



# HUMBERT CHALLENGE

## Race Information

The following is the Information Pack in relation to each of the events listed hereunder. Any changes will be updated on our website [www.swinfordtriathlon.com](http://www.swinfordtriathlon.com) and if you have any queries they can be forwarded to [info@swinfordtriathlon.com](mailto:info@swinfordtriathlon.com).

- **Humbert Individual Half Iron Triathlon Sunday August 7<sup>th</sup> 2016**
- **Humbert Half Iron Relay, Sunday August 7th 2016**
- **Humbert Half Iron Duathlon Sunday August 7th 2016**
- **Humbert Individual Sprint Triathlon Sunday August 7th 2016**
- **Humbert Sprint Relay, Sunday August 7th 2016**

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## 1. REGISTRATION

### Event Registration

Registration for all Humbert Challenge events will take place on Saturday August 6<sup>th</sup> between the hours of 6pm and 9pm in the upstairs section of the Amenity Centre, Swinford which is adjacent to Tesco located on the Kiltimagh Road, Swinford

There will also be limited registration between the hours of 8am and 9am on Sunday morning at The Amenity Park, Swinford. We would ask those residing locally to register on Saturday to avoid unnecessary delays on Sunday morning.

There will be an area in the venue designated to each of the four events where you will be required to sign-up. The personnel deployed will be only too advise you on queries relating to the race, route etc.

#### STEP 1

You will be required to produce either a Driving Licence, Passport or other form of photographic identification when you are registering.

As this is not a Triathlon Ireland event there is no necessity to be in possession of a Triathlon Ireland Licence.

## STEP 2

Once your Identity is confirmed, you will be asked to sign a Race Entry form together with declaration /disclaimer. You will also be required to complete a Swim Proficiency certifying that you are a competent swimmer and proficient in swimming the race distance.

## STEP 3

Your Registration Marshal will then issue you with six items, each of which is essential to your race.

(A) Your Swim Hat: These must be worn by all competitors taking part in the swim. You will not be allowed to take part in the swim if you are not wearing the correct race swim hat. The colour and allocation of swim hats are as follows: -

- Half Iron Triathlon – Green Cap
- Sprint Triathlon – Yellow Cap

(B) Your Timing Chip – you will need to strap this to your left ankle so that your timing splits can be recorded. For relay entrants this timing chip will be passed between members similar to a baton. Please strap the timing chip to your left ankle when it is passed to you by your team member. If you fail to pass the timing chip to the next member of your team your time and placing will not be recorded.

(C) Your Race Number - There will be different coloured race numbers to distinguish individual entrants and relay entrants. Race numbers should be worn on the front for the run section, and on the back for the cycle. Please ensure you pin these to your clothing appropriately. Race belts may be used, provided you remember to turn the number around to the front for the run section.

(D) Numbered Sticky label – This is to be placed on the seat post or down tube of your bike. Bikes can only be removed from transition by individuals who show evidence of their race number corresponding to the number on the bike they are removing.

(E) Black numbered refuse sack – This number will correspond to your race number. As the half iron race will finish c. 4 miles from race transition, for comfort at the finish area, competitors are urged to place a towel, dry clothing and dry footwear

into this bag. The numbered bag can then be left in the designated drop point at transition. These bags will then be available to collect at the race finish where there will be showers available for athletes to use close to the finish area. There will be a courtesy bus departing the finish area every 20 minutes which will return competitors to the car parks and Transition 1 to collect cars and swim gear.

F) A Wrist Band which you will require to gain access to Transition 1 and Transition 2 and also to avail of refreshments afterwards.

You will also be given your goody bag at the time of registration.

## **2. PARKING**

The two fields opposite Transition 1 Callow will be available for parking. Marshals will be on duty and there to assist so we urge anyone using these areas to comply with their directions.

A shuttle bus will be available after the race to bring competitors back to the main park area at Callow.

Alternatively, if you prefer to leave your car in the town, there is ample parking available.

## **3. BIKE RACKING & TRANSITION**

Please note that there are two Transition areas. Transition 1 is located at Callow Lake adjacent to the swim start and Transition 2 located at the Amenity Park, Swinford. All entrants are advised that

- **Transition 1 - Callow where the swims and each of the cycles commence from.**
- **Transition 2 - Amenity Park Swinford where all cycles finish and all runs begin.**

Both Transition areas will open at 8am and close at 10.15am sharp. The transition area will be subdivided into the following sections

1. Humbert Half Iron Triathlon
2. Humbert Half Iron Relay
3. Humbert Duathlon
4. Humbert Sprint

## 5. Humbert Sprint Relay

Please note that only registered entrants may enter the Transition area.

You **MUST** have your bike and equipment set up prior to the race briefing. Transition areas will be enclosed by crowd control barriers.

As you enter transition, there will be a Safety Check carried out to confirm that:

- Your Bike is in good working order (brakes, tyre pressure) and roadworthy;
- Your helmet is a cycling helmet and that it fits (you may need to adjust);
- Your Timing Chip is attached to your left ankle

Inside transition, you will find unmarked racks onto which competitors will place their bikes. Bikes and equipment placed at the end of racks or outside of the racks will be removed before the race begins.

For relay entrants there will be a separate section within the transition area.

Please be safety aware in transition and keep all of your personal items within the area allocated to you. Any item that is considered unsafe to other competitors may be removed. Transition will close immediately after the race briefing, so please ensure that you have everything in the transition area

## **4. THE RACE BRIEFING**

ALL ENTRANTS MUST ATTEND THE COMPULSORY RACE BRIEFING  
THE RACE BRIEFING FOR THE HALF IRON TRIATHLON AND HALF IRON  
DUATHLON WILL COMMENCE AT 10.30AM.  
THE RACE BRIEFING FOR THE SPRINT WILL TAKE PLACE AT 12PM

## **5. RACE STARTING POINT**

## **6. START TIMES**

- |                                |               |
|--------------------------------|---------------|
| 1. Humbert Half Iron Triathlon | 11AM sharp    |
| 2. Humbert Half Iron Relay     | 11AM sharp    |
| 3. Humbert Duathlon            | 11AM sharp    |
| 4. Humbert Sprint              | 12.30PM sharp |

It is extremely important that all races start on time and late entrants will not be allowed to start. There is a railway level crossing located approximately 1km the Pontoon side of Foxford where a train will be due to pass shortly after 1pm. In the unlikely event where a competitor does get delayed at the level crossing, a race marshal will take their race number and time the delay period for the first competitor to be delayed. This time will then be taken off the competitor's finish time.

Late entrants will not be allowed take part in the race and the race start will not be delayed to wait for anyone.

## **7. SWIM SECTION**

Entrants are advised that wetsuits are compulsory, as is the coloured race hat issued to you at registration. Swimmers will be asked to enter the water 10 minutes before race start so as to allow them to familiarise themselves with the water. Every swimmer will be counted upon entering the water and therefore we ask that once you enter the water you do not return to the shore and to wait for the swim start in the water. The swim route will be marked out with several bright orange buoys to guide swimmers around the route. **Swimmers are asked to keep to the right of these buoys at all times.** Swimmers are asked to keep back from the shoreline of the lake as some areas close to the shore are rocky. A team of kayaks and rescue boats will observe the swim start to assist with rescue throughout the swim if required.

Inexperienced and weak swimmers are advised to start at the back of the mass start. This will allow you space to comfortably start your swim and settle into your race at your own pace.

During the swim if you require assistance, please turn on your back and raise your fist and assistance will be provided. Should you withdraw from the swim section at any point, it is important that you make one of our marshals aware, and that you

surrender your timing chip. Swimmers will be counted as they exit the lake so it is very important that should you withdraw you make one of the marshals aware.

## **8. THE BIKE/RUN RACE COURSE**

You should familiarise yourself with both the Humbert Sprint and Humbert Challenge Half Iron Race Maps which can be viewed at [www.swinfordtriathlon.com](http://www.swinfordtriathlon.com).

Please note that these maps are the intended route for race day. It is feasible that the course may be altered in the days before the event in which case your attendance at the mandatory race briefing is absolutely essential.

## **9. DRAFTING**

Drafting on the bike is strictly forbidden and offenders will be penalised. There will be a team of specialist draft busters, who are both experienced race referees and experienced motorcyclists on the route at different locations. We also have a number of static referees on the course.

Competitors found to be drafting will have their race number taken and receive a time penalty from the motorcycle referee. They will be verbally informed of this by the referee and warned not to draft again. The time penalty will be added onto their finish time prior to results being published. The time penalty applied will be -

### **Sprint**

- **1st offence: 1 minute in the next penalty box**

- **2nd offence: DSQ**

### **Half Iron**

- **1st and 2nd offences: 5 minutes in the next penalty box**

- **3rd offence: DSQ**

If a competitor ignores the warning they will be disqualified. At all times, it is the responsibility of the competitor to avoid drafting, and competitors should be familiar with the rules of triathlon in relation to drafting.

## **10. RACE SIGNAGE**

Both The Humbert Sprint and Humbert Challenge Half Iron courses are signed extensively throughout.

Please note there are a number of brown amenity signs throughout the half iron route which read 'Tour de Humbert'. These signs are to be ignored and do not follow the route of the actual race. The actual race signs are distinctive and carry a picture of a cyclist for the bike route and a runner for the run route. The road along the route will also be extensively marked out with yellow spray paint.

The bike route will have distance markers every 5km while the run route will have distance markers every 1km.

## **11. AID STATIONS**

For the Sprint race there will be two aid stations. There will also be an aid station within the transition area.

For the Half Iron race there will be at least six aid stations on the run and one official aid station for the bike section. This will be located on The Windy Gap (200 metres above sea level) and a distance of approximately 33km from the start. The bike aid station will stock water while the five run aid stations will stock an electrolyte and carbohydrate isotonic sport drink, water, flat coke, banana's and orange segments. Drinks on the run and bike aid station will be handed out in plastic cups. Participants from previous years' races should note that hard plastic sports bottles will not be given out at the bike aid stations. This change from previous years is due to safety concerns from discarded bike bottles along the race route.

Competitors are asked to respect the environment along the race routes and to refrain from littering. Rubbish such as empty gel wrappers and bottles can be discarded only within 100 metres of an aid station. Any competitor who discards rubbish outside of these zones will attract a time penalty of 10 minutes.

All competitors are advised to prepare sensibly, use plenty of sunscreen and hydrate well (water not beer) on the days leading up to these two challenges.

## **12. SAFETY**

Above all else, safety of competitors, spectators and the public before, during and after the race is of paramount importance. To facilitate the staging of a safe and successful event a number of measures have been introduced namely:

**Wetsuits:** Wetsuits are compulsory for both buoyancy and warmth. Shorties are acceptable. Wetsuits should not be greater than 5mm to allow maximum flexibility in the water.

**Bikes:** Bikes should be in good working order with working brakes. Please ensure they are serviced and ready to race.

**Bike Helmets:** Please note that helmets must be placed on your head and fastened before you touch your bike in transition, and must remain in place for the full bike section. Helmets may only be removed once your bike is safely re-racked in transition

after the cycle leg. Failure to wear a helmet while in contact with your bike will attract a time penalty.

**Marshalling:** There will be a large number of marshals deployed at designated locations for all of the events. These marshals will wear high visibility vests and have flags and whistles to warn oncoming cyclists and runners of any potential hazard on the route.

**REMEMBER TO ALWAYS OBEY THE RACE MARSHALS ALONG THE COURSE.**

The roads will not be closed to normal vehicular traffic on the Cycle and Run legs of either race and therefore the normal rules of the road will apply. Participants are asked to respect fellow road users and while main junctions will be marshalled, participants are asked to approach these junctions with caution. Any blatant breach of these rules which has the potential to impact on the safety of others may result in automatic disqualification.

### **13. RACE CUT OFF TIMES**

Because of the nature of the half iron event, marshals are being asked to spend long hours on the roads. Without their assistance this race could not be staged. To avoid unnecessary delays and to ensure the race finishes before the meals end and the prize giving ceremony begins, there will be cut off times for each discipline in the half iron race. The following cut-off times will apply.

Swim – 12.10am

Bike – 4pm

Run – 6.30pm

#### **Cut of times for the Sprint**

Swim – 1.10pm

Cycle – 2.40pm

Run – 3.30pm

### **14. THE FINISH**

Each of the five events, namely, The Humbert Individual Half Iron Triathlon, The Humbert Half Iron Relay, The Humbert Half Iron Duathlon , The Humbert Individual Sprint and The Humbert Sprint Relay will all finish at The Amenity Park, adjacent to Transition 2.

#### **Shuttle Bus**

A shuttle bus will be available from 3pm to bring competitors back to Callow to collect their cars and other property. This bus will run at 20 minute intervals from Chapel Street. Transition will reopen after the last runner leaves the transition zone.

#### **Changing Rooms and Showers**

Changing Rooms and hot showers are available at the Amenity Centre.

Refreshments and Presentations

## **Sprint**

For the Sprint race food will be served from 2.30pm to 4pm in Campbells Lounge, Main St., Swinford.

## **Half Iron**

For the Half Iron race there will be hot meals served from 3pm-6pm in The Gateway Hotel, Main Street, Swinford.

Please bear in mind that you will be required to be in possession of the wrist band issued to you at registration to avail of refreshments.

Please note that for the Half Iron race, transition will be unmanned from 7pm onwards so all competitors are asked to ensure that their equipment (bikes etc) are removed from transition in advance of this time.

## **15. RESULTS**

Timing is by Core Timing ([info@coretiming.com](mailto:info@coretiming.com)) Race results will also be posted soon on our own site at [www.swinfordtriathlon.com](http://www.swinfordtriathlon.com) when they become available.

## **16. PRIZE-GIVING CEREMONIES**

The Prize Giving Ceremony for the Sprint will take place in Campbell's Lounge Swinford at 4pm

For the Half Iron race there will be a Prize Giving Ceremony at The Gateway Hotel, Main St, Swinford at 6pm.

The first, second and third overall male and female for both the Sprint race and Half Iron race will receive a prize. They will then not be eligible for an age category prize. Age Category, Relay and Duathlon prizes will also be awarded but prizes will be based on entries.

## **17) The Race Routs with Maps**

### **HALF IRON SWIM**

The race commences with the swim at 11am. The relevant distances for the Half Iron and Sprint will be marked out clearly with large orange buoys. Both swims will travel clockwise, i.e. North, up along Deacys shoreline.

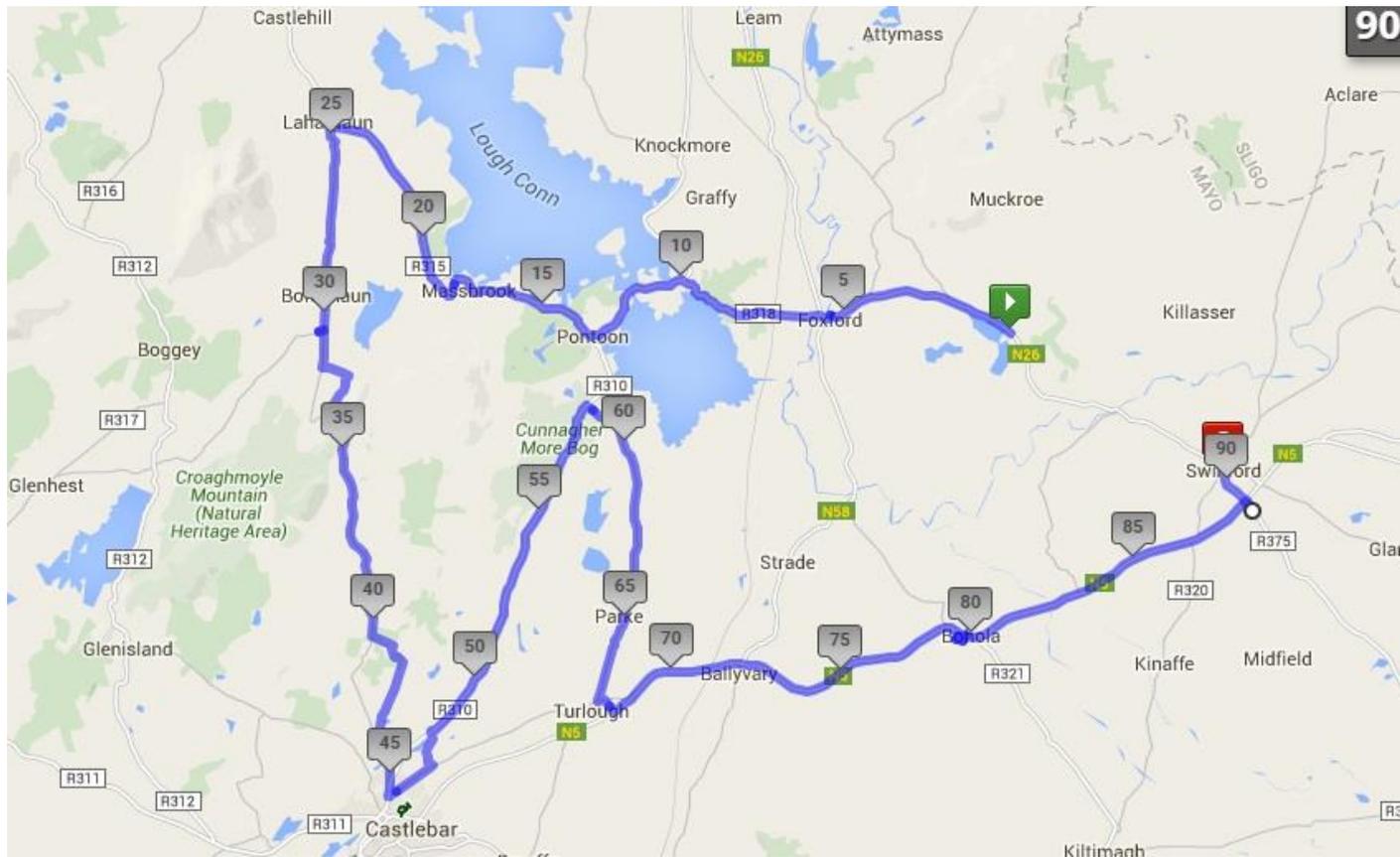
The swimmers competing in the Half Iron will keep the buoys to their left at all times and once they reach the last buoy which is located approximately 100 meters beyond the island (there is just one island on this lake), they will then cross the lake and follow the buoys, again keeping them to their left. After crossing the lake, they will swim down the far shore and on reaching the last buoy, turn left and head across the lake to the finish line.



### **THE HALF IRON CYCLE (Triathlon and Duathlon)**

The Humbert Half Iron comprises of 85KM cycle, though as you can see from map below “Map my ride” doesn’t agree (90km). The cycle commences at Transition 1 and travel to Foxford. **Please note that the cycle for the Half Iron travels straight through Foxford town whereas the cycle for the Sprint turns left at the main junction in the town.** From Foxford the cycle will travel over the bridge on the River Moy and veer left onto the Pontoon Road. As they race onwards to Pontoon, Lough Cullen will be on left and Drummin Wood right. There is a T-junction as they approach the Ballina Castlebar Road on the R310 and this juncture, they will turn left and race on to Healy’s Hotel, Pontoon. At Healy’s Hotel, cyclist will turn right. Please note that this is one of two right turns on the course and all participants should use caution when negotiating this turn. From Healy’s Hotel, the race travels to Lahardane (note the change to Lahardane this year as in previous years the cycle turned left at Maasbrook onto Bofeenaun). On approaching Lahardane, the cycle will negotiate a sharp left, travel up to Bofeenaun and begin the climb of the Windy Gap and then descent into Castlebar. As cyclists approach Castlebar and come to the Pontoon junction, they will be directed to go left and follow onto Parke, Turlough and onto

the N5 and travel to Ballyvarry/Bohola and back Transition 2 , Amenity Park located on the Kiltimagh Road, Swinford.

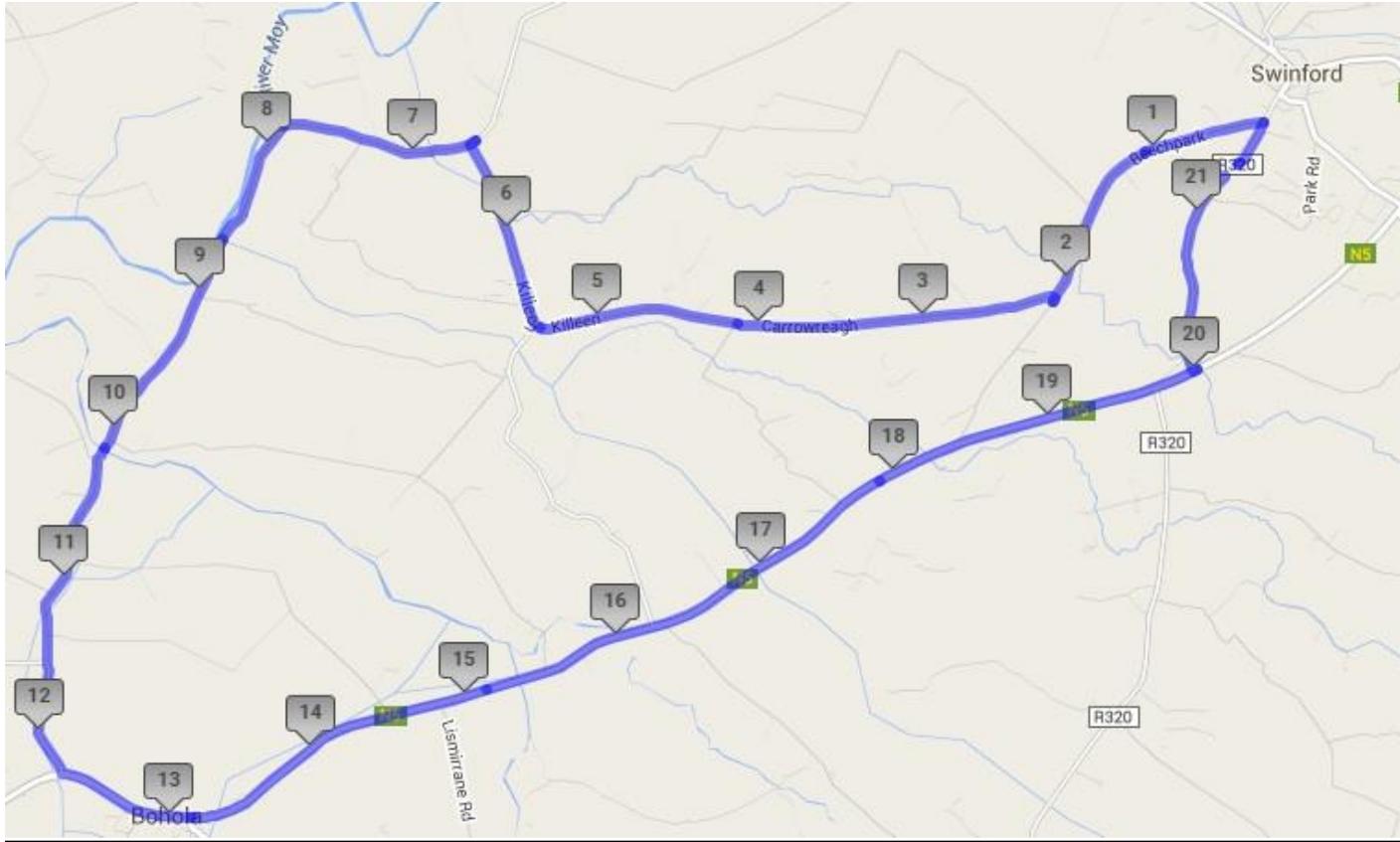


## **THE HALF IRON RUN**

### **The Half Iron Run (Triathlon and Duathlon)**

The run is 22km in distance and for the most part is set over a flat course. The run will proceed from Transition 2 out the Old Castlebar Road and after approximately 3km turn right and head onto the Meelick Road. On reaching Meelick Church, they will veer right and after approximately 6km arrive at a T junction at the gates of Oldcastle where they will turn left. They will proceed up this road along the banks of famous River Moy. At the 10km mark they will arrive at a T-junction located at Laughtadurkan, Bohola. There they will proceed straight and travel over the bridge at on the Gweeston. On crossing the bridge they will veer left and head for the N5 where they will turn left again. At this point they will have

approximately 8km to run on the N5 and at the Kiltimagh junction, turn left and race to the finish line at Transition 2. There is no doubt that the stretch of the run based on the N5 will be the most difficult part but there will be plenty of refreshments on the route.



### **THE HALF IRON DUATHLON**

The route for the Half Iron Duathlon comprises the same cycle and run routes. The Duathlon will be ran on the basis of a Time Trial with cyclists starting at intervals of 1 minute. Your name together with the time you are starting at will be displayed at registration and also at Transition 1.

### **The Sprint Triathlon**

The Sprint Triathlon commences with the swim at 12.3pm. Swimmers will follow in a clockwise direction and go to the first buoy (approx. 100 meters from the start) and then cross to the far opposite shore, follow the bouys and return to the finish. As can be seen from the drawing depicted below, swimmers must keep the bouys to their left at all times.

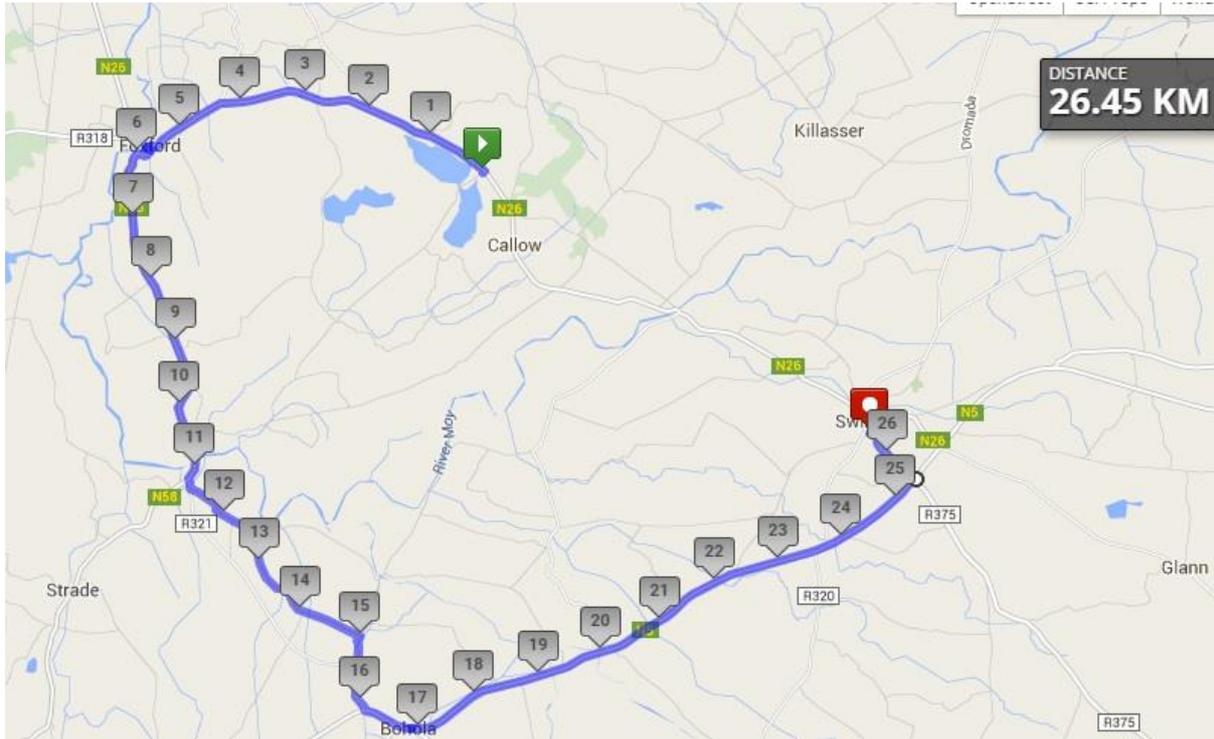


### The Sprint Triathlon Cycle

Normally the standard distance for the cycle in a sprint triathlon is 20km but in order to maximise our resources, and ensure improved safety, we have increased the distance to 26km on what we believe to be a safer route. The cycle will be raced over a relatively flat, smooth and even surface which should compensate for the extra distance.

The Sprint cycle will commence at Transition 1 and travel to Foxford. **On entering Foxford they will turn left onto the Castlebar Road.** After approximately 5km they will cross over the bridge the River Moy at Ballylahan and take the next turn on the left. They will travel straight to Bohola and from there they will turn left, onto the N5 and eastwards to Swinford turning left at the Kiltimagh Road and back to Transition 2 at The Amenity Centre.

**Cyclists exiting onto the N5 at Bohola are advised to exert caution as both the Half Iron and Sprint routes join at this juncture.**



### **The Sprint Run**

This is a 5km run and will commence at Transition 2 and travel out the Old Castlebar Road. After approximately 2km runners will be directed to take a left turn and from there head to the N5 where they will proceed left. After a few hundred meters, the runners will be directed to turn left again at the Kiltimagh junction and race back to the finish at the Amenity Park.

### **Map of the Run**



## 18. SPONSORS

The main sponsors for The Humbert Challenges are listed hereunder. For full details of all other sponsors, please visit our website [www.swinfordtriathlon.com](http://www.swinfordtriathlon.com)



**O'Connell's  
Pharmacy**  
Main Street,  
Swinford,  
Co Mayo

Tel: 094 9251179  
Fax: 094 9253329

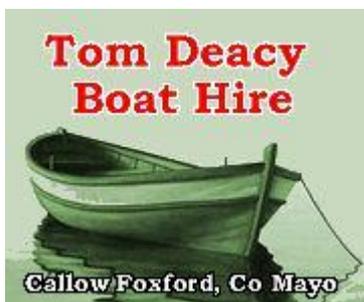


**THE**

**GATEWAY HOTEL  
SWINFORD**

**Address:** Main  
St, Swinford, Co.  
Mayo

**Phone:** (094) 925  
2156



**Tom Deacy Boat**

**Hire**

Callow,  
Foxford,  
Co Mayo

Tel: 094 9256266

Mob: 087 9960173

**20. Feedback** We would welcome your feedback which can be forwarded to us  
[info@swinfordtriathlon.com](mailto:info@swinfordtriathlon.com)

**We wish to take this opportunity to thank you all for supporting our events and hope that you enjoy the day.**

**The Humbert Team**