



Race Briefing for the firmus energy Newry City Triathlon Sunday August 26th 2018



Thank you for entering the Firmus Energy Newry City Triathlon. The information contained within this document is designed to make your race experience as safe and enjoyable as possible. We hope you get all the information you need, if you have any more specific questions, please don't hesitate to contact us through our Facebook page or speak with a one of the race crew on Sunday.

Registration:

Registration will take place in the middle bank of Albert Basin, Newry on Sunday morning between 8.30am-10.30am.

At registration you will receive:

- Race number x2
- Timing chip
- Race goodie bag including swim cap, snacks and Firmus energy goodies
- An event t-shirt

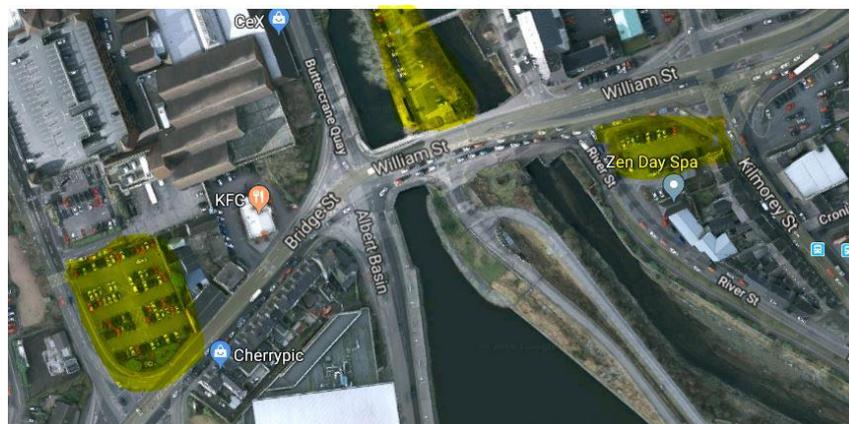
Please note, as this a fully subscribed event, only those who have signed up prior to the event will receive a t-shirt and medal. Those who register on the day will only receive their times for race.

Please note that Triathlon Ireland membership is not required for this race.

Firmus energy charity partner Lighthouse will be there on Sunday morning, and there will be an opportunity to make donations. Please consider doing so and help support the wonderful work they do.

Car Parking:

There will be no car parking onsite for participants, but there are numerous car parks within walking distance to registration and transition. Please see below for highlighted areas for Free Car parks in the area. The Quays and Buttercrane Shopping Centre will also have parking, but rates will apply.





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Transition Area: The transition area in Albert Basin will open at 09.00 on race day. Entry will only be permitted to competitors. Registration will take place next to Transition and will be opened from 08.30.

To ensure the safety of all competitors, only race equipment will be allowed at your bike racking position. There will be ample space around the perimeter for other bags and boxes.

Please rack your bike neatly and safely. The transition area can get congested during the race and we appeal for all competitors to show consideration to others.

The Bike Out and Run Out gates will be clearly marked. Please familiarise yourself with these upon arrival. Being aware of the layout of transition will help you greatly during the race.

Race Briefing:

A verbal briefing will be given by race director at 10.45. This will take place at the starting pontoon of the swim route. This provides an opportunity to update all competitors on any changes to the published information or issues with the course. A reminder will also be provided regarding race rules. Please bring suitable shoes to walk to this area as it is a gravel surface. Race will begin at 11.00.

Swim Course:

The swim will happen in one wave from the starting pontoon, competitors will enter the pontoon from the greenway side of the Albert Basin. The swim will be straight on the Albert Basin for 750m and is marked with orange buoys. The exit pontoon will be to the left. There will be a ramp to exit on to footpath and run into Albert Basin for Transition.

Wetsuits must be worn and it is compulsory to wear the official swim cap outermost. If a second cap is being worn for warmth, it must be underneath the official cap. Anticipated water temperature is 16 degrees centigrade. If you get into difficulty during the swim, you should try to remain calm, roll onto your back and raise an arm. A kayaker will approach you and ask you to take hold of one end of





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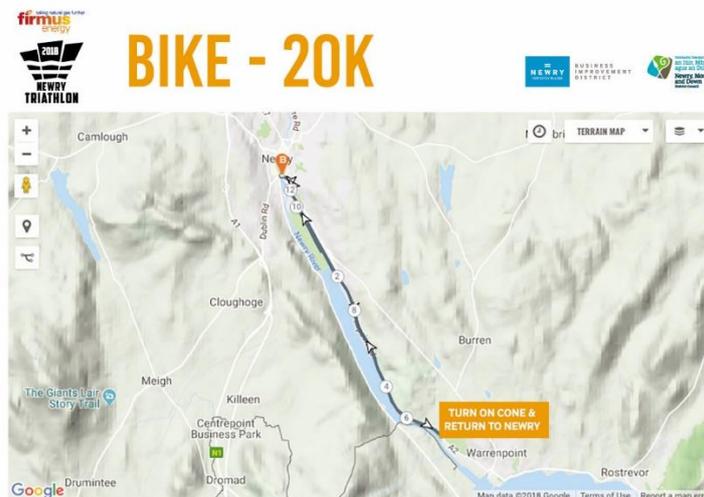


the craft. Please do not try to hold the centre of the kayak. We will have a large number of experienced kayakers providing safety cover. We recognise that some swimmers may be quite slow

and we will endeavour to get all competitors to the finish. So if the athlete is safe and comfortable in the water, every effort will be made to escort them to the exit ramp.

Bike Course:

This year we have a **NEW BIKE ROUTE**. Competitors will leave transition and run to William Street to mount line keeping to the left hand lane, then down River Street and on to Warrenpoint Road, and follow A2 towards Warrenpoint (keeping to the left hand side of the closed road at all times). Before reaching roundabout at Warrenpoint competitors will turn on a cone and return towards Newry using the closed lanes. Once competitors return to Greenbank roundabout they will enter Greenbank industrial park and cycle to bottom of estate and return and re-enter Newry via River Street. Please note rules of the road must be followed here. Competitors will dismount and run to transition.



Run Route:

This year we have a **NEW RUN ROUTE**. Competitors will run 5 laps of Albert Basin crossing a bridge on the Canal. Please be careful of footing at this area. Competitors will collect a coloured band on each lap, once 5 laps (5 bands) have been completed they will run through the finish gantry.



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Finish:

Once over the finish line food will be provided for competitors by Synge and Byrne.

Medical assistance will also be available for those who may require it.

Prizegiving will begin once last competitor finishes.

Results:

Results will be available from Chipt Race Timing after the event.

Eat and Drink

Why not stay around Newry City after to celebrate with your medal, with numerous restaurants and bars in walking distance from event there is sure to be something for everyone. Check Newry.com for map for a place that suits you.