



BLACKWATER TRIATHLON

<https://blackwatertriclub.com/>

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BLACKWATER TRIATHLON
SPRINT DISTANCE TRIATHLON
0.75km SWIM – 21km CYCLE – 5km RUN
FERMOY, CO. CORK
SUNDAY 18TH JUNE 2023





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IMPORTANT POINTS TO NOTE (please read carefully)

All competitors must provide a valid Triathlon Ireland race license membership with PHOTO ID to be allowed to race. If you do not have full, student or junior membership, you must pre-purchase a one day race license through the Triathlon Ireland website (www.triathlonireland.com) by midnight on Thursday 15th of June. **One day race licenses CANNOT be purchased at registration.**

EVENT TIMETABLE SUNDAY 19th JUNE

Fermoy Town Park

Registration Sunday	6.45 - 8.00 am (SHARP)
Transition Opens	7.00 am
Transition Closes	8.40 am Athletes must leave the the transition area to attend the race briefing – all bikes must be in place at this time.
Race Briefing	8.45 am
Walk to swim start at Fermoy Rowing Club Pontoon.	8.55 am
Swimmer Count In	9.15 am
SWIM START	WAVE 1 9.30 am SHARP WAVE 2 9.35 am SHARP (if applicable)
Results and Prize Giving	Approximately 13.30 pm



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BLACKWATER TRIATHLON CLUB

The Blackwater Triathlon Club (BTC) is based in Fermoy, Co. Cork. The club was set up in late 2007 by a group of like-minded triathletes. Our aim in setting up the club was to promote all levels of participation in Triathlon within our community in Fermoy & also in the North/East Cork area – so we are serving a wide community.

Our main aim is to promote the sport of Triathlon, to have fun doing it and even more importantly to enjoy the social side and friendships that are made along the way.

We cater for all levels of athlete, from the beginner to the elite. All ages, sizes, shapes and sexes are catered for. The club has strong links with the local swimming, cycling and running clubs in the area.

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.

<http://www.triathlonireland.com/Events/Rules/>

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 automatic disqualification.

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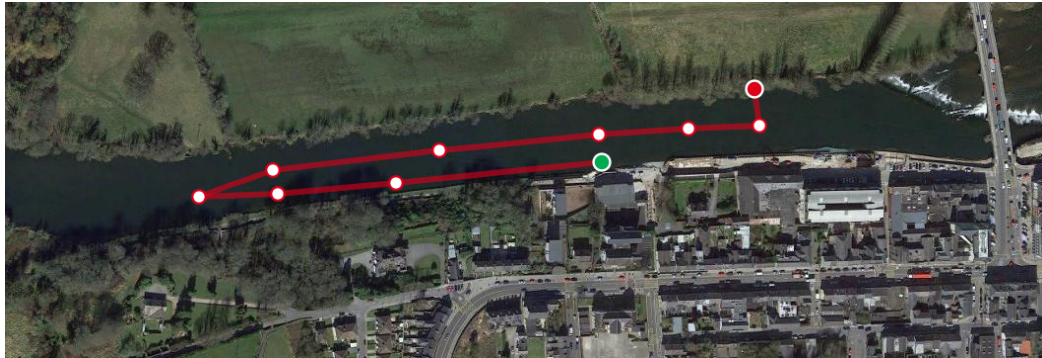
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Other Key Points to Note:

Transition Area

- Competitors will be issued with 2 race numbers which must be visible at all times. 2 no stickers, 1 for their helmet and 1 for their bike.
- Bikes cannot be removed from the transition area unless your race number matches the number on the bike.
- Only competitors are allowed in the transition area.
- Bike brakes, helmets etc. will be checked on entering transition.
- Transition is located in the town park near the Leisure Centre.
- A bag drop point will be located within the transition zone, no bags or boxes are allowed in transition area.
- Toilets will be located in the park close to transition.



Swim

The swim will take place in the Blackwater River and will start at the slipway of the Fermoy Rowing club. Athletes will enter the water at the rowing club slipway and swim to the start line. It is a 700m swim, 350m upstream rounding a big YELLOW buoy on your right-hand side and 400m straight downstream. A second YELLOW buoy will indicate where the swim exit is located. This buoy must be rounded on your left-hand side. Upon rounding the second buoy the exit platform will be directly in



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front of you. There will be marshals on the platform to help swimmers out of the water.

Transition 1

You will exit the river into a field, and follow a pathway where there will be marshals to direct you into town park and transition. The path may be uneven underfoot, so please exercise caution.

For relays, remain in relay area until your teammate passes the timing chip. You cannot run to them. Relay athletes need to wear a race belt with race number clearly visible.

Bike Route 21km

- Helmets are mandatory.
- In T1, your helmet must be fastened securely prior to taking your bike off the rack. TI will impose penalties if your bike is removed without helmet fastened.
- Competitors will not be allowed out of T1 unless their race number is clearly visible.
- Race number must be worn on the back.
- Exit transition and the town park via the side gate as directed by the marshals.

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After exiting the Town Park mount the bike at the clearly marked Bike Mount Line. Continue out the Mallow Road N72, 800m out the road you will approach Grange Cross where you will take the righthand turn and head towards Glanworth Village. This is a busy junction and will be well marshalled with a stop go system in place but care should still be taken. After entering Glanworth Village take the first left-hand turn heading towards Ballyhooly Village. At the junction of the N72 take a left-hand turn and continue back towards Fermoy Town.

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DIRECTIONS THROUGHOUT THE CYCLE ROUTE ARE CLEARLY INDICATED BY YELLOW SIGNS.

THE ROAD WILL NOT BE CLOSED, THE RULES OF THE ROAD WILL APPLY AT ALL TIMES. CROSSING OF THE CENTRE WHITE LINE AT ANY STAGE WILL LEAD TO AUTOMATIC DISQUALIFICATION.



What is Drafting?

This is a non-drafting race. Full details of the drafting rules can be found in the Triathlon Ireland Manual of Guidance (www.triathlonireland.ie). Motorbike draft marshals will be on the bike course and the draft marshals' decision is final. No warnings will be given. Drafting is the



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term to describe the act of taking shelter behind or beside another competitor or vehicle, within the “Draft Zone” during the cycling segment.

Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft. A competitor who does not clearly avoid violating the drafting rules will receive a time penalty which will be outlined by the race referee at the race briefing.

In brief, the “Draft Zone” is a rectangle surrounding every competitor that is 3 meters wide and extends to 10 meters behind the front wheel of the competitor’s bicycle. The front edge of the front bicycle wheel will define the center of the leading 3-metre edge of the rectangle.

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.

The draft zone of one competitor may not overlap the draft zone of another competitor.

A competitor is overtaken when the front wheel of another competitor’s bicycle is ahead of theirs. It is then his/her responsibility to drop out of the draft zone, either sideways, or by dropping back.

Transition 2

Please dismount the bike at the clearly marked bike dismount line. Enter the park through the same gate that exited. Priority will be given here to athletes returning from their cycle.

Your bike must be returned to your allocated bike rack spot.

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Only when your bike has been placed back on the bike rack can you remove your helmet. TI will impose a penalty if your helmet is removed before your bike is racked.

Transition 2 will again be neutralized for all athletes.

Run Route 5km

The run is an undulating out and back course. Upon exiting the Town Park via the main gates turn left up the footpath as directed by the marshals. Approximately 50m up the footpath there will be a traffic stop/go system in place manned by experienced traffic management personnel, where athletes will be given priority to cross the road on the outward and inward leg of the run. CAUTION should still be taken by runners while crossing this road. When you have crossed the road it is a straight forward out and back run. Water stations will be located at 2.5km.



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EVENT PARKING

Please park in the public car parking areas located in the town and shown on the map below.





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Litter Policy

Littering is a central concern not only to race organisers, but also to those who live in the Fermoy area. Nutrition (gels, bars, drinks etc) is considered part of the competitor's equipment and no part of the wrapper/container can be discarded on the race course. Any competitor failing to obey the littering policy will be automatically disqualified.

Finally

- Enjoy the race.
- Obey all instructions given by race marshals and officials.
- Ensure you are aware of Triathlon Ireland rules of triathlon.
- Remove all your belongings from transition as early as possible once it is reopened.
- Only competitors can retrieve equipment from transition.
- Photographers will be about so SMILE.....