



National Series & National Championship 2024 Competitor Race Brief

Recorded Race brief will be emailed in the week leading up to the race.



1. Welcome from Wexford Triathlon Club

Welcome to the Pikeman Rosslare Triathlon 2024. I hope you have a safe and enjoyable race. We are thrilled to hold the National Series and National Championship at this year's Pikeman Standard distance race.

I would like to thank lots of people that make this race possible. Firstly, you the competitors, Wexford County Council, Triathlon Ireland, our Sponsors, Westgate Design, Kelly's Bakery, Order of Malta, Irish Coast Guard, Local Kayak and motor boat providers, Wexford Garda, Rosslare Development Association, and of course our own committee members who put themselves forward for marshal duty on the day.

I look forward to seeing everyone on the day, and wish you a fun, safe and great race.

Yours in triathlon

Andrew O Brien

Race Director

1. Parking

Parking is located in a new location just 500 meters away from the previous location.

Parking will open **at 5.30am**. Please DO NOT arrive before that.

It is easy to find as you come into Rosslare and Marshals will guide you there.

DO NOT drive into the village to offload your bike. The car park is a 1.3km walk or bike ride to Registration and Transition. Park your vehicle and bring everything you need to avoid having to return to the car after you register.

Bring a head torch if you expect to arrive before 6.30am as it will be dark in the field at that time.

NO PARKING will be allowed in the village center. YOUR CAR WILL BE CLAMPED IF PARKED IN THE VILLAGE CENTRE. Especially if parked anywhere on the course.

➤ **Co-ordinates to the Parking Location are 7J67+96X Mauritius Bay**



- As you drive into Rosslare Strand from Wexford on the R740 you will approach a small roundabout called Mauritiustown Roundabout.
- Take a right turn onto R736 and proceed along this road for .5km until you come to a bend in the road.
- The Parking Field is on this bend and will be clearly sign posted
- Marshals will guide you from the roundabout to the field.
- There will be flood lighting in the field also
- After you park, you proceed back along the road you came in, but take a right before the roundabout and proceed along Mauritiustown Road to the Registration. This is also the run course.
- The walk will take 15 mins approximately.

2. Registration – Please read carefully.

- The process is different this year as your race pack will be available to you in the registration tent **and NOT in transition like other years.**
- You will receive email notification prior to the race asking you to register with your TI details.

- Registration will open at **6pm on Saturday and close at 9pm**. It will open on **Sunday at 6am and close at 7.30am**.
- You need to collect your race pack at Registration on either day. Your race pack will have your race number, sticker set for helmet, bike and clothes bag. It will also have your timing chip.
- You **MUST** have registered your TI details that week from the email you received. Otherwise, the process of registration will be slower for you on the morning of the race.
- Your ID must match the registration details.
- If you have registered for a One Day Membership, you will need to present this.
- Failure to present proof of ID and a race licence will prevent you from taking part.
- From Registration, you will proceed to Transition where you're the usual checks will be done.
 - Bike Checks – Brakes, handlebar plugs, tyres
 - Helmet – Must fit properly and must be on and fastened
 - Final ID check
- If you register on Saturday evening – you can proceed directly to Transition. There is no need for you to go to the registration tent.
- Emails will be sent in the 2 weeks prior to the race reminding you on the process above.
- There will be a **Bag Drop Area** in the Reg Tent for you to leave your clothes. Please make sure you number your bag. We will not be responsible for your bag but we will do our best.

3. Event Schedule

- Car parks will open from 5.30am and you can arrive in Rosslare from that time and be directed to the car park location.
- Registration opens from 6pm to 9pm on Saturday evening and from 6am to 7.30pm SHARP on Sunday morning. IT WILL CLOSE SHARP AT 7.30AM.
- Transition opens at 6am on Sunday morning. Transition closes at 8am SHARP. Race starts @ 8:30am.
- Bike racks are numbered.
- There will be a **BAG DROP location**. Unlike other years, you **MUST NOT** store bags in Transition. Only bring what you need for the race.
- **DON'T FORGET YOUR RACE BELT.**
- **DON'T FORGET YOUR WETSUIT.**

The following is a timetable of the race start. It will be a continuous rolling start – NO WAVES.

Transition Plan & Swim Start	Schedule
Registration & Transition opens at 6am on race morning	6:00 AM
Registration closes	7:30 AM
Transition closes	8:00 AM
Race Briefing	8:15 AM
Swimmers start to enter the water - 5 swimmers @ 5 sec intervals	8:30 AM
All swimmers in the water by	8:39 AM

There will be 3 different colour swim hats. These will be divided out in 3 ways based on the estimated swim time you submitted with your online entry.

Fastest time = Green hats

Medium times = Pink Hats

Longer times = Orange Hats

4. Cut Off Times

Cut off times will be in place and we will work with you to try and ensure you get through the race. The Swim cut off will be approximately 60 mins from the time **YOU CROSS THE START LINE.**

- a) Swim Cut Off = 60 minutes from your start time
- b) Bike Cut Off = 2:45 mins from your swim start time
- c) Lap 2 of run = 3:30 mins from your swim start time

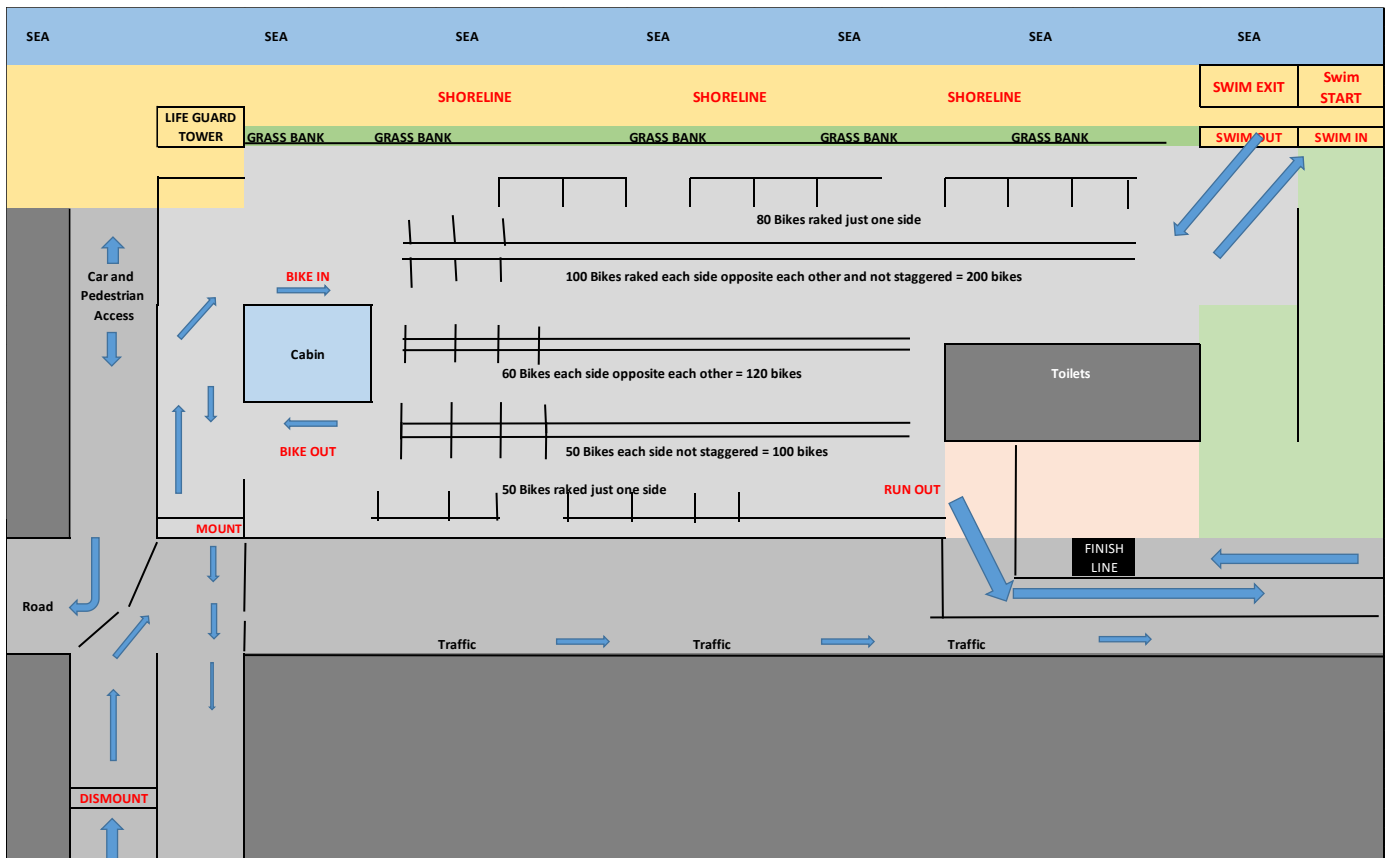
Littering

There will be a 1 minute penalty for deliberately littering on the course. If litter falls from your bike or person by accident, it will be understood. However, deliberately littering will give you a 1 minute penalty.

5. Transition Area

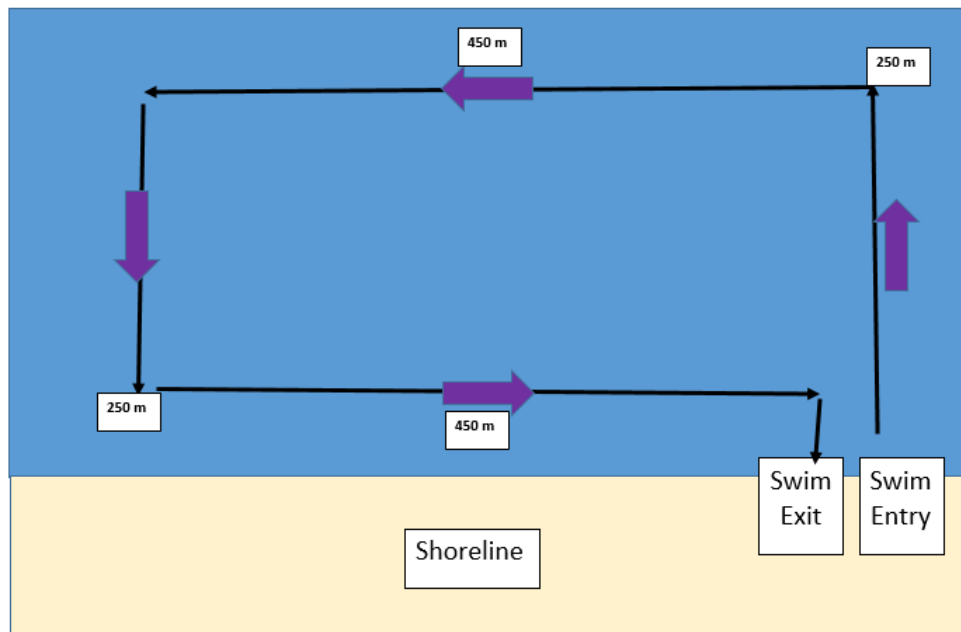
- a) Transition opens at 06:00am. Safety Checks will be in place on entry.

- b) Please ensure your bike is in good condition, brakes working, plug ends in handlebars, tyre pressure is good.
- c) **Helmet Safety Measures** – Please read carefully as this will be monitored at Transition check in by marshals and the race referee.
1. Please have your helmet on and fastened when you arrive at Transition.
 2. Your helmet should fit your head properly.
 3. It should be snug and the helmet shouldn't be able to rotate in any direction.
 4. It should sit just above your eyebrows and shouldn't be tilted back or forward on your head.
 5. The maximum amount of space between the strap under your chin and your chin should be a maximum of 2 fingers.
- d) Transition area will have numbered bike racking.
- e) Entrance to Transition is STRICTLY ATHLETE ONLY. Family members, friends etc will not be allowed in this area.
- f) A Bike mechanic will be available on the morning of the race.
- g) Please observe below the movement in Transition.
- h) The Swim In route will come back through the same way you went out.
- i) When you exit the water, you will have a short distance to run back into T1



6. Swim

- The swim is 1 loop in a rectangle shape.
- There will be a number of kayaks and motor boats in the water. If you feel you are unable to complete the swim, roll over on your back and raise your arm in the air and wait for assistance.
- Competitors will enter the water in a rolling start. 5 competitors together every 5 seconds.
- In the event of a difficult tide, and the swim is deemed safe, we may change the course and swim in one particular direction on the day.
- In the event of bad weather, considered too dangerous for swimming, we will cancel the swim and a 5k run will be held on the run loop of the course.
- The following gives an outline of the swim course.

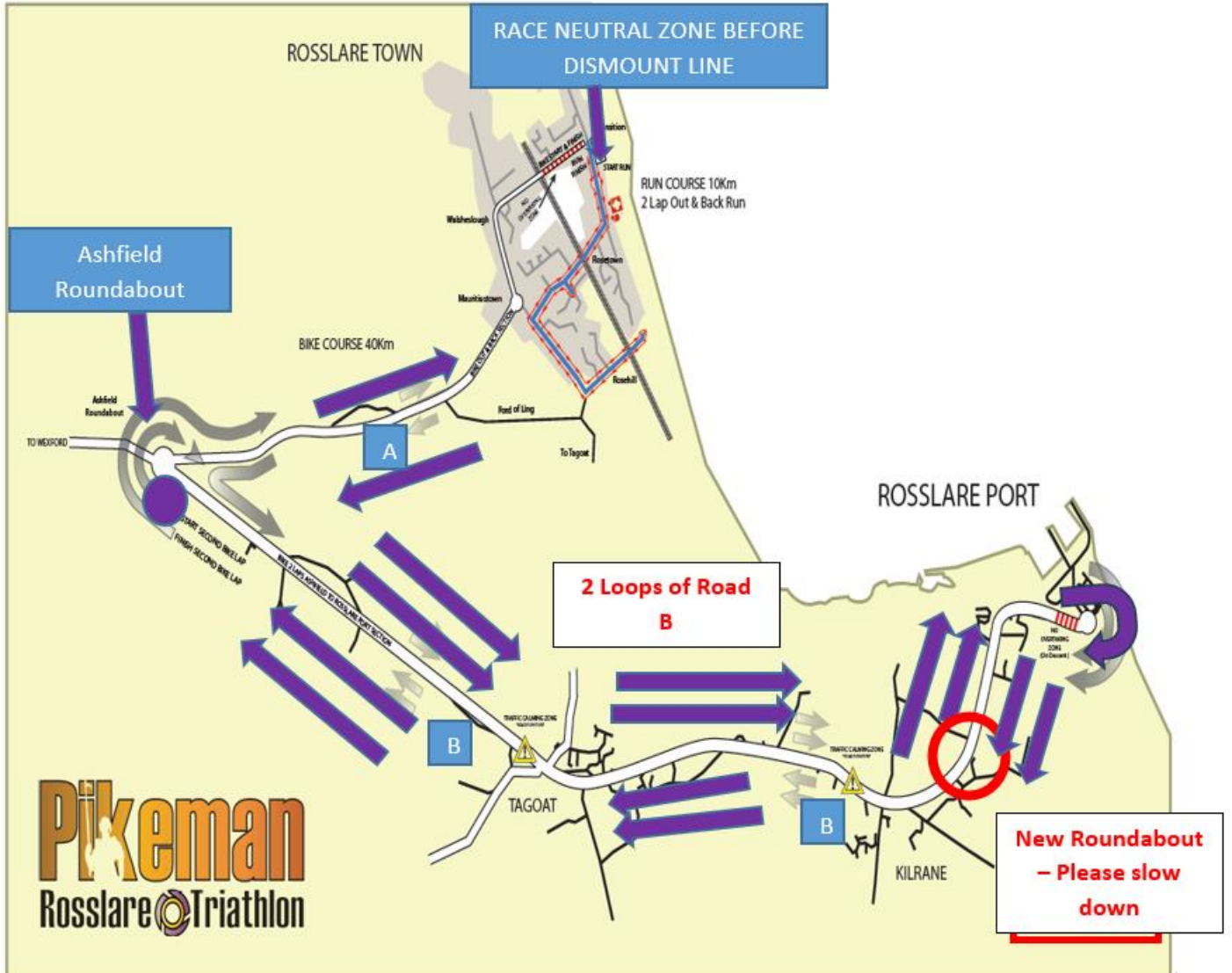


7. Bike Route

- There are NO ROAD CLOSURES. You must at all times be aware of traffic
- In the event of a bike accident**, where the race officials deem the accident to be serious, the race could be stopped. This matter will be decided by the Race Director, Guards and Medics.

- c) In the event of a vehicle breakdown on the bike route – motor cycle marshals and bike marshals will give advance warning as you move towards the incident. This zone will be a RACE NEUTRAL zone and you must slow down until you pass the broken down vehicle safely.

The following maps of the Bike Route should help you navigate the course;



- d) Road “A” will lead you out from Transition until you arrive at Ashfield Roundabout. This roundabout will be extremely busy.
- e) **This will be a RACE NEUTRAL ZONE, meaning, NO overtaking, SLOW your speed down**
- f) You then turn left onto road “B”
- g) **YOU MUST do 2 loops of road “B”.**
- h) **REMEMBER to do 2 laps on road B.**
- i) Along the bike route you will enter and go through 3 villages before the turning point
 - o Tagoat Village - - Kilrane Village - - Rosslare Harbour Village
- j) Each village has “Traffic Calming Zones”. On entry and throughout the village. These will be highlighted with traffic Cones.

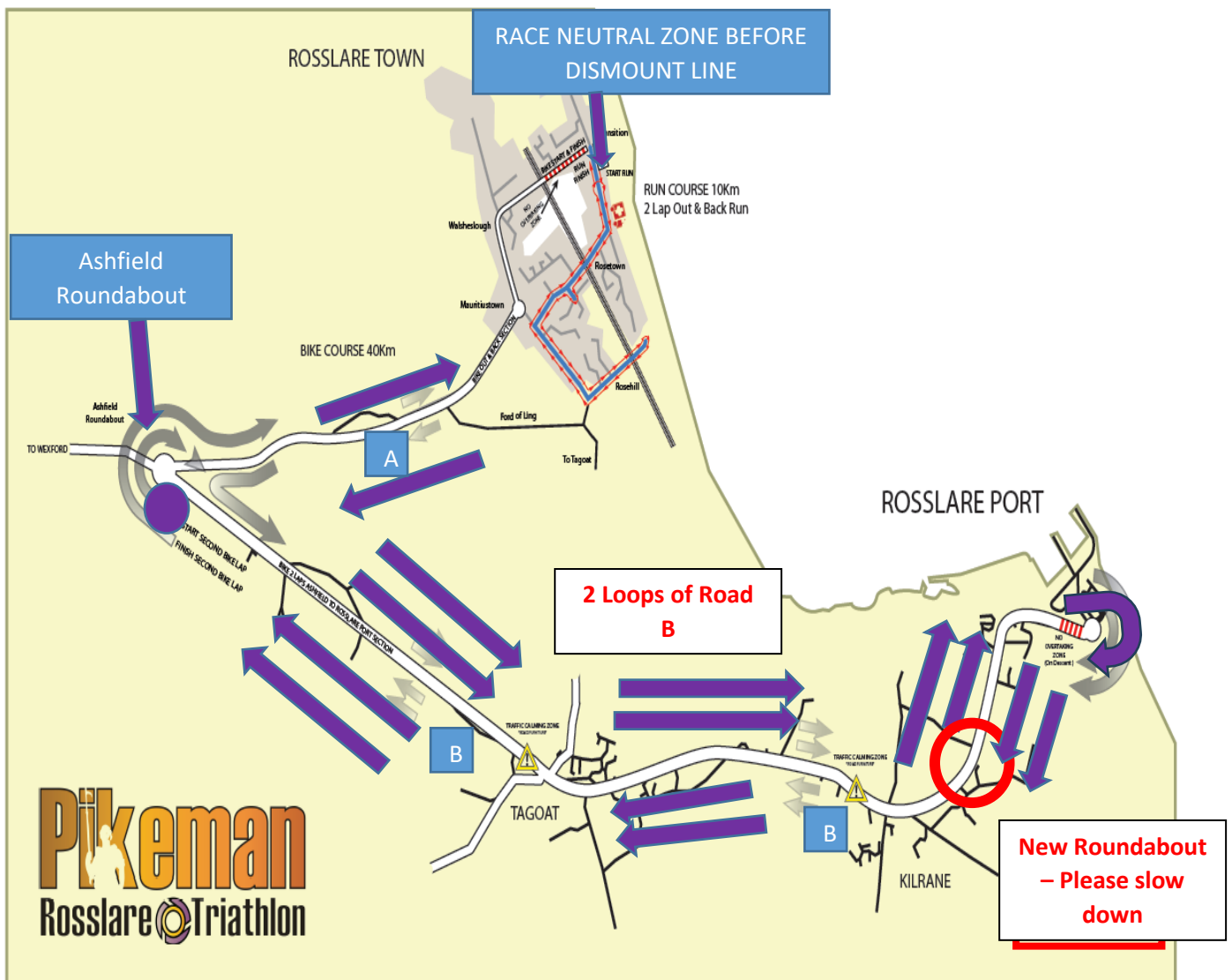
k) You must be prepared to slow down, look up, and keep to your right to avoid the traffic calming obstacles.

l) After you complete your 2nd loop you RETURN TO TRANSITION via road “A”

m) The Last 200m of the bike section, after you cross over the railway bridge on your way down hill to transition – this final 300m will be a RACE NEUTRAL ZONE. If you speed / race on this section you will be DISQUALIFIED.

n) DISMOUNT LINE – Please make note of where the Dismount Line is and make sure your speed has reduced approaching this line. Last year we had a number of bikes approaching the line too fast. YOU WILL BE DISQUALIFIED IF YOU APPROACH TOO FAST.

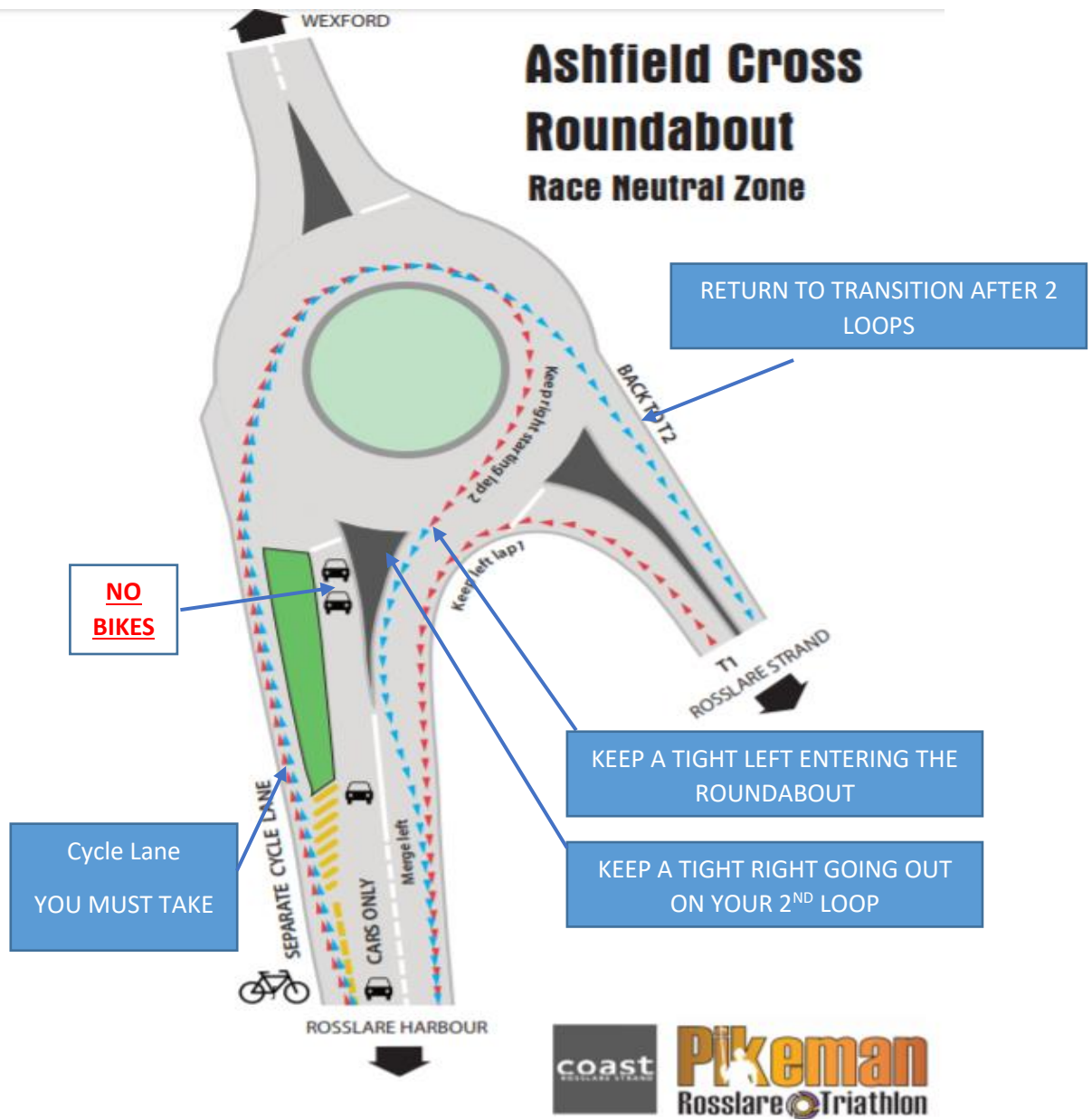
o) Remember - There are NO ROAD CLOSURES. You must at all times be aware of traffic



8. The ASHFIELD Roundabout

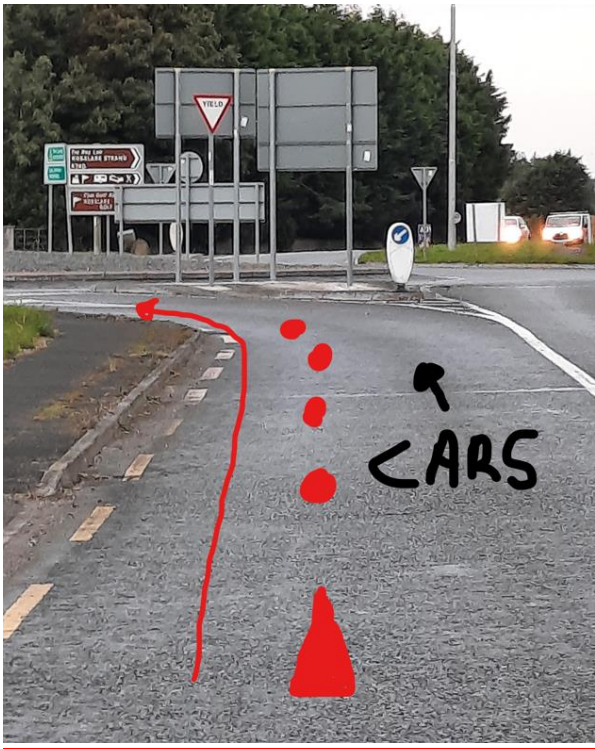
This is a RACE NEUTRAL zone. No Overtaking. Moderate Your Speed. Competitors need to obey this and slow down to a safe speed or face being disqualified.

- a) Bikes coming onto the roundabout from transition – must follow the RED arrows and keep tight to the left
- b) Bikes returning from Rosslare Port entering the roundabout – MUST TAKE THE CYCLE LANE TO THE LEFT OF THE TRAFFIC LANE.
- c) Do not take the traffic lane – YOU WILL BE DISQUALIFIED
- d) **If you are on your 1st Loop – please keep a tight right going around the roundabout and once through it, you can begin to merge to your left**



The following pictures will give you a better sense of the roundabout and the position you need to be in when approaching it and moving around it.

[Approaching Ashfield RA from Transition for the first time;](#)

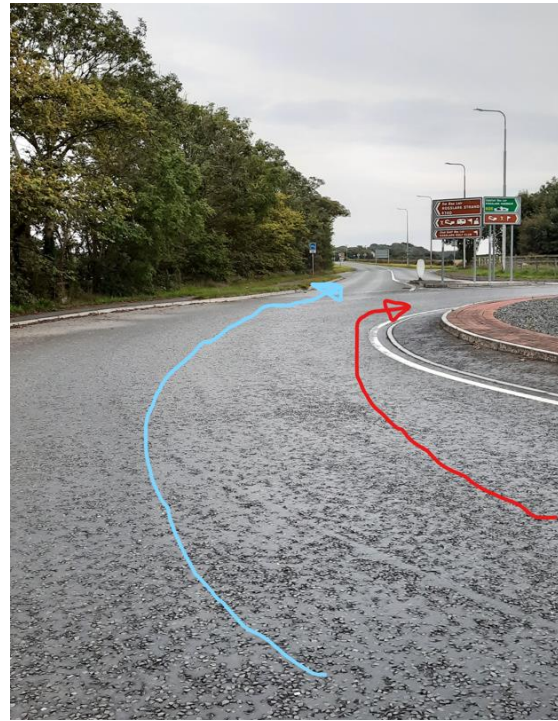
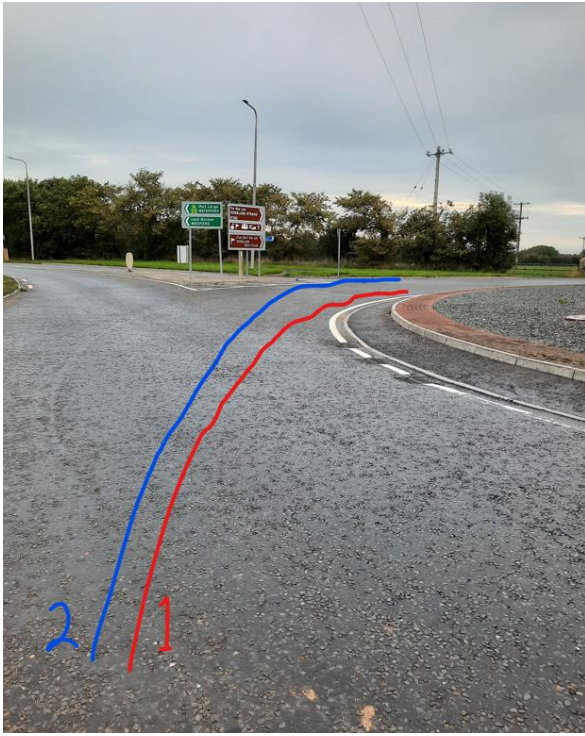


Coming back on the roundabout after your 1st or 2nd loop;

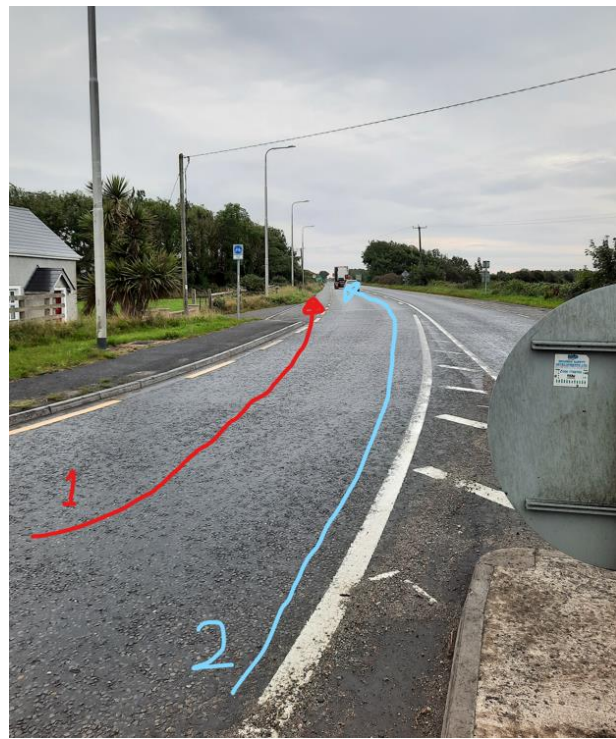


You MUST slow down – Race Neutral – take the left chute and the marshals will guide you around the roundabout. Don't take the car route – you'll get squashed.

As you come back on the roundabout – If you are going out on Loop2 – take the red line and STAY ON INSIDE. If you are finished the 2 loops and heading back to Transition – take the Blue line and STAY WIDE



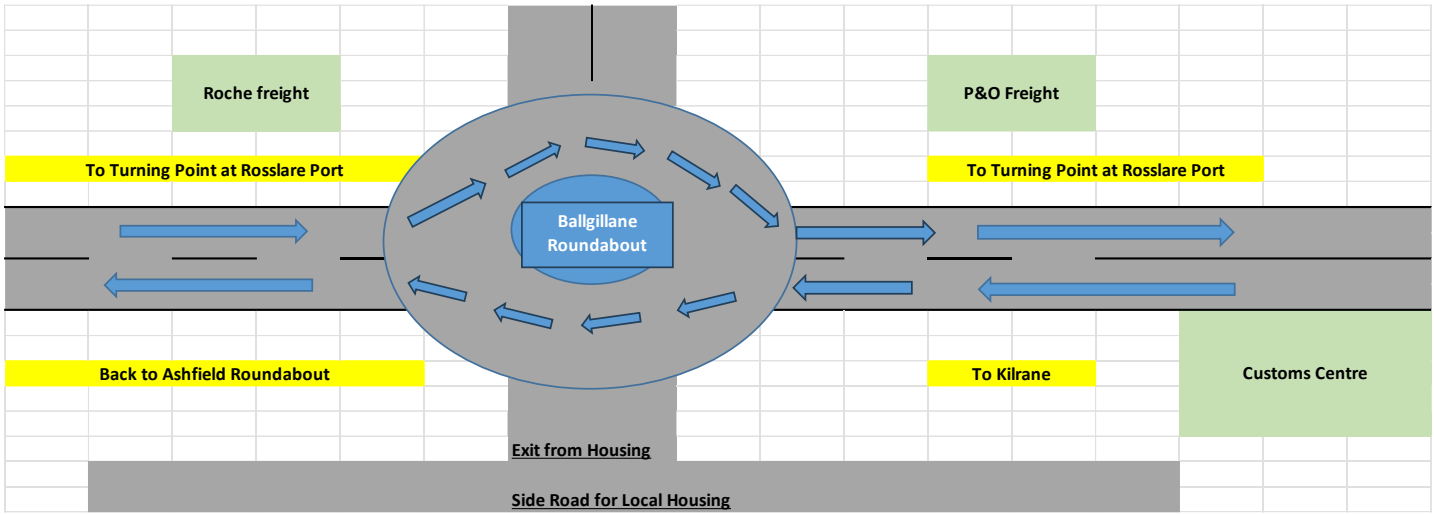
As you head out on Loop2 – Watch for bikes coming onto their first loop. You must stay wide and then fall in when you are 50 meters on from the roundabout.



9. Ballygillane Roundabout

There is an additional ROUNDABOUT on road B after Kilrane Village. This will be an area where you need to slow down and abide by Marshals instructions.

You MUST go straight through this roundabout. Last year 2 competitors failed to go straight through.



• **Image of the roundabout on Google Maps**



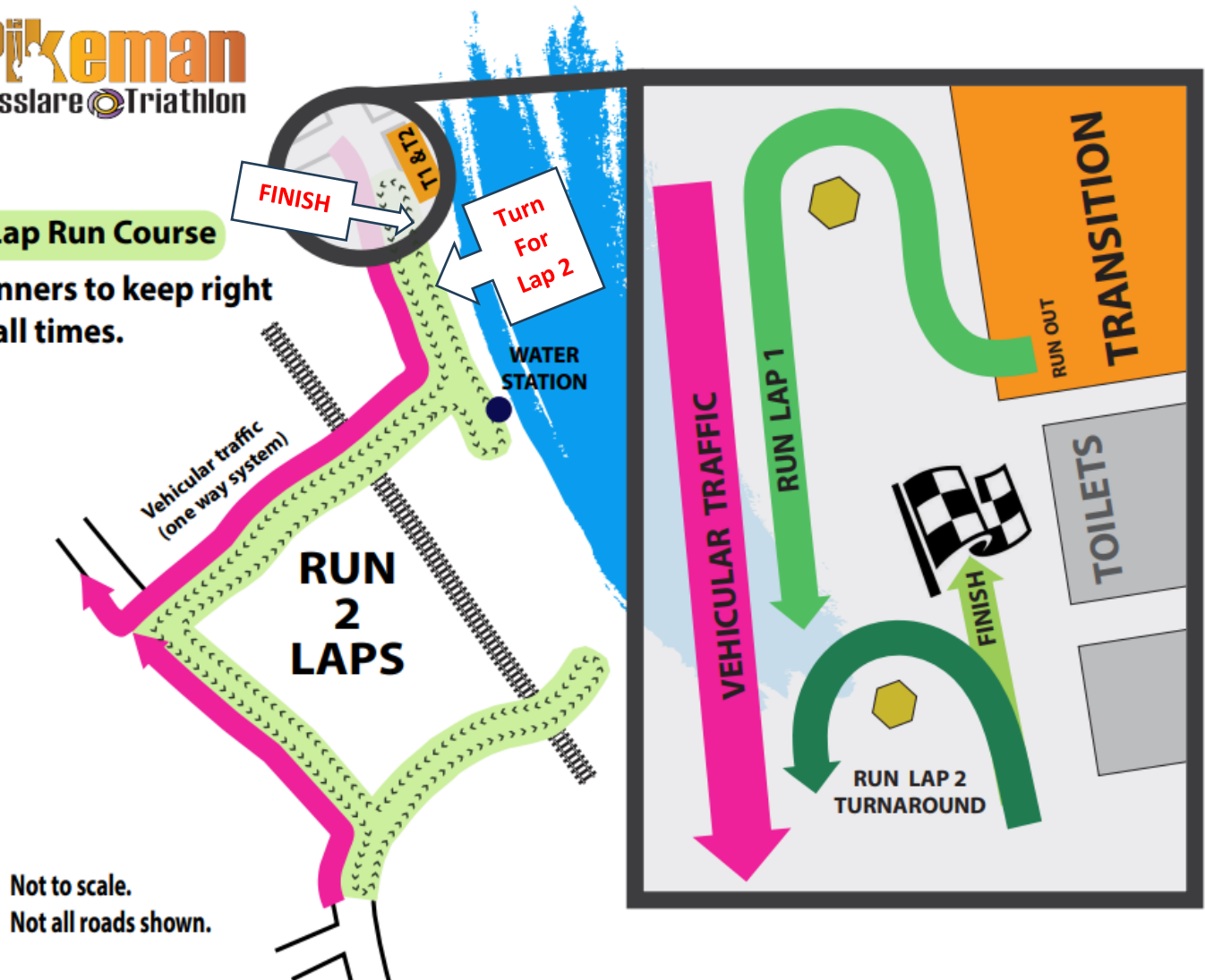
10. The Run Route

- The run route is 2 loops out and back, with a small DOG LEG cul-de-sac on your way back on both laps
- All the run route will have you on the same side of the road throughout the race - with traffic passing one way on the opposite side of the road.
- There will be a separation of cones along the middle of the road separating the run route and the permitted traffic route.
- Leaving transition – your run on the RIGHT side of the running lane
- Coming back – you run on the RIGHT side of the running lane
- You will turn for your 2nd loop just before the finish line.
- The finish line is NOT on the beach this year. It will be on the road.
- On your FINAL lap – you will run straight down the hill to a Finish line on the road opposite the Transition.

Pikeman
Rosslare Triathlon

2 Lap Run Course

Runners to keep right at all times.



11. Race Finish

- a) The new Race Finish line introduced in 2023 will resume in 2024.
- b) The Race finish line will now be on the road and will finish just beyond the 5k turning point beside where you started the run from Transition.
- c) When you cross the finish line, you can collect your Pikeman Finishers medal.
- d) Prize Giving will take place around the Food tent area as soon as we know that all category winners are in.
- e) There will be a prize for Male and Female Overall winners, and also a prize for Male & Female 1st, 2nd, 3rd place prize for each category.
- f) Please note 1 additional category has been added since my earlier brief. A 75+ year old category to cater for those that are older than 74 years of age. Please note that Wex Tri Club welcome all ages and the older the better!!
- g) If you are not present to collect your prize, the responsibility will be yours to contact the club and make arrangements for your prize to be sent to you.
- h) We will have refreshments available after the race at the food tent area. There will be Tea & Coffee, cakes, sandwiches and snacks.
- i) **Transition will re-open when the last runner has gone out on the run route.**
- j) **You CAN NOT gain access to the Transition until that last runner is gone out.**
- k) When the last runner is out on the course you can come back into Transition to collect items.
- l) You must be wearing your race number to get back into Transition to collect your bike or gear.
- m) Transition will CLOSE and get DISMANTLED at 12:30pm. Please ensure you collect your bike by this time. The Race Organisers will no longer be responsible for your bike after this time.
- n) When your race is complete, please collect your bag and bike and proceed to your car.

Race CHECKLIST

General Check List	Swim Check	Bike Check	Run Check
Your ID and Licence	Goggles	Bike in good condition	Running shoes
Your Race Number	Wet Suit	Puncture kit	Visor/Hat
Photo ID	Tri Suit	CO2	Change of socks
Race Belt	Nose Clip if required	Helmt that fastens	Sunscreen for transition
Sunglasses	Body glide if required	Socks if required	
Sun Cream		Cycling shoes	
Watch		Elastic bands	
Water Bottles		Water bottle for the bike	
Towel		Pump in the car	
Gels/Energy Bar			
Warm Jacket for post race			

Prize Giving

Age Group	Male 1st	Female 1st	Male 2nd	Female 2nd	Male 3rd	Female 3rd	Total
Overall Winner	€ 100.00	€ 100.00	€ 75.00	€ 75.00	€ 50.00	€ 50.00	€ 450.00
Note: Overall winners do not take 1st 2nd 3rd place categories.							
16 -17	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
18-19	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
20-24	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
25-29	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
30-34	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
35-39	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
40-44	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
45-49	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
50-54	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
55-59	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
60-64	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
65-69	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
70-74	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
75+	€ 30.00	€ 30.00	€ 25.00	€ 25.00	€ 20.00	€ 20.00	€ 150.00
							€ 2,550.00

Have a Fantastic Race