

TRI THE LOUGH

SPRINT TRIATHLON

 750m  20km  5km

Sat 6th August 2022 at 11am

Location

Loughmacrory is located 4 miles off the main Omagh to Cookstown Road (A505). From Cookstown approximate journey time is 30 minutes. Follow signs for Omagh, after passing the village of Mountfield on right hand side watch for sign for Loughmacrory on left hand side. Follow this road into the centre of the village and watch for church on left hand side. Ample parking is available here. From Omagh again take the A505 signposted Cookstown and travel until you see the sign for Loughmacrory on right hand side. Travel through the village and look for entrance to church on left hand side
GPS N54.62705W7.10662
Postcode BT79 9LZ

Registration

Registration will take place in two sessions. The first will be on; Friday 5th August from 7:00pm to 8:00pm and again on Saturday 6th August from 8:00am to 10:00am.

We strongly recommend that all participants who reside locally try to register during the Friday session to avoid delays on the Saturday morning. Registration will take place in the hall of the GAA club which is located at the bottom of the car park.

**All competitors must produce their digital Triathlon Ireland (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.**

The best way to do this, this year is to;

Log into your Triathlon Ireland account

Go to profile

Click on Membership

Click on Membership card

Click Download

Take a Screenshot of your temporary membership card

The same applies for your One Day Membership

As 3G/4G is hit and miss at the Lough please do this before you leave home, so it is on your phone.

At registration each competitor will receive a swim hat, one race number, two numbered stickers (one for bike, one 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.

Bikes will 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 keeping their equipment within this area.. Competitors are also reminded that they are not permitted to further mark their transition area with talcum powder, balloons or flags. There will be a designated bag drop area adjacent to transition so please make sure that all bags and boxes are placed here. Bags and boxes are not permitted to be kept in transition during the race

Pre Race

On race day ample parking is available so please follow the directions from the marshals who will guide you to an appropriate parking place. Please do not park directly outside the grounds as this forms part of the bike route. The GAA club and its members are kindly providing use of their excellent facilities, including all day supervised parking. For this we are very grateful!

Transition will be open from 8:30am and only competitors and officials will be allowed access. **A verbal briefing from the race director and 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 transition once the briefings are completed.

Swim

The swim will take place in a rolling start with 2 people entering the water every 5 seconds in a continuous stream. Your race pack will contain a coloured swim hat. Wetsuits must be worn. Due to the rolling start you will be asked to estimate our 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. Your time will only start when you cross the timing mat.

The swim course will go anti-clockwise around an almost rectangular course. All marker buoys should be kept on your left. Any swimmer who gets into difficulty should follow the standard protocol. Roll onto your back, try to stay calm and raise your hand in the air. A canoe/boat will come to your aid. Please take hold of the canoe at front or back – not alongside the paddler.

Try a Tri Swim

The swim will be a 300 metre swim in the sheltered lough. Yellow Buoys mark the course. As in the sprint you go in an anti-clockwise direction but instead of going to the second red buoy you turn left at the first yellow buoy, then left at the next yellow buoy and back for shore.

At the end of the swim, competitors should go directly to transition. As you enter transition your chip will register your time. For safety reasons please also shout your race number if you are asked. The swim consists of a single lap.

Start times

@ 11am Sprint

@ 11.30am Try a Tri

Transition 1

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.

Bike

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 course consists of two laps at the end of these laps athletes will be directed back towards transition. The bike will enter transition at the same point you exited transition. The downhill section to the dismount line will be a neutral zone with no overtaking for 150m again in the interests of competitor safety.

Try a Tri Bike

The bike consists of one lap of the bike route which is 10k. Remember to keep left as you come into the village and turn left into the GAA grounds to finish your lap.

Transition 2

Bikes must be racked before helmets are unfastened. Again please show respect for the other competitor's equipment.

Run

A race number must be visible on the front at all times during the run. The run route consists of a single lap. The lap is on a path around the football field, around the Lough plus an out and back road section and finish in front of the Lough. The course is very flat and has been accurately measured at exactly 5km. 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 the race. Competitors bottle are their own responsibility

Again no litter should be discarded on the course. At the end of the run please remove your timing chip and place it in the bin provided before leaving the recovery area. **If we do not have your chip you won't have a time.**

Try a Tri Run

The run will consist of a lap of the football field, onto a lap of the lough and you finish in front of the Lough where you will now officially be a Triathlete!!

Post Race

Bikes cannot be collected from transition until the last competitor has exited transition 2.

The Lough has a coffee shop called The View at the Lough which will be serving tea, coffee and treats all day. Il Carro Della Pizza will provide all athletes with a slice of pizza upon completion of the race. The VIP wristband provided in your goodie bag is needed to get your free slice. Prize giving will take place in the open air ball wall at approximately 1:15pm. We have an array of prizes including overall male and female as well as age group prizes. The race committee have decided that prizes will only be awarded to those in attendance at the ceremony.

Please take time to familiarise yourself with the rules of triathlon prior to the event. A full explanation of 'drafting' is available on the TI website.

Many thanks to our event sponsors



Please support our sponsors

We thank you for choosing to enter Tri the Lough. Our race crew have given their time to allow you to race. Please be courteous and follow instructions. Enjoy your race.