



Welcomes You

Saturday 19th August 2023



## Sponsors



Many local business have sponsored prizes,  
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Funds from Tri the Hook help to support the actions of Hook Rural Tourism Clg a local non-profit working to promote and support tourism on the Hook Peninsula





Dear Competitor,

We are looking forward to seeing you in Fethard-On-Sea on Saturday, 19<sup>th</sup> August 2023 for this year's Tri the Hook Sprint Triathlon. Below is some useful information about the race.

**LIKE LAST YEAR,  
PLEASE NOTE THE CHANGES FROM PREVIOUS YEARS  
Ensure you allow enough time to setup at BOTH transitions**

Check [www.trithehook.com](http://www.trithehook.com) for further information and updates. If you have any questions or queries, please email [events@hooktourism.com](mailto:events@hooktourism.com).

### Event timetable

<b>Saturday 21<sup>st</sup></b>	<b>Details</b>	<b>Location</b>
6:30am	Transitions open	Near Baginbun Beach
6:30am	Registration opens Wave 1	St Mogue's GAA
7:15am	Registration opens Wave 2	
8:00am	Registration opens Wave 3	
8:45am	Registration closes	
9am	Transitions Close	
9:15am	Supplementary Competitor Briefing	T1
9:30am	Race Start (Wave 1)	Baginbun Beach
13.00pm	Race cut-off time	St Mogue's GAA



# Important Information

- **Competitors are still required to monitor their health prior to the event and anyone who feels unwell should not attend to ensure the safety of others involved.**
- Very limited Competitor parking will be provided at St. Mogue's GAA Club, Fethard-on-Sea. Ample parking is available closer to the two transitions. Field will be on the left as you approach transition and will be clearly marked
- **Register first** - you will not gain access to transition without first registering.
- It is up to competitors to familiarise themselves with the course. Please proceed to transition with your bike without delay on race morning once you have registered.
- All bikes will be checked for roadworthiness before they can be brought into transition. If your bike is deemed unsafe, you will be asked to remedy the faults. Unsafe bikes will not be permitted to race, and no refunds will be accommodated.
- **Bike Check: Two working brakes, correct tire pressure, spares for repairs, handlebar end plugs, standard rear wheel for those using disc wheels in event of very windy conditions.**
- **Helmet must close tightly with head straps meeting below ear. This check must be performed by Bike Check Marshals**
- You will be provided with a sticker pack (For bike, helmet and bag). These must be fitted in place on your race apparel. Race belts are permitted.
- The race number must be clearly displayed on your bike during the cycle section of the race and on your front during the run section.
- Torso must be covered during the entire race.
- Obey marshals and Gardai instructions at all times. No abuse towards marshals will be tolerated.
- **Safety is an absolute – no deviations or exceptions will be tolerated.**
- **Competitors with serious medical conditions or allergic reactions to certain medicines need to alert Hook Tourism / Race Director to their condition in advance of the event and if necessary wear appropriate tagging that advises Medical Assistance in the event of a loss of consciousness.**

**Junior competitors may be present at the event. Please be mindful of using any inappropriate language towards or around other competitors.**

**Anyone taking photographs of the event are asked to adhere to the [TI Photography policy](#) so as to safeguard competitors. Please only take photographs of individuals who you have permission to do so.**

**All junior competitors must be accompanied by an adult when checking in, this adult will be the emergency contact for the competitor for the duration of the event.**



# Registration

- Registration/check-in opens at 6:30 am. Please arrive as early as you can to ensure no delays.
- **Last registrations will be at 8:45am**
- **TI Members need their photo ID and virtual membership card.**
- **Non TI members Need to show their valid One Day Membership as well as Photo ID**
- Race times will be measured using electronic chips. Chips are contained on Velcro straps and therefore placement of the strap is critical to optimum performance. Wrap the strap around your leg, **just above the ankle** and ensure that it is firmly in place. Chip placement should be verified once you remove your wetsuit at the end of the swim leg. Please ensure you remove your chip immediately after you cross the finish line. You will be held financially responsible for any non-returned chips.
- If you retire from the race, inform your nearest marshal and please return your timing chip to the transition area or finish line.

# Race Governance

- Athletes must ensure that they are well prepared for the race. General health should be good and they will be expected to have familiarised themselves with the course in advance.
- Tri the Hook is a Triathlon Ireland sanctioned race. All athletes must follow Triathlon Ireland rules and regulations and should therefore, familiarise themselves with such at [www.triathlonireland.com](http://www.triathlonireland.com).
- Any form of external assistance such as coaching, pacing, provision of any materials is prohibited.
- Abusive behaviour from competitors or their supporters will not be tolerated. Any transgression of this regulation may result in disqualification.



# Transition

Please see attached map.

- Transition will open from 6:30am on race day.
- Entrance to transition is strictly controlled, only registered athletes will be permitted entry. Family members, friends, coaches, media personnel etc. are **NOT** allowed in the transition area. Athletes will be expected to enforce these rules.
- Only road worthy bikes will be allowed in transition. Bikes will be checked for working brakes, in a safe condition and a helmet.
- Only the equipment that is essential to your race may be left in your transition area. As space is limited, please adhere to this ruling; transition marshals will perform regular checks. During the race, maintain your equipment in an orderly manner. Equipment deemed to be causing an obstruction will be removed.
- Please label gear bags with your name or some identifying feature.
- There will be **NO** bag drop, all equipment will be kept at the athlete's transition spot.
- From the swim exit T1 – once your helmet is in place and clipped, **ONLY** then may you remove your bike from its racked position.
- From the bike return T2 – rack bike fully & correctly and **ONLY** then remove your helmet.
- Once you finish your race, please do not loiter in the transition area, please think of other competitors still in the race. Please remove your bike and race equipment.



# Swim

- The start will be a rolling start so competitors will start every 3 seconds.
- Water Temperature is approximately 15 Degrees Celsius
- Wetsuits are obligatory. If you are not wearing a wetsuit, you will not be permitted to enter the water. Once in the water, you are not permitted to remove your wetsuit. Full length is advised but not required.
- **If you are very nervous about the swim please notify the registration team and they will allocate you a different colour hat so the water safety team are aware.**
- Please make way for strong swimmers to manoeuvre to the head of the swim field. Weaker swimmers should move to the rear of the pack.
- Safety is our primary concern throughout the swim section. The swim section will be well marshalled by boats and kayaks.
- **If you wish to retire from the swim, please remain calm, lie on your back and raise a clenched fist in the air. A boat or kayak will come to your assistance.**
- If a swim marshal deems it necessary, you can be removed from the water for your own safety.
- If you are removed, rescued or otherwise aided by the water safety team you are automatically disqualified from the race. Make sure that your race number is recorded.
- There will be a safety cut-off of 60 minutes for each swim section.
- You must swim the full course. Anyone identified cutting the corners will be stopped, turned back and made go around the corner properly.
- There will be 3 waves for the swim.
- **Wave 1 - Green Hat**
- **Wave 2 - Orange Hat**
- **Wave 3 - Blue Hat**



# Bike

## Competitors must obey the rules of the road at all times

- Bike section consists of 1 lap (see maps below). . There will be a partial road closure in effect to reduce traffic volume for the area around transition as well as a section of the bike route but traffic may be present.
- **Obey instructions from marshals, Gardai and council workers at all times.**
- **Due to road works earlier in the year on sections of the route there may be some uneven areas and bumps that may not be marked so use caution. Set tire pressures accordingly.**
- You must have your helmet secured in place at all times.
- No cycling through transition.
- Mount/Dismount lines will be strictly enforced.
- Failure to comply with the above rules will result in a timing penalty as per TI rules.
- **Rules of the road apply throughout.**
- Drafting is the 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. The bicycle draft zone will be 10 meters long, measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete. If warned by a draft marshal, you must immediately comply with their orders. Failure to comply with such orders can result in disqualification.
- Once you have returned from the cycle section, rack your bike and only then unclip your helmet. Failure to perform this procedure will result in penalties.
- If you are using disc wheels, you will need to have a back up wheel available to use if TI deem it too windy for Disc Wheels





# Run

- The run will be an out and back course finishing with a lap of the perimeter of St Mogue's GAA field. The race will finish on St Mogue's GAA Pitch.
- The run section is on partially closed roads but do be mindful that you may still meet vehicles.
- The first section of the bike route overlaps with the run route, although very limited overlap should occur cyclists and runners are asked to be mindful of other competitors in this section and to afford them space.
- Follow all instructions from marshals.

# Finish line

- All timing chips must be returned at the finish line. The cost of replacing chips will be passed on to the athlete.
- The athlete must remove the timing chip themselves before being allowed out of the finish area.
- Please move away from the finish line as quickly as possible. Remember, there are other competitors arriving.
- A large recovery area is provided next to the finish line where competitors can space out while recovering.
- Self-service recovery stations will be provided.



# Relay Teams

- There will be a designated transition area for relay teams.
- Once the swim section is complete, the swimmer should proceed to the 'holding area' and pass on their chip to the cyclist.
- The cyclist must then proceed to their racked bike, don their helmet and clip it in position and only then remove their bike from the rack. Cyclists cannot bring their helmet to the holding area.
- On returning, the cyclist must rack their bike, unclip and remove their helmet. Once this is done, they can proceed to the 'holding area' and transfer the timing chip to their runner. The runner can then proceed with the run section.
- Teams will only receive times once the timing chip is worn by all team members.
- Each member must behave as all other competitors; equipment must be stowed safely away before proceeding to the holding area.

# Post Finish

- Transitions will open for collection of gear as soon as the last runner is out on the course.
- **DO NOT at any time obstruct athletes still competing.**
- Once the last runner is on the course parking will open for people to leave in the direction of the Hook Lighthouse. You won't be able to leave in the direction of Fethard village until the run course is completed and the road has reopened.

# Prizes

There will be a prize giving after the race has finished and the results have been calculated.

So make sure to stick around and enjoy the atmosphere at the finish line while we work out if you've won a prize.

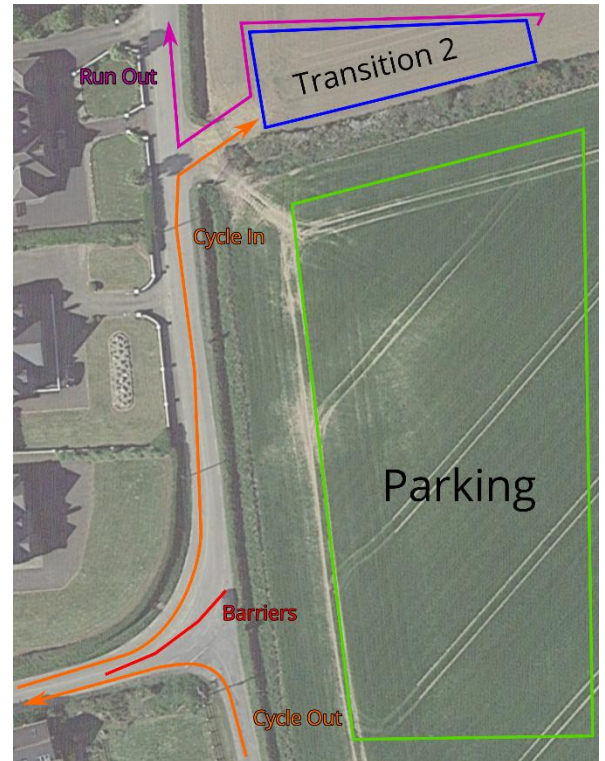


## Transition

**There are 2 transitions this year**

Transition 1 is swim to bike

Transition 2 is bike to run





## Swim route – Baginbun Beach

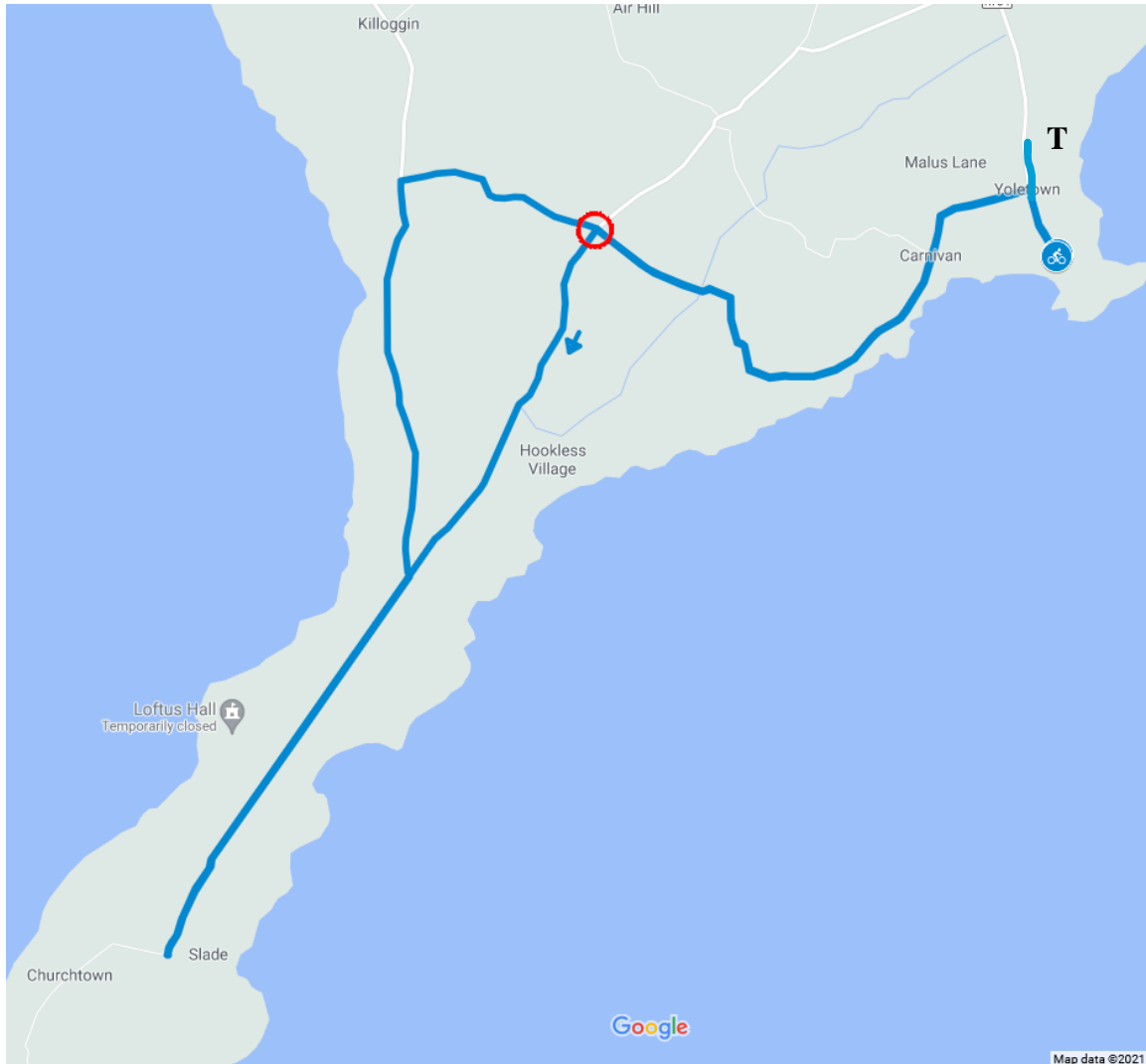
250m each leg total 750m

(Depending on conditions the route may be altered in the interests of safety)





## Cycle route – 20km



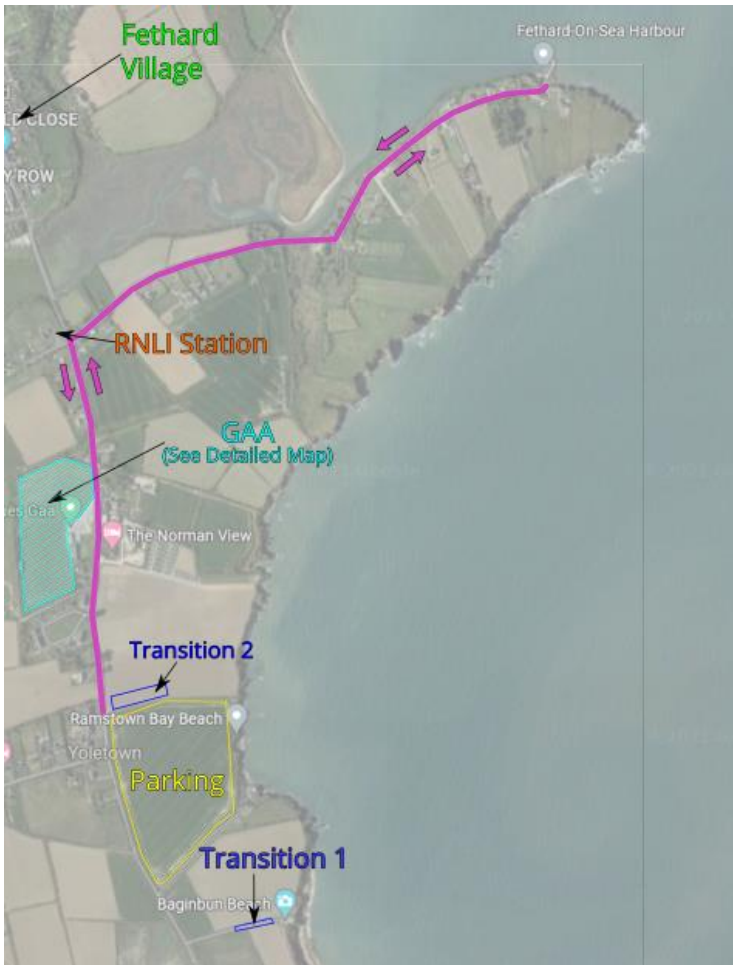
The Cycle is clockwise from transition. At the first crossroads turn left onto the main road towards the lighthouse. Do a U-turn at the roundabout and on the return, turn left at the road junction. Then turn right at the crossroads by Templar's Inn back towards transition.

**CAUTION** at crossroads circled in red

**Note:** Change to previous years, turn left at Baginbun crossroads to parking entrance for T2



## Run Route – 5 km



From Transition, turn right at the RNLI station. U-turn at the harbour and return. Turn right into GAA pitch and follow the marked route around the corner cones towards the finish line.



## Road Closure

Road closure will be in effect from 9am to 1pm.

**Rules of the road apply throughout.**

There may be vehicles, pedestrians and animals on the route.

