

Race Briefing

Timetable – Course Maps – Final tips.
Spiddal Sprint & Olympic Triathlon



Sathruin, 21 la de Mi Bealtaine



Sign-on

- ▶ 9:30am Monday–Friday 2pm
 - Nigel's Cycles in Galway City. Sign-on will remain open (9:30am to 5:30pm) in Nigel's Cycles until Friday at 2pm. See map right.
- ▶ Sign-on Friday evening: 6pm–9pm
 - Boluisce Restaurant, Spiddal.
- ▶ Limited sign-on Sat 7am–7:45am
 - Boluisce Restaurant, Spiddal – please note sign-on will close at 7:45am sharp, regardless if there is a queue



What to bring to sign-on?

- Yourself. You must sign-on in person.
- TI members should bring their TI card.
- Non-TI members should bring their receipt for €13 one-day insurance.

Parking

Please use the Colaiste Chonnacht GAA grounds which are situated on right hand side as you head into Spiddal from Galway. 1.5km from Spiddal.

You will hinder traffic flow and hence your race if you park in Spiddal village.

Also there is a local wedding at 1 pm in Spiddal, so we need to reserve space.



Timetable

Sign-On in Nigels Cycle Store	9:30-5:30pm Mon-Thurs & 9:30-2:00pm Friday
Sign-On in Spiddal	Fri 6-9pm & Sat 7-7:45am
Transition area opens	7:30am – Saturday Morning
Race briefing (at transition)	8:45am
Transition closes	9:00am
Olympic start Wave 1	9:00am (Yellow hats)
Olympic start Wave 2	9:45am (Turquoise hats)
Sprint Wave 1	10:10am (Yellow hats)
Sprint Wave 2	10:25 (Turquoise hats)
Sprint Wave 3	10:45 (Green Hat)
Sprint Wave 4	11:00 (Sky Blue)
Transition dismatted	2:00pm (approx)
Results & Prize giving at Finish Gantry	2:00pm (approx)



Swim

Swim: The swim course is in the sheltered waters next to Spiddal harbour.

Sprint competitors will start on the Pier beach, swim out and into the smaller beach next to transition for 750m.

Olympic competitors will start next to transition, swim to the harbour beach and back for 1500m.



Wetsuits are required – short wetsuits are fine
Raise your hand at any point if you want assistance
Jellyfish information is noted on the final page.





Sprint – 20km out and back once.

Olympic – 40km laps. Turn at junction highlighted for lap 2 (don't go back to transition at end of lap 1)

Cycle

Map Type: Street Map

Sprint Triathlon (20km)
10km out and 10km back

Olympic Triathlon (40km)
10km out and back twice



Quote about the cycle course
“Was out on the coarse yesterday, its a pretty serious cycle in strong winds”.

Info & Tools

10.07 km

[View Notes](#)

Show Elevation

Elevation

min:	7m
max:	117m
ascent:	107m
descent:	-43m

[download data](#)

Drafting is not allowed – you need to keep 10m from the cyclist in front unless you are overtaking. [Click here for info.](#)



Run – note change to lap numbers

The Run is Laps around the harbour and Spiddal main street finishing next to transition.

Sprint – 3 Laps – 5.7km

Olympic – 5 Laps – 9.6km

The **Water station** is located on the main street soon after the start of each lap.

To help you remember which lap you are on, there will be a table with Elastic tags located after the water startion. You can pick up one on each lap.

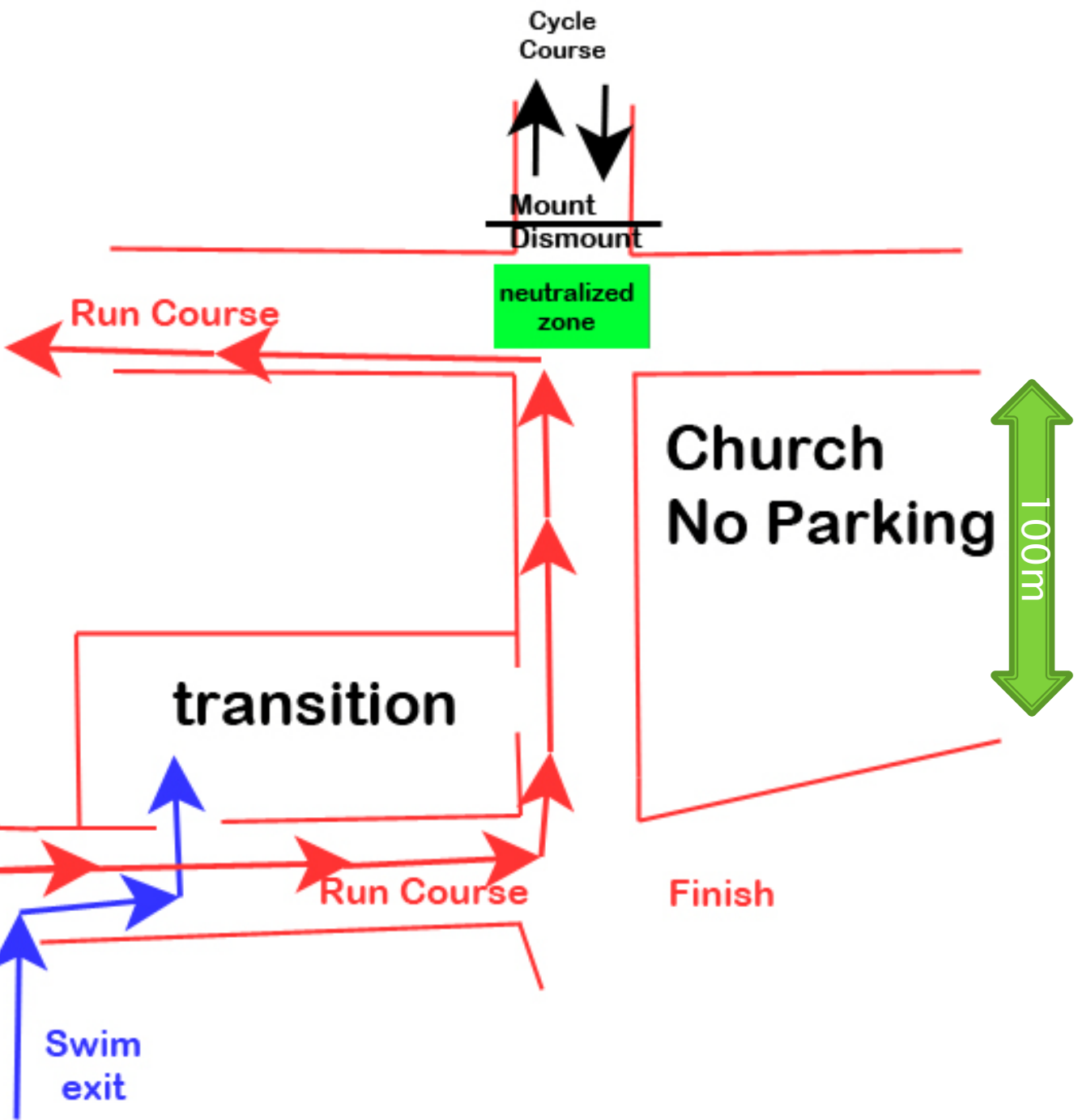


Transition

Note the **green neutralized zone**.

If it takes you 2 seconds or 20 seconds to cross this it will not matter.

The Gardai may stop you at the neutralized zone to allow for car traffic on the main road. If they do, it will not effect your finish time as the timing mats either side will allow us to remove this time.



Post Race



- ▶ Seafood Chowder by Boluisce Restaurant and fruit from Supervalu at the finish.
- ▶ Prize giving – 2pm, Next to Finish Gantry
- ▶ Enjoy Spiddal – The beach will be ideal for a post race dip to cool down.
- ▶ Results, swim photos and run photos will be posted on [IrishTriathlon](http://IrishTriathlon.com) shortly after prize giving.
- ▶ Cycle and finish line photos will be available on www.sportcam.net



Common Jellyfish Found in Irish Waters



AURELIA AURITA - THE MOST FAMILIAR JELLYFISH

KEY FEATURES:	Four purplish/pink gonad rings. The rest of the jellyfish is transparent and has numerous short tentacles around the margin of the bell (difficult to see when out of water).
SIZE:	Up to 40 cm in diameter, normally smaller.
DISTRIBUTION:	Present in all coastal waters and throughout the Irish Sea. It can form very dense aggregations. Present from April to September.
STING:	Only a mild sting.

While stings are mild and rare, first aid advise from 'Beach First Aid'

Here are a few first aid tips if you suffer a jellyfish sting.

Rinse the sting area thoroughly with saltwater. Don't use fresh water! Why? Fresh water will activate any stinging cells that haven't already ruptured, causing more painful stings. Be careful not to rub the area, which can also rupture the nematocysts, causing more stinging.

Next, apply a liberal dose of white vinegar to the sting area as soon after the sting occurs as possible. It probably won't do much for the pain, but it will stop any unfired nematocysts from discharging and stinging you more.

Remove any tentacles that are still attached to the skin. Don't touch the tentacles with your bare hands. Use a clean cloth or towel.

If there's localized swelling, tenderness or itching, an over-the-counter antihistamine like Benadryl will help. Hydrocortisone cream reduces swelling. Take acetaminophen, aspirin, or ibuprofen for pain.

Source: Jellyfish.ie – The EcoJel project
And Beach First Aid