



Race briefing for the Belfast Titanic Triathlon Sunday 22nd July 2018



Thank you for entering the Belfast Titanic Triathlon (BTT). The information contained within this document is designed to make your race experience as safe and enjoyable as possible. We have furnished you with a wide range of information but if you have any more specific questions, please don't hesitate to contact us through the website or speak with one of our Race Crew over the weekend. Read On!

Registration:

Although you have entered the race, you still need to register prior to the event as confirmation that you will actually be on the start line. Registration will take place at Victoria Square, Belfast during the following hours:

| | |
|--------------------------------|---------------|
| Friday 20 th July | 12:00 – 19:00 |
| Saturday 21 st July | 10:00 – 20:00 |
| Sunday 22 nd July | 06:00 – 07:45 |

Location information is at www.victoriasquare.com/visiting. We will be on the upper ground floor near the Ann Street entrance directly opposite Costa.

When registering you must show: a Triathlon Ireland (TI) full racing licence with photograph attached or, a racing licence from another ITU affiliated national federation or, a TI One Day Membership and photographic ID

If required, a One Day Membership should be obtained by following the links on the TI website - <http://www.triathlonireland.com/Events/Race-Calendar/>. **This must be purchased no later than Thursday 19th July.** Without one of the above, you will not be allowed to register.

You will be asked to sign a 'Competitor Sign On' sheet which confirms that you understand the risks involved while taking part in a triathlon and agree to TI's Manual of Guidance. A copy of this document is available from TI. Insurance is only activated once this sign-on sheet is signed.

At registration, you will receive:

- a race number (to be worn, unfolded, on the back for the cycle and front for the run)
- an electronic timing chip (to be worn on your ankle throughout the event)
- a colour coded, race specific swim cap (must be worn outermost during the swim)
- bike and helmet stickers
- an event T-shirt

Our charity partner for 2018 is once again the MS Society. There will be an opportunity to make donations at registration. Please consider doing so and help support the wonderful work that they do.



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Car Parking:

Free parking is available throughout Belfast city centre on Sundays including the public car parks around Corporation Square, only 200m from transition. If using sat nav, the postcode is BT1 3AJ. Please allow time for race related traffic diversions.

M1/Westlink

Follow signs for Bangor/City Airport from York Street junction. Turn right onto Nelson Street rather than going up slip road onto M3. Turn left into Little Patrick Street. Turn left on Corporation Street. Turn right into Corporation Square.

M2

Leave motorway at Duncrue Street exit and follow signs for City Centre. Proceed along Corporation Street. Turn left into Corporation Square.

M3

Cross bridge and leave motorway at junction 1A. Turn left onto Nelson Street. Turn left into Little Patrick Street. Turn left on Corporation Street. Turn right into Corporation Square.

Detailing information on parking within the city centre can be found at - <http://www.belfastcity.gov.uk/tourism-venues/carparking/carparks.aspx>.

Transition Area:

The transition area in Custom House Square will open at 07:00 on race day. Entry will only be permitted to competitors. Bikes will be visually checked for obvious defects but the responsibility for roadworthiness remains solely with the competitor. Places will be allocated by race number within the transition area.

To ensure the safety of all competitors, only race equipment will be allowed at your bike racking position. There will be ample space around the perimeter for other bags and boxes. The TI Technical Officials will rule on all safety issues. If they deem your equipment to be causing an obstruction, it may be removed at any stage during the day.

Please rack your bike neatly and safely. The transition area can get congested during the race and we appeal for all competitors to show consideration to others.

The transition area will close once the last competitors have proceeded towards the swim start, at approximately 08:30. It will then be deemed part of the course until the last competitor has started on the run. Only then may bikes and race equipment be removed. This is likely to be at approximately 11:10. Again, access will only be permitted to competitors. Bib numbers will be checked against the bike number by Race Crew as you exit with your bike after the race.

The Bike Out and Run Out gates will be clearly marked. Please familiarise yourself with these upon arrival. Being aware of the layout of transition will help you greatly during the race.



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Verbal Race Briefing:

A verbal briefing will be given by race organisers and Triathlon Ireland Technical Officials at 08:00. This will take place within the transition area. This provides an opportunity to update all competitors on any changes to the published information or issues with the course. A reminder will also be provided regarding race rules.

Swim Course:

Competitors will be paraded from the transition area, across the footbridge, to the swim start on Queen's Quay. This is a smooth tarmac and tiled surface and is suitable for bare feet although may be cold if wet. The National Para Triathlon Championships will start at 08:30. The standard distance race will start at 08:45 and the Sprint race at 09:00. Timing chips must be worn on the ankle throughout the race.

08:30 – (Purple cap) – Para Triathlon Championship

08:45 – (Green cap) – Standard distance National Series, all competitors

09:00 – (Purple cap) – Sprint distance, all competitors

The swim course will run anti-clockwise, heading along the southern bank before crossing and returning along the northern bank. Once under the last M3 bridge support, swimmers will spot the exit ramp directly ahead. Standard distance racers will complete one large lap turning left at the second buoy while sprint distance competitors will do a smaller lap turning left after the first buoy. Kayaks will lead out the various waves.

Wetsuits must be worn and it is compulsory to wear the official swim cap outermost. If a second cap is being worn for warmth, it must be underneath the official cap. Anticipated water temperature is 16 degrees centigrade. If you get into difficulty during the swim, you should try to remain calm, roll onto your back and raise an arm. A kayaker will approach you and ask you to take hold of one end of the craft. Please do not try to hold the centre of the kayak. We will have a large number of experienced kayakers providing safety cover. We recognise that some swimmers may be quite slow and we will endeavour to get all competitors to the finish. So if the athlete is safe and comfortable in the water, every effort will be made to escort them to the exit ramp.

A new ramp has been installed along the waterfront. Please be careful when running up this ramp as there is a sharp **right then left** turn to be made being getting up to quayside.

There are risks associated with all open water swimming events. We draw your attention to the advice provided within the TI Manual of Guidance. We would especially encourage all participants to ensure that open wounds are covered with a waterproof dressing.



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T1

Wetsuits may be removed as far as the waist during the run from the swim exit to transition. Be aware that you will have to step down onto a road and then step up again onto the pavement during this run to transition. While in transition, please try to put on your cycling kit without impeding others. Again, try to keep the area clear of obstructions. Ensure that your helmet is on and securely fastened before removing your bike from the racking. Cycling is not allowed in transition. You will be directed to the exit point and told when it is possible to mount your bike. This will be on the road at Donegall Quay. The mount line will be marked with yellow signs and a white line on the road. You may only mount your bike after passing the mount line.

Relay Teams

A designated relay change over pen will be created within transition. This will be clearly marked and all relay cyclists and runners must stay in this pen while waiting for their team mate. Relay change overs must take place within the pen so that other athletes are not obstructed. Both timing chip and race number must be transferred to the active athlete.

Bike Course:

Helmets must be worn at all times by cyclists on the course. There will be traffic on the course as access will be maintained for residents and business owners. Cyclists must ride on the left at all times and be aware of the drafting rules as determined by the International Triathlon Union. This means leaving a 10m gap from the front of one bike to the front of the next, unless overtaking within the specified time limits. A number of trained Motorcycle Officials will be on the course to apply these rules and to assist with general safety issues. Static marshals will be in position around the course. Discarding litter is likely to result in disqualification – if you can carry it out, you can carry it back! Your race number should be visible on your back at all times during the cycle leg.

Those doing the standard distance will start a second lap by going around the new roundabout on Queen's Quay (just about under the M3 bridge) and then heading back towards the SSE Arena. Sprint distance athletes will cycle straight on and return to T2. This point will be clearly signposted but it is the athlete's responsibility to know the course. Returning over the bridge towards transition at the end of the cycle section, it is especially important to stay to the left side of the road. You will then be advised to dismount before crossing the timing mats. Please look to the left and familiarise yourself with the position of the dismount line as you walk from transition to the swim start. You must get off your bike before reaching the dismount line which will be marked by yellow signs and a white line on the road. After dismounting there will be a small step onto the pavement before entering T2.

If a blue card is issued by a motorcycle official, a time penalty must be served before exiting T2. The penalty box will be clearly marked and situated close to the exit from transition. A standard distance drafting penalty is 4 minutes while a sprint distance penalty is 2 minutes.



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T2

Ensure that your bike is safely racked before opening or removing your helmet. Again, try to keep the area clear of obstructions. You will be directed to the exit point to commence the run leg.

Run Course:

The run section is coned off from traffic throughout the city centre. Static marshals will be in position around the course and several will also be mobile on cycles. Please be aware that a number of vehicles may have been parked overnight on the course and drivers may attempt to cross the racing line to reach the open road. A water station will be available at the end of each lap. Your race number should be visible on your front during the run leg.

Sprint distance athletes will do two laps. At the end of lap one, you will turn into Queen's Square and run past the finish chute. At the end of lap two, follow the sign for Finish.

Standard distance athletes will do four laps. At the end of the first three laps, you will turn into Queen's Square and run past the finish chute. At the end of lap four, follow the sign for Finish.

It is the athlete's responsibility to count their laps. An electronic count will take place to identify those who may run short.

Any runners still on the course at 12:00 may be asked to move to the pavement to complete the event. Again, we will make every effort to get participants to the finish line but we are also conscious of the impact on traffic in the city centre.

Finish:

Once over the finish line, you will receive a medal while drinks and food will be available. There will be a designated recovery area and medical assistance will be available if required. Once out of the finish chute, you can collect refreshments and avail of a free massage, provided by North Down Physio.

Prize giving will be at 11:15 within the finish area. Prizes will be awarded to first, second and third, male and female, in each race distance. Age group winners will receive a discounted entry for the 2017 race. This will be notified by email.

Results:

ChampionChip Ireland has been contracted to provide timing for the event. Results will be posted on the Community Multisport website several hours after the race. Any queries regarding individual times should be directed to glenn@championchpireland.com.



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Event safety:

We believe safety to be paramount, and therefore two paramedic units will be active throughout the event. A comprehensive event management plan has been compiled and shared with Triathlon Ireland, the PSNI, the River Management Team, Belfast Harbour, Harbour Police and many others.

The Race Crew:

More than 100 volunteers have given up their time to provide you with an opportunity to race. We ask that these marshals are treated with respect. They in turn will do their utmost to provide you with a great race experience.

Thank You:

We wish you a safe and enjoyable race on Sunday 22nd July. Belfast has much to offer and we hope that you make the most of your visit. Enjoy your race and we'll see you again!

Thank Them:

This event takes place thanks to the support provided by a range of public and private bodies. These include:

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| Belfast City Council | Department for Communities NI |
| Police Service of Northern Ireland | TransportNI |
| Translink | The River Management Team |
| Belfast Harbour | Harbour Police |
| Victoria Square | Triathlon Ireland |
| and our charity partners at the MS Society | |

Further information:

Event website – www.communitymultisport.org
Facebook - <https://www.facebook.com/BelfastTitanicTriathlon>
Twitter - @BelfastTri