



Camida Clonmel Sprint Tri Race Brief



Welcome

On behalf of Clonmel Triathlon Club, we are delighted to welcome you all to the very first Camida Clonmel Sprint Triathlon.

We are grateful to Tipperary County Council for their foresight and investment in the Suir Blueway project over the last number of years. The recent opening of the various access steps to the River Suir, and development of Suir Island, have opened up the possibility of Clonmel hosting its first Open Water Triathlon in the centre of our town.

The logistics associated with running an event like this would not be possible without our race committee and dedicated volunteers and I would like to thank them all for their hard work and dedication. We also thank Triathlon Ireland who continue to provide substantial guidance and support.

A massive thank you to our Sponsors, Camida, without your support this event would simply not be feasible. You continue to make a significant contribution to the growth of the sport we all love.

To all our athletes on the day, I wish you the very best of luck, we hope you have a safe and successful race, we are here to make your day a memorable one.

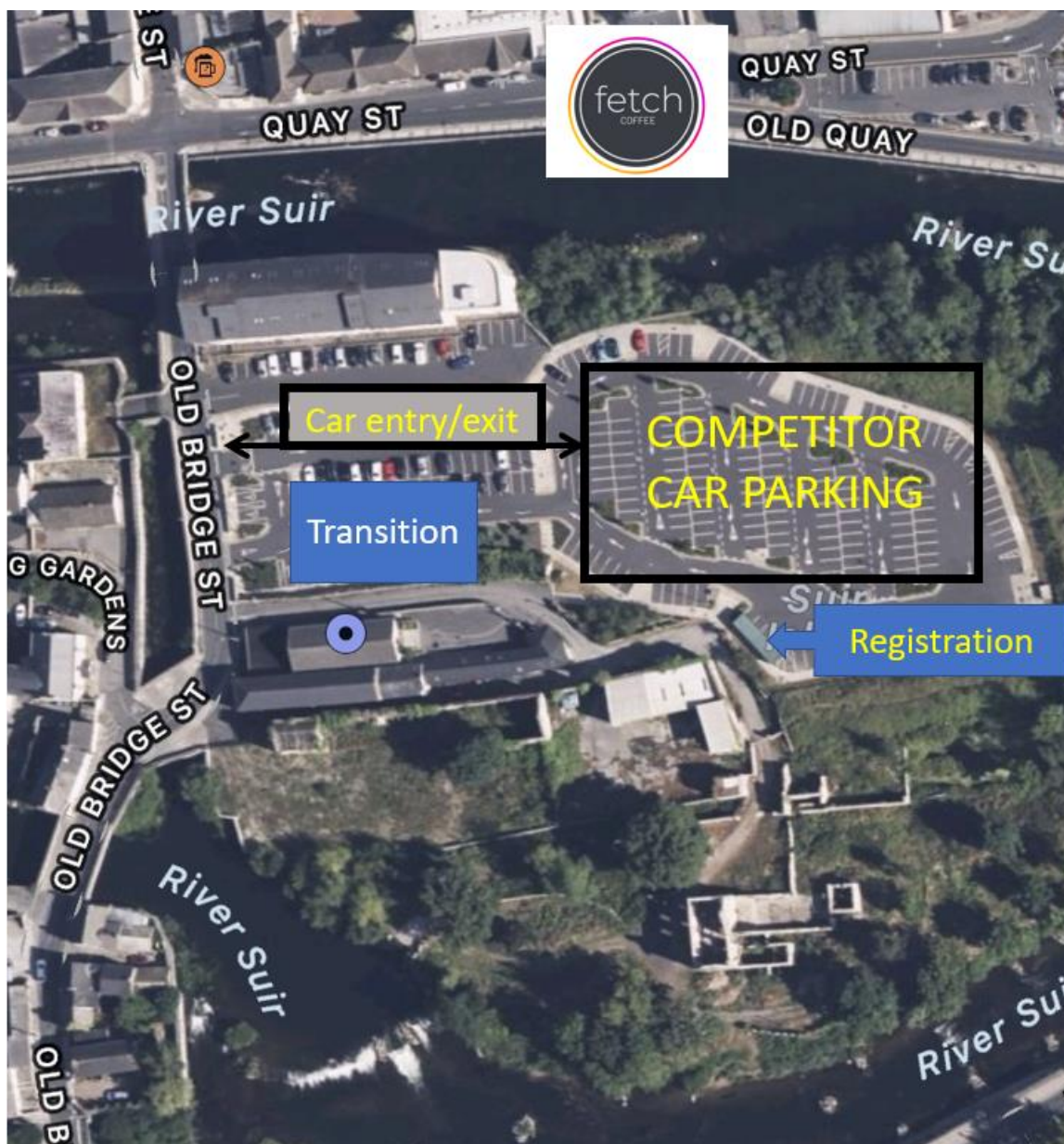
Yours in sport

Laurence Begley

Race Director

Parking

There is ample parking at Suir Island (Eircode E91 C958). Please park to the rear of the car park, where you will find registration and transition nearby. If you are travelling from further afield and wish to park a camper van there is plenty of room for that too, with easy access to Clonmel town. Fetch Coffee is located a short walk away on Quay St for your all important pre race cuppa.



Event Timetable

DETAILS	TIME	LOCATION	Notes
Registration	7.00-8.00am	Rear of Suir Island Car park	Sign In, Race Number pick up. You must have ODL or TI licence PLUS photo ID.
Transition Opens	7.00am	Entrance of Suir Island Car park	Ensure helmet is on and secured when entering transition. Ensure brakes working and handle bar caps in place
Transition Closes	8.15am		Athletes must leave transition to attend race brief at Registration – all bikes must be in place by this time.
Competitor Race Briefing	8.30am	Registration	All athletes must attend
Walk to start	8:40am		
Event Start	9.00am	Clonmel Rowing Club	There is a 10 minute walk from transition to Race Start - athletes MUST wear flip flops. These will be returned to transition to collect after the race. The start is a self-seeded rolling start.
Event Finish – Prize Giving	11:30am	New Quay Car Park	Please note the finish is 700m from transition. Refreshments and toilets are available at the Finish. Prizes will be available on the day once the provisional results are available - the Sports Timing van will be by the finish line - listen out for the announcements.

RULES AND REGULATIONS

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. It is the athlete's own responsibility to be familiar with rules.

<https://www.triathlonireland.com/events/rules/>

A penalty board located at the finish will display any penalties.

Please be respectful of our neighbours. Please do not litter.

MARSHALS

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 at heart. Ignoring the instructions of marshals or verbal abuse will result in disqualification.

REGISTRATION

This will be located in Suir Island Car park, where you can collect your race number, timing chip, stickers, and swim hat.

All competitors must show 1) photo ID, and, 2) a one day licence or proof of your TI License. NO EXCEPTIONS

TRANSITION AREA:

Only athletes and marshals are permitted in the transition area.

Bikes & helmets will be checked on entering transition to ensure everything is in a good & safe condition.

Bike racks will not be numbered.

Transition will be neutral – please follow the Marshalls instructions.

Only equipment to be used during the race (bike, bike shoes, runners, hat, sunglasses, helmet, race belt (if relevant) swim hat and goggles, small towel) can be left at your bike spot in transition. No boxes or bags will be allowed in the area after transition closes. Please note that the car park is beside transition if you wish to return any of your items during the race.


Before the race has commenced the transition area will be closed and athletes will not be permitted to re-enter until after their swim.


We will open the area for the removal of bikes as soon as it is safe to do so. You must show your race number to the Transition Marshalls in order to re-enter transition after your race.



Run Out 

Bike In/Out 

Transition 

Swim Out 

RACE START – 09:00

Transition will close at 08:15 and your equipment must be in place.

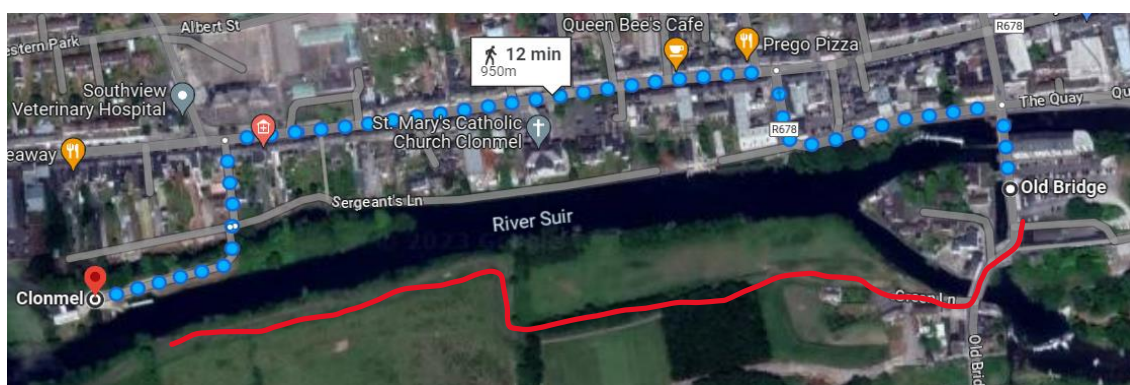
Each athlete will be provided with a timing chip, race number and corresponding stickers for your helmet and bike. Race numbers do not need to be worn for the swim section. You will be issued with a Swim hat, and feel free to wear another underneath.

Swim Entry Point



Race Start – walk to Swim entry

There is a short walk to race start – see blue dotted line below. **You MUST wear flip flops.** These will be returned to transition to collect after the race.



Note: If you have family/spectators who wish to follow you down the Swim, they should not walk up to the start with you. Instead they should walk up the Blueway (via Green Lanes), shown in red above which leads up opposite swim entry at the rowing club.

SWIM SAFETY

There will be rescue boats and kayaks on the river for direction and your safety.

If you get into any difficulty, please roll onto your back and put your arm in the air to attract assistance.

Swimmers must take responsibility for their own safety. Swimmers must be aware of their own medical and physical condition and should determine in consultation with their own medical advisor whether they are capable of participating.

Open water swimming presents demanding physical challenges and swimmers must consider and understand the risks of hypothermia, cardiovascular problems, injury, and drowning.

In the unlikely event the swim is cancelled due to adverse weather conditions, Clonmel Triathlon Club reserve the right to change the race to a duathlon.

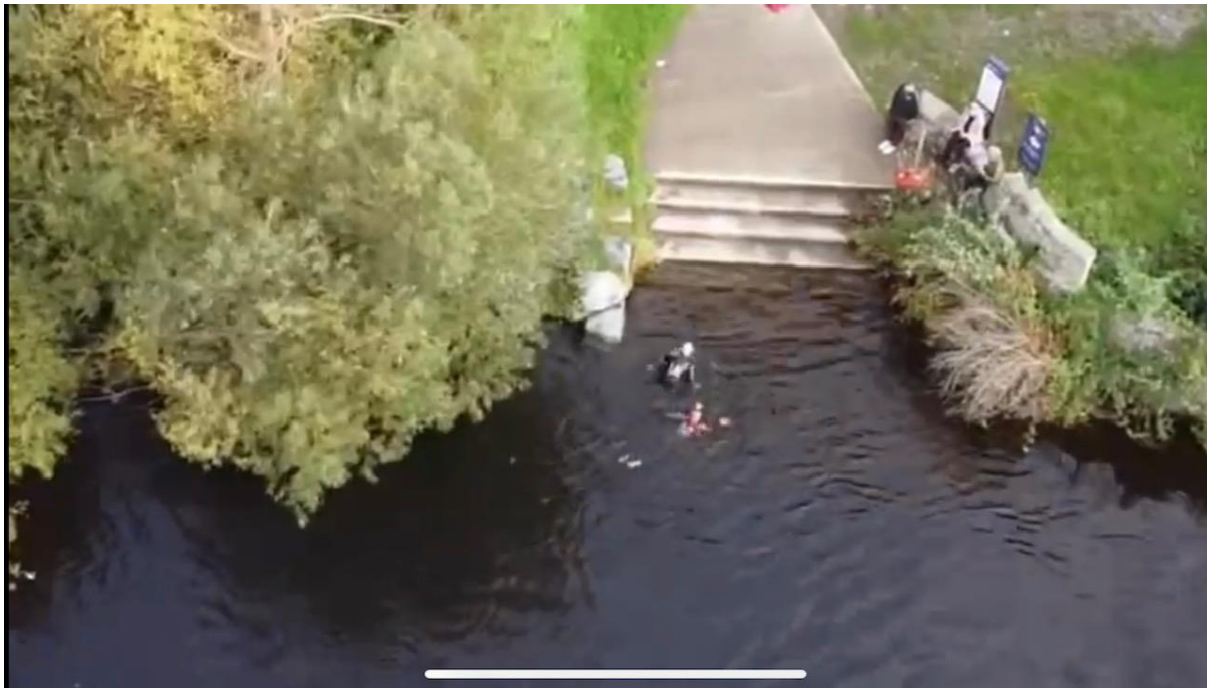
SWIM COURSE

The race will be a self-seeded rolling start. There are no waves. Your race time will only start when you cross the start mat and enter the water, which means that being the first across the finish line may not mean you have come in first place.



The swim is 750m – all downstream. At approximately 500m there is a turn to the right, where you swim the last 250m down a channel to Swim Exit at Suir Island. As you near the swim exit you will pass under a bridge, please keep swimming straight ahead. Please note there is a weir to the right of swim exit which is to be avoided. Boats and Kayakers will guide you to the exit.

SWIM EXIT



Exit the swim using the steps and follow the guided route to transition (approx. 150M). Proceed to your racked bike in transition, secure your helmet and clip it in position and only then remove your bike from the rack. Show respect to your fellow competitors and their equipment when removing swim gear. Make sure your gear is clearly labelled. No nudity is allowed.

BIKE COURSE

You must put on and fasten your helmet before removing your bike from the bike rack.

- You cannot mount your bike until you have exited the transition area and are on the road. There will be a clearly marked mount line visible & marshalled.
- You must dismount your bike when instructed before the dismount line, which will be clearly marked.
- OBEY ALL MARSHALS, GARDAI AND ALL ROAD MARKINGS AS PER RULES OF THE ROAD

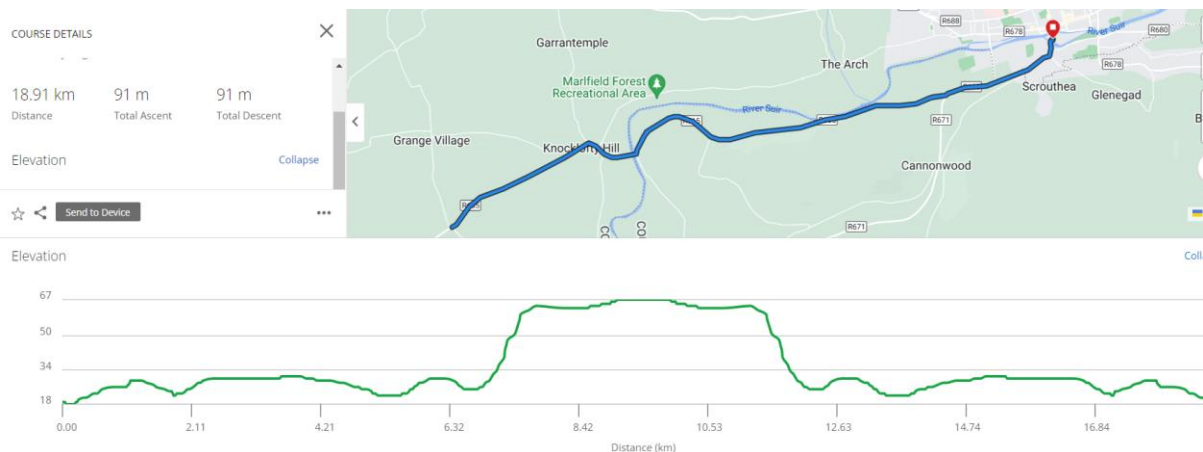
- Give way to traffic – this is an open road event and ordinary rules of the road apply
- Standard Drafting rules apply.
- Race numbers must be worn on the back during the cycle

NO OVERTAKING IS PERMITTED:

- EXITING/ENTERING TRANSITION
- AT THE TURN AROUND POINT
- AT ROUNDABOUTS.
- IN NEUTRAL ZONES

There will be a few neutral zones on the course to filter cyclists safely on to busy areas of the course. These will all be marked with traffic cones and marshals. When in a coned area there will be no overtaking allowed.

[Garmin Connect](#) – link to route gpx file



WARNING

The course is out and back along a mainly flat road, with one short climb up Knocklofty Hill. However, on your return you will need to be **extremely careful** as there is a sharp right bend at the bottom of the descent of Knocklofty hill. You will have seen this on your outward leg so please heed the warnings of the marshals. **DO NOT CROSS THE WHITE LINE.** Anyone doing so will be disqualified from the race.

RUN COURSE

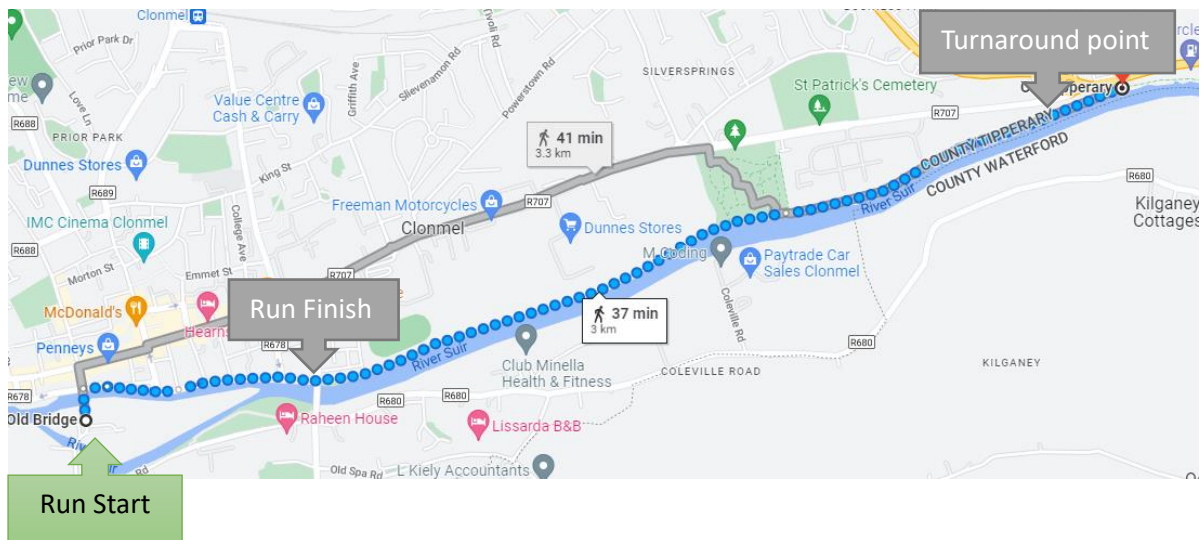
The run course is an out and back. However, the finish line is approximately 700m from transition in New Quay Car park.

Race numbers must be worn on the front during the Run.

Leaving transition, you will take a right turn along The Quay footpath until you meet the Blueway. **Please stay on the footpath at all times**, as traffic will be approaching along The Quay – remember, the road is NOT closed.

When you reach the Blueway, you will pass the finish line on your left. At this point you must stay to the right, and continue under the bridge (shown as Run Out below) and re-join the Blueway tow path. From there continue until the turnaround point at approximately 2.85km. Then it is a straight run back to the finish line which is in the New Quay Car park.





Your timing chip should be handed in at this finish line, or at any time should you retire or decide not to race.

A water station will be located on the run route at 700m, and at the finish line.

PRIZES

There will be prizes for overall Male/Female 1st,2nd & 3rd.

THANKS

Our sincere thanks to our members, sponsors, family and friends, without whom we could not run this event:

Camida

Triathlon Ireland

An Garda Síochána

Tipperary County Council

Civil Defence

Clonmel Kayak Club

Clonmel Rowing Club

Carrick on Suir River Rescue

Suir Valley Bike Shop

Barlo Motors

Sportstiming