car park to accommodate competitors and spectators at the Westport House, Westport wood hotel, and the local school all between 800m to 1km.

The event will be supervised by the Gardai. They will control traffic issues and public safety issues.

Marshals shall also be situated at this point, plus all other Major Junctions on the route

The run route will be taped and have marshal to guide the athletes

Plenty of signage will be in place for the cycling route (about 30 “CAUTION CYCLIST” signs)

Emergency Contact details:

Westport Gardai: 098 502 230

Castlebar St Mary Hospital: 094 21333

First Aid: RED Cross : Pat Nevin 087 9919 475

Volunteers

Gardai

1 Ambulance and First Aid + Coast guard

8 Professional Life Guards

1 Dingy boat

30 Marshals (9 Transition Officials, 14 cycling officials, 6 run Marshall, 1 finish Official, 1 refreshment Marshall, 2 registration officials)

1 Draft referee and Marshals

WATER SAFETY PLAN

During the swim there will be various watercrafts to be used in case of emergency or to assist with competitors in difficulties. Watercraft includes:

- 6 Mayo Water safety Lifeguards on rescue board
- 1 Dingy Boat

The swim will be an inverted L shape, in with a traight swim for approximately 350m, left turn at the end of the pier for 75m and a last turn for 75m before athletes stand and run up to the beach depending the tide.

The depth of the water ranges from 5 to 9 feet depending on the Tides.

In case of an emergency watercraft will be used to assist and bring the competitor to shore.

Swimmers will be informed prior to the race about the procedure for help, to turn on their backs and to raise an arm. Lifeguards will follow the swimmers from the sides, rear and be positioned around the swim course.

All swimmers will be issued with a bright swim cap which must be worn.
Competitors will be counted into the water & counted out again.
Wetsuits will be compulsory.

Rescue Plan

If a competitor is struggling, a Lifeguard will approach them to inquire as to how they are doing. If they are struggling, they will be able to use the Rescue Board to rest on. If they cannot carry on a dingy boat will be requested & they will take the competitor to the shore, out of the water. If a competitor is struggling & is unable to respond to one of the safety team, professional Life guards will accompany the participants out of the water.

In the event of severe weather conditions with the water, the Race Director, TD & Race Referee will convene to determine whether:

- The conditions are suitable for the swim.
- If it is deemed unsafe to swim, the race will change to a 2.5 km Run.
- Competitors will be informed at least 30min prior to the start.

The race committee in conjunction with the TD & Race Referee reserves the right to alter the race schedule for safety purposes.

Other businesses:

Remember it is Your Responsibility to:

- Be fit to swim, bike, and run the distance required
- Be in good health for the practice of Triathlon
- Follow health and safety guidelines and general rules of the event
- Respect Drafting rules and all Triathlon Ireland regulations which can be found on www.triathlonireland.com
- Follow the rules of the road; wear a wetsuit, bright swim cap given from the organizer, a Helmet on the bike, appropriate gear and equipment.

Enjoy the event and be safe!