



# 25.5 Triathlon series

## Lanesborough 10th July 10

**Sprint Triathlon 10am**  
**Swim 500m, Bike 20km, run 5km**

**Mini Tri-athlon 9:30am**  
**100m swim, 3km Bike, 1km run**



Enter on [runireland.com](http://runireland.com)  
Or call Sebastien : 0857350850 [staff@sebfitness.com](mailto:staff@sebfitness.com)

## Lanesborough Triathlon 10<sup>th</sup> July 2010

The 25.5 series is the oldest Triathlon series in Ireland, and this year will be part of the summer school and art festival in Lanesborough . Organized by former Olympic coach Sebastien Locteau in partnership with the Lough Ree Co op the event will be safely managed by the Galway water safety, Red cross, Garda, locals and the runireland.com event management team which will insure the event .

The aim of the event is to increase awareness of the environment, and fundraise funds for the Lough Ree Co op. Exceptional fixtures have been carefully thought to make this awareness for the first Lanesborough annual triathlon. The swim will consist of descending Lough ree for 500m going under the superb Lanesborough Bridge. The participants will then cycle for 20km and will run 5km through the Forest and back to the town centre.

Lanesborough will catch some serious national attention on the 10<sup>th</sup> July at 10am. The local support from the local authorities and local businesses has been just amazing. A mini Try-Athlon will be held for people and children who just want to try out the sports. The distances will be: 100m swim, 3km cycling, 1km run. (1/5 of the event), but also a free 1km run will be held for small infants and parents during the race to cater for everybody and bring some fun during the event.

The event is part of the national 25.5 series which includes prize giving to each age group and overall winners. The 25.5 series includes Westport on the 29<sup>th</sup> of May, Portumna on the 27th of June Lanesborough on the 10th of July and Ballinasloe on the 1st of August 2010.

The entry fee are €35 for the 25.5 Triathlon and €10 for the Mini Triathlon, which is the cheapest triathlon series in Ireland.

More details or enter the event visit [www.runireland.com](http://www.runireland.com)

## Event Details

Date: 10<sup>th</sup> July 2010

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

Location: Marina, Lanesborough, Co. Longford

Organizer: SEB Fitness

Registration Location: Lough Ree Development Co Op

Registration Time: Friday Evening from 7 to 9pm  
Saturday morning from 8.00 – 9am

Registration Time: 8.00 – 9am

Start Time: 9.30 am (mini Try) 10.00 am (sprint Tri)  
1km Family run during the cycling events will be held at 10:30am

Finish Time: 12.30pm

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

Garda: Longford Gardai

First Aid: Red Cross

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

### 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.**

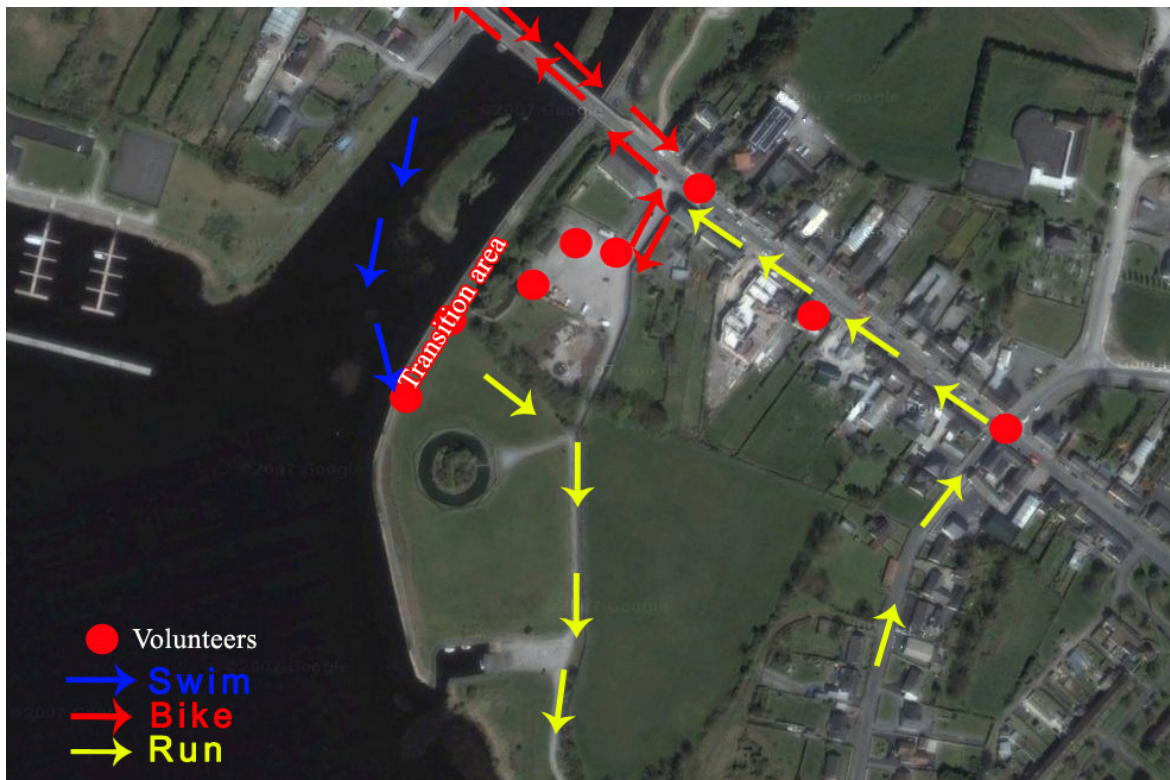
## Swim Course at the Marina Lanesborough

- Course: Down stream Swim, 500m long
- Access: from the marina steps, in the “small pool”
- Start: In the water
- Wave: One wave start
- Safety: 8 Galway Water safety Lifeguards with Rescue Boards, 1 power boat.
- Start Time: 10.00 am



## Transition

The transition area will be located in parking area. Athletes will come out of the water from the promenade and will be directed to the transition area through a small path. They will remove their wetsuit and will have to wear their helmet before mounting their bike in a define zone outside the Bike park. They will dismount their bike in the same zone and will remove their helmet once the bike is parked at the same emplacement. Athletes will then go for the run section of the event through the woods and will finish back after the 5km loop at the finish line in the car park.



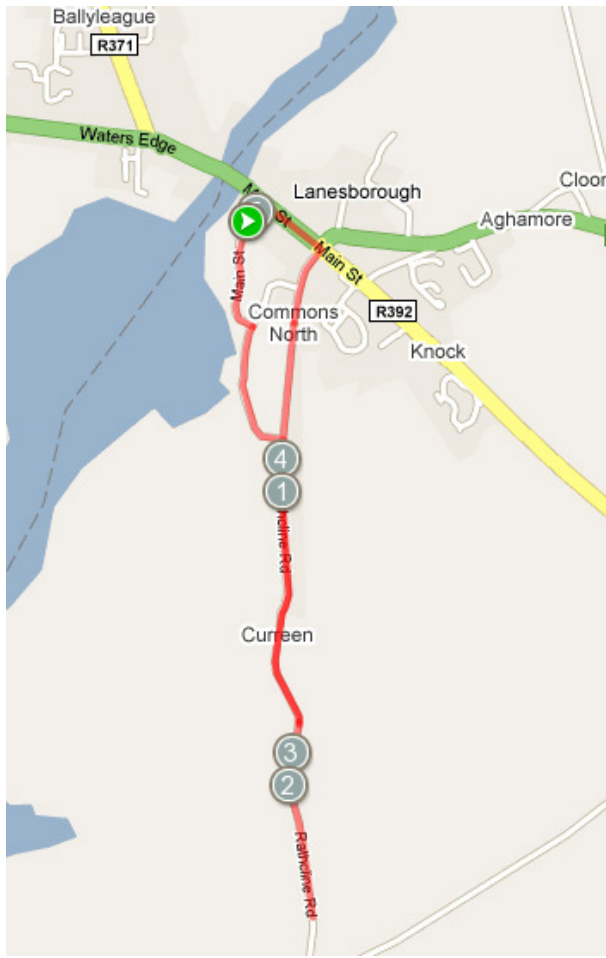
# Cycle Course

The bike course is very flat and consists of turning left at the exit of the car park, then cross the N63 to go on the R371 for 6km, and turning to a quiet road toward Cloonshee at kilometer 12 then going back to the N63 in which athletes will be protected by the side lane for most of the road.

The course is mainly left turns for safety reason, except one crossing over which will require a Garda and 4 volunteers, but the visibility and plenty of signage will be in place (about 30 “CAUTION CYCLIST” signs)



## Run Course



The run will be very scenic going running on the side of the Lough Ree but also going through a off road path for the first kilometer through the superb forest of Lanesborough. The road will continue to a quiet road up to 4.4km before turning back to the town and turning left at 4.8km before finishing in the car park.

## 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.

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:

Lanesborough Gardai: 043 3321102

Roscommon Hospital: 090 6626200

First Aid: RED Cross

### Volunteers

Gardai

2 Ambulance and First Aid

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 Motorbike 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 Galway Water safety Lifeguards on rescue board
- 1 Dingy Boat

The swim will be downstream, in which there will every buoy is spaced of 100m. The course will be marked out by large inflatable Red/Orange buoys

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

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](http://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!