

TELUS[®] International

Saturday, 16 July 2022 at 09:00 a.m.



📍 BALLINA, CO.MAYO

Entries now open.
Go to

[triathlonireland.com](https://www.triathlonireland.com)



Race Briefing

Without the support of our sponsors, this race would not be possible.



O'Hara's Bakery
Coleman Electronics
Reddington Group
Hopkins Cycles
Mayo Sports Partnership
Mayo Mental Health
Ballina Salmon Festival

*******IMPORTANT NOTE*******

IF YOU ARE NOT ALREADY A MEMBER OF TRIATHLON IRELAND, THE
DEADLINE FOR PURCHASING YOUR ONE DAY LICENCE IS
23:59, wed 13th july

Race participation will not be permitted without your Triathlon Ireland licence. Please ensure you bring this with you to Registration.

Thank you for signing up to the TELUS International Salmon Run Triathlon and welcome to all our new triathletes from the Mayo Sports Partnership New to Tri Initiative.

We have been working very hard to put together a great race and a great experience, whether you're a first timer or a repeat visitor.

Getting to the start line in one piece can be tougher than getting to the finish line, so while you are packing your bags and filling drinks bottles, please take some time to read this race briefing.

Event Schedule

Please note: times may be subject to change, notifications will be provided if this occurs.

Friday 15th July

- Main Registration 19:00 -21:00 Ballina Telus Building

Saturday 16th July

- Limited Registration 06:30 -08:00 Telus Building
- Transition area opens 07:00
- Marshals Briefing 08:00 - Transition area
- Transition Area cleared 08:30

- Competitors Briefing 08:30 Transition area.
- Racers escorted to race start 08:45
- Race Start 09:00 River Moy
- Post-Race Refreshments 10:30 Ballina Cot and Cobble
- Bike Collection from approx. 11:00 onwards.
- Results/Prizes 11:30 Cot and Cobble

Prizes

Prizes will be awarded to the following categories at a minimum:

1st / 2nd / 3rd

- Male / Female

Mayo Sports Partnership New to Tri Competition:

1st / 2nd / 3rd

- Male / Female

Age group prizes :

1st / 2nd / 3rd

- Male / Female

Relay team :

1st Team Only

Male team

Female Team

Mixed Team

Timing

Core Timing electronic timing will be used

Rules

Triathlon Ireland rules will apply - if this is your first race, please familiarise yourself with the rules, it is your responsibility to be aware and compliant.

For details see <http://www.triathlonireland.com/Events/Rules/>

Parking

Parking will be available at the Cot and Cobble car park. Competitors are encouraged to arrive early. When parking, please do not obstruct other cars. Parking restrictions will be in place at the Transition area and on the Sligo Road

Registration

Registration will take place in Telus Building at the following time.

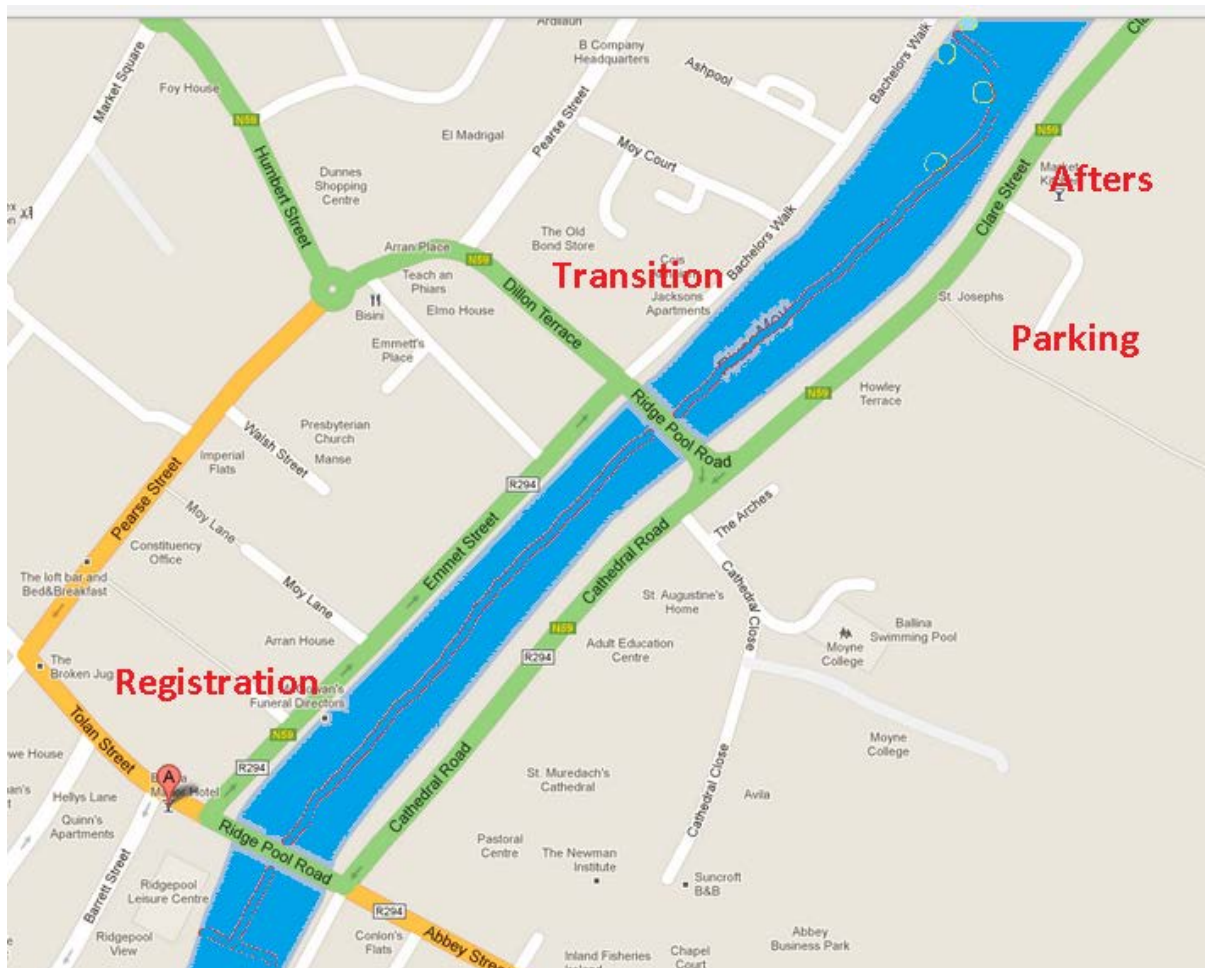
Please only park in this area to register then move your car to Cot and Cobble carpark, (this will also mean less walking after the event)

- **Friday 15th July 19:00 to 21:00**
- **Saturday 18th Aug 06:30 to 8:00**
- You will need proof of Triathlon Ireland race licence or one day licence purchase from Triathlon Ireland and photo ID.
You must have purchased your one day licence before Midnight Wednesday 13th July
- **All competitors** including **All** relay team members will be required to sign the disclaimer at registration.

- You must collect your swim hat and pick up your race number. Your race number should be worn on the back of your top for the bike and on the front of your top for the run. The use of race belts is permitted.
- Competitors with any medical conditions will be required to inform us at the time of registration.

At registration you will be given an envelope with your race number on it and labels for your bike and helmet.

You must attach the label to your bike and to your helmet for your race and in order to collect your bike after the race.



Road Safety

Roads will remain open to traffic for the event and competitors must keep to the left. Competitors must obey the rules of the road at all times 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. The Civil Defence (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.

Transition

T1/2 will open at 07:00. On entry to T1, you must have your helmet fastened and bike available for inspection. A road-worthiness check will be carried out and any bike/helmet deemed to be damaged or not fit for purpose will not be allowed into T1 and that racer may be retired.

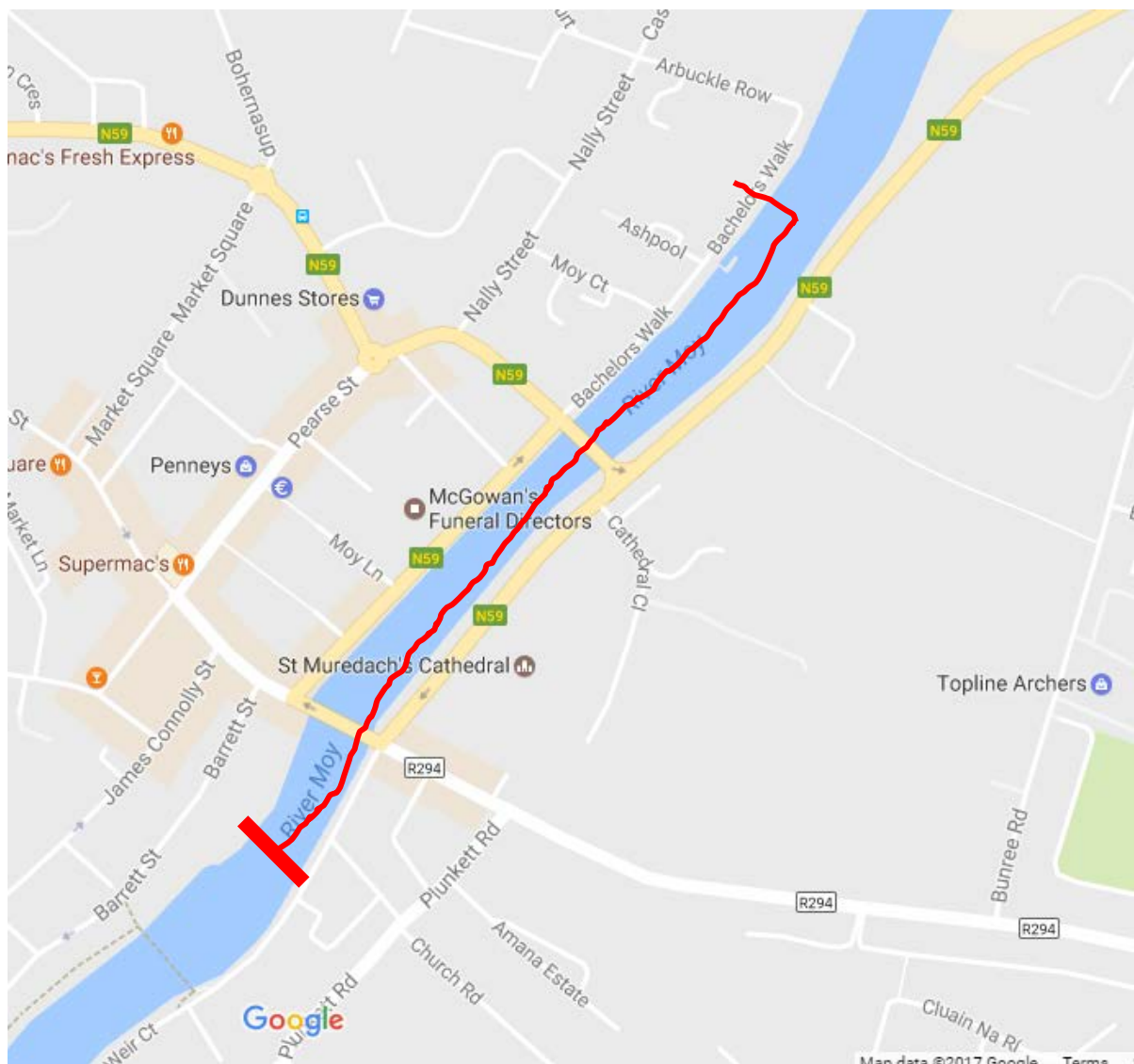
Please note: **There is limited space in T1, please bring only what you need.**

Marshals will ask you to remove excessive items, if you fail to do so, those items will be removed. There will be a bad drop area in transition

Relay teams will rack their bikes at the front area of T1. This will also be the relay changeover area. A relay zone will be to one side of the racking where the 2nd member of the teams must await their swimmers to change over the timing chip.

Swim

The race will be an in the water start located outside the Ballina Manor Hotel in the River Moy. All swimmers and Swim Marshalls / Helpers will move together out of T1, and head for the hotel, We will have a wheelie bin available for shoes, so drop them in and we'll bring them back to T1 for collection later. The race will start in 1 wave.



Participants will swim downstream under Ballina's two bridges, for 750 meters. The Swim Marshal (SM) will have responsibility for safety measures. The SM can withdraw participants at their discretion if they believe that the participant is 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 UaileSub Aqua Club, Harbour SUP "n Sale and the Moy Canoe Club with the Civil Defence will be in attendance at the swim start and finish area.

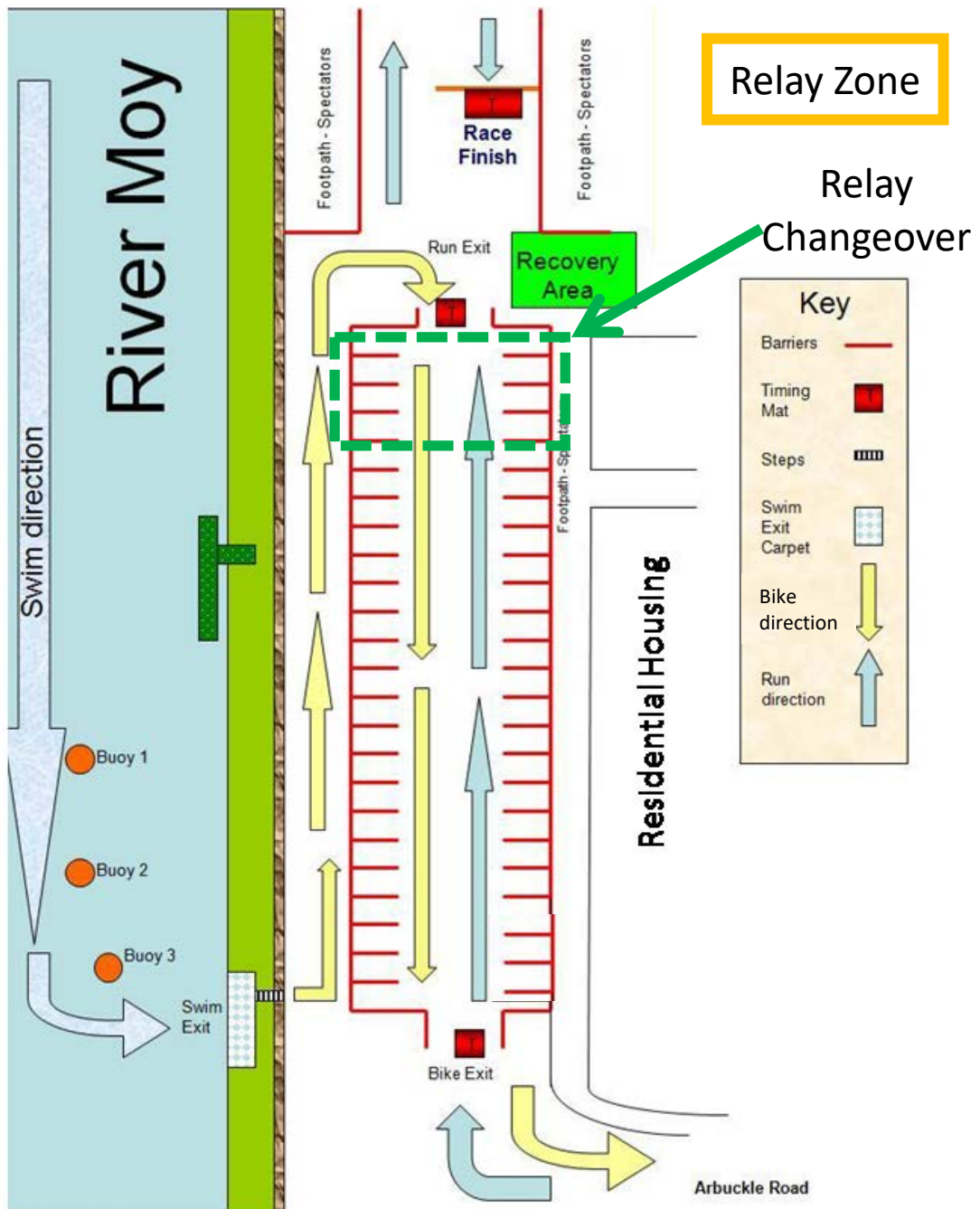
Transition 1

Swimmers will swim under the second bridge, past the green jetty and then swim around the large buoys keeping them on their left side. They will then exit the water along the river bank and proceed into the transition area. Marshals will be there to help the swimmers from the water.

Note: Competitors must put on and fasten their cycle helmets before touching their bikes.

Do not mount your bike in the 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.

Transition



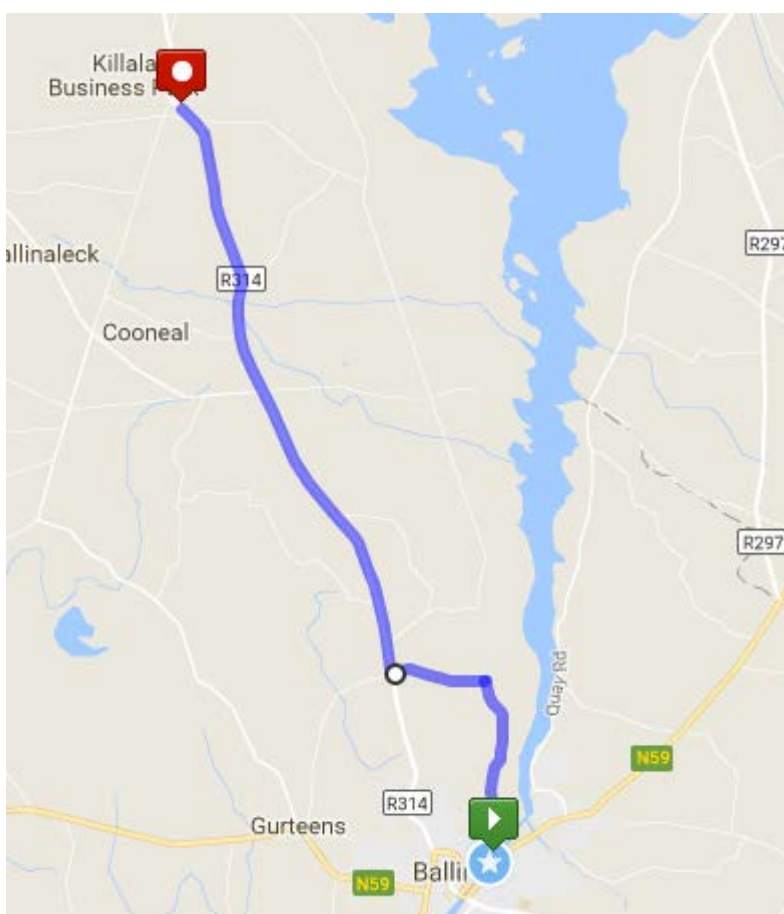
Bike

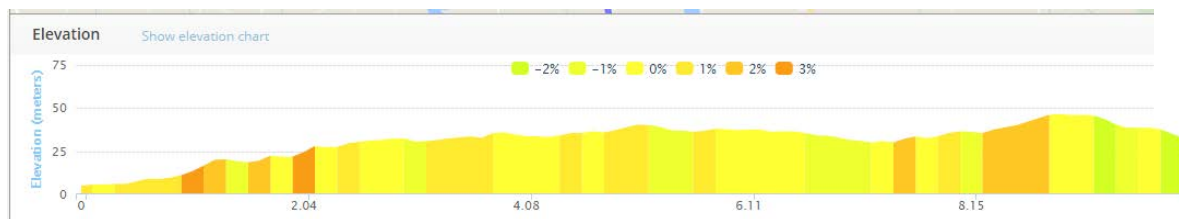
Note 1: All roads will remain open to traffic and while we will have marshals and the Gardaí to manage the main junctions, each cyclist must obey the rules of the road.

Note 2: In the interest of safety , the first 500m, and the last 500m of the cycle are neutralised. This is the portion of the course from the mount line in T1 ,to 50m approx. after Beleek arch on the way out, and 50m before Beleek arch to the dismount line T2 on the way back. No over taking is permitted on this portion of the course.

Marshalls will be in place to enforce this requirement. Please obey the marshalls..

The cycle is just over 20K and is a straight out and back route, along the main road to Killala. It is a slight incline all the way out and you may have a slight headwind but that will make for a quick return spin back into T2.





For the bike route, racers will exit transition and proceed to the end of Bachelors Walk then follow the road up through Arbuckle Row. Cyclists will then take a right turn at the top of the hill and will then be directed under the arch at the entrance to Belleek.

This first hill is short but steep so it's important to get your gearing right. For beginners, a good tip is to rack your bike in an easy gear to allow you get your legs spinning after the swim.

Participants are advised to take care entering the arch (**neutralized zone**) as it has a cobbled surface, is quite narrow and can be slippery if wet. Marshals will be on hand at this junction to ensure safe racing. Cyclists will cycle along by Belleek Woods and continue until they reach the Killala road. Traffic will be stopped here as cyclists turn right.

Competitors will then continue in this direction up to the turn-about point which will be marshalled. Cyclists will return to Ballina following the same route for its entirety to Transition.

On the return leg, cyclists are advised to be careful descending as they pass the Belleek Caravan Park, as this is a fast section with a sharp right-turn at the bottom of the hill.

Transition 2

Slow down your bike as you prepare to dismount and enter into the transition area.

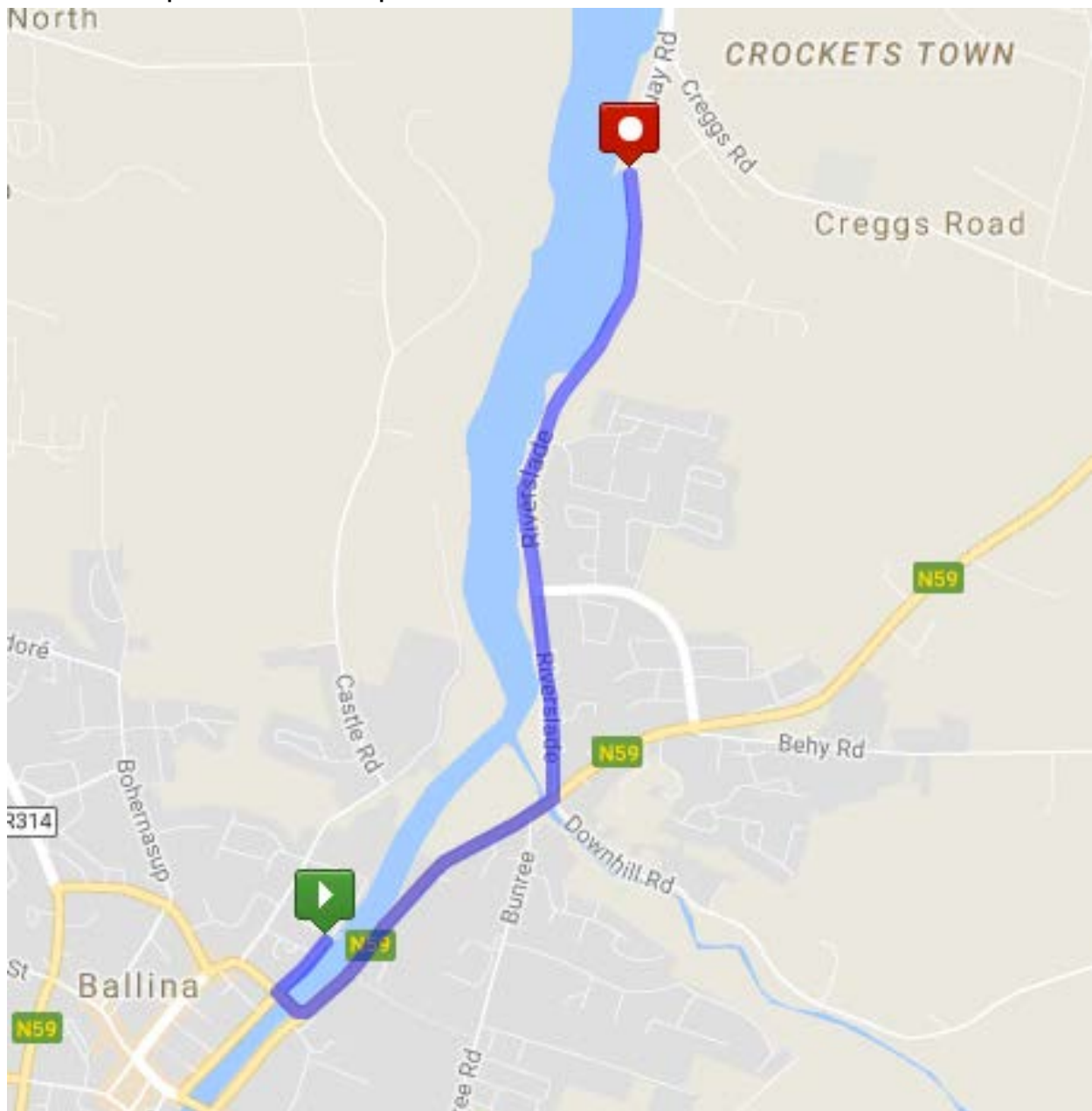
Note: Competitors must rack their bikes before unclipping their helmet. Do not unclip your helmet as you approach T2!!

Depart T2 through the separate exit as directed, heading towards the bridge.

Ensure your number is to the front - either on your top or on your race belt.

Run / Finish

The run course will be in the main, an out and back route. It's a pretty flat course with one small tasty hill at the Ice House Hotel. The run takes competitors from Bachelors Walk over the bridge, along Clare Street and past the town park.



Competitors will then take a left down towards Quay village.

They will proceed approx 2.5 km along this route until they reach a turnaround bollard (which will be marshalled). Competitors will then

run back the same route. A water station will be located at the turnaround point on the run.

Note: The footpath and road will be in use by other users. While our marshals will do their best to keep the route clear, please take care on the run route.

The finish will be located at the top of the transition area in Bachelors Walk. Competitors will cross a timing mat at the finish line which will be clearly marked with branding from our main sponsor Telus International. Refreshments will be provided at the finish.

Food and prize giving will be available in the Cot and Cobble and we hope to see you there.

Bike collection will be possible from approx. 11pm onwards. Please have your race number as without a number, we cannot release bikes and equipment.

Bag Drop

There will be a bag drop and collection of Flip flops from swim start in the transition area.

Hope you all have a great race and best of luck from all at

Liquid Motion.