

Crooked Lake Triathlon

Saturday 9th June 2018

The race will begin at Camlough Lake at 2pm sharp.
Access to the transition area will be from approx 12midday.

Relay Teams will be sharing one timing chip per team.

The Chip must be transferred between team members at each transition stage. Timing chips must be worn on the ankle. Failure to transfer chip or failure to put it on your ankle will mean you are not timed!!!!

The team swimmer will wear the chip first. While the swim is taking place, the cycle team member must wait at the assigned cycle space in transition wearing their race number. After the swim, the swimmer must have removed their wetsuit completely before handing over the chip, which the cyclist places on their own ankle. (No assistance can be given to remove wetsuit). Only then can the cyclist put on their helmet, fasten it and run with their bike to the end of transition. **Bikes cannot be mounted within transition area.**

Once the transition area is clear of the team cyclist, the running member can take up position in transition wearing their race number. On returning to transition the cyclist must dismount bike before entering transition and place bike back onto rack before handing over chip to runner who must place it on their ankle. Runner will do 2 laps of run and return to Finish Line. Team members must clear transition area once their leg of the race is complete.

The Swim.

The swim will take place in three waves.

Relay Teams will be allocated a swim wave on a date nearer to race day and will be informed well in advance of the event.

Any competitors who fail to enter in the wave to which they have been allocated will be disqualified.

The swim is a water start and will be marked by a row of flags. You must not go beyond these flags until the race has been started. Anyone who does so will be disqualified.

If you get into trouble in the water, please follow the instructions in the water safety leaflet. If this is your first triathlon or if you are a less confident swimmer, stay towards the back of your wave.

Cycle Route.

There will be plenty of stewards along the route but note that the cycle will take place mostly on roads open to traffic and will pass through some major junctions, narrow winding roads, and steep hills, so your safety is your **own** responsibility. You are on a public highway and must observe the rules of the road at all times. In particular please take care when coming back down into Camlough village towards the end of the race. This is a very steep hill. There will be a huge amount of traffic in the village & on roads leading to the lake so please stay in your own lane.

Run Route.

Again this is a mixture of open and closed roads so take care.

The run route has two laps. On your first lap **turn right at the top of the hill** on your second lap **turn left at the top of the hill** and then make your way back to the finish line.

NOTE: The prize giving and refreshments after the race are at Carrickcruppen GAA Club.

The clubhouse is approx ½ mile outside Camlough heading towards Newry. It will be sign posted. Male showers are available at this venue. Female showers are at Camlough Rovers Football Club, again on the Newry side of village. All this will be sign posted.

We will get the race times and category winners to you as quickly as possible after the race.