

# HOLLYMOUNT DUATHLON

SUNDAY 14<sup>TH</sup> JANUARY 2018

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## Race Details

Date:	14th of January 2018
Distance:	5k run, 19k cycle, 3k run
Total Distance	27kms, approx 1hr to complete by the Elites
Location:	The Village of Hollymount and surrounding areas
Race Directors:	Matthew Gill, John Gill
Registration:	Cois Abhainn Centre, Hollymount Co Mayo Saturday 13 <sup>th</sup> January 6pm -8pm and Sunday 14 <sup>th</sup> January 7.30am – 9am
Start Time:	10.30am Sunday 14th January
Finish Time:	12.00am
No. of Competitors:	up to 350 appetite
Garda:	Claremorris Gardai
First Aid:	Order of Malta
Volunteers:	20 Volunteers (Order of Malta and locals)
Register	As above – Saturday 13 <sup>th</sup> & Sunday 14 <sup>th</sup> January
Email:	<a href="mailto:hollymountduathlon@outlook.ie">hollymountduathlon@outlook.ie</a>
Facebook:	<a href="https://www.facebook.com/Hollymountduathlon/">https://www.facebook.com/Hollymountduathlon/</a>

## FAQ

### What is the Hollymount Duathlon?

The Duathlon (January 14th ) is a mix of running and cycling over a flat course. A normal bike or standard racer will do perfectly for the bike sections and your normal runners will do for all of the running sections.

The running sections are on public roads which will be heavily marshaled - normal running shoes should suffice.

The bike sections are all on sealed rural roads, but bring a spare tube and pump in case of a puncture as you have to be self sufficient. Remember to fit a water bottle to your bike as it's easier to take on fluids while cycling.

### **The Breakdown is as follows**

Race Format

5k run

19k cycle flat

3k run

Total distance 27kms

### **How long will it take to complete the course ?**

**Elite** - If you are a competitive hill runner, tri-athlete, run marathons or cyclist. This would be if you are extremely active every week. Winner in about 55 mins, lady winner 65mins

**Intermediate** – If you are starting training with a good level of fitness, maybe go to soccer or rugby training once or twice a week, but have never tried a multi sport event before, course in about 1.15hrs and female about 1.25hrs

**Beginner** – If you are starting from a low level of fitness and this is a whole new challenge for you under 1.45.hrs and female about 2hrs

### **What type of bike do you need ?**

#### **Bicycle Guide**

Safety first; you should ensure that the bike is properly serviced, with working brakes; you want to feel safe and confident on your bike.

You must **OBEY the rules of the road** at all times as the race will be held on open roads.

(The good news is they are quite)

Wearing of a **helmet is compulsory** while cycling, it also needs to be properly fitted; it can be left with the bike at the transition areas while on the running sections.

#### **Bike choices in terms of Speed:**

- A triathlon bike would be best for this course as its pan flat
- A road bike (racer) would be next fastest choice, could fit TT bars
- A mountain bike with slick tyres would be slower.
- A mountain bike with knobby tyres would be slowest of all

#### **Bike mandatory kit.**

Pump

Spare tube

Tire levers

Allen key set (optional)

### **What other items do I need to compete**

You will need your own bike and you may also need some more mandatory kit as above, this is to HELP YOU in case of a mechanical, the course is in good condition and is not dangerous and is easily accessible by all vehicles.

### **Can I get a refund if I do not attend ?**

Refunds: When paying for your entry to Hollymount Duathlon it is stipulated that this is a non-refundable payment. As soon as a competitor enters we incur costs such as admin etc. It is also **not** possible to transfer entries to any other Events, next year's event, or a different competitor.

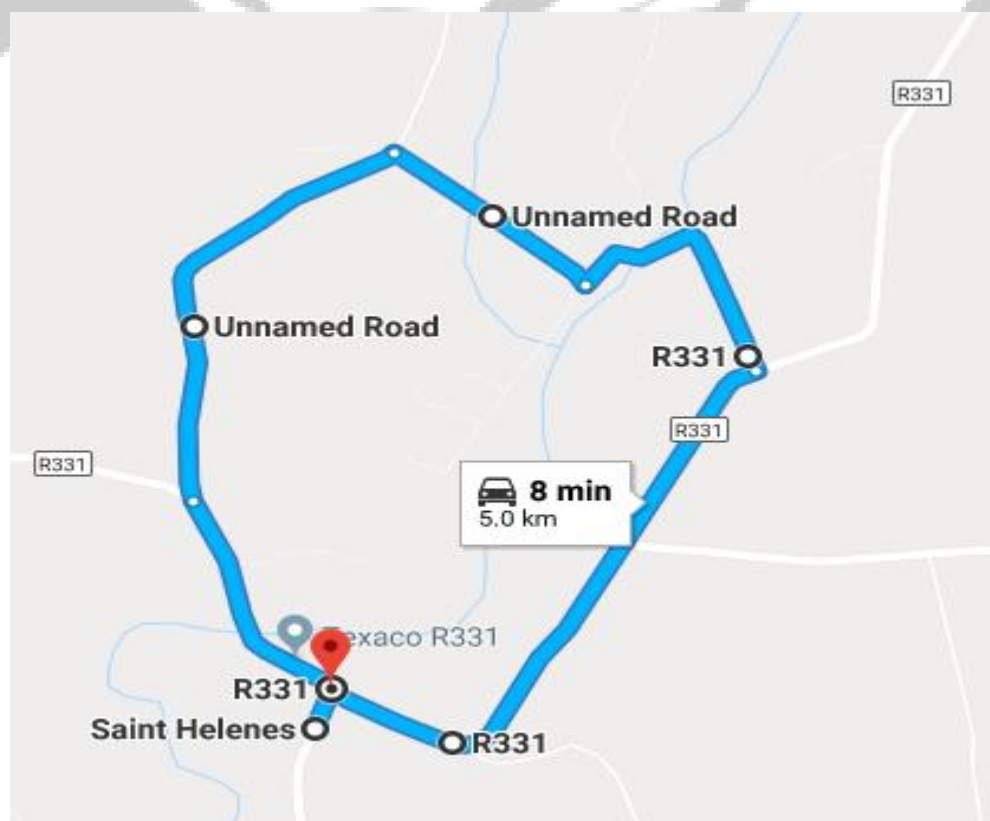
### **Where are the water stops?**

The water stops will be at the Transitions only, we recommend that you carry a bottle on your bike **REMEMBER KEEP THE TOWN CLEAN!!!**

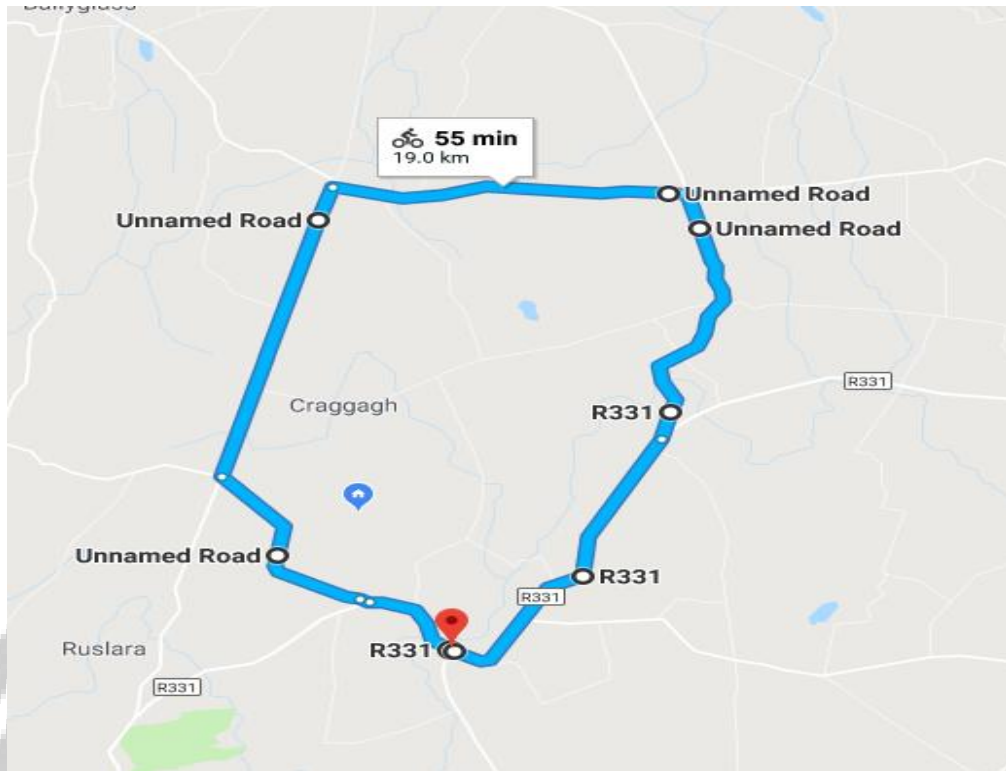
### **Can I practice on the course beforehand?**

We encourage you to use the course maps to practice on the Duathlon course in advance.

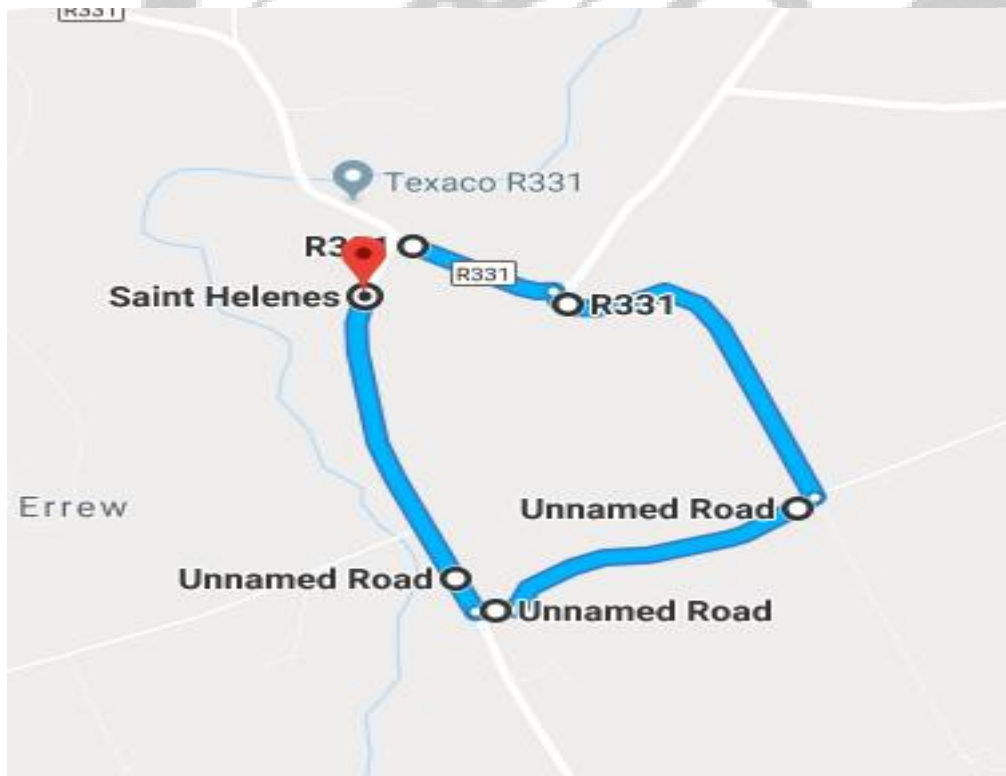
5k Run course for Stage 1 - <https://www.strava.com/segments/16589480>



19k Bike course - <https://www.strava.com/segments/16589473>



3k Run course stage 3 - <https://www.strava.com/segments/16589478>



## **Where do I leave my bike**

### **Transitions**

Your bikes must be left at T1 (Community Sports Grounds - Hollymount) this is where the event starts and finishes proper. On the morning of the race you can leave you bike in the marshaled transition area. All competitors will be wearing a race number for the event and will be issued a race number for your bike also which helps us identify your bike at the transitions. Race numbers will be issued at race registration with your pack and your electronic timing chip “ankle bracelet” For the bike transitions within the event, the bikes will be safe and secure. You will need to pick up your bike from the main transition area by 12.30pm, so that we can tidy up.

### **Do I have to navigate on the Course?**

While navigation skills are not a requirement, do not travel faster than your route knowledge. The route will be described and marked with signs/arrows; there will be Marshalls on all the major junctions but always proceed with caution as this is an unsupported adventure challenge

### **Will the race go ahead if there is bad weather?**

If the situation arrives that we are unlucky enough to get weather that may be dangerous to participants, the organizer may have to make a decision to shorten or take out certain sections of the course, and this will only be decided on the morning of the event.

### **Race Marshaling**

Please obey the race organization at all times, these include Order of Malta, Gardai, Volunteers and all race personal. On the bike please adhere to the rules of the road and while competing comply to TI rules by staying 25meters apart.

Strictly **No iPods or Headphones**; If you wear either you will be disqualified on the spot, safety is a huge priority and failing to here instruction or the sound of oncoming traffic can cause serious accidents to you, fellow competitors and to the general public.

### **What time is Registration**

The registration location at Cois Abhainn Centre, Hollymount will be open on Saturday evening (13<sup>th</sup> January) at 6pm closes at 8pm and Sunday morning (14<sup>th</sup> January) from 7.30am-9am, preferably entry on line at [https://www.njuko.net/hollymount-duathlon/select\\_competition](https://www.njuko.net/hollymount-duathlon/select_competition)

When you register, you will receive your race pack containing your competitor number (Pin it to the front of your jersey) and bike number (stick to handlebar stem of your bike)

There will be staff on hand to answer questions. You will also receive your electronic timing chip which you will wear on your ankle throughout the event. On Sunday morning the 14th of January (after 8am) you can leave your bike at T1 transition area at Community Sports Grounds - Hollymount, where we will have set up bike racking with a number for your bike. It will be safe as the transition area is locked and they are guarded by the marshals.

### **Can I see my split times?**

Your progress through the course (and results) is measured with the use of electronic timing equipment, part of which requires the wearing of a small device on your ankle. Full breakdown of all the stages (Run, Bike, and final run plus overall time and ranking for each stage) Event timing by [www.coretiming.ie](http://www.coretiming.ie)

### **What time is the Start Proper ?**

Race briefing will take place at 10.15am outside Cois Abhainn Centre, Hollymount, the race will start proper at 10.30am please obey the marshals, as penalties will apply for not doing so.

### **What are the prizes ?**

Categories

Prizes Males 1st 2nd 3rd overall

Female 1st 2nd 3rd overall

In these categories below there has to be a min of 5 per category to have a prize.

Male and female 1st Under 18 (Junior)

Male and female 1st Over 40

Male and female 1st Over 50

### ***Relay Teams***

*The fastest 3 teams*

*Depending on numbers we may have a prize for fastest mixed or ladies team*

### **What time can I see the results?**

Once every competitor has finished we will have a draft set of results of category winners, the full results will be available on our Facebook page

### **Showers**

Showers and changing facilities will be available in the Dressing rooms at the Community Sports Grounds – adjacent to Transition.

**Prize giving**

Will take place at Cois Abhainn Centre, Hollymount, from around 1pm.

**Finally enjoy the Race**

