

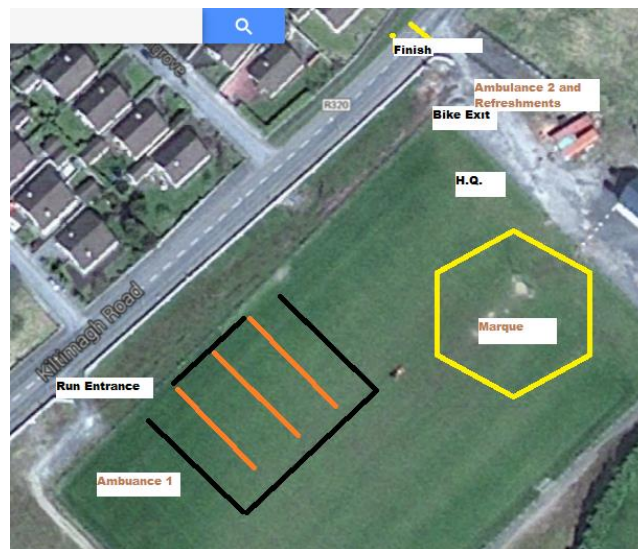


**Sunday February 25th**

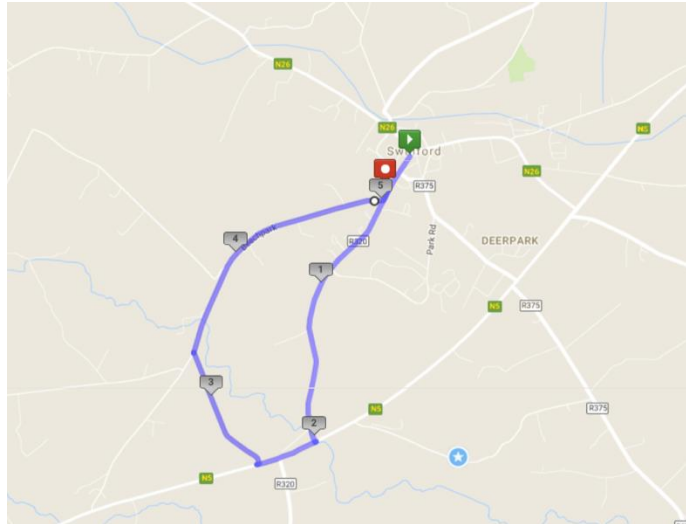
The Humbert Duathlon, Swinford is the fifth in the Ireland West Duathlon Series and is organised by Swinford Triathlon Club, who for many years have provided triathletes with the opportunity to participate in one of the best Half Iron Triathlon events in the country. This year the same organisers have tasked themselves in organising The Humbert Duathlon, and in this regard, you can be assured that we will deliver a top class event which we are confident will be a huge success.

The Humbert Duathlon is set on a flat course and consists of a 5km run, 20km cycle and 3km run and is suitable for all abilities.

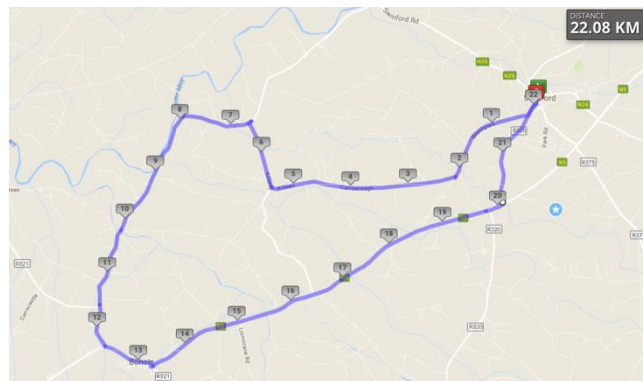
The start and registration takes place at the Amenity Centre, Kiltimagh Road, Swinford from 7.45am to 9.15am on Sunday morning the 25<sup>th</sup>. There are changing rooms and showers at the Community Centre and ample competitor parking at the front and back of the Amenity Centre.



Run 1 brings competitors out the Kiltimagh Road and onto the N5. After approximately 300 metres competitors will turn right onto the Old Dump Road and travel for approximately 400 meters. They will then exit onto the Old Castlebar Road and return to transition.



The cycle is set over a flat course. On leaving transition, competitors will travel onto the Old Castlebar Road and after approximately 2km, turn right onto the Meelick Road and down to Oldcastle and back onto the N5 at Bohola. From Bohola the competitors will travel towards Swinford on the hard shoulder of the N5 and on reaching the 20km mark, turn right onto the Kiltimagh Road and back to Transition.



## Run 2

This will consist of a 3km run which is off-road and will bring competitors around the perimeter of Swinford Golf Club. This route is relatively flat but nonetheless, it provides variety and will provide for an interesting finish.

## Prize Presentations

Prizes will take place afterwards in the Amenity Park. Time to be confirmed at a later date.

## N.B.

Please note that as this is a Triathlon Ireland sanctioned race, you will require a Race Licence or a Day Licence.