



## Race briefing for the Belfast Titanic Triathlon Sunday 30<sup>th</sup> June 2019



Thank you for entering the Erdinger 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 We Are Vertigo Indoor Skydiving Centre at Titanic Park during the following hours:

Thursday 27 <sup>th</sup> June	15:00 – 20:00
Friday 28 <sup>th</sup> June	12:00 – 20:00
Saturday 29 <sup>th</sup> June	10:00 – 20:00
Sunday 30 <sup>th</sup> June	06:00 – 07:45

Location information is at <https://www.wearevertigo.com/contact-us/>.

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 - <https://www.triathlonireland.com/Get-Involved/One-Day-Membership/>. **This must be purchased no later than Thursday 27<sup>th</sup> June.** 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 rules and regulations. 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 your 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



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### Car Parking:

Parking is available throughout the Harbour Estate and city centre. The majority of car parks within the Harbour Estate are pay and display, even on a Sunday.

Please note that traffic restrictions will be in place within the Harbour Estate from around 08:00 until 11:00 during which all access to Queen's Road will be from the Dee Street entrance to the Estate.

Please encourage spectators to approach from Dee Street and park at the SSE Arena car park. This is just a short walk from the race site and will help reduce any traffic on the bike course. Ideally, spectators will park on the city centre side of the river and walk across to the Titanic Quarter. This will also allow them to grab breakfast and a coffee in one of our supporting retail outlets:

- Paper Cup
- Spar Titanic
- Rain Check
- Subway Titanic
- The Green Deli

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

### Transition Area:

The transition area, adjacent to the Titanic Slipway, 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 08:15. 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.

Mechanics from The Bike House will be available in transition to assist with any last minute issues that you might have. However, think brake or gearing adjustments rather than complete rebuilds!



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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 a paved and then grass path, to the swim start alongside Titanic Belfast. This is a smooth surface and is suitable for bare feet although it may be cold if wet. The standard distance race will start at 08:30 and the Sprint race at 08:45. Timing chips must be worn on the ankle throughout the race.

08:30 – (Pale Blue cap) – Standard distance, all competitors

08:45 – (White cap) – Sprint distance, all competitors

The swim course will run clockwise, heading along the southern bank towards the Lagan Weir before crossing and returning along the northern bank. Standard distance athletes will complete one large lap turning right at the second buoy while sprint distance competitors will do a smaller lap turning right 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 15 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 as you will endanger the paddler. 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, however there is a requirement to have the swim course cleared by 09:20. Anyone who looks unlikely to make this cut-off will be towed to the swim exit and allowed to continue the race.

The swim exit ramp will be positioned against the quayside and steps installed on the ramp. Please be careful when using the steps for both entering and exiting the water. Hand rails will be in position and race crew will be available to assist.

There are risks associated with all open water swimming events. We can direct you towards some really useful advice at <https://outdoorswimmer.com/open-water-safety>. You will notice that Weil's Disease is specifically mentioned in this article but you'll be delighted to know that the Leptospira bacteria cannot survive in the saltwater of Belfast Harbour. Many of the risks mentioned in this informative article don't apply on our swim course as it is very sheltered from wind, strong tidal flows, overhanging materials etc. However, we would endorse the advice for all participants to ensure that any open wounds are covered with a waterproof dressing. With regard to sharks, we're yet to encounter any hanging around the Titanic Quarter!



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### T1

Wetsuits may be removed as far as the waist during the run from the swim exit 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 exit towards Queen's Road. 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 also 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 do two laps. Sprint distance athletes will do one lap. Route maps are available on the website at <https://communitymultisport.org/our-events/belfast-titanic-triathlon/race-information/> and it is the athlete's responsibility to know the course. At the end of your cycle leg and once you have turned off Queen's Road towards transition, you will be advised to dismount before crossing the timing mats. Please familiarise yourself with the position of the mount/dismount line prior to the start of the race. 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.

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 2 minutes while a sprint distance penalty is 1 minute.



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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 completely off road and a mix of firm grass and paved walkways. Static marshals will be in position around the course and several will also be mobile on cycles. Please be aware that pedestrians will also be on the course. A water station will be available beside transition towards the end of each lap with bins available to drop your cup into. Your race number should be visible on your front during the run leg. Start counting your laps once you pass the entrance to the finish chute immediately after leaving transition.

Sprint distance athletes will do two laps. At the end of lap two, follow the sign for Finish.

Standard distance athletes will do four laps. 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.

We will make every effort to get participants to the finish line.

### Finish:

The finish line will be pretty much on the bridge of the Titanic. Well, in the relevant place on the slipway where the Titanic was built. Once over the finish line, you will receive a medal while drinks, food and medical assistance will be available. Bins will be close by, so please do not drop litter.

Prize giving will be at 11:30. It will take place at the Game of Thrones 'Glass Throne' on the slipway beside the finish line. 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 2020 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](mailto: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 River Management Team, Belfast Harbour, Harbour Police and many others.

### The Race Crew:

Up to 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 30<sup>th</sup> June. Titanic Quarter and the rest of Belfast have 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:

Belfast City Council	Erdinger Alkoholfrei
Titanic Quarter	Titanic Belfast
Belfast Harbour	Harbour Police
We Are Vertigo	Triathlon Ireland
Mobile Team Adventure	The River Management Team
Police Service of Northern Ireland	TransportNI
Amphibia	The Bike House
Spar Titanic	Paper Cup
The Green Deli	Subway Titanic
Rain Check	Finaghy Football Club
Queens Basketball Club	

### Further information:

Event website – [www.communitymultisport.org](http://www.communitymultisport.org)

Facebook - <https://www.facebook.com/BelfastTitanicTriathlon>

Twitter - @BelfastTri

ITU Rules - [https://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_2019.pdf](https://www.triathlon.org/uploads/docs/itusport_competition-rules_2019.pdf)

Triathlon Ireland Derogation from ITU Rules - <https://triathlonireland.com/Image-Documents/Library/Documents/2019%20ITU%20Derogation%20List.pdf>