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 **MARREY
BIKES**

DUATHLON for Ballinrobe

4k run/walk • 20k cycle • 4k run/walk
Total distance is 28k

**THE EVENT IS
OPEN TO EVERYONE**

All you need is a desire to finish.

Sign on at Marrey Bikes, Watson's Lane Ballinrobe from 7.30-9 am

on Sat Feb 18th

Start time at the Abbey Street **10am sharp**

For more info visit
www.marreybikes.com
Or contact Eamon at
0949542808



Entry
fee
€25

Race Details

| | |
|---------------------|---|
| Date: | 18th of February 2012 |
| Distance: | 4k run, 20k cycle, 4k run |
| Total Distance | 28kms approx 1hr 10mins to complete by the Elites |
| Location: | The Town of Ballinrobe and surrounding areas |
| Race Directors: | Padraig Marrey & Eamon Marrey |
| Registration: | Marrey Bikes, Watson's lane Ballinrobe Co Mayo Sat 18 th 7.30am – 9am |
| Start Time: | 10am Saturday 18th |
| Finish Time: | 11.30am |
| No. of Competitors: | up to 300 |
| Garda: | Ballinrobe Gardai |
| First Aid: | Red Cross |
| Volunteers: | 15 Volunteers (Red Cross and locals) |
| Register | On the morning of February 18 th |
| Website | www.marreybikes.com |
| Email: | padraigmarrey@gmail.com |
| Price: | €20 early bird and €25 there after |
| Facebook: | http://www.facebook.com/pages/The-Ballinrobe-Duathlon-February-18th/107161099362683 |

FAQ

What is the Ballinrobe Duathlon?

The Duathlon (February 18th) is a mix of running and cycling over a flat course. A 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 a mix of paths and tracks but 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

4k run

20k cycle flat

4k run

Total distance 28kms

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 1hr 5mins, lady winner 1.15hrs

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 1.5hrs and female about 1.45hrs

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 2.5hrs

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 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 knobbly 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. You could rent a bike AT Marrey Bikes but book early to avoid disappointment. You may also need some more mandatory kit. This mandatory kit will be confirmed to all registered participants by e-mail no later than 15th of February the list will be basic as the course 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 Ballinrobe 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.

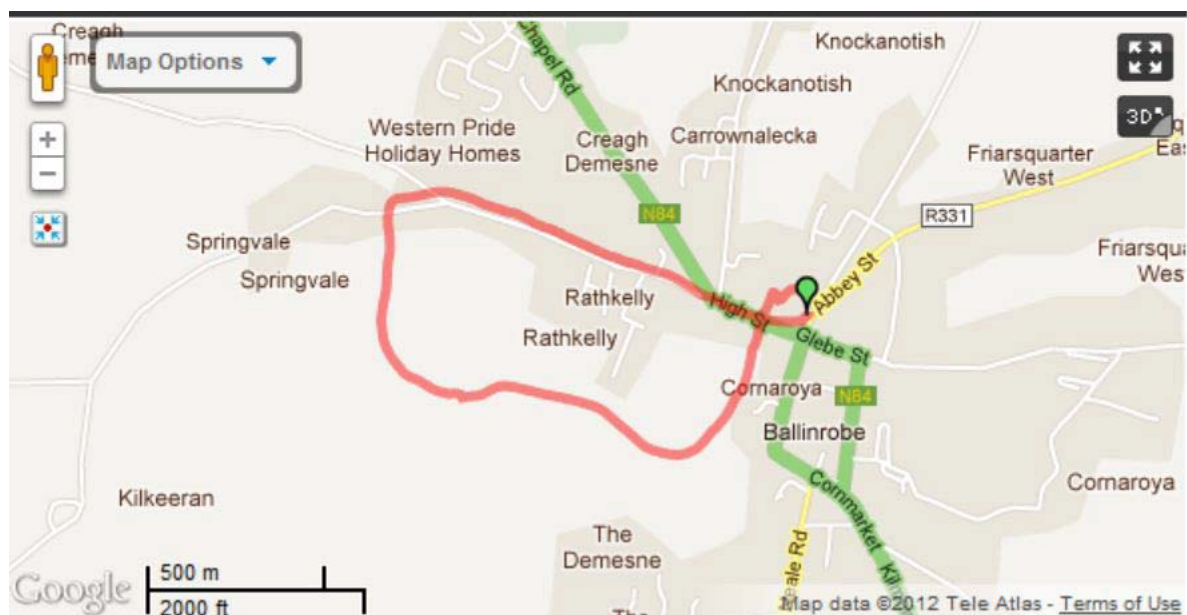
Where are the water stops?

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

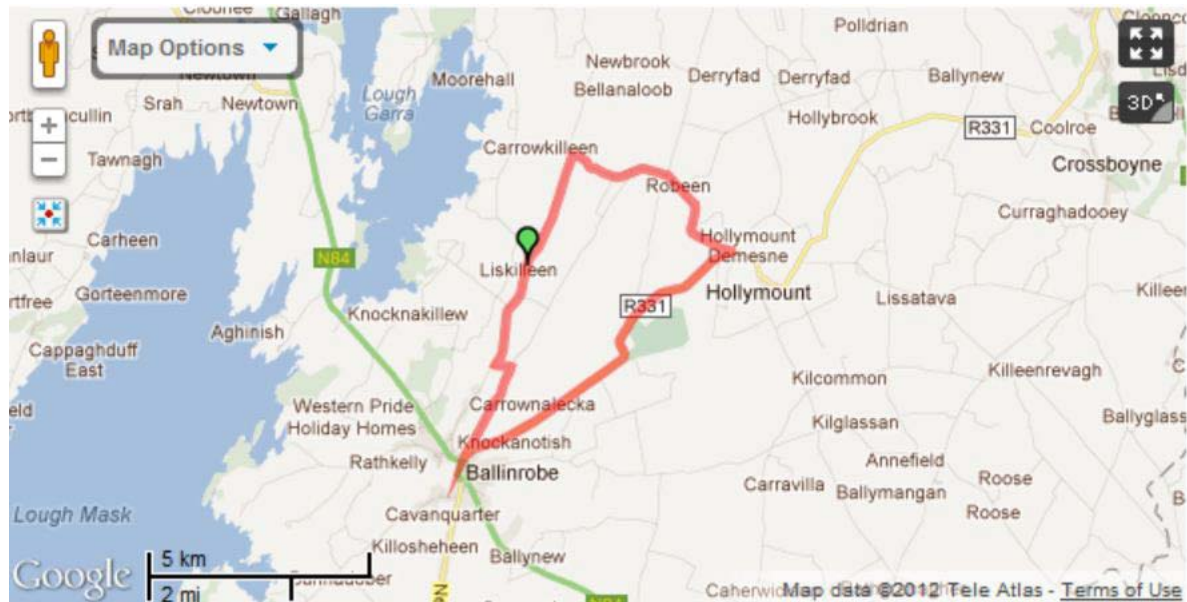
Can I practice on the course beforehand?

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

Run course for Stage 1 and 3



Bike course



Where do I leave my bike

Transitions

Your bikes must be left at T1 (Abbey street car park Ballinrobe) 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 bractlet” 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 12pm, 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 Red Cross, Gardai, Volunteers and all race personal. On the bike cycle obey T I rules, stay 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 on coming traffic can cause serious accidents to you, fellow competitors and to the general public.

What time is Registration

The registration locations will be open on Saturday morning from 7.30am-9am

When you register, you will receive your race pack containing your competitor number, and bike number.

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 Saturday morning the 18th of February (after 8am) you can leave your bike at T1 transition area at Abbey street carpark, 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, Time in T1, Bike, time again in T1, and final run)

What time is the Start Proper ?

Race briefing will take place at 9.45am at Abbey street, the race will start proper at 10am 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

Male and female 1st Under 18 (Junior)

Male and female 1st Over 40

What time can I see the results?

Once every competitor has finished we will have a draft set of results ready 60mins after that time.

Finally enjoy the Race