



POWERADE.

Salmon Run 
Triathlon

11th July 2009

Event Schedule



Event Schedule

Friday 10th July

Registration 19:00 - 21:30
Ballina Sport & Leisure Centre

Saturday 11th July 2009

Limited Registration 07:00 - 07:45
Ballina Sport & Leisure Centre

Transition area opening 07:00

Marshals Briefing 08:00
Transition Area

Competitors Briefing 08:45
Transition area & race start

Race Start 09:10 (sharp)
River Moy Ridgepool

Post Race Refreshments 11:30
Ballina Sports & Leisure Centre

Results/Prizes 12:30
Ballina Sports & Leisure Centre

Prizes

The prizes will be awarded to the following categories:

1st / 2nd / 3rd

- Open Male / Female

1st

- Age Groups Male/Female

•Novice 1st Male/Female

•Relay Team 1st Only in Male, Female & Mixed

Note that Open 1st/2nd/3rd will not qualify for age group prize

Timing

ChampionChip Ireland electronic timing will be used

Rules

Triathlon Ireland rules will apply.
For details see www.triathlonireland.com

Parking

Parking will be available at Ballina Swimming Pool car park. Competitors are encouraged to arrive early and to avoid causing an obstruction with other cars.

Parking restrictions will be in place at Transition area and on the Sligo Road

Road Safety

Roads will remain open to traffic for the event. Except road closures on two roads and will be explained in the race briefing . Competitors must obey the rules of the road and exercise due caution when presented with a hazard. Instructions from Gardaí must be followed. Competitors deemed to be cycling dangerously or without consideration to others will be disqualified or penalised by race marshals. Order of Malta (ambulance) will be in attendance on the day. Draft busters will be on the bike course and penalties will apply for Competitors found to be drafting.

Registration

Registration will take place at the times indicated above at Ballina Sport & Leisure Centre which is next to Ballina Swimming Pool. Main Registration will take place on Friday evening the 10th July between 19:00 and 21:30. A limited Registration will be open on Saturday 11th July from 07:00 to 07:45 sharp.

Unregistered entrants will not be allowed to compete. A race information board will be on display. Goody bags, race numbers, timing chips, and swim caps will be distributed.

2009 Triathlon Ireland (TI) Membership Cards (purple colour only) must be presented at Registration as formal Identification. Non TI Members must provide photo ID at registration and will be required to purchase a TI One Day Race Licence (cost €15)

Start - Swim

The race will be a water start located outside the Ridgepool Hotel in the River Moy.

The race will start in 2 waves. Wave 2 will start 10 min after the first wave has started.

Note: The start will not take place beside the transition area. Participants will swim downstream under Ballina's two bridges, for 750 metres. The Water Safety Team Leader (WSTL) will have responsibility for safety measures. The WSTL can withdraw participants at his/her discretion if he/she believes that they are in danger. If a swimmer is in difficulty he/she should lie on their back and raise an arm to attract the attention of the one of the rescue boats. Swimmers are asked to apply common sense - average or weak swimmers should remain at the back of the group at the start of race to allow stronger swimmers through. The Grainne Uaile Sub Aqua Club and Civil Defence will be in attendance at the swim start and finish area.

Transition 1

Swimmers will swim under the second bridge and past the green jetty then swim around the large Orange buoy keeping it on their left side. They will then exit the water along the river bank and proceed into the transition area. **Note: Competitors must put on and fasten their cycle helmets before touching their bikes. Do not mount bike in transition area.** One of the race numbers supplied must be worn on competitors back. Failure to have your race number visible will result in a time penalty being awarded. Exit to end of Bachelors walk as directed by race Marshals.

Cycle

The 20km cycle will start exiting transition. Cyclists will proceed to the end of Bachelors walk then take a left turn crossing the River Moy, followed by another left turn onto Clare Street (Sligo Road). Cyclists will continue for approx 500 metres then take a right hand turn onto Bunree hill. Continue to the top of Bunree hill then take a left turn onto the Bonniconlon Road. Continue on this road until you enter the turnaround point in Bonniconlon Village (10km). Cyclists will return to Ballina following the same route for its entirety to Transition.

Note: Road closures are not in operation for the cycle leg. Be aware of pedestrian crossing and speed ramp on Bunree Hill (outside Molloys Pharmacy)

Transition 2

Slow down your bike in advance of entrance into the transition area. Dismount bike before entering. Depart through separate exit as directed onto Arbuckle Road.

Note: Competitors must rack their bikes before unclipping their helmet.

The other race number supplied must be worn on the competitor's front leaving the transition area.

Alternatively race belts can be worn ensuring number faces front.

Run / Finish

The 5km run (accurate distance) will proceed from Arbuckle Road onto Castle Road proceeding past Ballina Town FC Football Pitch (1km) into Beleek Woods. The route through Beleek woods will be clearly indicated by marshals at each turn. A water station will be set up in the woods (at approx 3km). On exiting Beleek Woods take a turn left onto Beleek Road. Competitors will run through a stonework arch turning right returning onto Castle Road continuing down the hill. Competitors will then take a left turn onto Arbuckle Road and proceed to the finish line beside the transition area. At all sections of the run ensure to stay to the right hand side of foot paths and roads

But most of all, enjoy the race and best of luck!



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