



# Naas Triathlon Club - Race Series

## Race Briefing

### Important Information:

Naas Triathlon Club races are Triathlon Ireland sanctioned Races.

Triathlon Ireland require that competitors have a Full, Student or Junior Triathlon Ireland membership or that you purchase a one day licence from triathlon Ireland for the race.

It is your responsibility to ensure you have an appropriate Triathlon Ireland License  
Please contact Triathlon Ireland in relation to any queries regarding any aspect of licensing.

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It is each *YOUR* own responsibility to ensure that *YOUR* bike is in good mechanical order and safe to ride.

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### Key Race Information:

<b>Race Distances:</b>	3.5km run / 20km bike / 3.5km run
<b>Registration</b>	Registration opens from 10:30 am until 11:30 ONLY
<b>Transition</b>	Transition opens from 10:30 until 11:45
<b>Competitor Race Briefing</b>	11:45am
<b>NTC Race Start</b>	12:00 sharp

### Sponsors



[www.naastriathlonclub.com](http://www.naastriathlonclub.com)

## Getting there

Directions to Punchestown

### From Dublin

1. Exit N7 at Naas exit
2. 2nd exit at 1st roundabout
3. Straight through next 2 roundabouts
4. Left at the 1st set of traffic lights(Tesco's on your right)
5. Right at the cross roads signposted for Punchestown, there will be signs for the race from here

### From Cork, Limerick,

Exit the N7 at the 2nd exit for Naas then the same as above.

### Parking :

There is plenty of parking in Punchestown;  
on road parking is **STRICTLY** not allowed.

### Race numbers:

Race numbers must be worn on the front during the entire race

### Spectators:

The Punchestown Grandstand offers an ideal view Of the run course  
& Transition and the Finish

### Toilets :

Male & Female Toilets are available in the Punchestown complex

### Refreshments :

NTC will endeavour to have Drinks & Bananas for competitors at the finish

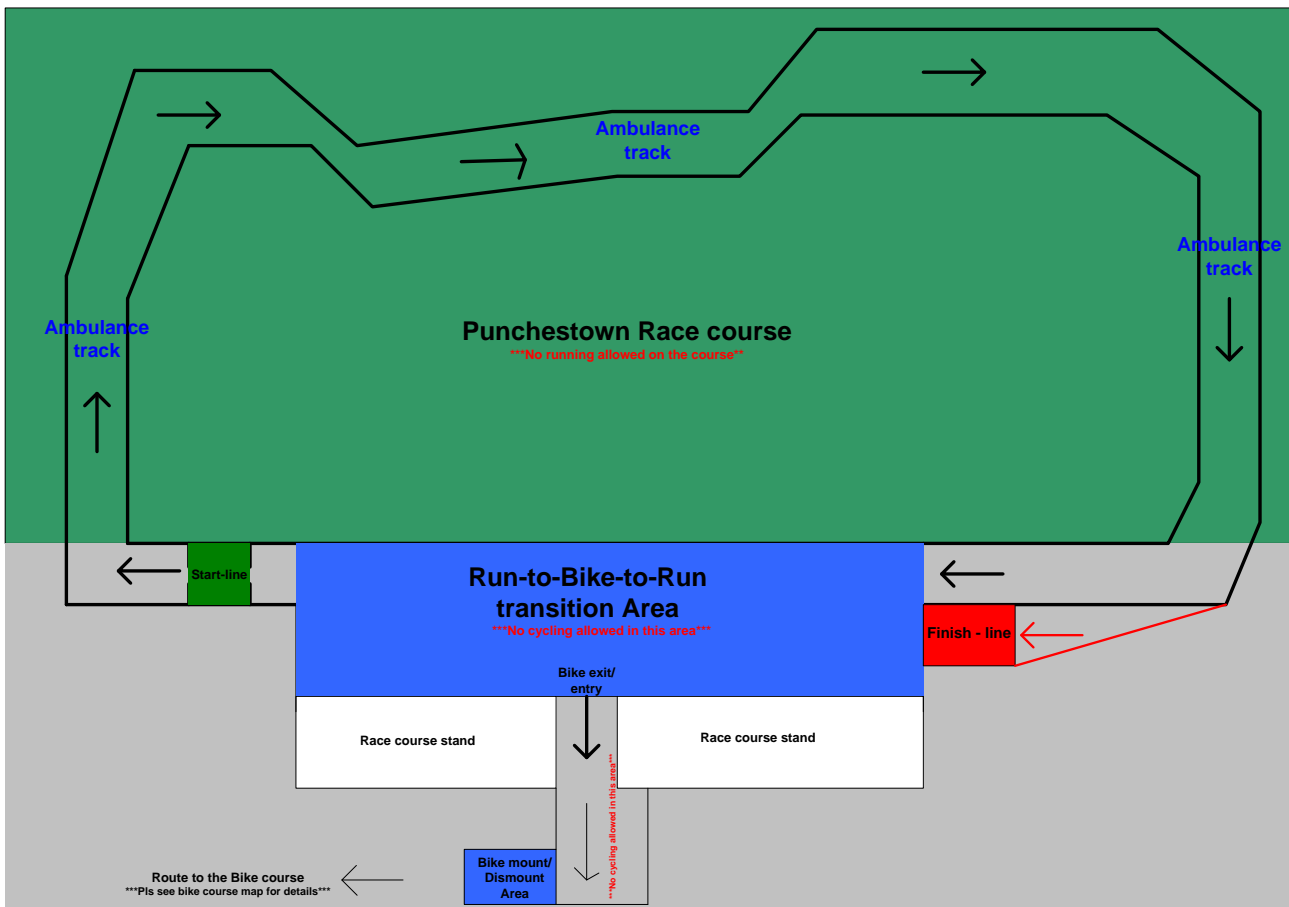
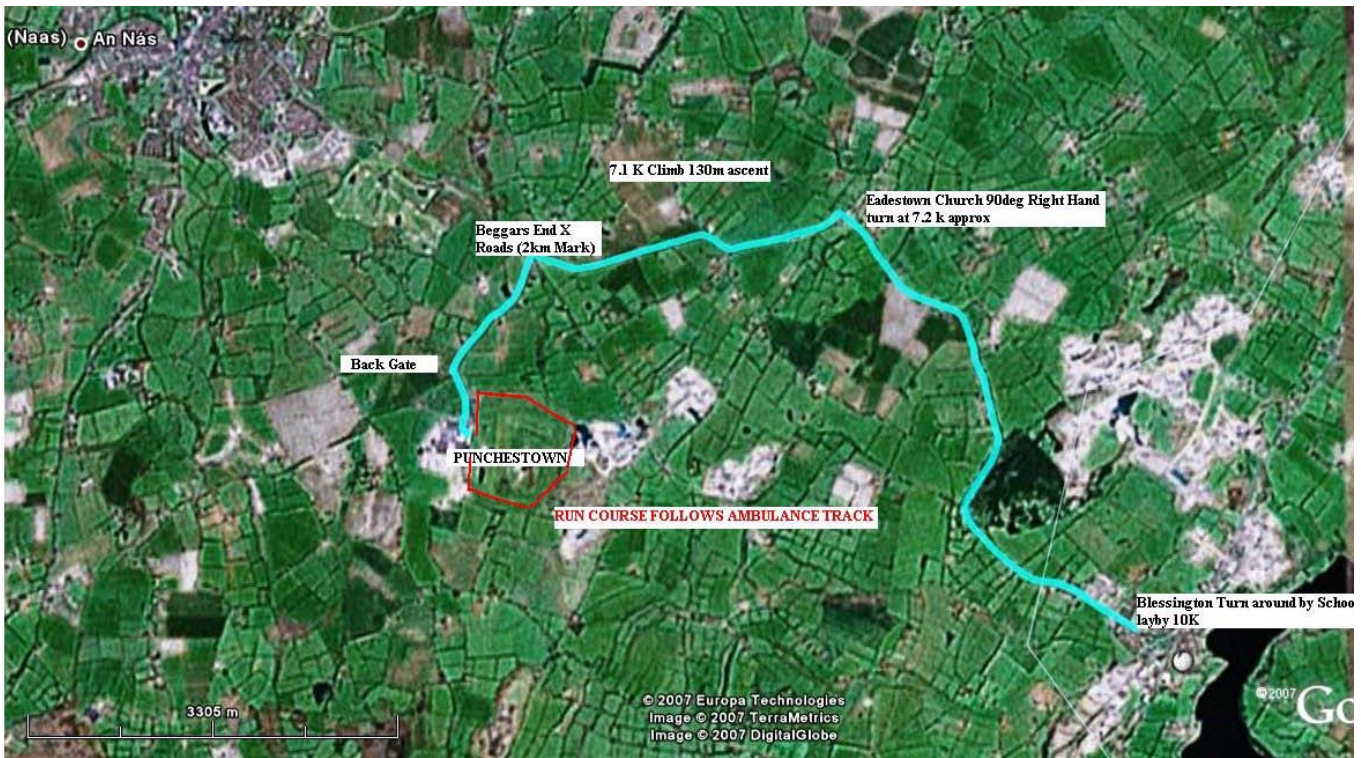
The Brew Crew Café will be on hand selling Coffee ,products also include tea, hot chocolate, juices, soft drinks, scones, hot snacks, muffins, snacks and sandwiches.



<http://brewcrewcafe.ie/>

[www.naastriathlonclub.com](http://www.naastriathlonclub.com)

# THE COURSE



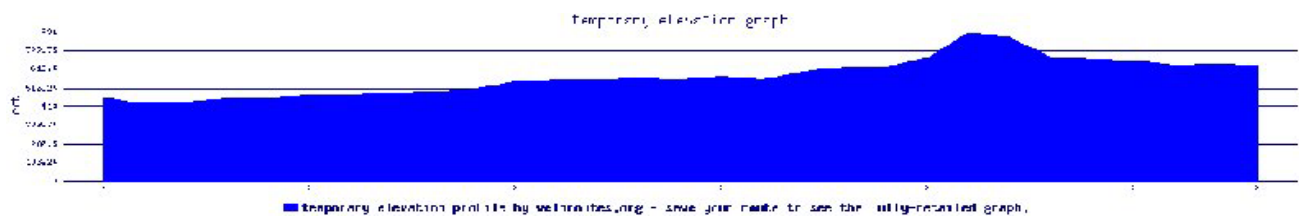
## Run

The 1st run is 2 miles (3.5k) around the Punchestown Ambulance road which follows the race track, you MUST run on the tarmac road NOT on the grass.

## Transition 1

You will be directed into transition from the 1st run, you must put your helmet on before touching your bike, you must obey marshals here and everywhere else on the course, anyone abusing the marshals will be disqualified immediately. You cannot mount your bike until after you cross the mount/dismount line at the exit of transition area.

## The Bike course profile - Punchestown to Blessington



### Punchestown

### Blessington

The route climbs gradually most of the way to Blessington – while not very steep you will feel the drag, But this makes for an easier return to Punchestown

## Bike

### HELMETS ARE COMPULSORY

On leaving the transition area there is a short exit road before joining the main road, there will be marshals at every junction along with Gardai, you must obey the marshals at all times on the road and normal rules of the road apply. The roads are open to traffic so stay on the left only pass when it is safe to do so. Distances are in Kilometres from the start and are approximate

The Course exits Punchestown by the top gate onto the public road. (0.6k) Turn right and then down a hill to the "Four Cross Roads" Turn Right Towards Blessington. (1.8k) **(Be very careful at this junction)** You will now be on a 6.2k gradual climb of 276m in elevation. Nothing too steep but you will feel it in the legs as you climb into Eadestown where you make a right hand turn with the road (7.8k) (this is a 90-degree right hand bend which then takes you past Eadestown Church) A sweep down to the 9.2k mark (just enough time to catch your breath) this is a downhill into Blessington.

The turn point is in a lay-by just before the main street in Blessington on the left hand side by the national school. It is very obvious and there will be marshals to help you. Then you follow the return course to Punchestown. 12 miles (20k total)

This is a non-drafting race so you must leave a gap of 7 meters long by 3 meters wide between you and other competitors. A competitor may enter the draft zone but must be seen to be making forward progress. A maximum of 15 seconds will be allowed for a competitor to pass through the draft zone. A penalty of 2 minutes will be given in the event of a competitor being caught drafting.

## Transition 2

On re entry to the transition competitors must dismount before the transition area and may not remove their helmet until they have re racked their bike.

You must take care in transition not to disturb anyone else's equipment; again marshals must be obeyed here at all times. Please respect their instructions.

## 2nd Run

The 2nd run will follow the same route as the 1st one, the same rules apply.

We are looking forward to an enjoyable and above all **safe** race, make sure to follow the rules and act in appropriate fashion.

GOOD LUCK TO ALL THE COMPETITORS

*Many Thanks to our Race Partners :*



## HOW DO I GET A ODL

1. Go to <http://www.triathlonireland.com/one-day-licence.html>

Deadlines to Purchase One Day Licences:

- \* For races being held on a Sat, Sun or bank holiday: midnight the Thu before race
- \* For races being held on a weekday: midnight the day before the race

Note: It will not be possible to purchase one day licences after the above times or on the race day

### Before purchasing your one day licence, please read the following information

1. Relay teams only need to purchase a single one day licence between the team.
2. if you need to cancel your one day licence, please send an email to [administrator@triathlonireland.com](mailto:administrator@triathlonireland.com).
3. One day licences cannot be swapped or transferred to other people or races.

### What is a one day licence?

A one day licence grants you the benefits of Triathlon Ireland racing membership for a period of one day.


### Who needs a one day licence?

A one day licence is required for anyone wishing to race a Triathlon Ireland sanctioned event who does not have a racing licence (Student, Junior, or Full membership).

### How much does a one day licence cost?

Prices for one day licences in 2010 are: **All triathlons: 15 euro/£15 Other multisport events: 10 euro/£10**

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		Email:	naastc@gmail.com
		Websites:	<a href="http://naastriathlonclub.com/">http://naastriathlonclub.com/</a>

[www.naastriathlonclub.com](http://www.naastriathlonclub.com)