



TRI THE LOUGH

RACE BRIEF



Sprint and Try-a-Tri

Saturday 3rd August 2024

Loughmacrory, County Tyrone

SCHEDULE

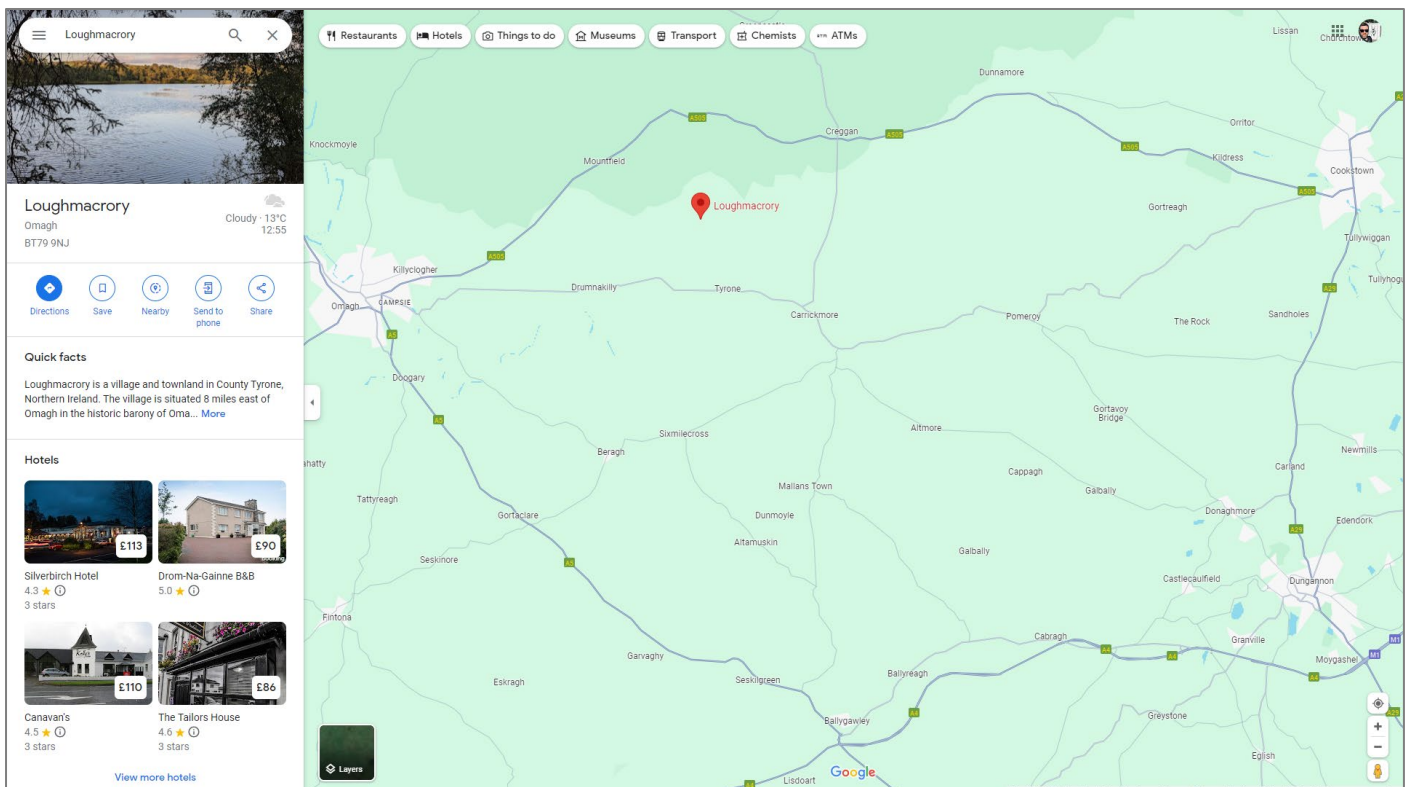
DAY	EVENT	START	FINISH
Friday 2 nd August	Registration	20:00pm	21:00pm
Saturday 3 rd August	Registration	08:00am	10:00am
Saturday 3 rd August	Transition	08:30am	10:30am
Saturday 3 rd August	Race Briefing	10:30am	10:45am
Saturday 3 rd August	Sprint race	11:00am	
Saturday 3 rd August	Try-a-Tri race	11:30am	
Saturday 3 rd August	Prize giving	13:00pm	

LOCATION

The village of Loughmacrory is located about 4 miles off the main Omagh to Cookstown Road (A505). Approximately 15 minutes' drive from Omagh or 30 minutes from Cookstown.

Transition is based at Loughmacrory GAA grounds - with event parking in adjacent Church of St Mary:
<https://maps.app.goo.gl/aJSjYKT8PCdUnyR8>

Please do not park on the roadside as this forms part of the bike route and could cause an obstruction.



REGISTRATION

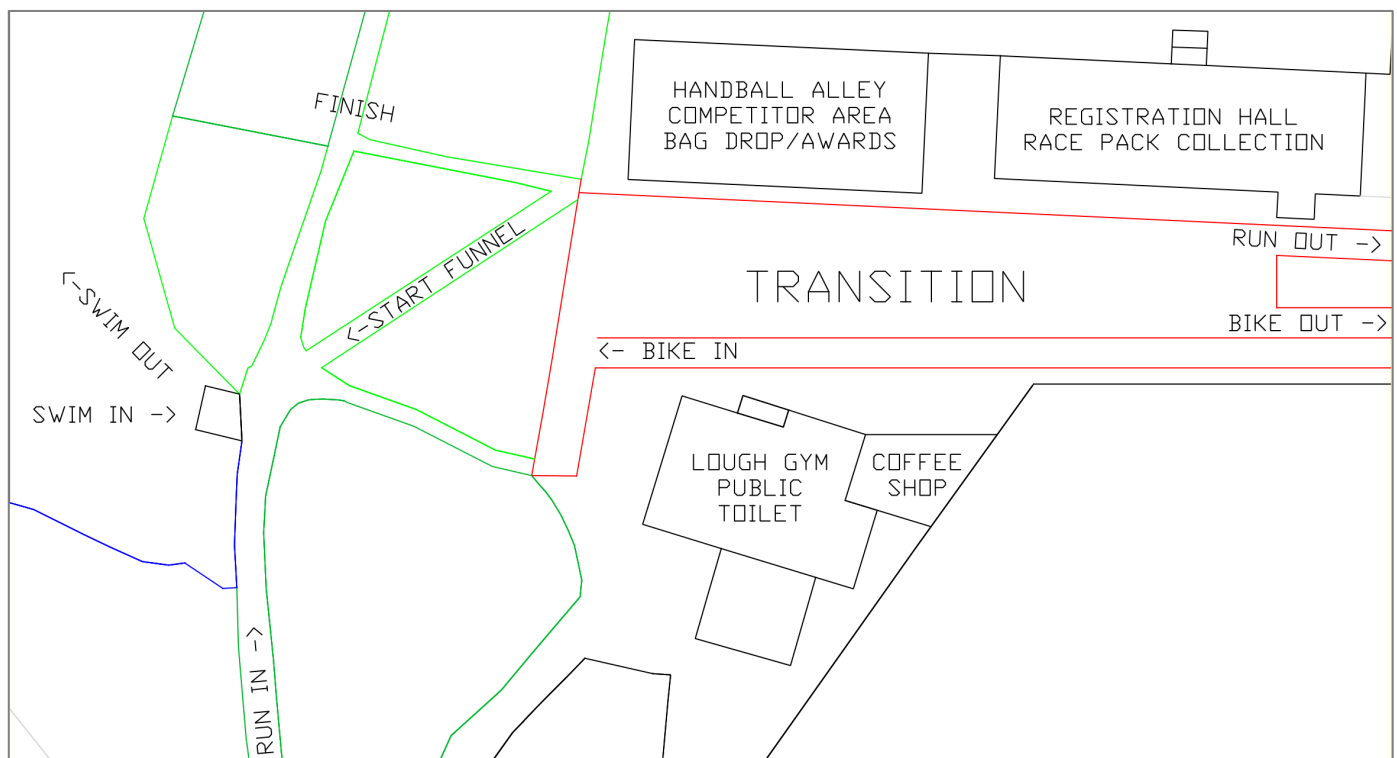
Registration will take place in two sessions: Friday 2nd August evening from 20:00pm to 21:00pm and again on Saturday 3rd August from 08:00am to 10:00am. We strongly recommend that all participants who reside locally try to register during the Friday session to avoid any delays on the Saturday morning. Registration will take place in the hall of the GAA club which is located adjacent to the transition area.

All competitors must produce their Triathlon Ireland licence (or equivalent) or evidence of their One Day Membership and photographic ID. Failure to do so will result in the athlete not being permitted to race! (Screenshots on phone is acceptable but be aware that reception in Loughmacrory can be hit or miss).

At registration each competitor will receive a swim hat, one race number, three numbered stickers (one for bike, two for helmet) and a timing chip. The race specific swim hat must be worn outermost during the swim leg. The timing chip should be attached to your left ankle on race morning using the Velcro strap provided. No chip = No time! The numbered sticker should be visibly placed on your bike & helmet.

TRANSITION

Bikes are to be racked on race morning and transition will be open from 08:30am. Transition will be filled up as each athlete enters and will be on a sequential basis and each competitor will be responsible for placing their equipment within this area. Competitors are also reminded that they are not permitted to mark their transition area with talcum powder, flags, etc. and leaving bags/boxes in transition is not permitted. Dedicated bag drop area will be provided in the handball alley adjacent to the transition area.



RACE BRIEFING

A verbal briefing from the OTC Race Director and TI Technical Official will take place in transition at 10:30am. All competitors must be within the transition area at this time, as they will be registered with the timing company and counted into the start area as they exit transition after these briefings. Competitors will not be allowed to return to the transition area once the race briefings are completed.

Please take time to familiarise yourself with the general Triathlon Ireland rules prior to the event start.

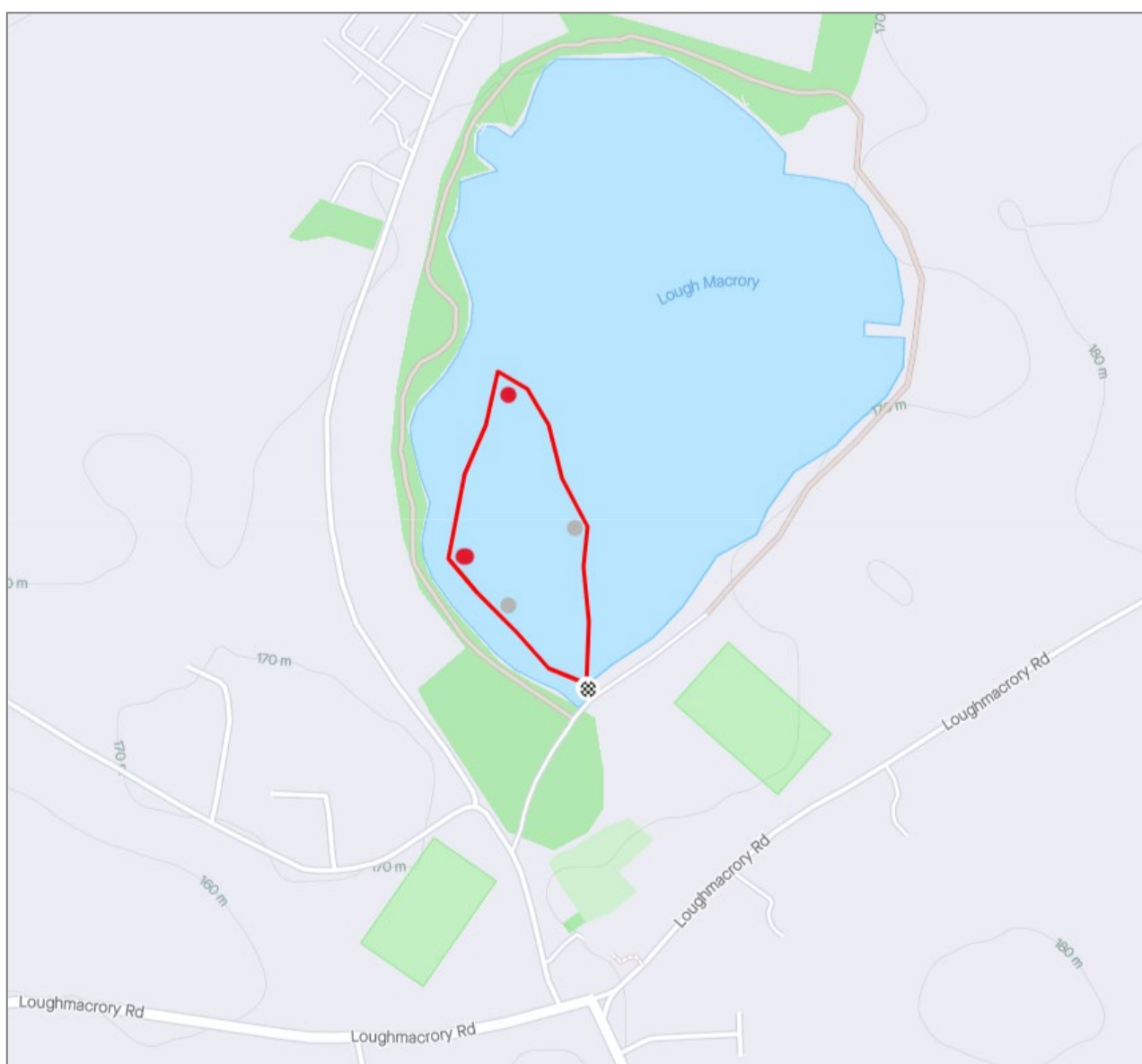
SWIM

SPRINT	TRY-A-TRI
750m (one big lap)	300m (one small lap)

Your race pack will contain a coloured swim hat and wetsuits must be worn. The swim will take place in a rolling start with 2 people entering the water every 2 seconds in a continuous stream. Due to this rolling start you will be asked to estimate your swim time and to position yourself within that area for starting the race. Areas will be marked 10-12 mins, 12-14 mins, 14-16 mins, 16-18 mins, 18-20 mins, 20+mins. Weaker swimmers should position themselves towards the back of the pack. The race will be started by the sound of an air horn but your individual time will only start when you cross the timing mat.

The swim course route is an anti-clockwise direction so all marker buoys should be kept on your left. SPRINT swim course is 750m around all 4 marker buoys (white-red-red-white and then back to shore. TRY-A-TRI swim course is 300m around 2 closest marker buoys (white-white) and then back to shore.

Any swimmer who gets into difficulty or wishes to withdraw from the race for any reason should follow the standard protocol. Roll onto your back, try to stay calm and raise your hand in the air. A canoe or will come to your aid ASAP. Please take hold of the canoe at front or back – not alongside the paddler.



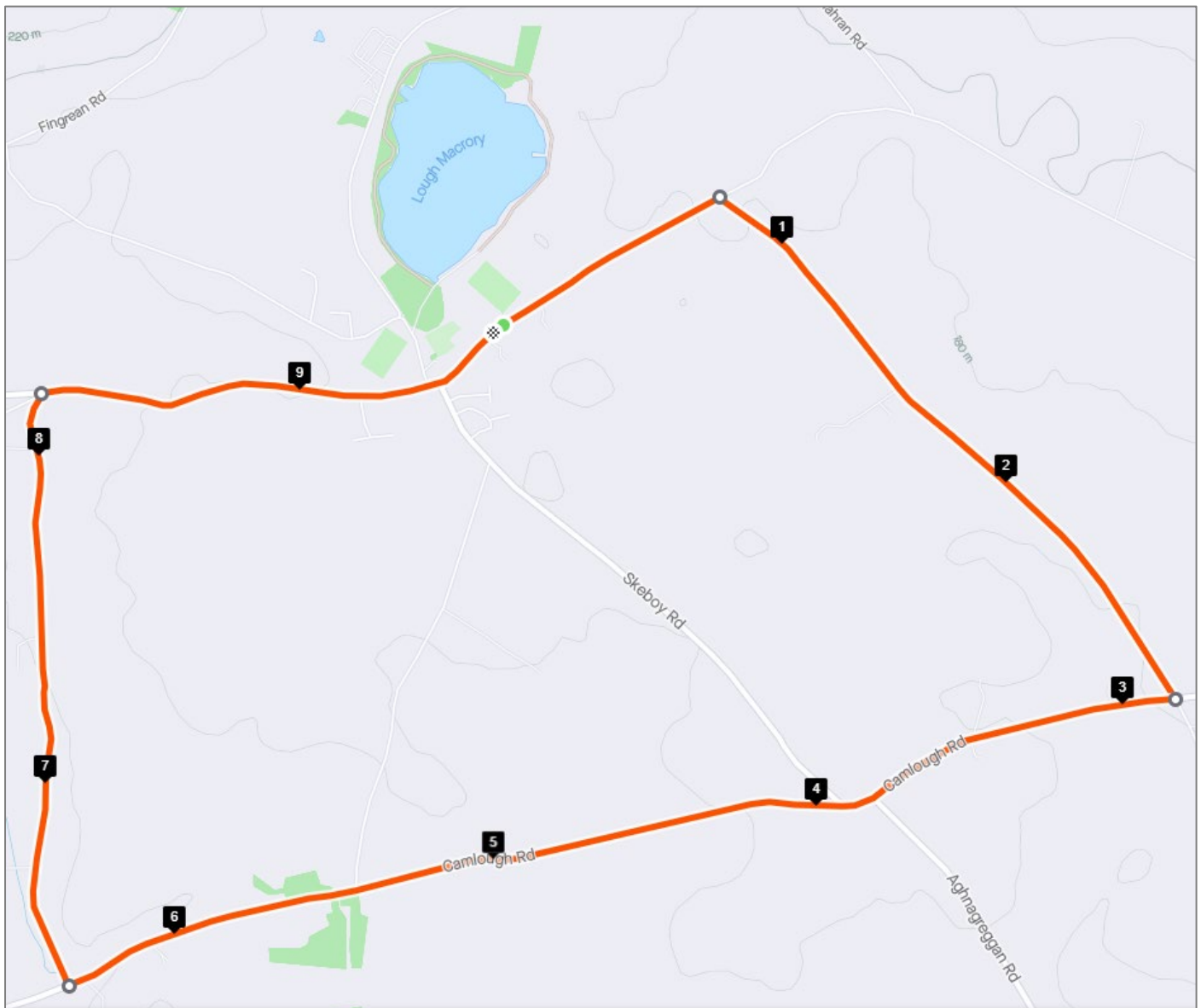
T1

Transition rules will be as laid down by Triathlon Ireland. Helmets must be fastened before bikes are touched. Do not interfere with anyone else's equipment. If anything is knocked over by accident, please replace it. Bikes must not be mounted until you have passed the mount line at the exit of transition area.

BIKE

SPRINT	TRY-A-TRI
20km (two laps)	10km (one lap)

A race number must be visible on your back at all times during the cycle. Drafting is not allowed. Please remember the draft zone is 12 metres long and 3 metres wide. Please remember that even though the roads have restricted access for this event the rules of the road still apply at all times. While marshals will assist as much as they can it is ultimately the athlete's responsibility to protect themselves and other competitors. All junctions will be signposted and road markings will be in place. The route involves mainly right turns. All major junctions will have a marshal in attendance. This route is mainly through agricultural land so bar/gel wrappers should not be discarded. Penalties will apply for littering. The last 150m downhill section from gate to the dismount line will be a neutral zone with no overtaking allowed.



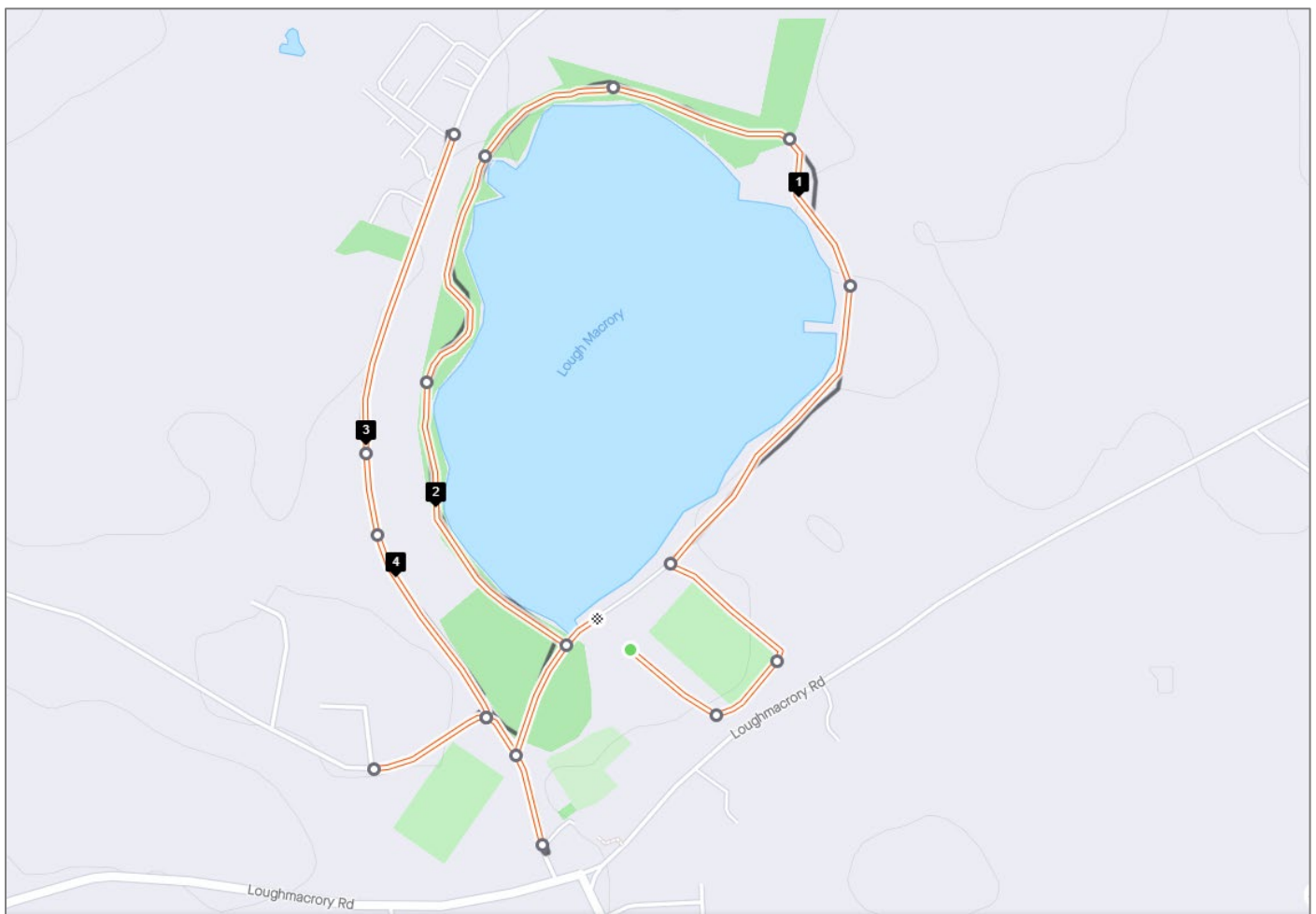
T2

Athletes must dismount before the line then run with bike down the bike-in chute. Bikes must be racked before helmets are unfastened. Again, please show respect for other competitor's equipment/space.

RUN

SPRINT	TRY-A-TRI
5km (turn right at 2.4km mark)	2.5km (turn left at 2.4km mark)

A race number must be visible on the front at all times during the run. The run route consists of a single lap. The first 2.4km of the run route is around the football field and anticlockwise around the Lough. At the 2.4km T-junction the TRY-A-TRI turn left with 100m to the finish line, while the SPRINT turn right to complete another 2.6km. An aid station with water will be available on the route. If you wish to place your own water bottle here please do so before race. Again, no litter should be discarded on the course.



POST RACE

Upon crossing the finish line athletes will receive a medal and then can move to the sports hall for a selection of tea, coffee, cakes, sandwiches and fruit. **Il Carro Della** will provide pizza for athletes also. The View at the Lough coffee shop will also be open all day for supporters before, during and after event. Bikes cannot be collected from transition until last competitor has exited T2 – please bring race number. Prize giving will take place in the handball alley at approximately 13:00pm. We have an array of prizes including overall male and female podiums as well as age group prizes – please attend to collect awards.

Many thanks to the local community and our sponsors for their continued support of our annual race.