



KING OF THE HILL KINSALE

Saturday 20th July 2013

Important points to note

All competitors must register in person.

If you are a member of Triathlon Ireland (TI) you must bring your 2013 TI card (it's pale purple).

If you are not a member of Triathlon Ireland, a **one-Day Licence** must be purchased on the Triathlon Ireland website before midnight Thursday 18th.

Please print out receipt as proof of purchase and bring this to registration.

For relay teams, one member of the team must be a member of TI or an ODL must be purchased for the team. All members must register together on Friday night.

Timetable

Friday 19th July

Registration 1900– 2100 Hamlets, Kinsale, Co. Cork.

<http://www.hamletsofkinsale.com/>

Saturday 20th July

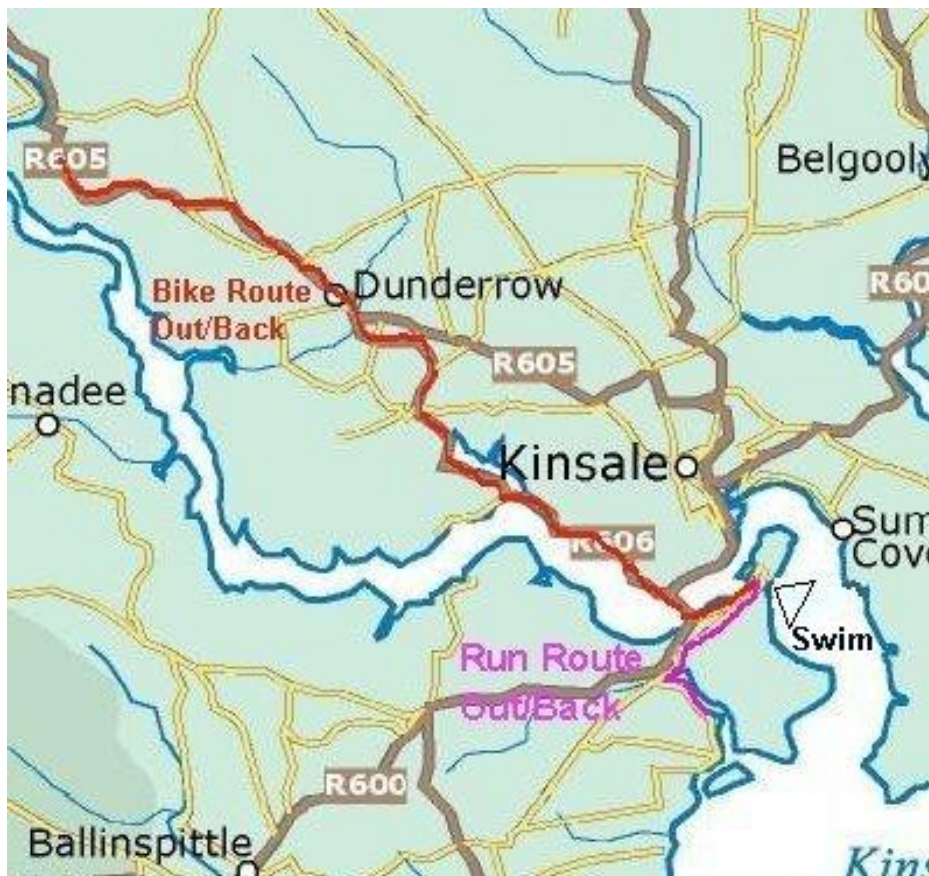
0800	Field open for parking. (Please, come early to avoid traffic jams)
0800-0900	Race Registration, limited. (transition area)
0800	Transition Opens
0915	Field Closed for parking.
1000	Transition Closes
1005	Race Briefing at Transition Area.
1015	Swim Briefing on the beach.
1020	Athletes may enter water briefly to acclimatize!!
1030	1 st Wave start from the Beach – All Males in the Age Categories 16-39 as of 31-Dec-2013.
1037	2 nd Wave start from the Beach – All Females, Males 40+, relays
1130-1330	Post Race Massage
1400	Field needs to be vacated and locked.
1500	Presentation of Prizes, Garden Cafe of the Blue Haven Hotel, Kinsale

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/Sandycove 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.

Transition Area: This year only competitors are allowed into Transition Area, and NO BAGS OR BOXES may be left in transition, they will be removed and we cannot guarantee their return. Please note transition closes at 10am, please make sure to have everything removed by this time,

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

Wetsuits are compulsory and swim caps provided, colour coded by swim wave must be worn. **No wetsuit or issued swim hat, no triathlon.** Swimmers will be asked to seed 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 in the water and swimmers will swim in an anti-clockwise direction in a triangular shape.

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

There will be boats, kayaks and jet skiers on duty to help assist swimmers. There is a swim cut off time of 30 minutes which will be strictly enforced. Organisers 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.

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 personnel will come to your assistance. 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. 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, stewards will warn cyclists to prepare to slow down/dismount.

IMPORTANT

The bike turnabout is on a wide section of road, marshals will warn athletes to slow down about 100m from the turnabout, please slow down immediately as the turnabout 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 Marshalls WILL BE in attendance.

Race number must be worn on the front

The run is an out and back hilly route 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. You must shout your number to the Marshall at turnaround

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

ATTENTION!!!!

PLEASE NOTE THAT CAR PARKING IN THE FIELD BEHIND THE TRANSITION AREA IS VERY LIMITED

PLEASE CAR POOL OR BETTER STILL LEAVE YOUR CAR 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

BEST OF LUCK, ENJOY THE RACE



CORK TRI CLUB