

## **Howth Aquathon Event on Mon 11<sup>th</sup> July 2016 - Participant Information**

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### **Registration:**

**Online registration closed at midnight on Sunday 10th July only**

**“On the Day Entries\* (€25) available up to 6.45pm only**

### **Race Sign On:**

Race sign on for those registered online in advance is on Monday Evening from 6pm to 7.10pm at the Scout Hall in Howth Village just 100m past DART station on the left – Follow signs turning left opposite Howth Market

You do not need a TI or any other One Day or annual race licence for the Howth Aquathon events.

We have standard event 3rd party insurance in place which is covered in your entry but IF you require any personal insurance cover for you or your equipment then the likes of Sports Cover Direct can provide this for you.

At race sign –on you will be required to sign a waiver and your entry is conditional on you agreement to this waiver

Your Race Number is to be worn and visible on front and Timing Chip is to be worn on ankle.

In line with our policy of giving a quality, value for money event we will not have any “goody” bag as such to keep the costs down for you and the quality of the event up.

There will be a table at registration with details of some other events that you may be interested in.

Those that have entered “All 3 Aquathons” in a single entry will have their Race Tees available at the July 11th race.

**Individual race entrants (even if you have entered 3 races separately) do not get a race tee**

### **Parking:**

Competitor parking is adjacent to the race start/ finish area at Howth harbour – Please park as directed by signage on the day and in designated parking areas only.

Please cycle, car-pool or use public transport links (DART and bus) where possible

### **Timing:**

Red Tag Timing are providers of the chip timing system being used.

You'll need to wear the timing chip on an ankle for the duration of the race.

Timing will be Gun Start based for both races.

Splits will be provided as follows: Just before Transition Entry after Swim/ Transition Exit onto Run / Lap time (applicable only for 2 run laps of long course)/ Finish

### **Transitions:**

Please enter and exit transition at the designated points.

The central transition area is setup close to the finish line so will require crossing a road with some kerbing so please check out your entry and exit routes before the race starts and take due care within this area particularly and all other areas of the course.

If you want you may use footwear (left at your risk) after exit from swim to cover ground until the transition.

You should leave your run gear only in the transition area but do not leave any bags or boxes with any other gear or indeed valuables such as phones/ money/ car keys here.

Your change gear should not obstruct other athletes.

There will be a key/ bag drop off point upstairs in the Scout Hall.

Keys and bags must be labelled with your race number when handed in – We have labels.

### **The Start:**

**Each Race will start in the water and will follow a marked anti-clockwise swim course as detailed at the race briefing on the night following a triangular route leaving the orange buoys on your left.**

**Swim exit point will be marked by smaller orange buoys with Hi Viz jackets on pole above.**

Race Briefing for all participants will take place at the transition area at 7.15pm

Long race from the beach will start at 7.30pm

Long course is 2 laps of swim course and 2 laps of run course

Short Race will start at ~8.00pm or whenever long course athletes have cleared the water.

Short course is 1 lap of the swim course and 1 lap of the run course

**Run Leg:- Full Route Details on Event Website**

Upon completion of the swim leg you will enter the transition area after following the walkway from the swim exit off the beach.

After removal of your wetsuit and putting your running shoes on you exit the transition and follow the marked route along the harbour front keeping to the right at all times on the pavement. At the start of the East Pier you turn right and follow the public road up the hill to the turnaround point in Balscadden Roar Car Park.

At the turn-around point you go round traffic cone in an anticlockwise direction.

You return to the Finish area on the same route keeping to the right on the road/ pavement at all times taking care with other athletes and members of the public at all times.

The road is open to the public so please take care at all times and give way to all traffic and other road and pavement users – Thanks 😊

Extreme care must be taken due to two way runners in close proximity at the very narrow entrance from the pavement to access the finish green area where you will need to complete an anti-clockwise loop to the finish if you are in the short race or continue under the finish arch to start your second lap if you are in the long race.

We would ask you to be courteous and careful to other athletes particularly at this narrow entry / exit point which is unavoidable due to the nature of the public way route

### **Finish:**

Please ensure your Race Number is clearly visible passing through the finish line.

After crossing the finish line you will need to return your timing chip to us.

We hope to issue provisional results on line asap after the event

A race timing clock will also be setup at the start finish area for you to take note of your race time.

Complimentary fruit and cold drinks water will be available at the finish area.

### **Prizegiving:**

This will take place as soon as the last competitor has completed the course – This is expected at about 9pm.

We would ask you to add to the enjoyment of the occasion by offering support and encouragement to those finishing behind you in particular – We all love encouragement😊.

Prizes will be awarded to First 3 (M/F) and first Vet (O-40) in both long and short races. Prizes this year will be kindly provided by our new sponsor [Kerrigan Craft Butchers](#) who have been working closely with [Healthpro](#) with their “Food for Fitness” initiative.

[Beshofs](#) and [Healthpro](#) vouchers will also be available as spot prizes

As this is the last race in the 2016 series we will also present the [Cranmor Pottery](#) Prizes for the overall Series winners (M & F/M) in the long and short courses.

Winners will be decided on the basis of all 3 races with 1 point for win, 2 for second, etc.

In the event of a tie “head to head” results will be considered to decide the winners.

The local area business and residences have been particularly encouraging of this event and we hope to cause minimum disturbance and maximum enjoyment for locals, spectators and participants alike.

Many thanks for your continued support of the Howth Challenge Series

Please refer to [Race Website](#) if you need any further information

Yours in sport,

*Harriette and Paul*

**Your Howth Challenge Series Team**

