



KING OF THE HILL **KINSALE**

Saturday 23rd July 2011

Friday 22nd July Registration 19:00– 21:00 Hamlets (Blue Haven Hotel), Kinsale.
(Limited registration from 08:00-09:00 Sat 23rd, Hamlets)
You must register in person. If you are not a member of Triathlon Ireland, a **one-Day Licence payment of €15 must be purchased, on the Triathlon Ireland website before midnight Thursday 31st. Please print out receipt as proof of purchase and bring this to registration.**

Saturday 23rd July

08:00 Field open for parking. (Please, come early to avoid traffic jams)
09:15 Field Closed for parking.
10:00 Transition Closes
10:05 Race Briefing at Transition Area.
10:15 Swim Briefing on the beach.
10:20 Athletes may enter water briefly to acclimatize!!
10:30 1st Wave start from the Beach –
All Males in the Age Categories 20-39 as of 31-Dec-2010.
10:40 2nd Wave start from the Beach –
All Females, Males 40+, and Male Juniors
14:00 Field needs to be vacated and locked.
16:00 approx Presentation of Prizes, in ‘Hamlets.

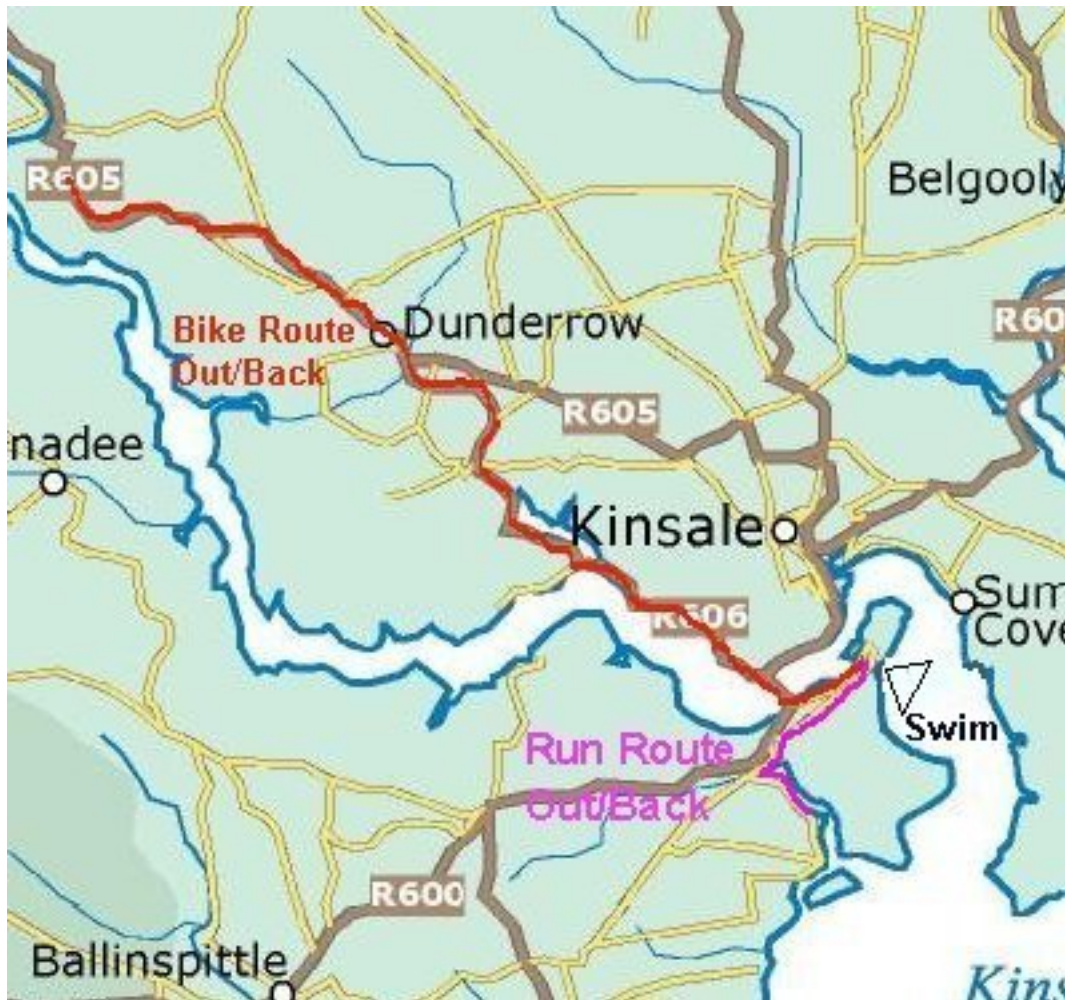
Categories of Prizes

- Male & Female Senior 1st and 2nd place, plus winners in each age category.

Please be responsible. Please do not litter the Bike and Run routes with gels/bar wrappers, bottles etc. The people of Kinsale and particularly the residents of Dock/Sandy Cove and the members of Castlepark Marina have been gracious in their support for Cork Triathlon club and the King of the Hill event. We do not wish to repay their courtesy by littering their roads and jeopardize the holding of future events. Please take your litter home or place it in the refuse bags available in the transition area.

General

The use of personal music systems, cycling/running topless, nudity in transition, dangerous riding, or breaking the rules of the road will disqualify.



SWIM - 750 m Triangular shaped swim course - at the Dock Beach

Swim Caps will be provided and are colour coded according to your category. They will be given out at registration and issued hats must be worn. **No issued swim hat, no triathlon.**

ALL MARKERS /BOUYS ARE PASSED ON THE LEFT HAND SIDE.

Swimmers will be asked to cede themselves with elite and strong swimmers to the front with weaker swimmers to the rear. Please be sensible here as the swim start can be quite physical with competitors jostling for position. If in doubt stay to the rear. The swim will start at waters edge and swimmers will swim in an anti-clockwise direction in a triangular shape.

Organiser reserve the right to remove a swimmer from the water if they feel they are endangering themselves, members of the rescue team or other swimmers.

We will have a separate swim briefing on the beach to clarify the swim.

The Cork South Civil Defence Rib will also marshal the swim course and canoeists will ensure the swimmers keep a reasonably straight course.

If a swimmer wishes to retire from the swim for any reason, lie on your back, raise your clenched fist in the air, stay calm, and a rescue boat will come to your assistance. There is no time limit on the swim but if a marshal feels you are endangering yourself or others you can be withdrawn from the swim. You will be allowed to continue the race if you wish to do so but will receive no official time/your timing chip will be removed. Ensure you pass over the time keeping receiver when entering transition.

BIKE - 20 Kms

Helmets are mandatory. Race number must be worn on the back.

Bike racks are not numbered and are on a first come first served basis. Competitors will NOT be allowed out of the transition unless their race number is clearly visible. **Your number must be clearly visible to the rear.** To avoid delays to your time please help us help you!

You must put on your helmet and fasten it before removing your bike from transition area. You must exit onto the road through/over the timekeeping receiver before mounting bike at the designated mark/line on the road. Do not mount your bike before this point or you will incur a 2 minute time penalty. Similarly on your return you must dismount bike on/before on the yellow line before re- entering transition area. You must replace your bike on the rack in your own spot before removing helmet. **Do not unfasten or take off your helmet before racking your bike.**

Bike Route: out and back course towards Innishannon, which is signposted/marked on the road. Basically the bike course is out from the Dock area up the road along the river up to the bridge, right hand turn over the bridge back towards Kinsale. At the other side of the bridge take a left. Then the route continues parallel to the river out and back towards Innishannon through Dunderrow and back on the same course. The roads will not be closed, the rules of the road will apply. Gardai will marshal both sides of the bridge and the bike turnaround.

Please obey the Gardai and Stewards at all times. Failure to do so will lead to disqualification.

On your return you must dismount on or before the dismount line line, stewards will warn cyclists to prepare to slow down/dismount.

IMPORTANT

The bike turnaround is on a wide section of road, marshals will warn athletes to slow down about 100m from the turnaround, please slow down immediately as the turnaround is actually on a down slope section of the road. You must shout your number at the bike turnaround.

DRAFTING

Under no circumstances will drafting be allowed. Draft Marshall's **WILL BE** in attendance.

RUN - 5 Kms

Out and back hilly signposted course towards Sandycove

From the transition area exit left onto the hill. Ascend & descend the hill at the other side. Take an immediate left at the bottom of the hill. And continue down hill until the road levels. A water station is available here at just over the 1.5Km mark. Continue on towards Sandycove along the shore road to the turnaround, which is on wide area of road. The turnaround will be marshalled.

Straight back the same way to the finish line. Note the road is not closed to traffic.

You must shout your number to the Marshall at turnaround.

GENERAL :

ATTENTION!!!!

**PLEASE NOTE THAT CAR PARKING IN THE FIELD BEHIND THE TRANSITION AREA IS LIMITED
PLEASE CAR POOL OR BETTER STILL LEAVE YOUR CAR BACK IN KINSALE and CYCLE OR GET
FRIENDS TO DROP YOU OVER TO THE DOCK AREA**

**THE CAR PARK IN THE FIELD WILL CLOSE AT 9.15AM
AFTER THAT, PEOPLE WITH CARS WILL HAVE TO RETURN AND PARK IN KINSALE
NOTE ALSO THE FIELD MUST BE VACATED BY 2:00PM.**

**LIMITED PARKING IS ALSO AVAILABLE AT EITHER END OF THE BRIDGE, WITH THE GREATER
NUMBER OF SPACES ON THE KINSALE SIDE. NO PARKING WILL BE ALLOWED ON THE LEFT
HANDSIDE OF THE BIKE OUT ROUTE I.E THE ROAD UP TO THE BRIDGE OR ON THE RIGHTHAND
SIDE OF THE RUN OUT ROUTE I.E THE ROAD OF THE HILL TOWARDS SANDYCOVE.**

FAILURE TO OBEY STEWARDS WILL LEAD TO DISQUALIFICATION

Post-race celebrations will take place at the Sextant Bar in Cork city on Saturday night.

BEST OF LUCK, ENJOY THE RACE

**On behalf of the King of the Hill committee we'd like to thank all our sponsors, Jam Café, Kinetica,
John Buckley Sports, Sailfish, Crossfit Cork, Lucozade, Blue Haven Hotel, Gleeson's Water, Centra
Crosshaven.**