



CONNEMARA TRIATHLON

CONNEMARA TRIATHLON 02/09/2017

COMPETITOR ESSENTIAL INFO

See [Map of Key Locations](#)

REGISTRATION

You cannot do the race without registering.

RACE NUMBERS

Race numbers will be available online on the Killary Gaelforce website ONLY from 6.30pm on Friday 1st September. We ask you to please know your race number before coming to register for the race.

STEP 1. REGISTRATION

Registration will take place at the Marquee in Leenane Village on Saturday 2nd September 2017 from 08:30-09:30

Your registration pack will include the following:

- Race number + safety pins
- Bike number tag (attached to bottom of race number)
- Timingdibber (lost dibbers will incur a cost of 30 each)
- Event t-shirt
- John West Goody Bag

STEP 2. BIKE DROP

Next you must drop your bike to the transition area which is at Nancy's Point.

This is also the start line location. (See Map Here)

This is located approx. 3km from Leenane Village on the Clifden Road.

You will need to put your bike number tag on your bike (you will get this at registration) and cycle it to the transition area. Marshals will be at transition area to assist you.

THE RACE

PARKING

Race day parking will be at Leenane Village. Parking at the start line is not an option as this is a working slipway.

START LINE

The start line is located at [Nancy's Point](#) - see map above.

RACE START TIMES

Safety briefing: at the start line 15 mins before race start time

10:35 OLYMPIC DISTANCE

10:40 SPRINT DISTANCE

RELAY TEAMS

All transitions are at the same location so this will be outlined to you at registration.

OLYMPIC DISTANCE

SWIM 1.5KM: See course

The race starts at Nancy's Point on the shores of Killary Fjord approximately 3km from Leenane village. Competitors will enter the water and swim the 1.5km looped course in the deep waters of the Fjord.

CYCLE 40KM: See course

The looped cycle will start from Nancy's Point and will follow sealed tarmac roads on a stunning route along the side of the Fjord before turning right and passing Lough Fee and Lough Muc to the coastline. The road continues past Glassilaun beach and through Lettergesh into the village of Tullycross and from there to Letterfrack. The return journey is via Kylemore with the Twelve Bens mountains soaring up alongside the road to bring competitors back to the starting point.

RUN 10KM: See course

The run begins again at Nancy's Point and follows the road overlooking the Fjord in the direction of Leenane village. Competitors will run through the picturesque village and continue in the direction of Maam. The return run sees the race finish in the centre of Leenane Village

SPRINT DISTANCE

SWIM 750M: See course

The race starts at Nancy's Point on the shores of Killary Fjord approximately 3km from Leenane village. Competitors will enter the water and swim the 750m looped course in the deep green waters of the Fjord.



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CYCLE 20KM: See course

The cycle will follow sealed tarmac roads on a stunning route along the side of the Fjord before turning right and passing Lough Fee and to the midway point at Lough Muc where competitors will turn and make their way back to the starting point.

RUN 5KM: See course

Competitors will run from Nancy's Point through the picturesque village of Leenane in the direction of Maam. The finish line is on the return into the centre of Leenane village.

CUT OFF TIME: Both courses will close at 2:30pm

LITTER

We are very lucky to have access to this stunning route. It is essential that no littering happens anywhere on the course including at transition areas. Anyone seen to be littering will be disqualified immediately, with no exceptions.

FINISH LINE

LOCATION

The finish line is located in [Leenane Village](#)

BIKE COLLECTION

When collecting your bike after the race you must have your race number with you.

EVENT RULES

Regular Triathlon rules apply - [see details here from Triathlon Ireland](#)

MEDICAL INFORMATION

If you have a medical condition that we need to be aware of please drop us an email on the address below, in advance of the event.
info@gaelforceevents.com

HAVE A GREAT RACE!

**KILLARY GAELFORCE,
LEENANE, CO. GALWAY.**

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